



# Newsletter

Term 3 - Issue 1 - 2019

## Message from the Principal

Dear Parents, Carers and Community,

Welcome back! I am very excited to be back and working with students, staff, parents and our community to continue to make Macksville High School a great place to learn. Our school offers many opportunities for students to grow and enhance their learning, and I congratulate those who make the most of the varied activities offered, and challenge themselves and their learning.

As we start the new semester it is timely to consider areas for growth and improvement in light of semester one report comments. Some characteristics of successful students include goal-setting, organisation and persistence. These are also skills which will be useful beyond school. We must remember that it is ok to make mistakes and that we don't always get things right the first time. Learning is a life-long journey and not giving up is a key to success in future endeavours.

Our staff continued their learning journey on assessment at our Staff Development Day at the beginning of term. It was great to see staff from across the school continuing to work on delivering engaging learning for all students and providing effective feedback to help our students improve their educational outcomes.

I would like to thank Ms McGregor, Ms Dykes and Mr Luke Smith for the relieving roles they undertook whilst I was on leave. Since my return it has been a pleasure through speaking with students and staff to be able to reaffirm what a great school we have at Macksville High.

**Mrs Erica Lyne**

**Principal**



Follow us on **Facebook** - <https://www.facebook.com/MacksvilleHS/>

**P** 02 6568 1066 **F** 02 6568 2802 **E** [macksville-h.school@det.nsw.edu.au](mailto:macksville-h.school@det.nsw.edu.au) **W** [www.macksville-h-schools.nsw.edu.au](http://www.macksville-h-schools.nsw.edu.au)

40 Boundary Street, Macksville NSW 2447



# IN MATHEMATICS

It's full steam ahead in the Mathematics faculty this semester, with Years 8, 9 and 10 to expect an investigation task as their assessment piece for this term. Year 8s will be exploring the balance and effects of opposite operations in solving equations while Years 9 and 10 will be applying a practical example of their choosing for their respective Trigonometry units. That's right, it will now be the students convincing us of the relevance of the study of the relationships between sides and angles in right angled triangles!



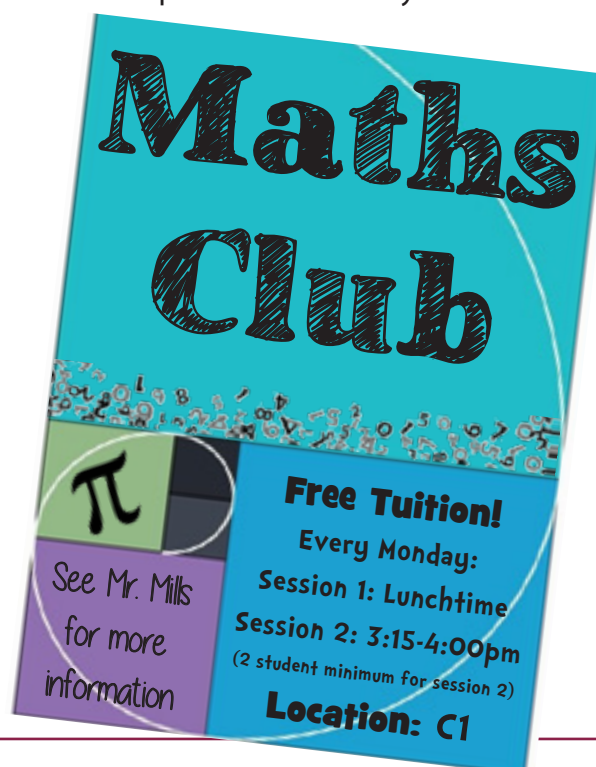
*"Year 8 students experimenting with the 'solve me mobiles' equation builder"*

The Maths Club Free Tuition Program has started this term and is now running **two sessions every Monday**. Session 1 is at lunch and Session 2 starts at 3:15pm until 4:00pm. Please note that there is a two student minimum for the after school option and that the program is **entirely free!** For more information please contact Mr. Mills in the Mathematics faculty.

Term 3 will also be a big term for the Quicksmart Numeracy Program that is coordinated by Mrs Keays. Fifteen Year 8 students were selected at the start of the year to participate in the initiative and after 13 weeks we are happy to report that student reviews are all positive! The withdrawal program, organised by the University of New England, aims to build and promote numeracy skills in students to help them across a wide range of subjects.



*"Jade Summerville and Josh Willer battling it out in a game of subtraction"*





# WHAT'S ON AT MHS

## Important Dates and Information

*Note: dates are subject to change*

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**13 Aug**      **Parent Teacher Interview Evening - Stadium**

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14-17 Aug      Year 10 Excursion - Gold Coast

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19 Aug      HSC Trials Commence

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20 Aug      Year 8 into 9 Parent Evening

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20-22 Aug      AgQuip - Gunnedah

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23-25 Aug      ADFA Open Day Excursion - Newcastle/Canberra

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26 Aug      Year 7 Immunisations + catch ups

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16 Sept      Year 11 Exam Period Commences

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26 Sept      Year 12 Graduation Awards Assembly

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## MHS P&C Meeting Dates

### TERM 3

**Tuesday 27 August**

**Tuesday 24 September**

Meetings held on the 4th  
Tuesday of the month at  
5.00pm

See you there!



