



# Newsletter

Term 2 - Week 10 - 2019

## Rainbow Day



From left: Eve Gasser, Rhiannon Cooke-Jones, Erin Thorp, Ares Toth and Lucinda Kearney



Chey Bara

On Tuesday 25 June Macksville High School held a day of celebration to promote inclusivity and acceptance for the whole school community. This day was a celebration of the Lesbian, Gay, Bisexual, Transgender and Queer (or Questioning) and Others (LGBTQ+) community with the intention of raising awareness. It also aimed to reduce discrimination and create a school environment where students are encouraged to ask questions and be well informed.

The celebration included a free BBQ, face painting, colourful hair and information for interested students provided by Head Space. We listened to music, had many conversations that helped dispense with the barriers around the LGBTQ+ community and promote respect and diversity at Macksville High School.

The student organisers stated, "Rainbow Day was important because it started a conversation. Every time someone speaks up, the world becomes a safer, more interesting place. Today had a wonderful impact at Macksville High".

**"Every time someone speaks up, the world becomes a safer, more interesting place."**

# Message from the Relieving Principal

Dear Parents, Carers and Community,

Another term has now come to an end along with the end of semester 1. This involves the first round of reports for 2019 and our Semester 1 Presentation Assembly. It was wonderful to celebrate the effort, dedication and success of our students at Thursday's assembly. Thank you to all who were involved in putting the assembly together especially the efforts of Kelli Dykes our hard working coordinator and Mel Daly our hard working administrative staff member. Thank you to all the families and friends who attended and celebrated these achievements with their children.



NAIDOC Week 2019, Voice Treaty Truth was celebrated this week at our Tuesday assembly. I would like to thank Paul Evans who organised the assembly and shared his story of his recently found family. He embodied the themes of Voice Treaty and Truth bravely opening his heart to share his story with us all. I would also like to thank Ulysses Roberts for his MC role and leading with pride and strength, Wulaaran Walker and Charlize Blair who read and presented proudly to the student body. Arjae Pritchard who performed and played the didgeridoo, which he had crafted himself. The assembly was both moving and extremely important in ensuring the recognition of our Nation's First Peoples.

Congratulations to all those involved in the Rainbow Day of Celebration. This was a student led initiative which was openly received by the student body. The day most certainly opened many conversations around the acceptance and inclusivity of all people. Most importantly, that it is okay to be different and that school should always be a safe place for everyone.

As we head off into holidays I would like to set parents and carers a challenge or homework if you will. The holidays should be a time of rejuvenation for our students before heading back into term 3. There has been a lot of discussion lately around the use of mobile phone and the interaction of teenagers with social media. I would like you all to have a conversation with your teenagers around the safe use of mobile phones. Furthermore, may I suggest a period of digital detox during this time. Challenging, I know but certainly worth the time and effort. I would also like to suggest visiting [esafety.com.au](http://esafety.com.au) especially to seek advice around how to report concerns.

Have a great break and we will see all students back at school on Tuesday 23 July all refreshed and ready to go.

**Linda McGregor**

**Relieving Principal**



*Arjae Pritchard*



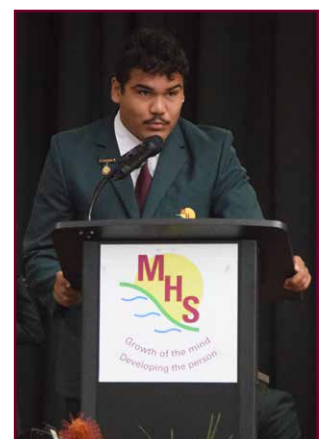
*Wulaaran Walker and Charlize Blair*



*Paul Evans*



# HALF YEARLY PRESENTATION



# INFORMATION FOR PARENTS



## MACKSVILLE HIGH SCHOOL

**Email:** [macksville-h.school@det.nsw.edu.au](mailto:macksville-h.school@det.nsw.edu.au)  
**Website:** [www.macksville-h.schools.nsw.edu.au](http://www.macksville-h.schools.nsw.edu.au)

PO Box 611  
40 Boundary Street  
Macksville NSW 2447

Phone: (02) 6568 1066  
Fax: (02) 6568 2802

ABN 34 467 761 791

Dear Parents, Guardians and Carers,



### Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards,

**Linda McGregor**

**Relieving Principal**

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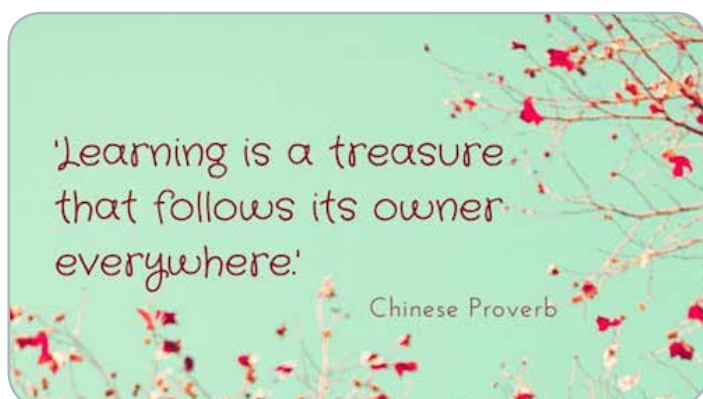


# WHAT'S ON AT MHS

## Important Dates and Information

22 July	Staff Development Day
<b>23 July</b>	<b>FIRST DAY OF TERM 3 - ALL YEARS</b>
23 July	P&C Meeting - 5.00pm in the Common Room
24 July	Open Boys Touch Knockout - Macksville
25 July	Years 10-12 Service NSW Talk - Hall
26 July	Year 10 into Year 11 Subject Choices due
1 Aug	U15's LNC CHHS Basketball Knockout - Port Macquarie Basketball Stadium
5-9 Aug	Year 11 Work Placement - Week 2
8 Aug	Regional Athletics Carnival - Coffs Harbour Stadium
<b>13 Aug</b>	<b>Parent Teacher Night - Stadium</b>
14-17 Aug	Year 10 Excursion - Gold Coast
<b>19 Aug</b>	<b>HSC Trials Commence</b>

