



# Newsletter

Term 3 - Issue 2 - 2019



## Breaking the Silence Schools Program

The program provides foundational knowledge, tools and strategies to implement respectful relationships and domestic violence education in schools.

**White Ribbon Australia** is a part of a global social movement of men and boys working to end men's violence against women. We aim to create an Australian society where all women can live in safety, free from violence and abuse.

**White Ribbon Australia** is a not-for-profit organisation that works through a primary prevention approach in schools, workplaces and communities across Australia. Through the programs and campaigns, they engage with men to be part of the social change needed to prevent men's violence against women.

Here at Macksville High School we will be having a special assembly and activities day on **Friday 22 November.**

*Breaking the Silence* Schools Program is a Nambucca valley school initiative to break the silence and build a safe respectful community.

**Please sign** our pledge book in the front office foyer to show your support for Macksville High School being a white ribbon school in the *breaking the silence* program.

## SAFE RESPECTFUL COMMUNITIES

**Stand up  
Speak out**

You can help STOP violence  
against women.

WHITE RIBBON AUSTRALIA

*Breaking the Silence* provides  
respect and equality within  
the school community.

WHITE RIBBON AUSTRALIA

*Breaking the Silence* Schools  
Program

MHS IS A WHITE RIBBON  
SCHOOL!

Making women's safety a  
man's issue too

Take the oath

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

# Message from the Principal

Dear Parents, Carers and Community,

Our school is participating in the White Ribbon *Breaking the Silence* program which is designed to have staff, students and the community working together to prevent domestic violence in our community. We understand that schools can play a pivotal role in assisting our young people to develop safe, respectful relationships and promoting gender equity. We have a pledge book in our front office that I would encourage all to sign when visiting the school to show your support to end domestic violence. Schools across the Nambucca Valley have also committed to this initiative. I would like to acknowledge Mr Aaron Parker who has been instrumental in bringing this program to our school.



Last week we celebrated SASS Recognition Week, where we recognised the important and valuable contributions made to the school by our Administration and Learning Support Officers, with a special morning tea. On behalf of the Macksville High School community I would like to thank our support staff for all the work they do to keep our school running smoothly and supporting the learning and wellbeing of our students. A huge thank you to you all.

Our Year 12 students have just completed their Trial HSC examinations. The results they achieve will provide them with feedback on their progress and areas for improvement moving forward towards their final examinations which begin in October. We will have HSC markers in the school over the coming weeks to assess the major works of our students in Drama, Industrial Technology and Visual Arts. I encourage students to continue to manage their time effectively in terms of study, work and leisure activities in order to give themselves the opportunity to achieve the best of their ability. Our Senior Mentor Teacher Mrs Robertson is available to assist with developing study routines. Our Careers Adviser Mrs Peisley has organised many post school option talks over the coming weeks to assist in the transition beyond school.

On Friday I had the pleasure of being invited to Scotts Head Public School's Indonesian Arts and Cultural evening *Asyik*. It was a wonderful showcase of the talents of the students and community in dance, food, singing and speaking Bahasa Indonesia. I also had the opportunity to meet with the Indonesian Ambassador and representatives from DoE to discuss the bilingual program at Scotts Head PS and our enrichment program now running in Years 7 and 8. We look forward to continuing to strengthen our learning pathways for our students.

**Mrs Erica Lyne**  
**Principal**





## Declan Sutton - Australia National Swimming Championships

Declan has just returned from Melbourne where he competed in the School Sports Australia National Swimming Championships.

Declan was selected in the New South Wales Swimming Team after his performance at the NSW All School Championships held in Sydney in May.

At the SSA National Championships he competed in the 17-19's age division, swimming against competitors from all the other States in Australia. He swam in the 50m Backstroke heats and made it through to the finals later that evening, he placed 4th in the finals, just missing a medal by 16 100th of a second.

Declan was selected in four NSW relay teams, his Men's 17-19 Medley team won Silver, with Declan swimming the first leg (Backstroke), he swam a personal best time of 27.41 seconds. In the Mixed 17-19 Medley relay Declan again swam the Backstroke leg with their team winning a Bronze for their efforts. Another Bronze was won in the Men's 17-19 Freestyle relay with Declan swimming the 3rd leg of the relay in a time of 24.60 seconds. Declan swam another Backstroke leg in the Mens 13-19 Handicap relay with them placing 7th overall.