<https://www.facebook.com/MacksvilleHS/>





# SCIENCE

Sarah Box from NSW Cyber Security Network delivered 10 Micro:Bits with Grove extension kits as a gift to Macksville High School to boost our STEM program. These kits can be used to teach students programming skills while they develop skills in using technology to improve precision during investigations. Micro:Bits can be used to measure light, distance and angles to name a few with a precision that can't be achieved with analogue tools.

In semester one, Year 7 students used Kits like this that were on loan to build timing gates for a toy car. They were able to collect precise data to investigate the relationship between the slope angle and the time of travel. Now we have our own kits the learning possibilities are endless.

**Ms A Hughes**



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## NEWS ON NEWS!

Click on the link below for an inspiring story on past student **Samantha Kearney who was named top apprentice for specialised textiles in Australia....**

<https://www.nambuccaguardian.com.au/story/6316683/our-sam-named-top-apprentice-in-australia/?cs=736>

Another inspiring story on our present **Year 8 student Connor Grace...**

<https://www.nambuccaguardian.com.au/story/6315874/meet-conor-grace-a-rusty-iron-legend-at-14/?cs=726>



We encourage parents, carers and the community to send us stories, highlights, achievements and photographs of students for inclusion into our school newsletter. You can do this by emailing [macksville-h.school@det.nsw.edu.au](mailto:macksville-h.school@det.nsw.edu.au) with the information and photographs.



# LEADERSHIP COMPETITION

## WIN THE OPPORTUNITY OF A LIFETIME!

Kick-start your future! Enter & win an all-expenses paid 'Power Trip' to Canberra to undertake leadership & media training, get mentored by powerful CEOs & politicians, meet inspiring role models & more. Past winners have met Prime Ministers, been appointed as national youth ambassadors and are published on a national stage.

Just write 400 words or make a 2 minute video addressing:



Overcoming the Odds - how can  
we push through barriers to  
achieve gender equality?

Competition opens 24 July & closes 2 September 2019. Open to rural young women in grades 10-12. See website for terms/conditions.

Aboriginal and/or Torres Strait Islander peoples, people with disability, people with cultural and linguistic diversity, and LGBTIQ people are encouraged to apply.

Power Trip held 23-17 November 2019

ENTER:

[WWW.COUNTRYTOCANBERRA.COM.AU](http://WWW.COUNTRYTOCANBERRA.COM.AU)



# FOOD TECHNOLOGY

It has been a busy start to this term. Our Food Technology classes have been cooking up a storm with **Year 7** preparing healthy foods utilising vegetables that are being grown in their new kitchen gardens. Their most recent dish was a vegetable frittata.



**Year 8** has been learning about methods of cookery. They have prepared roast chicken drumsticks with potato rosti and chicken pot pies. Whilst some of these dishes are challenging with time and preparation, they are certainly well enjoyed.



**Year 9** completed their Food Selection and Health task and have commenced Food in Australia, creating a bush damper and a contemporary damper, sampling wattle seed and native jams (Davidson Plum, Finger Lime, Lilli Pilli and Rosella).



**Year 10** are completing their Food for Special Needs unit and are moving into Food Service and Catering. Their latest practical task, Chicken Schnitzel and Wedge's fits into counter meals.



**Year 11 Food Technology** has just completed their assessment task on food presentation and styling creating the Mille Feuille. This image was prepared and designed by Ethan Joyce.





# HOSPITALITY

**Year 11 Hospitality** are commencing their Coffee Event and have been running a mock coffee shop to build their skills. Students have been out completing their first workplacements and experiencing what it is like to work in the industry.

Thank you to our local food service providers for supporting Workplacement.

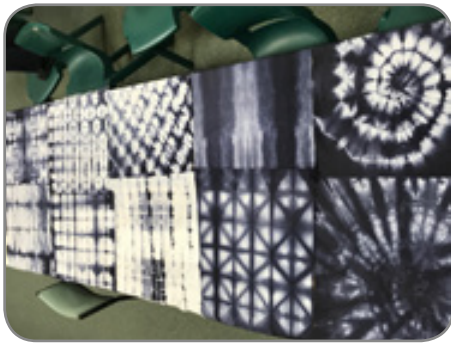




# T E X T I L E S

**Year 10 Textiles** have successfully completed their Robes unit, with a focus on garment construction and pattern reading. Students modified the pattern length to suit their needs and also utilised range of fabrics to provide textural or colour difference.

They have begun a short unit featuring Shibori dyeing techniques and will look to create a non-apparel item.