*Note: dates are subject to change*



## MHS P&C Meeting Dates

### TERM 3

**Tuesday 23 July**

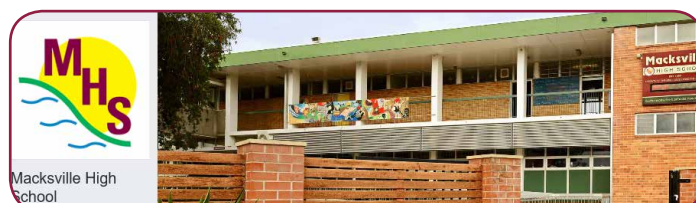
**Tuesday 27 August**

**Tuesday 24 September**

Meetings held on the 4th Tuesday of the month at 5.00pm - See you there!



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



# ENGLISH FACULTY

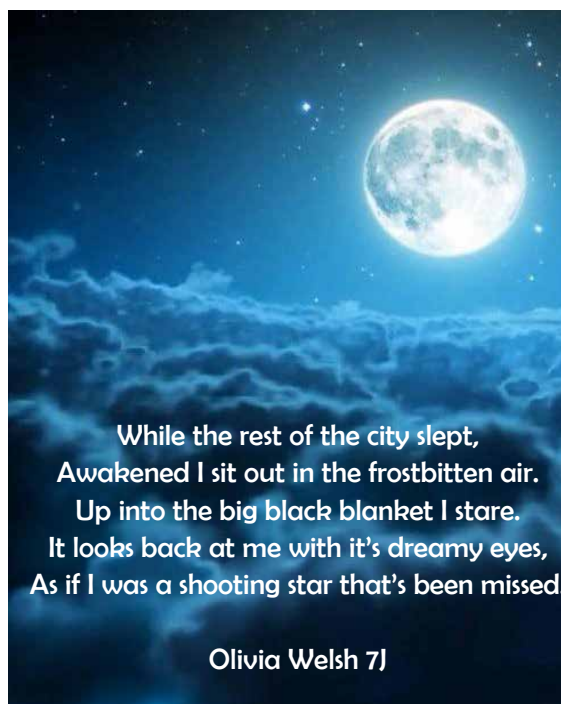
## Lights from the Heart - Collected Poems of Year 7

Year 7 worked very hard this term developing their poetry skills, this is a selection of some of their work.

Ms S Morris

### **Mighty Mighty Macksville** by Leah Pickvance 7G

I enjoy going to school every single day,  
Some children don't like it, so they stay away,  
They teach you how to laugh and enjoy your life,  
And how to be a decent person and stay out of strife,  
They teach you to do maths and how to make a cake,  
And some are very fast drivers and should learn to use the brake.  
Some have very loud voices and some can scare you quite a bit,  
Others are quite rotund and some are super fit.  
My mum, dad, my aunties and uncle to name just a few,  
All went to Macksville High School and I'm so happy I do too.



While the rest of the city slept,  
Awakened I sit out in the frostbitten air.  
Up into the big black blanket I stare.  
It looks back at me with its dreamy eyes,  
As if I was a shooting star that's been missed.

Olivia Welsh 7I

### **The Crazy Little Kid** by Zetaya Carr 7G

Snuffling and gruffing all night long,  
My goat was giving birth to a kid.  
Me and my sister had a bid,  
Girl or boy,  
We bought it a new toy.

Now I look out my window,  
to see that little kid  
jump around like a kangaroo  
in a long grass.

Climbing it's mum's back,  
Bacflippin' off mine,  
That CRAZY little kid.

Thinkin' it's big and strong  
Facing its daddy like it  
Is the King of the world,  
Soon realising it's still  
That CRAZY little kid.

Soon that kid will calm down and not  
Eat you and your clothes and hopefully forgets how to  
Undo shoelaces.  
It will always be my CRAZY little kid.



# ENGLISH FACULTY

## Lights from the Heart - Collected poems of Year 7

Swimming in the coral reef,  
Animals racing left and right like little athletes,  
Oil plants wreck the sea,  
Now it's affecting me.

Pieces of plastic floating by,  
If we don't change we will be saying to this ocean Goodbye.  
Animals are dying because of us,  
While politicians aren't even causing a fuss.

This world is dying,  
Why aren't we trying?

Jye Berthold 7J

The first sight of dawn,  
The first breath of the morning sun,  
Letting the moon rest, tired and worn,  
Knowing the day has just begun.

It's a different thing for the night,  
When the sun goes down and the moon goes  
up,  
And the night sky displays a wondrous sight,  
While the stars shine bright.

Ellie Stapleton 7J

## HSIE FACULTY NEWS

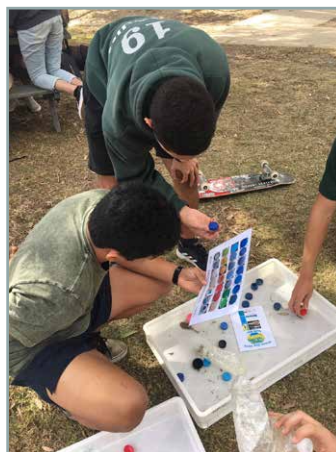
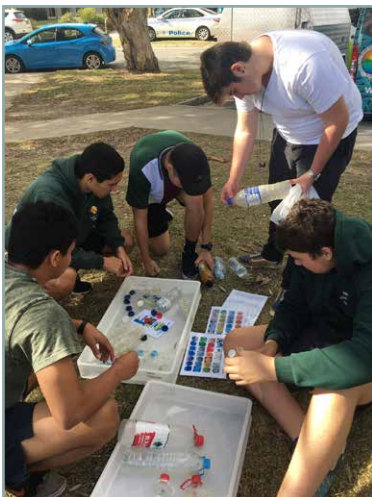
### Ocean Day

A total of thirty Macksville High School students represented our school during the recent World Ocean Day celebrations at Scotts Head. This year's theme of 'Together We Can' focused students' attention towards the positive contributions they could make to ensure the future sustainability of our oceans.