Declan was very proud to be representing Macksville High School at these Championships and received lots of support from family and friends who were watching him race on the livestreaming of his events.

**Mrs Lyndal Sutton**



## Marli Green & Kellie Tsujimoto - State Gymnastic Competition

Marli Green and Kellie Tsujimoto competed at the State Gymnastic Competition in Glendale Sports complex on the Wednesday 7 August.

Kellie achieved 5<sup>th</sup> on vault and 5<sup>th</sup> place overall in her division.

She also competed on bars for the first time ever and had a really good experience.

Marli achieved 2<sup>nd</sup> place on bars and 2<sup>nd</sup> place overall as an Individual. Marli was also part of the NSW North Coast team which came first.

We are so proud and amazed by the talent we have here at Macksville high school and look forward to many more gymnasts competing in the future.

**Mr Aaron Parker**



## Wulaaran Walker Year 9

Mentoring at sister speak is a huge honour because helping and representing my culture is a big thing. Helping the young Indigenous kids to learn about our culture is a big thing because we are all the next generation. We need to learn about our country.

It seems to be working really well with all of the conflicts that are happening outside of school or inside of school, they are never brought up when we are on sister/bro speak. Nicky, Pauly, Danica and Mr Werner make all sessions interesting and fun. We have learnt how to play a bat and ball game which was like cricket but we only had 1 stump, 1 thick bit of wood as a bat and ball.

We learn about gaagal (ocean) and how it was formed as well as the animals that live in it. For example:

Whale (gurruja) Turtle (ngarloo) Dolphin (yugirr) Shark (yanggaay)

We've also learnt more about all our native foods and bush tucker and we still have a lot more to learn at sister/bro speak.



## Wulaaran's Achievements

### 2019 Touch Football and Netball

- 3rd State Age Netball Division Z
- League Tag played Group Z
- Northern Eagles Representative
- 2019 High Level Touch
- School U15s Netball NSW Championships
- School NSW All Schools U15s team
- North Coast Final School League Tag
- League Tag made North Coast Bulldogs



# WHAT'S ON AT MHS

## Important Dates and Information

*Note: dates are subject to change*

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<b>3 Sept</b>	Year 8 into 9 Parent Information Evening - TONIGHT!
<b>4 Sept</b>	NRL Girls League Tag, Coffs Harbour
<b>5 sept</b>	North Coast Rugby Union 7's, Kempsey
<b>5 Sept</b>	Bell Shakespeare, School Hall. Selected students from Year 9-12
<b>10 Sept</b>	Boys U14s CHS Futsal Tournament, Port Macquarie
<b>16 Sept</b>	Year 11 Exam Period Commences
<b>26 Sept</b>	Year 12 Graduation Awards Assembly, School Stadium 10am

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## Year 12 Fundrasier - Cake Stall - Tuesday 10 September

Year 12 will be holding a fundraising cake stall  
on **Tuesday 10 September** of Week 8.

Money raised will go to the Westpac Helicopter  
Service and MHS.

Prices will range between 50c and \$1.50.



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## MHS P&C Meeting Dates

**TERM 3**

**Tuesday 24 September**

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

See you there!



## Playing with Shakespeare

**Year 11** Advanced English have been connecting with their study of William Shakespeare's play 'Othello' through some dramatic readings during class time. Students have enjoyed using costuming and props to gain a greater understanding of the plot, characters and central ideas of the play.

Students are studying 'Othello' to meet the requirements of Module B: Critical Study of Literature.



## Year 7 and 8 Debating Begins!

The first rounds of the 2019 Premier's Debating Challenge for Years 7 and 8 saw our two Macksville High School teams up against Toormina High School.

Our first debate ended in victory with Grace Hill, Imogen Graham, Bella Douglas and Jonah Werner presenting a strong and convincing case for the negative team with the topic, 'That all technology should be banned from classrooms'.

The second debate was close and Dimity O'Connor, Ellie Stapleton, Ella Bradford and Hailey Bloomfield provided some excellent points for the affirmative team's topic, 'That the government should fund all high school students to participate in an overseas exchange'. Toormina's team, however, was more convincing on the day and they won this debate.

Our teams will continue to prepare for future rounds and we look forward to our next debate against Bellinghen High School.