# COMMUNITY & FAMILY STUDIES



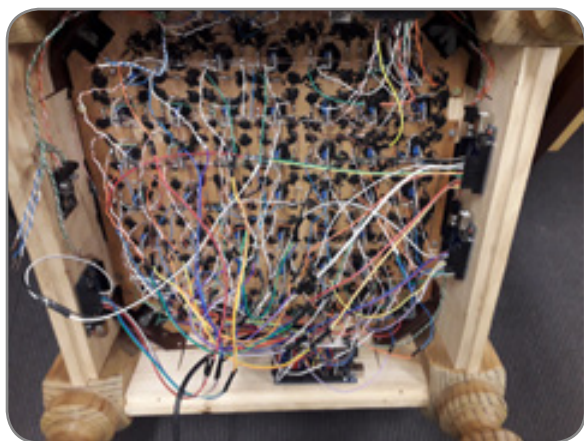
**Year 11 CAFS** explored the roles individuals adopt within groups. In this collaborative learning experience the students were armed with a newspaper, a roll of toilet paper, some sticky tape and scissors.

In groups of three they had to design and produce a wedding dress in 40 minutes. A democratic approach to the task was preferred by each of the groups. As a result of group co-operation their creative designs were produced!



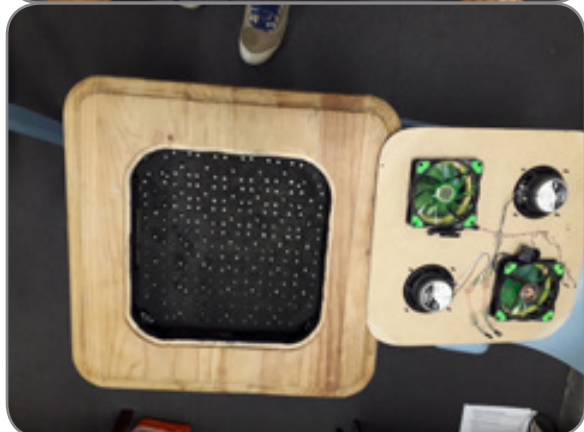
# INDUSTRIAL TECHNOLOGY ELECTRONICS

**HSC students** are completing their major works. The students have been working on a range of different projects some more complex than others depending on the students interpretation of the design brief.



The photo above is a car parking sensor designed to alert the driver of set distances to the front of the car and will use different colour LEDs to warn the driver of proximity.

The images to the left are components of an interactive table which has sensors that pick up movement above the table. For example when a hand is passed over the table the sensors will respond by lighting up.



# CHILD STUDIES

On Monday 5 August the **Year 9 Child Studies** class visited the Macksville Hospital Maternity Ward.

Students were able to participate in a simulated birth using the SIM mum and her baby. They were also able to view the water birthing unit and later watched a short video discussing a variety of birthing alternatives eg: water birth, caesarean and natural birth.

The students were provided an opportunity to ask the midwives questions related to child birth.

It was a thoroughly enjoyable and valuable learning opportunity for the students.



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## YEAR 7 VACCINATIONS MONDAY 26 AUGUST

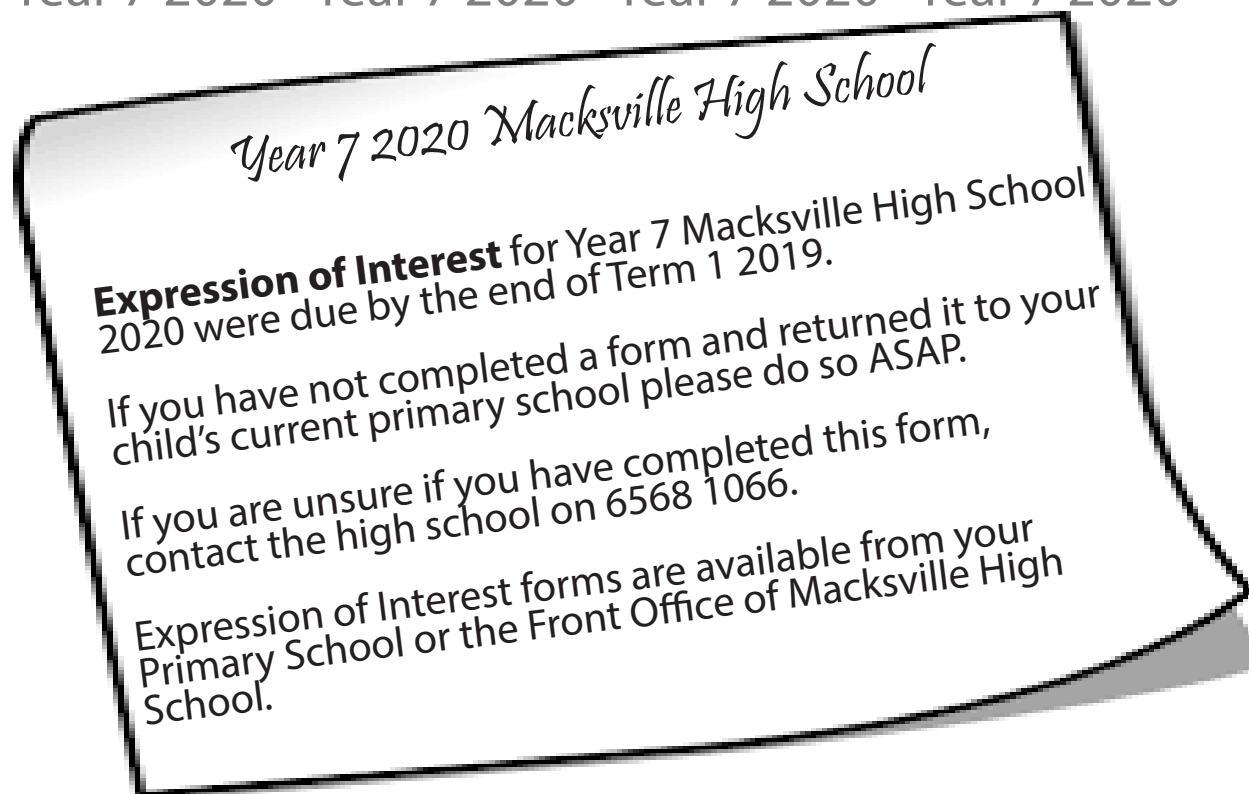
**Year 7** have their second dose of HPV (Human Papillomavirus) on Monday 26 August.