During the day each school was given a timetabled list of suitable and age appropriate activities. Our students attended a University of New England facilitated workshop identifying a range of factors that contribute to the health and well being of our local river and estuary systems. They also participated and discovered how to identify the origins of various plastics found in our oceans. Additionally our students engaged in climate change discussions with NSW Parks and Wildlife staff as well as learning about traditional Gumbaynggirr ocean creation narratives.

The students and staff would like to extend a special thankyou to all the organisers of the event with a special mention to Scotts Head Public School Principal Mrs Gillian Stuart for her expert leadership and co-ordination.

**Mr M Werner**



Left and above: Sorting plastic caps - JD, Kamden, Solomon, Brandon and Ethan

Right: Whale watching at Scotts Head Point.





# HSIE FACULTY NEWS

## Two Worlds Collided - History Meets Geography

Students in 7-HSIE-B enjoyed their taster lesson for Geography when they were able to create their own maps.

After an introduction on basic map requirements, students felt confident in applying BOLTS – Border, Orientation, Legend, Title and Scale. Students were given the opportunity to create a map of Australia, Egypt or India. This was based on the different ancient cultures studied this semester. Alternatively, they could create a map of a fictitious location. Most students used the provided map of Australia to gain inspiration yet congratulations to Damian for his “Old Man Rhino Land” and Stevie-Lee’s “Surfboard Island” is showing a lot of promise.

All Year 7 students will finish History at the end of this term and move onto Geography for the rest of the year.

There will be no changes to teachers or classrooms.

**Mrs T Bailey**



*Jack Fanning and Jace McMurray*



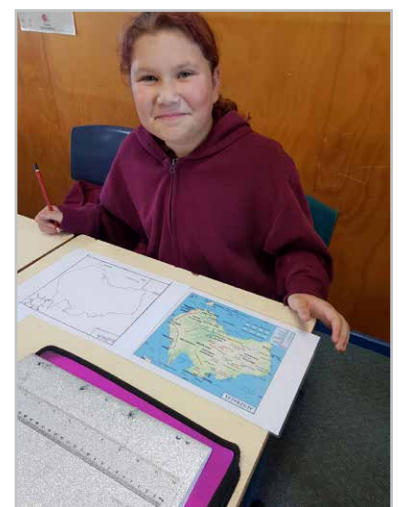
*Amalie Quinn*



*Jayde Wells and Willow Punton*



*Joel Mesiti and Damian Kennedy*



*Willow Punton*

## SCHOOL FEES

Please be aware that there are many families who have not yet paid their subject fees. We are very appreciative of our parents/carers' assistance with payment as this helps 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.



# SCIENCE FACULTY

## Robotics Outreach Program

Macksville High School ran its second Robotics Outreach program with Macksville Public School. Students loved working with the Mindstorms LEGO kits, coming up with innovative modifications to the original design. Students learned to program using the LEGO Mindstorms software, making their robots talk, batt their eyes and dance. As students became more confident with commanding their robots through their programs, they set the robots on a competition board task. It was great to see such fabulous team work, creativity and problem solving. Connor and Libby were our Macksville High School assistants, ensuring all students were able to achieve their goals for the day.

**Mrs A Hughes**



*Above: Libby helps Macksville Public School students fix a design fault*

*Left: Connor gives a student hints on how to fix his program bug*

## Floating Forces

Year 7 Science students are learning about forces. During this lesson they explored buoyancy, the upward force of the water on an object, and water tension, the force of attraction between water molecules. For an object to float the combined upward forces of buoyancy and water tension must balance the downward force of gravity. Students found that a ball of plasticine would not float regardless of how carefully it was placed on the water. Rolling the ball into a thin disc with a dainty rolling pin (hunk of metal pipe) allowed the plasticine to float, with the water tension overcoming gravity, but the disc had to be placed very carefully on the water. Students then manipulated the disks into a shape that would float, recognising that by adding air (in the concave shape) they could reduce density, and therefore increase buoyancy.

**Mrs A Hughes**

*Right: Yamaan shaped his plasticine into an enclosed bubble*



*Left: Corey and Alice manage to float their disc*



*Right: Alison and Imogen finding the perfect shape to increase buoyancy*



# V I S U A L A R T

## Wallace Lane Mural

Macksville High School has been invited to participate in the planning, designing and creation of two large scale murals for the Wallace Lane Mural Project. Wallace Lane already has a range of fantastic murals created by very talented artists, but more are to come and excitingly by our own Year 12 Visual Design students. We are lucky enough to be working with one of the Mural artists - Felice Ferrer, to help guide our designs and create powerful, historic with a contemporary twist murals.

Please watch this space to see how our muralists are going.

### Miss K Hardingham



*Mural artist, Felice viewing and making recommendations on how to make the mural stand out and grab people's attention*



*From left: Nikkita, Chloe and Sasha showing Felice how they have been projecting their ideas onto paper for their mural*



*Chloe and Amelia experimenting with mixing colour using the paint we will use for the Murals, called Resene and Watty Solagard*

## Portraiture

Our students have enjoyed a creative and rewarding term. Many of our classes have completed a study of portraiture, with a focus on artists Vincent Van Gogh and Pablo Picasso. The images below capture the brilliant work of some of our students. Thanks to all of our students for their dedication to their art studies. The art team look forward to an exciting Term 3 in Visual Arts.