**Mrs A Hill**



*Jonah Werner, Isabella Douglas  
Grace Hill and Imogen Graham*



Hailey Bloomfield, Ella Bradford,  
Ellie Stapleton and Dimity O'Connor

# SCIENCE - JUNIOR BIOLOGY

Year 8 and 9 Science students explored body systems with a cow pluck with the help of Mr Luke Smith. The pluck had a long trachea pipe, like a vacuum hose leading to the lungs. Brave students had a turn at inflating the lungs by blowing through a plastic pipe into the trachea. Most students declined the opportunity to have a go, but were intrigued to watch the lungs expand. Tucked under the lungs was a large liver. The different lobes of the liver were evident and led to a discussion about live donor transplants, as the liver is one of the few organs that can regenerate. Attached to the liver was a rather gross looking yellow sack of gooey bile called the gall bladder. Noone was keen to poke that too hard! The heart was huge and was hiding under a fat laden membrane. Year 8 students will have the opportunity to dissect a heart to explore the inner chambers and valves that allow the heart to pump blood. There was a kidney too. It took some cutting to expose it from beneath a thick fatty layer. It was fascinating to see how the organs fitted together.

Ms Angelle Hughes





Asha: Cows have bigger lung capacity than us

Ella: It was very fatty, especially around the heart and the kidney



# 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**





# V I S U A L A R T S

## Year 12 Visual Artist put the finishing touches on their Body of Work

It has been rewarding to guide our **Year 12 Visual Arts Class of 2019** as they bring their creative visions to life while completing their Higher School Certificate, Visual Arts Body of Work.

Their Body of Work comprise of the use of traditional mediums, including drawing and painting, with a mix of more contemporary mediums including sound, video, graphics and digital media.

This term has provided an opportunity for our ten artists to put the finishing touches on their Body of Work, prior to external Higher School Certificate Marking.

Congratulations to you all on your dedication throughout the course, it is a credit to you and very rewarding to see your work at this stage. Future editions of the newsletter will highlight their completed artworks.

**Miss Y Wallis**



**Josephine  
Graham**



**Kamden  
Walker**



**Chilli Perks**



**Molly Matthew**



**Amelia  
Telford**



**Ayla Allan**



**Caitlin Reynolds**



**Cassandra  
Ferris**



**Chloe Loveday**



**Nikita  
Hansen-Jones**



# C A P A - M U S I C / A R T



## THE RHYTHM VILLAGE

MUSIC SPEAKS BEYOND WORDS

The rhythm Village provide interactive workshops specifically designed for fun and engagement, exposing participants to the power of rhythm and music and harnessing its energy to bring about real change in each participant.

Headed up by Founder Josh Oshlack, The Rhythm Village team are accomplished musicians, passionate about using music as a means of bringing out the best in the students.

[www.rhythmvillage.com.au](http://www.rhythmvillage.com.au)



### Year 8 Artists explore traditional and contemporary Aboriginal landscape art

During Term 3 Year 8 Art 2 and Art 5 classes have enjoyed exploring traditional and contemporary Aboriginal landscape art. Inspired by the work of Indigenous Australian Artists students have created their own exciting designs as captured below.

Miss Y Wallis

Jade Summerville



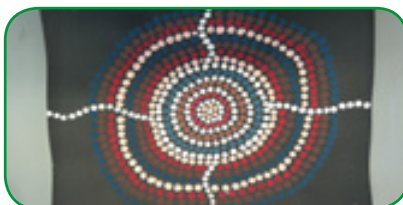
Hali McFadyen



Donnic Rixon



Alexandra Habgood



# CAREERS CORNER

## WHERE ARE THEY NOW?

### Emily Craven

*Completed Year 10 Macksville High School -2011-*



Emily  
Craven

I left school after Year 10 to complete a Certificate IV in Hospitality. After this I attended Southern Cross University where I completed a Bachelor of Business in Convention and Event Management, graduating in 2018.

While at University I chose to do a semester abroad in the UK, just north of London. This allowed me to travel a lot throughout the UK and Europe while still studying.

At University I also interned for a year with AIME, an organisation which works with indigenous high school students, helping guide them onto further education or full time employment.

After graduation I landed myself a place in the Disney International Program. I'm currently in the middle of my year long employment at Walt Disney World, Florida. I'm working in merchandise at Animal Kingdom, and learning some incredible things about the company.

I'm not too sure what's next for me, but I'm always on the lookout for the next exciting opportunity.