**It is very important that all students have breakfast on vaccination day to help prevent fainting.**

If you have questions about the Vaccinations please feel free to contact the Public Health Unit on 1300 066 055 or visit [www.health.nsw.gov.au/immunisations](http://www.health.nsw.gov.au/immunisations) for further information.







## FROM THE FRONT OFFICE

### PLEASE CHECK YOUR EMAIL - YOU MAYBE MISSING OUT ON IMPORTANT COMMUNICATION

As the school year gets into full swing we ask that you check your emails on a regular basis for communication from the school.

It is a fast and effective way to stay in touch with what is happening, important dates and events that are coming up.

We appreciate that we all seem to receive too many emails these days, however, it would be greatly appreciated if you can read emails from MHS to see if they are relevant before deleting them.

### STUDENT DETAILS FORM - MAIL OUT

Our Student Details Form has been mailed out to home addresses this week.

We ask that you please fill this form in if any of your contact details have changed.

If you are unsure of who you have as your child's emergency contacts please take the time to revise this information as this is critical in the case of an emergency when we are unable to contact the parents/carers.

### SCHOOL FEES

Please be aware that there are many families who have not yet paid their subject fees. These payments help us to equip our faculties with much needed resources and consumables to provide an enhanced curriculum for all students.

Thank you for your continued support of our school.

*thank you* 😊

## Netball, North Coast NSW Schools Cup

Macksville High School had 3 teams compete in the North Coast NSW Netball Schools Cup in Port Macquarie.



*Back row: Ivy Taylor, Feja Lane-Stasionis, Josie Welsh, Jade Summerville, Jalaara Walker & Miia Angel  
Front row: Kalahni Gray, Gabbie Lane, Jasmine Sutton & Hope Willer*

### 7/8 Girls

The Year 7/8 girls team are a young team which provided tough competition for their opponents throughout the day. They played the likes of St Clare's College, St Paul's College and St Joseph's Regional College, achieving 3rd place overall on the day. This will only be improved on and we can expect to see excellent results in the future. Fantastic efforts girls!



*Back row: Mr Heaton, Jai Wassens, Toby Hill, Henry Peachman, Blake Spear & Wezley Brown  
Front row: Max Thomspson, Taj Northfield, Jack Peachman, Brandon Willer & Kye Garzoli*

### 9/10 Boys

The boys team came up against some fierce competition from Mackillop HS, Melville HS & Taree HS. Our students demonstrated outstanding sportsmanship, resilience and Macksville High School spirit. Unfortunately, our team did not prove triumphant and were knocked-out before entering the semi-finals.



*Back row: Bree Ferguson, Gemma Summerville, Ellie Welsh, Lillah Hoffman, Chantel Cameron, Charlotte Vinen & Celeste Cameron  
Front row: Brin Trisley, Lilly Bartlett & Tamsyn Spear*

### 9/10 Girls

The Year 9/10 girls team played exceptionally and represented Macksville high to a high standard. It should be noted that 2 players, Tamsyn and Lillah, were umpires as well as players and barely had a break all day. In the semi-final round, the scored ended in a draw (23-23) against St Pauls College. This saw them go into two over time rounds, where Macksville came out in front. For the 3rd year in a row they clashed with St Josephs Regional College in the final.

We would also like to acknowledge and thank the umpires Mrs Vicky Wassens, Abby Baxter, Lillah Hoffman and Tamsyn Spear who volunteered their time to umpire on the day.