### Miss Y Wallis



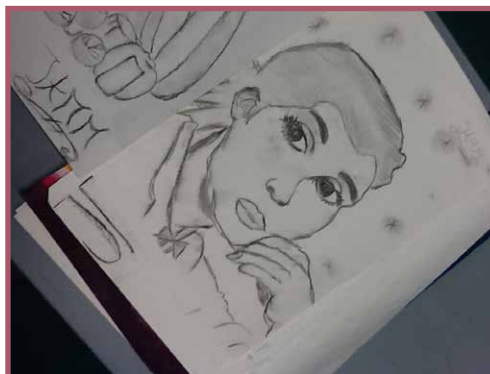
*Tazmyn Punton*



*Rhiannon Cooke-Jones*



*Tayla Graham*

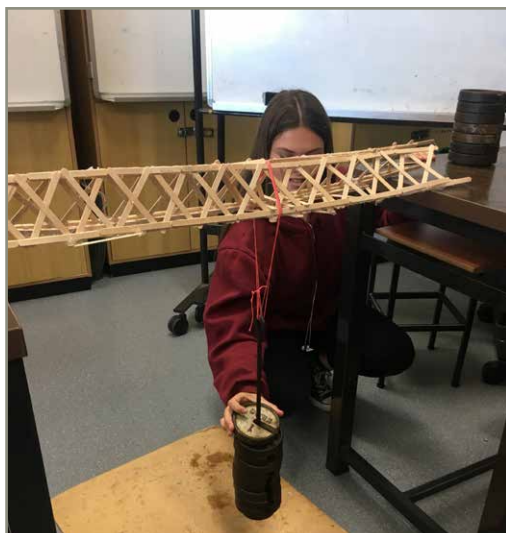


*Jamm Malimad*



*Benjamin McNally*





# ENGINEERING

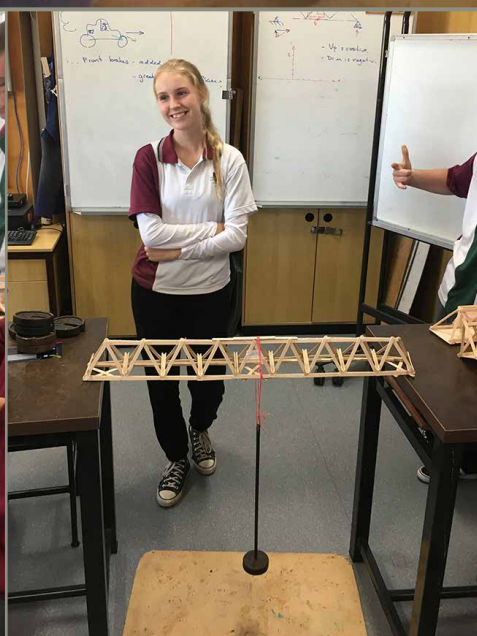
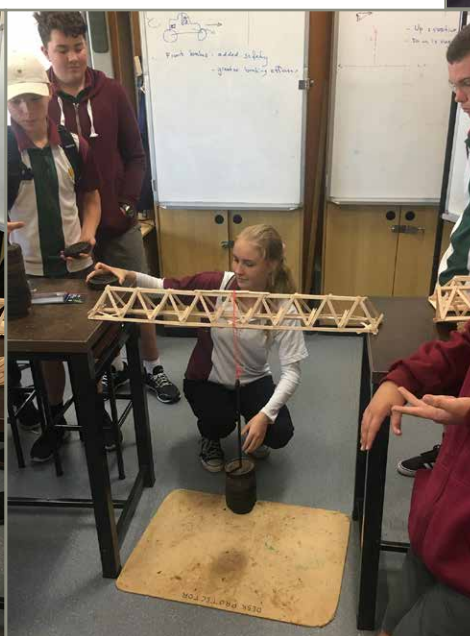
with Mr Hill

## Year 9 Engineering Focus this Term was Bridges

Year 9 elective Engineering students have designed and made some excellent bridges this term. Students were challenged to span an 80 cm gap using coffee stirrers, as a result they developed some innovative and creative solutions.

The winning design weighed 270 grams and supported a load of 18 kg.

Congratulations to all students involved.



# YEAR 12 FOOD TECHNOLOGY

Our current unit - **Food Product Development** provided the class with the opportunity to investigate the NSW Government's "Healthy Canteen Strategy" which now impacts on the food choices available in our school canteen.

This term students have been identifying, experimenting, testing, evaluating and have conducted numerous SWOT (Strengths, Weaknesses, Opportunities, Threats) analyses to identify two possible menu contenders.

Last fortnight the students prepared, packaged and sold caramel popcorn that did not contain refined sugar, but rice malt syrup. All 48 bags were sold by the end of lunch one, for fifty cents per bag (20g). Student feedback is currently being evaluated and should it be deemed suitable for inclusion in our canteen's Product list or as a special feature item, conversations will be had with our Canteen manager - April.

**This week the students are promoting - Butter Chicken with Vegetables - YUM!**

After some experimentation, the dish is dairy free using coconut cream in lieu of yoghurt and cream and to address the dietary guidelines it contains a variety of vegetables, it was served with a half cup of rice. Approximately 15 meals were be available on the day and the feedback was extremely positive.

For more information on the Healthy School Canteen Strategy please go to:

<https://healthyschoolcanteens.nsw.gov.au>



*Thanks girls for your efforts this term and your willingness to try new things. Our activities provide a solid segue into Contemporary Nutrition to finish off your HSC studies - we're nearly there!*

**Mrs D Alchin**



# INDONESIAN NEWS

## Indonesian Consul Visit to Scotts Head

On Friday 24 May, Heru Hartono Subolo, the Indonesian Consul General, visited Scotts Head Primary School. Students from the Year 7 Extension Indonesian class and the Year 8 Enrichment Indonesian classes were invited to attend this exciting event.