**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**



**Registration Now Open  
New Players Welcome!**

All registration and payments must be done online  
Registration must be finalised before the 27/9/2019

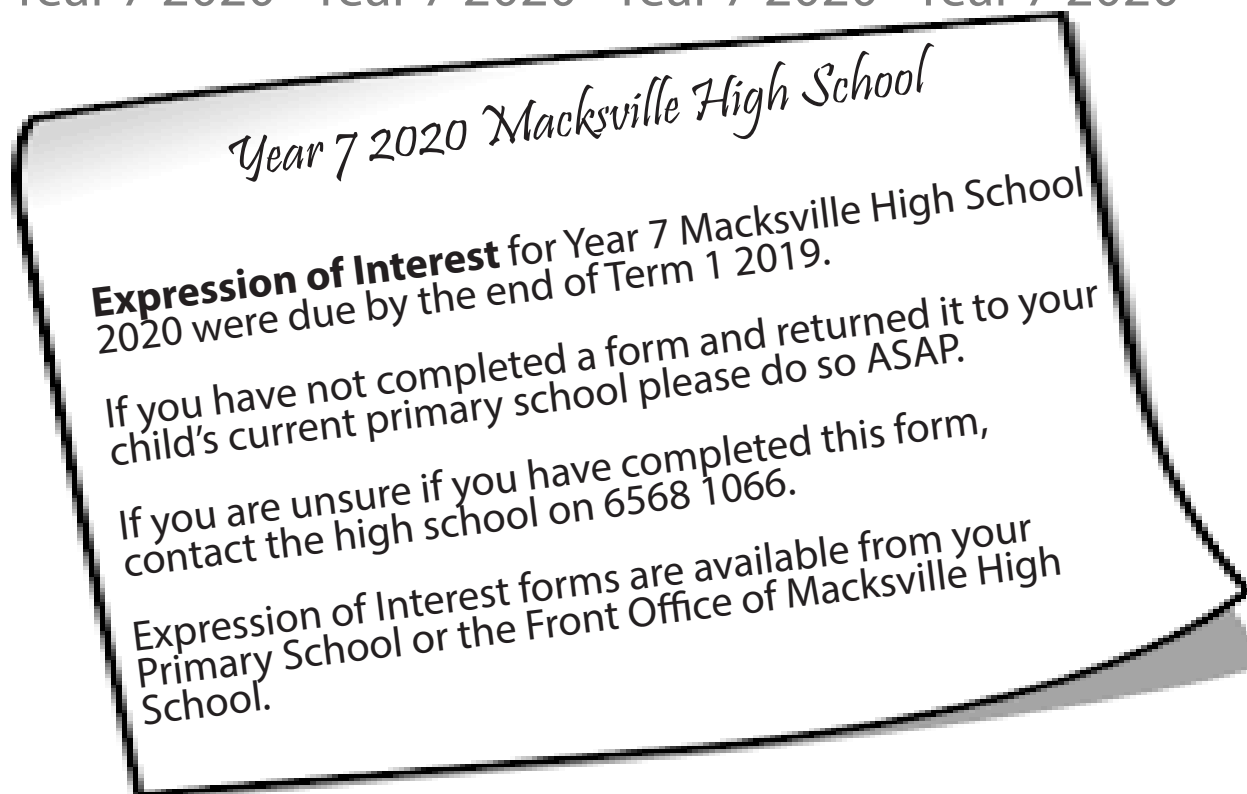
Junior rego is \$135.00

Junior blasters rego is \$99.00

Register online at [www.playcricket.com.au](http://www.playcricket.com.au)



Contact us via [mesjcc@gmail.com](mailto:mesjcc@gmail.com)  
Or Mary Cooper on 0418 494 103



## 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.

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* 😊



# COMMUNITY NEWS



PCYC | POLICE CITIZENS YOUTH CLUBS

## SAFER DRIVERS COURSE FOR LEARNER DRIVERS

### PCYC SAFER DRIVER COURSE


If you hold a valid NSW Learner Licence, are under 25 years of age and have completed a minimum of 50 hours actual on-road driving then you are eligible to attend the Safer Driver Course run by PCYC Kempsey. The course's aim is to help young people develop safer driving practices and skills so they are better prepared for when they transition to solo driving. The Safer Driver Course counts towards 20 hours of Learner Driver Logbook time and provides strategies for dealing with road risks and provides guidance to prevent risk taking behavior. Topics covered include safe driving distances, crash avoidance, speed management and hazard identification. These strategies are a great asset for young drivers who are transitioning to unsupervised driving, better preparing them for the potential situations and conditions that may face them during their driving. The course is educational, enjoyable and will help you drive more safely.