Mr A Parker





## Buckley Shield, Singleton

Buckley Shield Final 16 at Singleton.

Eighteen boys travelled to Singleton on a mini bus with Mr Joyce driving and Coach White. Arriving to some rain, first thoughts were not to call the game off after travelling so far. This was not the case and soon after the opposition, namely Singleton High School arrived.

Macksville High boys warmed up well, but were very wet from the constant rain.

The game started the worst possible way for Macksville High with Singleton High scoring out wide. Two more tries for Singleton High came from mistakes from

Macksville High and they had quickly raced to a lead of 16 – 0.

Macksville High never gave up and got over the line twice but was held up. Singleton High scored again and was now leading 22 points to 0 after 15 minutes.

Brodie Moore scored a much needed try for Macksville High with Finnian Walsh kicking the conversion. Singleton High 22 – Macksville High 6. This was the score at halftime.

Most of the Macksville High boys were down on them themselves at halftime. However, the talk from a few of the senior players that played in last years close loss

to Cronulla High was positive and they then believed they could win.

For the next 15 minutes of the half, Macksville High was close to scoring and their defence was solid. Singleton High just had more skills in the wet weather and with no errors made Macksville High pay with two late tries. Final score Singleton High 34 – Macksville High 6.

Unfortunately Macksville High is now out of the Buckley Shield competition. The boys should be very proud of their achievement making the final 16 schools in the state and being the best school on the North Coast.

**Mr N White**



**Team** – Ayden Sigrist, Jace McMurray, Alex Brown, Brayth Ledger, Brayden Luffman, Kurt Stennett, Finnian Walsh, Brodie Moore, Jye Mulvihill-Espaze, Wezley Brown, Jordan Welsh, Zachary Sutton, Liam Cuffe, Liam Azzopardi, Tom McNally, Alfie Walsh, Brennan Cuffe, Josh Willier.

## U/15s Basketball Lower North Coast Knockout, Port Macquarie

On Thursday 1 August Macksville High School U/15 Basketball team travelled to Port Macquarie for the Lower North Coast Knockout.

The boys performed admirably and what they lacked in experience they more than made up for in enthusiasm. From our squad, excellent teamwork and great sportsmanship was on display and this enabled them to win two out of three games.

The first game was against Port Macquarie who were obviously experienced, well drilled and notably tall. Macksville were

not disgraced, although the Port Macquarie did give some basketballing lessons and ran out winners 48 – 15. The Macksville boys definitely enjoyed the contest.

The next game was against Camden Haven. We were over the initial shock of proper competition and started doing the basic things better to come out on top 26 – 12. The final game was against traditional rivals, Bowraville. Macksville turned the tables as of

recent years and dominated with a score of 32 – 20. All Macksville players performed exceptionally for the victory.

A big thank you to the parents who assisted with transport to make the day possible.

**Mr M Smith**



**Left to Right:** Brodie Moore, Finnian Walsh, Baylun Green, Nick Gough, Brayth Ledger, Nick Burke, Malachy Walker,  
**Front:** Alfie Walsh

# S P O R T T E A M S

## Opens Touch Football



*Back Row: Luke Fitzgerald, Jacob Moore, Blake Sampson, Nathan Fitzgerald, Ulysses Roberts & Lachlan Jones.*

*Front Row: Hudson Garzoli, Caleb Wassens, Kye Garzoli, Jye Gazoli, Max Thompson.*

Macksville High School competed in round six of the CHS Opens Touch Football knockout competition against Castle Hill High School. Success in this round would mean Macksville High would be placed into the top eight teams in NSW. Macksville High were fortunate enough to receive a home game for round six, allowing the match to be played at the local Touch Football fields on Willis Street. We were also lucky enough to have Craig Englert (Macksville Falcon's President) officiate the game with the help of Connor Lockyer.

For much of the first half Macksville were in the lead, though this position went back and forth several times. The first half saw Castle Hill take the lead and early in the second half they scored again putting them out in front by 3. The Macksville High boys dug deep in the second half and made a significant impression on the other team bringing the score even on 8-8. The score remained the same in the last 5 minutes of the game with the potential of finishing in a draw. A draw at full time would have seen the match go into a drop-off round. However, in the last 60 seconds Castle Hill scored bringing the end result to 9 – 8.

We would like to congratulate all opens Touch Football boys on representing our school with vigour, outstanding sportsmanship and fantastic achievement in Combined High School Sport.

We would also like to acknowledge and thank the Macksville Falcons Touch Football Association, particularly Craig Englert and Connor Lockyer, who volunteered their time to referee on the day and extend this gratitude to the Fitzgerald family and the Trisley family for their support leading up to and on the day.

### Mr A Parker

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***Congratulations*** to Wulaaran Walker on making the Under 15s NSW All Schools Touch Football Team. Wulaaran has been training and playing as part of the selection team going through undefeated. Wulaaran now plays in Canberra at the end of October.