From left: Heru Hartono Subolo, Brody Ryan, Pak Amos and Jessica Evelyn

The Macksville High School students watched the Scotts Head students perform traditional Indonesian dances and sing songs in Indonesian before taking part in Anklung (Indonesian instrument) lessons, watching an Indonesian cooking demonstration (and eating the nasi goreng that was cooked!), and playing interactive language games with the Scotts Head students.

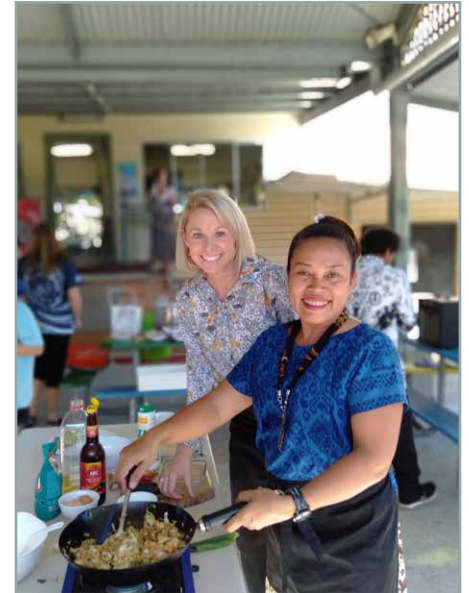


From left: Evie Roach, Grace Hill and Aaron Gaymer

The Indonesian Consul General was highly impressed with the standard of Indonesian spoken by our students and met with Indonesian language teachers Melissa Urquhart and Karl Krause to discuss ways through which Indonesian language learning could be supported and encouraged at our school. He also spoke of the need to find more Indonesian speakers that we could use as assistants in our Indonesian programs.

It was a wonderful day and a reminder of how important our ties with our neighbour, the country of Indonesia, really are! There are more plans to further strengthen the Nambucca Valley's relationship with Indonesia.

Learning Indonesian is not only easy but it is an employable skill set and Australia is in need of more Australians who can engage with Indonesia, now and into our future.



Mrs Urquhart with Ibu Hesti from Kempsey

The day was highly covered by multiple media agencies including the ABC and NBN. In fact, the news has even been shown in the four largest news agencies throughout Indonesia; a potential audience of 269 million people, the fourth most populous country in the world.

**Mrs M Urquhart**



Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Counselling is currently offered by phone **1800 55 1800**, Webchat, and email. For resources on life issues, eSafety, family, identity and many more topics, please visit: <https://kidshelpline.com.au>



Message us on Facebook

Message us now

## Macksville High Students Collaborate in Mapping Microplastic Pollution



*John from Dorrigo Cascade Environmental Education Centre is teaching our students how take a sample of the beach to determine how much microplastics are present*

Macksville High School has been asked to be a part of the Australian Microplastics Assessment Program (AusMAP). This program is a citizen science project, designed to empower communities to look for microplastics on their own coasts.

On Friday 28 June Macksville High students who have been selected due to their passion for the marine environment and the impact of plastic pollution, began collecting samples at Scotts Head. Thirteen students have been selected to be a part of the program that will run until the end of the school year.

The aim is to contribute to an Australian wide data collection that would allow marine scientists to identify hotspots.

Surveying for microplastics helps us to identify hot spots, analyse the type of microplastics that we find and potentially look for solutions to stop them winding up in our oceans in the first place and eventuating in our food chain.

If we are able to locate where the hot spots are, we can then look at risk management to make sure the plastic stays out of the water, where it's very difficult to collect later.

The samples collected by MHS students are sent to Sydney for further analysis and the project's findings will be published in an interactive online database.

**Ms K Dykes**



*Students are checking filtered sand for microplastics to identify the types*





## Aboriginal and Torres Strait Islander (ATSI) Health Expo - Kempsey

On Friday 14 June Macksville High School ATSI students attended a Health Expo in Kempsey. Throughout the day, students were introduced and exposed to experiences that go with working in the Health Industry. Experiences such as delivering a baby, performing CPR on a life size mannequin, as well as taking blood pressure, listening to heart rates were all available for students to be involved with. A variety of universities were also present to discuss Health courses available to them. The students found the day to be very informative as well as extremely interesting and rewarding.

**Ms H Black**



*From left: Harmony Marley, Zenobia Hicklin and Alicia Hicklin practicing CPR*

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## STEM Camp

During Week 6 three of our Aboriginal and Torres Strait Islander Year 8 students attended a Science, Technology, Engineering and Mathematics (STEM) Camp at Lake Ainsworth. The camp was organised by the NSW Aboriginal Education Consultative Group (AECG) Inc. in partnership with the Department of Education, Connected Communities. The camp was a huge success and has fostered further interest in the STEM subjects for students Elijah Laird, Zach Pacey and Jonah Werner to engage with industries to see the practical applications of STEM subjects.

**Mr M Werner**



*From left: Zach Pacey, Elijah Laird and Jonas Werner*

# YEAR 11 SUBJECT SELECTION BOOKING

Year 10 students have had the opportunity to vote for the subjects they would like to be offered in 2020. Subject lines will be formed based on student voting and released at the end of Term 3, Week 3 in preparation for our interviews. The subject selection interview is an important part of the process, designed to guide informed decision making in a supportive environment involving parent and student. Please book subject selection interviews using the information below.



Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code **z8mdj**



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click FINISH your selected bookings will be emailed to you immediately. If you not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling. Update your details if email address if incorrect. DO NOT DELETE the email you receive. Keep it somewhere safe. You may need to refer back to it at a later date.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.

