



Newsletter

Term 4 - Issue 2 - 2019



Remembrance Day



On Monday 11 November Macksville High School held a formal assembly to commemorate Remembrance Day. The assembly was organised by our HSC Modern History students who are currently undertaking studies and critical analysis of life during post World War 1, and the events that led to the causation of World War 2. The ceremony incorporated a Welcome to Country address by Jalaara Walker in Gumbaynggirr as well as the reading of extracts from the Unknown Soldier and In Flanders Fields. A special mention must go to Riley O'Loughlin who filled in at very short notice and did a great job.

Mr Mark Werner

Lest we forget



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40 Boundary Street, Macksville NSW 2447

Message from the Principal

Dear Parents and Community,

The last few weeks have been a very difficult time for many across our community and our thoughts are with the families who have been impacted by the fires. As a school we would like to recognise the outstanding and selfless efforts of our Rural Fire Service as they continue to battle these fires.

This emergency was unprecedented. Unfortunately a number of events have been postponed or cancelled due to this situation. I would like to thank our school community for their understanding and co-operation during this trying time. I was in communication with Emergency Services, Department of Education, Work Health and Safety and Department of Health to keep students and staff as safe as possible whilst endeavouring to keep the continuity of learning as much as possible with regular classes. Again, thank you to the school community for your assistance.

As we look to ways to support the recovery process, I am proud to say that a group of our students and staff will be working on providing fencing for some properties where it has been lost. A huge thank you to Terry Argent and Luke Smith for their efforts in organising this project. We will continue to work with the wider community to support bushfire and drought relief programs. I am sure you will join with me in hoping for decent rain soon to ease both the drought and bushfires.

Year 12 have completed their Higher School Certificate examinations, and again I have received a glowing report about the work ethic and behaviour of our students during the examinations. Congratulations to them and we wish them all the best as they now await their results.

Congratulations to Connor Grace, James Hamer and Kaleb Cooper on their STEM awards. The projects they displayed were very innovative and indicative of the talents of these students.

On Friday we held our White Ribbon event to open discussion about the issue of domestic violence. This is a difficult subject to discuss, however, members of the White Ribbon Team Aaron Parker, Luke Smith, Jeff Mills and Mark Werner respectfully led students through a ceremony and further activities with staff and Year 10, who are studying this topic in PDHPE this term. Our aim is to continue to work with our students to develop a safe and respectful community for all.



Erica Lyne

Principal



WHAT'S ON AT MHS

Important Dates and Information

Note: dates are subject to change. Visit www.macksville-h.schools.nsw.edu.au.

29 Nov	AUSMAP - Scotts Head Reserve & Beach
2 Dec	Year 6 into 7 Parent Information Evening - Hall
3 Dec	Year 6 into 7 Orientation Day
3 Dec	P&C Meeting - 6pm - Star Hotel Macksville
4 Dec	Year 12 Formal - Macksville Ex-Services Club
6 Dec	Paddock to Plate - Eungai Buffalo Farm (<i>Hospitality & Food Technology</i>)
11 Dec	CommBank Start Smart Financial Literacy - Hall (<i>Year 9</i>)
12 Dec	Stage 5/6 Rewards Day - Stoney Aqua Park, Telegraph Point (<i>Years 9,10,11</i>)
13 Dec	Stage 4 Rewards Day - Stoney Aqua Park, Telegraph Point (<i>Years 7,8</i>)
16 Dec	Yearly Presentation Stage Assemblies (Highly Commended & Encouragement Awards)
17 Dec	Presentation Day Assembly - Stadium (First, Second, Outstanding Achievements & Sports Awards)
18 Dec	Activity Day - Last day of school for students MHS Canteen's last day of operation for 2019
19 - 20 Dec	Staff Development Days
28 Jan	Staff Development Day



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/>



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

SCIENCE FACULTY

Far Out Science Excursion

On Friday 8 November twenty-one Year 8 Science students woke up bright and early to travel to the University of New England in Armidale to participate in a Science and Engineering outreach program. The day was super hot and windy and we were all aghast at the dry, desolate paddocks as we headed west.

We were super happy to finally arrive at the university. We were greeted by cheerful guides that offered us food and poppers. There were loads of activities to do there and each school was randomly allocated four. Our first activity was inspecting the bug diversity and abundance. The wind made it difficult, but students still managed to find lots of different insects. In the second activity we learned about tools that help farmers maximise yield by monitoring grass cover, soil moisture and biomass. While this activity was really interesting and the university presenters were terrific, the wind was relentless so we were pleased to take shelter and explore the natural history museum. There were many cool things to see, including a huge dinosaur skeleton.

The third activity was in the first year undergraduate chemistry lab where I started my degree many years ago. Students explored the chemistry of fireworks, which technically is also physics and therefore super cool. Students worked in groups to make slime using three different concentrations of chemicals. The resulting slime had different viscosity which was measured using two different techniques. Some of that slime was really sticky and hands had to be scrubbed. Students were amazed when they added two types of crystals together to make a cold pack. Adding water to a powder made a hot pack. Temperatures were measured to see who could get the hottest/coldest. Students quickly caught on that a little more power made a lot more heat. Students then used different indicators, acids and bases to make beautiful rainbows. Adding another chemical could make the rainbow disappear. Chemistry is both beautiful and amazing!