Well done Wulaaran!

***Congratulations*** to Brin and Matiese Trisley on their efforts in making the Opens NSW Touch Football Team. The girls have been dedicated to training and playing in the selection teams and will now play on the Sunshine Coast in September.

Well done Brin and Matiese!



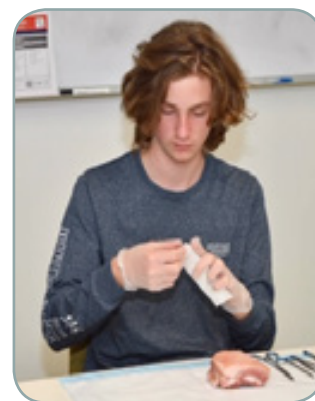


# CAREERS CORNER

## UNE Rural Medical Winter School

The 2019 Rural Scholars Winter School was a four day residential program in the July holidays open to high school students 15-18 years who live in a rural, regional or remote area and are interested in pursuing a career in medicine. The school was fully subsidised for successful applicants and an accompanying parent. Costs covered included accommodation, meals and transport.

Jonah De La Hunty of Year 10 was successful in securing a position in this year's competitive winter school, being one of 15 students selected from 60 applicants. Jonah experienced life in the world of a medical student by immersing himself into practical activities, facility tours and information sessions explaining the entry requirements into the medical degree. Congratulations to Jonah on this outstanding achievement.



## TAFENSW Learn to Work Manufacturing Program

In collaboration with key partners, last term TAFENSW Macksville delivered a pilot program in the Nambucca Valley to upskill and provide employment pathways in the Manufacturing sector for school students and school leavers.

The aim of this program was to:

- Provide school students and young school leavers with transferable employability skills for work
- Develop knowledge of local opportunities within the manufacturing industry
- Better engage school students and disengaged youth into manufacturing or back to school through exposure of practical trade skills
- Develop a sustainable school and manufacturing industry training and recruitment strategy

A cohort of 20 students from four schools were selected to participate in a range of activities exposing them to the manufacturing industry and jobs available within the local region. Industry partners provided mentoring and a job pool that can link students to

post-training employment pathways in the manufacturing sector.

Feedback from all stakeholders was overwhelmingly positive regarding the participants, notably the level of commitment and application to the course. Paul Ireland from TAFENSW Macksville campus reported, 'The students demonstrated great employability skills with their self-management, problem solving, planning, teamwork and learning skills. An example of their application to the course was their time management. An objective of the program was to reflect a workplace regarding workplace language, expectations, reporting, and timeliness. Most students would arrive at least 30 minutes prior to the commencement of training. Five minutes prior to training they would be seated in the correct room and ready to start.'

TAFENSW now anticipate other industry areas will be developed in the same way as well as continue working with Macksville High School in order to create a stronger pathway from school to work for our students in the Manufacturing industry.



Rhys Hawkes



Jarrad Fuller



Taybian Welsh



Samuel Welsh



George Stevenson

# CAREERS CORNER

## WHERE ARE THEY NOW?

### Ivana Heaton

*YEAR GRADUATED Macksville High School -2015-*



*Ivana Heaton*

I graduated from Macksville High School in 2015.

Since then I have had experience within many industries. I am grateful for all the opportunities I have received as they have enabled me to mature and discover a lot about myself, as well as others from different backgrounds & environments.

In 2015 I worked for a Traffic Control company, in Macksville, on the highway upgrade.

Shortly after employment as a Traffic Controller I was given the opportunity to work as a Resource Coordinator within the same company (Workforce Road Services) covering from the Coffs Harbour Region to the Taree Area.

Once the highway upgrade was completed I moved to Coffs Harbour and worked in Retail.

In need of a "sea change" I moved to Newcastle in 2017, to be closer to family and friends, and continued to work casually for six months.

During 2018 I moved to Jindabyne to experience my first ever snow season, it was amazing.

After the snow season I decided it was time to gain stability and build a career.

I secured a Sales Associate position in Caves Beach, which is south of Newcastle and also the town my family and I originally came from.

Real Estate has it's highs and lows but it is providing me with great knowledge in purchasing and selling property – which I feel is a significantly important part in everyone's life, and is something I love to help people with.

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**Please visit the Macksville High School Careers website**

<http://www.macksvillehighcareers.com/> is a fantastic site for teachers, parents and students for any career related information. This is the resource we use for career lessons so take a look!

Please visit our Facebook page for the latest information  
- **Macksville High School Careers**







# Maths Club



See Mr. Mills  
for more  
information

**Free Tuition!**

**Every Monday:**

**Session 1: Lunchtime**

**Session 2: 3:15-4:00pm**

(2 student minimum for session 2)

**Location: C1**

# COMMUNITY NEWS

## Camp Creative Scholarships Now Open

The 2020 Camp Creative scholarship program is now open for kids and teens aged five to eighteen, living in the Coffs City, Nambucca and Bellingen Shires.