**Bookings must be finalised by Friday 23 August.**

If you need to view, cancel, change or print your bookings:

- Click on the link in the confirmation email you received after you made your bookings
- OR return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code and the email address you used when making your bookings.

Please contact the MHS front office on 6568 1066 if you require assistance with booking appointments.

## SEMESTER 1 REPORTS AND TERM 3 START

Semester 1 reports will be given to students on Friday 5 July or can be collected from the Office on Monday 22 July.

Monday 22 July is staff development day, **all students return on Tuesday 23 July.**



# CAREERS CORNER

## Year 12

Students applying for university should now have completed the UAC application and the SRS (Schools Recommendation Scheme) application. Lots of students have booked appointments for assistance with EAS (Educational Access Scheme) so please ensure the paperwork and evidence for this is collected and returned for uploading as soon as possible to ease the burden with upcoming trial exams.

There are further early entry sessions approaching where students will be guided through the application process for many programs.

### Upcoming events

#### **Term 3, Week 2, Tuesday, lunch time in library - QTAC/ VTAC applications**

*For Year 12 students wishing to apply for Queensland or Victorian universities - come prepared with a payment method so we can process your application.*

#### **Term 3, Week 2, Wednesday, 9am- 12pm, CHEC Gymnasium - Post-school options expo**

*Targeting Year 11 & 12 students- due to the event being a Wednesday, students are encouraged to make their own way.*

#### **Term 3, Week 3, Tuesday & Thursday, lunch time in library - Early entry applications**

*For Year 12 students wishing to apply through early entry pathways. Everyone is encouraged to do this.*

#### **Term 3, Week 7 - University visits**

*A schedule will be released next term noting the universities that will be visiting our school and when. This will target Year 12.*

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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**



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## WHERE ARE THEY NOW?



### **Kahlee Roberts**

*Registered Nurse  
Class of 2012*

*"I have now found my passion"*

After finishing school at Macksville High School I moved away to study my Bachelor of Nursing at Griffith University. After three years of undergrad I became a Registered Nurse and landed a graduate position on the border working for NSW Health. I've worked in a whole bunch of medical specialties already but have now found my passion in Surgical Nursing. Through this position I've been able to go on to complete my Postgraduate Honours at uni specialising in Acute Care. I'm spending this year working at the hospital and travelling in my breaks but ultimately aim to finish my Masters of Nursing so I can specialise further.

# S P O R T S N E W S

## North Coast Cross Country Competition

On Friday the 21 June, Macksville High School student Leah Pickvance travelled to the Nana Glen Sport, Recreation and Equestrian Centre to compete in the North Coast Cross Country. The race track features a large picturesque sporting and recreational area off Morrows Road which then moves into the surrounding rainforest and bush land. Leah competed in the U12 age group which was the largest competing group on the day. She competed against 20-30 students many of whom had competed at nationals for cross country. Although Leah stated that the track and race was very tough, she managed to achieve first place for her determination.

This is an outstanding effort which we are very proud of and congratulate her on her fantastic effort and representation of Macksville High School.



The All Schools carnival will be held on Friday 26 July at Eastern Creek International Raceway. Macksville High School and the Community wish you luck at the next level, Leah!

**Mr A Parker**

## Open Girls Touch Football



From left: Brin Trisley, Matiese Trisley, Astrid Smith, Tamsyn Spear and Abby Baxter

On Tuesday - Thursday (25<sup>th</sup>-27<sup>th</sup>) of June, the Girls North Coast NSW CHS Touch Football team travelled to the Thomas Dalton Memorial Park in Wollongong. Five Macksville high students were selected from previous competition into the NC NSW team to compete at this State CHS competition.

Of the 10 matches played, the NC team only lost three and came 3<sup>rd</sup> overall in NSW. The Girls made it to the semi-final, which went into a drop off due to a tie game against the Hunter region team. In a drop off game, both teams start with 5 players and after every 2 minute interval, each team loses 1 player until they get down to 3 players per team. The NC team went down by 1 to the Hunter team.

A huge congratulations goes out to our students who performed outstandingly and represented our school and region so proudly. Matiese Trisley was successfully selected into the CHS NSW Opens team, Brin Trisley received a shadow selection to play in the CHS NSW Opens team and Astrid Smith received the "Phillip Stuart memorial award". This award is presented to a player that demonstrates citizenship and hard work while showing respect to their fellow players and opposition.

**Mr A Parker**

Dear Principal,

I just wanted to send you a quick email regarding Abby Baxter, Matiese Trisley, Brin Trisley, Astrid Smith and Tamsyn Spear who have all just competed in the Opens Girls CHS Touch Carnival for North Coast. The girls are a credit to themselves, their families and the school and I feel privileged to have had the chance to spend the week with them as their coach. They showed respect to their fellow players, opposition and officials across the carnival and gave it everything they had in every game they played eventually finishing 3<sup>rd</sup> which is a massive achievement for the girls. On a special note also I am proud to say that Matiese was announced as player of the tournament and was selected in the state team and Brin has also been asked to attend the training camps as a shadow which is a huge achievement for them. Astrid Smith also won the Phillip Stewart Medal which is presented to a North Coast girl who shows citizenship and commitment to her players and the carnival itself which I will be forwarding onto the school for you to present to her at a special assembly.

Thank you again and I look forward to hopefully crossing paths with the girls in the future.

**Chris Swaddle, Teacher**

**Narrabri High School**



# W E L L B E I N G H U B

Transitioning to and moving through high school can present a whole new level of stress for teenagers and their families. Increased workloads, social pressures and uncertainty about the future can loom large for teens. Here are some services that might provide support.



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](http://suicidecallbackservice.org.au)

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



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/>

**Mental Health Line**  
**1800 011 511**

*The NSW Mental Health Line  
Connecting you with the right care*

**24 hour service across NSW**

Calls from landlines are free but charges may apply from mobiles.