Our dates for the new year are as followed

- September 7th 2019– 10am - 1pm for module 1
- Module two will be given after booking

Contact PCYC Kempsey 6562 8399 for information and booking details or you can visit online at <https://saferdrivers.org.au/>

**COFFS COAST COMMUNITY**  
**08/09/2019 | 9:30 am | Park Beach Reserve**

 **Lifeline's**  
**Out of the Shadows**

**A walk to remember those lost to suicide**

You can make a difference by participating in Lifeline's Out of the Shadows - national suicide prevention walks held to coincide with World Suicide Prevention Day.

Join us as we walk to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide and support those bereaved

**See below for more details**

Centre:  
**Lifeline North Coast**


Event Date & Time:  
**9.30am Sunday 8th September 2019**

Meeting Point:  
**Park Beach Reserve, COFFS HARBOUR**


**Additional Information**

We will be meeting at Park Beach Reserve for a family and pet friendly event. The walk begins at 10am proceeding to the Lifeline stall adjacent to the Sunday Harbourside Markets. Remember sun safety and to dress for the weather. We are inclusive and this event will be Auslan Interpreted

Contact Lifeline North Coast for more information:  
6651 4093 | [reception.northcoast@lifeline.org.au](mailto:reception.northcoast@lifeline.org.au)



**MID COAST COMMUNITIES PRESENTS...**



**NOW IN ITS 5TH YEAR. DON'T MISS OUT ON THE BIGGEST POP CULTURE CONVENTION IN REGIONAL AUSTRALIA!**

**WITH SPECIAL GUESTS:**

- Danielle Deane Cosplay
- Phantom Strider
- Anuraag Connolly
- Soylent Cosplay
- Arina America
- Chris Wernicke
- Dean Rankine
- Darren Close
- 501st Legion
- Chris Wahl
- & more!

# NEXUS

**2019**  
**POP CULTURE CONVENTION**


[WWW.NEXUSCON.COM.AU](http://WWW.NEXUSCON.COM.AU)  
NEXUS CON

**SATURDAY 7TH SEPTEMBER 10AM - 4PM**  
**COFFS HARBOUR EDUCATION CAMPUS**

Sensory friendly access from 9.30am for children under 14 and their families

Cosplay Competition • Children's Costume Parade • Onsite Cosplay Medic • Sumo Bot Challenge • Panels  
First LEGO Robotix • Hacker Badge Making • Super Smash Bros • Tekken 7 • Workshops • Stalls • Food  
Marvel and DC Comics • Ultimate and Mario Tennis Ace • Pokemon Minecraft • Video Game Tournaments  
Tabletop Gaming • Laser Zombies • Kids Activities • Photo Booth • Artist's Alley

LOCATION: 202 EDWARDS DR. COFFS HARBOUR, NEW SOUTH WALES 1510 • \$20 • \$10 (U/18) • \$5 (U/12) • \$2 (U/5)



# COMMUNITY NEWS

## Class of '99' - High School Reunion

**Macksville High Class of '99' will be celebrating our 20 Year High School Reunion this October long weekend.**

**Location: Star Hotel**

**When: 5th October from 5pm**

**Details: <https://www.facebook.com/groups/macksvillehighclass99/>**

**Any questions - contact Cheree Robinson - [cheree@beachsidesocialmedia.com](mailto:cheree@beachsidesocialmedia.com)**



## Your Health Link National Photographic Competition

The Mid North Coast Local Health District (MNCLHD) is proud to announce the Your Health Link National Photographic Competition will be launched on World Photography Day, Monday 19 August 2019 and will culminate in a national photographic opening night and exhibition at Sails Port Macquarie on 22-23 November 2019.

We all have a shared vision to see our children grow up to be healthy and happy adults. By partnering together on this exciting program, we have a unique opportunity to engage students to explore what good health means to them through the exciting medium of photography.

This innovative arts-in-health program is now in its fourth year and aims to reduce childhood obesity and link school students and the wider community with vital health information via the competition website. The competition is endorsed by the Centre for Population Health, the NSW Office of Preventive Health and the Healthy Kids Association.