The scholarships offer an opportunity to participate in a week of fun learning in the creative and performing arts. They'll get five full days of creativity across a range of course options, including music, visual art, singing, drama, dance, craft and more!

Camp Creative runs January 13 -17 2020 in the beautiful town of Bellingen. There are over eighty-two courses, with thirteen just for kids and teens, and many adult courses open to teens aged 14+.

Campers can develop their painting skills, play guitar or woodwind, discover their inner actor, release their singing voice, shimmy in a Bollywood dance or get hands on with a hammer and chisel - and so much more!

Scholarship recipients will receive a full day youth course. This includes entry to a week of free concerts and events, with a highlight performance by internationally acclaimed concert pianist David Helfgott.

Some courses have some additional costs for materials, which are not included in the scholarship.

**Applications close 5.00 pm, Friday 23 August 2019.**

To apply, get an application form from your school or download an application form from [www.campcreative.com.au/apply/scholarships](http://www.campcreative.com.au/apply/scholarships)

For more information, contact Camp Coordinators Rob & Michelle Stockton at [info@campcreative.com.au](mailto:info@campcreative.com.au) or phone 02 6655 9326.



The flyer is titled 'Creative Scholarships' in large white letters on a purple background. Below the title, it says 'A week of learning & fun in the creative & performing arts!'. To the right, the 'CAMP CREATIVE' logo is shown in a stylized, blocky font, with 'Bellingen' and '13-17 January 2020' underneath. The main body of the flyer is white with black text. It starts with 'Camp Creative 2020' and describes the thirty full scholarships available for kids and teens aged 5-18. It then lists the various creative and performing arts options. A 'How to apply' section provides the website, application deadline, and contact information. At the bottom, there are five small photographs showing children engaged in different activities: a group of girls in colorful dresses performing a dance, a girl painting a large mural, a boy playing a saxophone, a boy working on a craft project, and two girls wearing elaborate, colorful masks.

**Creative Scholarships**  
A week of learning & fun in the creative & performing arts!

**CAMP CREATIVE**  
Bellingen  
13-17 January 2020

**Camp Creative 2020**  
Thirty full scholarships are available for kids & teens aged 5 – 18, living in the Coffs City, Nambucca and Bellingen Shires.  
They'll get five full days of creativity across a range of course options including music, visual art, singing, drama, dance, craft and more!

**How to apply**  
Ask your school for an application form or download [www.campcreative.com.au/apply/scholarships](http://www.campcreative.com.au/apply/scholarships)  
Applications close 5.00 pm, Friday 23 August 2019.  
For more info phone 02 6655 9326 or [info@campcreative.com.au](mailto:info@campcreative.com.au)



# COMMUNITY NEWS

**Golfing Fun For Everyone**



**FREE! \***

**AGES 7-17**  
Free junior golf membership for a year

Free polo golf shirt- with Macksville Country Club logo

Free community golf lessons weekly before a game and Coaching Clinic 1-2 times per year

\*Free when using the 2018-2019 'Active Kids Rebate'.

Please contact Macksville Country Club for more information. (02) 6568 1400

Stuarts Point and District Little Athletics Inc

COME DOWN TO  
SCOTTS HEAD  
OVAL AND JOIN  
US FOR LITTLE  
ATHLETICS!

**STARTING**  
**2nd August**

**REGISTRATION = \$100**

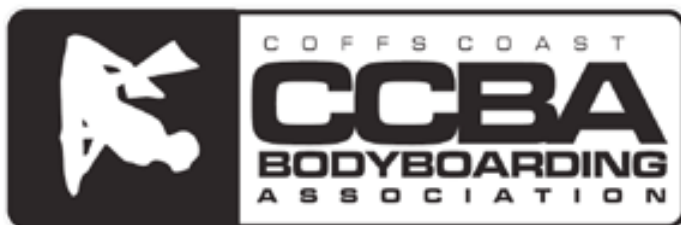
Remember every School Age Student is entitled to a 2<sup>nd</sup> Active Kids Voucher.

Download your second voucher now and use it for Little Athletics!!!

Every Friday at 4:15pm **BUZ BRAZEL Oval Scott's Head**

Registrations will be Online from 1<sup>st</sup> August

Contact Sam Kennedy 0432 327 301 for Info.



Registration open for 2020 season, contact via social media platforms...

Email: [ccba@hotmail.com](mailto:ccba@hotmail.com)

Facebook: Coffs Coast Bodyboarding Association

Instagram: @coffscoastbodyboardingassoc

Web: <https://coffscoastbodyboardingassociation.wordpress.com>

We are holding a training day in Coffs Harbour on Sunday 25th August from 9am-1pm and possibly some time after for beach volleyball training. I would like to invite any of your interested players to attend this day which will be hosted by CHVA and there will be several experienced coaches in attendance. The cost for the day is tbc but should be around \$10-15 to cover court hire. Please contact me if you and/or some of your players are interested.