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.

# WELLBEING HUB

## The Shark Cage® Program for Young Women



From left: Mila Bodycote, Tamika Wright, Ella Castle, Eve Gasser, Tazmyn Punton, Ares Toth and Erin Thorp

The Shark Cage program is designed by psychologists and educators for all young women. It is aimed to empower young women to become more aware of the challenges faced by women in today's society and develop strength and resilience.

Year 9 girls completed the seven-week Shark Cage Program for young women. In the final session the girls put together a mural of their work. Fish represent the girls, with each girl writing a positive quality that they had noticed in their peers during the course. The bars of rights protect the fish from the sharks. The girls identified shark-like (disrespectful) behaviours on the shark shapes. Dolphin-like (respectful) behaviours were also identified and added to the mural. At the bottom of the mural the girls added their treasure chests of healthy coping strategies.

**“I like the mural and I enjoyed complimenting people.”**

**“I will be more confident.”**

**“I learned that it's good to have a healthy coping strategy.”**

**“I liked yoga because I felt relaxed and calm.”**

This program helps to develop the skill of reading the warning signs and avoid shark attacks. It is a hands-on course that is fun and informative, run by Mrs Hughes and Ms Garland, who are both passionate about providing young women with the tools for a happier life complete with healthier relationships with friends, family and partners.

### Mrs A Hughes

*(The Shark Cage® is a registered trademark of Ursula Benstead Consulting)*

**“I learned what self-worth is.”**

**“I will know how to say ‘no’ and be myself more in front of boys and people.”**

**“I learnt that expressing yourself assertively will help more than being passive or aggressive.”**



# W E L L B E I N G H U B

## Survive and Thrive Program



*High tea participants from left to right (Back): Aila, Mr David Hall and Indi, (Front): Emily, Lailee, Rinoa, Annalise, Dimity, Evie and Bridie*



*Some Rock and Water activities called 'Sticky Hands' with Aila and Rinoa*

Every Wednesday period 3 and 4, our Chaplain David Hall and myself have been running a Survive and Thrive Program for junior girls. The program is designed to develop and enhance the student's self-confidence, self-respect, as well as, social functioning skills such as boundary awareness, self and social awareness. We have also been implementing mindfulness based practices and art therapy as strategies to help improve their focus and reduce stress. The Survive and Thrive Program is also underpinned by the Rock and Water Program which teaches students about standing strong in some situations like a rock or being more flexible, like the flow of water for other situations. We have gone on an excursion to the town centre for group bonding and relaxation activities.

### Ms K Hardingham



*Above: Sharing reflection stories with Evie and Dimity*

*Right: Bridie and Dimity focusing on their breathing techniques and listening to the 'Smiling Mind' meditation app*



*Right: The colourful Mandalas we have created for the covering of our reflection journals*



# COMMUNITY NEWS

## FAMILY FUN DAY

NAIDOC 2019

"Treaty Voice Truth"

Thursday 11 July 2019

10am to 2pm

Coronation Park

Short Street Nambucca Heads



















Lunch and snacks provided lots of fun games  
and children's activities.

Jumping castle, Face Painting, Rock Wall Climb,  
"Troppo Bob" Magician Show and lots more...



**Health**  
Mid North Coast  
Local Health District

For more information please contact Terri Jarrett on  
0428 101 477 or Maxine Walker 0427 482 266

		NAMBUCCA VALLEY COMMUNITY NAIDOC ACTIVITIES – 2019 VOICE.TREATY.TRUTH LETS WORK TOGETHER FOR A SHARED FUTURE "ALCOHOL FREE EVENTS"						
SATURDAY 6/7/2019	MONDAY 8/7/2019	TUESDAY 9/7/2019	TUESDAY 9/7/2019	WEDNESDAY 10/7/2019	THURSDAY 11/7/2019	FRIDAY 12/7/2019	FRIDAY 12/7/2019	SATURDAY 13/7/2019
<b>Community Mass</b>	<b>Community March Flag Raising</b>	<b>Elders Morning Tea</b>	<b>Kids Disco</b>	<b>Voice.Treaty.Truth Day</b>	<b>Family Fun Day</b>	<b>Lights Night</b>	<b>Netball Day</b>	<b>Dinner/ DJ</b>
<b>Venue:</b> Stuart Island Nambucca Heads  <b>Time:</b> 10:30 am - 12:30 pm   <b>Lunch Provided</b>  No bus Pick Up for this event. For all other events see scheduled Bus attachment    <b>Contact:</b> Jeff Blair 0408977101  	<b>Venue:</b> Macksville Primary School to Nambucca Shire Council Chambers Morning Tea Provided Macksville RSL Club  <b>Time:</b> 10:00am    <b>Contact:</b> Michele Donovan 0478 091 248  <b>Contact:</b> Jeff Blair 0408977101  	<b>Venue:</b> Bowraville Recreational Club  <b>Time:</b> 10:00am - 11:30am  <b>Contact:</b> Melody Jarrett 65 647559     No Bus Pick Up for this event	<b>Venue:</b> Macksville RSL Club  <b>Time:</b> 6.00 pm - 9:00pm  <b>Fancy Dress</b>  <b>Contact:</b> Michele Donovan 0478 091 248     No Bus Pick up for this event.	<b>Venue:</b> Family Fun Day, Cultural Activities  <b>Venue:</b> Bowraville Youth Hub <b>Bush Tucker BBQ Lunch</b>  <b>Time:</b> 10.00 am -3.00pm  <b>Disco</b> 5.00pm – 6.00pm (5yr – 15yr)  <b>Light Refreshments</b>  <b>Contact:</b> Penny Stadams 0477 721 165   <b>Contact:</b> Jeff Blair 0408977101	<b>Venue:</b> Coronation Park Soccer Fields Nambucca Heads  <b>Time:</b> 10:00 am – 3.00pm  <b>Lunch Provided</b>  <b>MNCLHD</b>  <b>Contact:</b> Terri Jarrett 0432 038 084   <b>Contact:</b> Jeff Blair 0408977101  	<b>Venue:</b> Gordon Park Nambucca Heads  <b>Time: 4:30 pm</b>  <b>BBQ</b>  <b>Contact:</b> Beryl Wilson 0477 665 797    <b>Contact:</b> Jeff Blair 0408977101  	<b>Venue:</b> Macksville Netball Courts  <b>Willis Street</b>  <b>Time: 10am-2pm</b>  <b>Canteen will be open.</b>  <b>Contact:</b> Madeline Donovan 0455 966 352  Or Cheryl Donovan 0467 868 994  <b>Contact:</b> Jeff Blair 0408977101  	<b>Venue:</b> Nambucca Heads Bowling Club  <b>Time:</b> 6.00pm Dinner  <b>DJ Donk</b>  <b>Contact:</b> Madeline Donovan 0455 966 352  Cheryl Donovan 0467 868 994