The competition includes two categories for Primary School and High School students. We are seeking your assistance in encouraging your students to grab their mobile phone, tablet or trusty camera and capture images that promote healthy living. Entry to the competition is free for all students.

Healthy canteens are integral to supporting good nutrition and healthy choices at school. National, State and Territory guidelines for school canteens provide a Government-endorsed approach to assist schools with identifying healthier food and drink options to offer for sale in their canteens.

The Your Health Link National Photographic Competition attracts entries from every State and Territory, offering individual prizes as well as prizes for healthy school canteen programs.

For further information on this exciting health program, contact the National Competition Organiser, **Carolyn Guichard** via email [Carolyn.guichard@health.nsw.gov.au](mailto:Carolyn.guichard@health.nsw.gov.au) or by phone 02 6656 5213.

# G'DAY USA

**LIVE  
WITH AN  
AMERICAN  
FAMILY**

**JANUARY 2021**

**20 day tour highlights include:**

**\*Disneyland \*Universal Studios \*Knott's Berry Farm \*San Diego  
\*San Francisco \*Stay with a host family \*Visit a U.S. High School**



## **G'DAY USA INFORMATION MEETING**

**Date:** Wednesday, September 4  
**Time:** 6:30pm  
**Location:** Park Beach Bowling Club  
Auditorium

**FOR STUDENT  
AGED 14 - 18**

**All interested students and parents welcome.**

**EWT contact - Jennifer Mundy**

**e: [jennifer.mundy@ewt.com.au](mailto:jennifer.mundy@ewt.com.au) m: 0448 909 655**



# COMMUNITY NEWS

## G'DAY USA PROGRAM

**The G'Day USA Program** is a short-term cultural exchange which offers Australian students and staff the opportunity to travel as a group to the USA during the January school holidays. The program includes a cultural home stay with an American host family in some beautiful parts of the United States, whilst exploring all the local attractions and spending time going to a local American High School. The world-famous cities of Los Angeles and San Francisco are then explored, including visits to the Golden Gate Bridge, San Francisco Bay, Los Angeles premier surf beaches, Anaheim theme parks and a day trip to San Diego!

G'Day USA is generally the first step for young Australians to become true global citizens, as the program fosters greater cultural awareness, teaches tolerance for other people and promotes understanding and openness to new ideas.

Educational World Travel (EWT) operates the tour based on over 30 years' experience in the student travel space and provides all necessary support and resource materials to ensure a seamless experience. Pre-tour, EWT informs the students of the opportunity to travel and then conducts a Parent Information Evening to explain the program in detail to any interested parents and students.

For every ten travellers, EWT will cover one Group Leader's tour cost inclusions. This means all you need is some spending money for some meals and optional activities and an appetite for adventure!

EWT aims to minimise the workload for each Group Leader throughout the planning and organising stages of the program as well as during the tour. EWT is responsible for all group tour operations and administrative tasks, including travel arrangements, hotels, transfers, travel insurance, sightseeing tours and entrance fees. EWT also offers resource materials to Group Leaders which are helpful in preparing student groups for the tour. EWT can support schools with completing risk assessments on request.

Our Program Development Managers are available to meet with principals, heads of school and staff, along with students and their families to discuss all aspects of our touring programs (including travel insurance, visas etc.).

Taking part in the G'Day USA 20-day program includes the following opportunities; -

- A home stay with an American family (host brother or sister) from a selected American high school
- Attendance at an American high school for one or two days as a group
- 4 days of sightseeing and exploring the group's chosen host city
- Los Angeles sightseeing and Anaheim theme parks – Disneyland, Universal Studios & Knott's Berry Farm
- San Francisco city tour and walk the Golden Gate Bridge
- Pier 39 and Union Square
- Day tour of San Diego

Living with an American family provides young Australians with a greater awareness of the differences between our cultures and is often the highlight of the tour for our travellers. Additionally, the educational benefits and learning gained from attending school classes in America is invaluable.

The program is invaluable in providing students with a greater sense of responsibility, self-reliance and self-esteem. Travellers return with an increased awareness of the importance of working cohesively in a team environment.

Please visit the EWT website at [www.ewt.com.au](http://www.ewt.com.au) to find out more about G'Day USA.