Craig Little  
President CHVA  
0408697228

## Northern NSW hub regional volleyball training day

**Lifeline** is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

**13 11 14**

**Suicide Call Back Service** is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.

**1300 659 467**

[suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

**24/7 online support, video and live chat**  
**24 hour phone support**

# COMMUNITY NEWS

Warning: No Bye Policy.  
Last uneven team to  
register will miss out.

## 5 A-Side Futsal (Indoor Soccer)

**FREE**  
for all schoolkids

### Welcome to

### i-League,

a 14 game futsal competition, free for all school age kids with the NSW's Gov. second active kids voucher(AKV) for 2019. The competition runs from the 15<sup>th</sup> of Oct to 13<sup>th</sup> Feb and will be played at Macksville High School Recreation Centre. Players may choose their own team but it must have a minimum of six players and mixed teams must have at least two male and two female players.



### How to Register

1. Go to: [www.joinfutsal.com](http://www.joinfutsal.com)
2. Select Macksville Player
3. Create user account and complete online registration form (children under 18 must register under parent/guardian account)
4. Nominate your Team (1 team member only) email team name and members to [macksvillesc@gmail.com](mailto:macksvillesc@gmail.com).
5. Claim AKV. Set Macksville Soccer as AKV provider and email to [macksvillesc@gmail.com](mailto:macksvillesc@gmail.com) to be reimbursed

For further information contact Paul: 0431 670 216

[i-League Futsal](#)

# LEAGUE

Age Group	Game length	Night	Approx. Game Start Time p.m. <sup>2</sup>	Team Make Up	Competition	Prizes	Cost per player
U8	30mins	Tuesday	4.15	Mixed	Non-Competitive	Every player	Free with 2 <sup>nd</sup> AKV <sup>1</sup>
U10	30mins	Tuesday	4.45	Mixed	Non-Competitive	Every player	Free with 2 <sup>nd</sup> AKV <sup>1</sup>
U12	30mins	Thursday	4.15, 4.45	Mixed	Non-Competitive	Every player	Free with 2 <sup>nd</sup> AKV <sup>1</sup>
U15	45mins	Thursday	5.15, 6.45	Mixed	Competitive	Prize for winning team	Free with 2 <sup>nd</sup> AKV <sup>1</sup>
U18	45mins	Thursday	6.45, 7.30, 8.15	Mixed	Competitive	Prize for winning team	Free with 2 <sup>nd</sup> AKV <sup>1</sup>
Senior Mixed Social	45mins	Tuesday	5.30, 6.15	Mixed >15	Non-Competitive	No Prizes	\$110
Women's	45mins	Tuesday	6.15, 7	Women Only >15	Competitive	\$500 for winning team	\$125
Men's	45mins	Tuesday	7.30, 8.15	Men only >15	Competitive	\$500 for winning team	\$125

1. Cost for junior players without AKV (Active Kids Voucher) \$100  
2. Game time subject to team numbers.

**Beyond Blue** works in partnership with health services and other community organisations to support and help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

**1300 22 46 36**  
**24 hour phone support and online chat**

With a focus on early intervention, **Headspace** works with young people to provide support at a crucial time in their lives - to help get them back on track and strengthen their ability to manage their mental health in the future.

**1800 650 890**  
**Coff Harbour - 6652 1878**  
**eheadspace Online Chat:**  
<https://headspace.org.au/eheadspace/>

**The Mental Health Line** provides the opportunity for people to call one single number within NSW and directly link with local Mental Health Services, and to Mental Health Services in other regions throughout NSW connecting them to the right care.

This service provides 24 hour mental health connection and referral services and is staffed by mental health professionals.

**1800 011 511**



## MACKSVILLE COUNTRY CLUB

206 Wallace Street (PO Box 118) MACKSVILLE NSW 2447  
PHONE No: (02) 6568 1400 FAX No: (02) 6568 4044  
EMAIL: [office@macksvillecountryclub.com.au](mailto:office@macksvillecountryclub.com.au)  
ACN: 000 715 775 ABN 86 000 715 775

### Macksville Country Club Junior Golf Programme

Macksville Country Club are looking for children aged 7-17 years of age to join our junior golf program. We obtained some funding to develop a course just for juniors and the course was completed last year. We also obtained some junior golf clubs and bags to hire out at a minimal cost (\$2 a game) plus \$3 for green fees

- \* We are registered with the **Active Kids Programme**
- \* If you register with us you get free golf membership for a year, a MCC Golf shirt and some lessons and coaching
- \* YOU are invited to participate in this non contact sport which starts weekly **10am Sunday 8th September, 19** at the Junior Course
- \* Try out golf for 3 free sessions - we have games, golf clubs and balls to use for these sessions.
- \* After some technique demonstrations you can play a game of golf on the junior course
- \* Win some prizes. Have some fun!