# COMMUNITY NEWS

## BELLINGEN SHIRE TAXIS - Bellingen, Dorrigo & Urunga

### JOB VACANCIES CURRENTLY AVAILABLE

Bellingen Shire Taxis, due to our expansion of our Transport Services within our region, have several positions for the 2019 / 2020 School Years.

#### **Assisted School Transport Drivers (ASTP) and Assisted Transport Support Officers (ATSO) ARE PAID POSITIONS**

Students with a disability who are unable to travel to and from school without assistance rely on our dedicated team to support and drive eligible students in our various vehicles to schools throughout the region.

If you have **2 hours in the morning and afternoon during all School terms** to either drive or to be a Support Officer for our students, have already (or prepared to obtain) a valid Working With Children Check, National Criminal Check and are medically fit and reliable, we would like to hear from you.

#### **POSITIONS AVAILABLE (Permanent or Casual Pool of Workers)**

Assisted Travel Support Officers (ATSO) - (Paid hourly rate)

Assisted School Transport Driver (ASTP) - (Paid hourly rate)

Taxi Driver's Full Shifts or Fill in Shifts - (Commission based)

For more information please email [susan.mcleod@bigpond.com](mailto:susan.mcleod@bigpond.com)

View the website [www.education.nsw.gov.au/public-schools/astp](http://www.education.nsw.gov.au/public-schools/astp)

Or phone Greg 0427 341 679 for more details

#### **YOUR LOCAL PROFESSIONAL TRANSPORT PROVIDERS Taxi / Maxi and Bus Charters**



Do you want to learn to hula hoop?  
Do you want to expand on your hoop skills?

Then here is a **HOOP WORKSHOP** for you!

Not only will you learn a wide range of foundation hoop tricks and transitions, but it will be put together as a sequence to a song ☺

**Adult with Child Workshop** e.g. Mother and Daughter:  
Monday 8<sup>th</sup> July 10am-12pm \$60 per pair (kids on their own, upon request)

**Adult Workshop:** Sunday 14<sup>th</sup> July 2-4pm \$40pp

**Youth Workshop:** Monday 15<sup>th</sup> July 11am - 1pm \$30pp  
(this coincides with the 360M buses)

Venue: Bowville Memorial Hall (next to Primary School)

Contact Jesse from Hfulistic Hoops to register or for more details  
0417 586 876 [hulistichoops@gmail.com](mailto:hulistichoops@gmail.com)  
Facebook - Hfulistic Hoops

Hoops provided & also for sale - No experience necessary

#### SECONDARY

**WORKSHOP**  
**Friday 19 July,**  
**10am & 11.30am**  
(maximum 15 students  
per workshop)

**Suitable for:**  
Years 7-12

**\$18 per student**

60 minutes

**Curriculum Links**  
Music

## TAIKOZ

Join TaikoZ for a 60 minute, high energy, fun taiko drum workshop.

TaikoZ's workshops are completely interactive, providing a great introduction to the basics of taiko drumming.

Taiko is very physical and our workshops assist in developing musical and listening skills through coordinated movement of the arms, legs and body. The workshop begins with warm ups, which lead into learning rhythmic patterns, followed by a short piece of music to play together at the conclusion.



## BOWRAVILLE THEATRE



**CINESCAPE - Power Meri**

Sunday, 21<sup>st</sup> July 2019 @ 2pm

78 MINS | 15+ | AUS

The trailblazing PNG Orchids, Papua New Guinea's first national women's rugby league team, must beat much more than just the sporting competition to head to the world stage-their biggest yet. Proud, strong and hopeful, these women have overcome more challenges than most to take the field in their much-loved national sport. But after years playing at grassroots level with no coaches, funding or support, they have just three months to transform themselves into a competitive national team to take up an invitation to compete on the world stage.

Power Meri takes audiences inside Papua New Guinea and behind the scenes of women's sport as it follows the Orchids through selection trials, arduous training with a fly-in-fly-out Australian coaching mentor, and diverse personal struggles as they prepare to face the world champion Australian Jillaroos and compete at the Rugby League World Cup in Sydney.

But their mission is greater than winning. In a country with appalling rates of domestic and sexual violence, sport is one of the few arenas in which Papua New Guinean women can show their strength. If they can perform like men on the rugby field, can they change attitudes back home when it comes to the treatment and status of women?

Bowraville Theatre - 74 High Street

**Tickets: Members & kids \$10 - adults \$14 - pensions \$12 - family \$35**

For further details Ph: 02 6564 7808 or Email: [bowravilletheatre@bigpond.com](mailto:bowravilletheatre@bigpond.com)