The last activity of the day was in the coding lab. The coding tutor was great fun, setting a lava maze competition for students. The students were fantastic nutting out the tasks of increasing complexity, and they beat me with their coding. Students (and teacher) were tired after a fun filled day at university exploring the diversity of Science studies. Perhaps some students will come back in a few years to chase their dreams of a career in Science!

Mrs Angelle Hughes



Left: Annalise in the rainbow chemistry lab

Right: Jonah, Koby and Connor working in the first year chemistry lab



Jazmin, Sam, Lilly and Alex inspect the bugs they collected



Harry uses an agricultural instrument to measure grass cover



Paige and Lilly explore the science of fireworks





STEM Awards - Ignite Mid North Coast

An opportunity presented itself to identify students that were exploring opportunities in Science, Technology, Engineering and Mathematics (STEM) Education in the MNC Region. Never one to pass on an opportunity for our students to be recognised, Mrs Conway (Head Teacher Science) nominated Connor Grace (8) for an award. On further consultation our own Mr Hill (Technology - Engineering) identified both James Hamer (10) and Kaleb Cooper (10) as suitable candidates.

As a result, these three Macksville High School students were recognised for their achievements in STEM education at this prestigious event which was held at the Slim Dusty Centre in Kempsey on Wednesday, 6 November 2019.

Connor, James and Kaleb were presented awards by Local Federal MP Pat Conaghan and acclaimed futurist Steve Sammartino. Our students also displayed some of their outstanding project work and participated in "Future" themed workshops.



T E C H N O L O G Y

We were recently pricing aprons to replace the ones provided to students who forget to bring their own for practical lessons. During this process, our **Macksville Mitre 10** generously offered us a box free of charge.

Needless to say we are very thankful to our local Mitre 10 for their generosity - *thank you!*



Engineering

Year 10 Engineering students have been exploring control systems and alternatives to electric power.

Students have developed syringe powered hydraulic lifting systems to pick up and move objects. Students have shown great creativity and produced a range of successful designs.

Mr Greg Hill





WHITE RIBBON DAY



On Friday, 22 November Aaron Parker led the White Ribbon Day assembly.

During this assembly he was supported by Luke Smith, Jeff Mills and Mark Werner. These men stood proudly in changing the attitudes towards violence against women. These men are wonderful role models in leading this change for our students, especially our boys.

"I will stand up, speak out and act to prevent men's violence against women."

We would like to congratulate Mr Parker, Mr Smith, Mr Mills and Mr Werner and all those who stood up to take the oath in demonstrating great courage to tackle this issue.

Ms Linda McGregor



From the Hospitality Kitchen

A big thank you to Claire Barber, Tamsyn Spear, Rhiannon Cooke-Jones, Amber French, Tayla Graham, Zara Brown, Brendyn Gaymer, Chloe Azzopardi, Skie Yates and Harmony Marley who spent Wednesday 20 November with Mrs Alchin preparing muffins for this event. It was a particularly warm day and the combi oven only made the space hotter, we had produced 250 muffins by 10:30am and continued on until lunch time producing a total of 581 muffins .

The students came together and worked solidly as a team, supporting and encouraging each other and just picking up jobs as we went along.

This talented group backed up (Kiraleigh Bloomfield replacing Brandyn) on Thursday morning to prepare the icing white ribbon decorations.

Once again thank you, your efforts are greatly appreciated

Mrs Denise Alchin



A reminder to all students that the Maths Club tutoring program is available for any students wishing to access free help with their Mathematics. No booking required!

Maths Club

Free Tuition!
Every Monday:
Session 1: Lunchtime
Session 2: 3:15-4:00pm
 (2 student minimum for session 2)
Location: C1

See Mr. Mills
for more
information

DANCE RITES SLIKK CAMP

Students make their final preparations as the big day approaches

Five Macksville High School students have taken part in the final dress rehearsal for their Dance Rites Opera House Performance, taking place on the weekend of 23 and 24 November. They will be performing three dances based on Gumbaynggirr stories.



They performed recently at the Scotts Head Park in front of parents, friends and the local community. Students took part in cultural workshops and helped make a range of costumes for the performances.

A special birthday mention goes out to Tahlia Pritchard, as well as a big thank you to the Scotts Head Friendly Grocer for providing the cake! We wish the following girls and Paul Evans all the best for their big performance next week at the Sydney Opera House: Kymberlee Blair, Tia Rosser, Tahlia Pritchard, Zenobia Hicklin and Charlize Blair.

Ms Kelly Hardingham



FROM THE SPORTS DESK

MHS Students Dive into Waterpolo and Underwater Hockey

Year 9 PASS elective students have been attending the Macksville Memorial Aquatic Centre during the double periods this term to participate in Underwater Hockey and Water Polo.

The water sports have been very popular not only because of the adrenaline rush they provide, but also because of the numerous health benefits.

Students' mood has been lifted and it has helped keep them refreshingly energized, particularly coming into summer!

Mr Aaron Parker



REFLECTION OF THE WEEK



WALLACE LANE MURALS



Our school has been invited to create two large scale murals to be mounted in Wallace Lane Macksville. Our theme has a historical focus based on photos taken of the valley many years ago which we have used but have also included a modern twist! Under the help and support of local mural artist Felice Burton, Macksville High School muralists aim to have their project completed by the end of the term. The new mural crew consists of students from Years 8 and 10 as our Year 12 students who were previously working on the murals have moved onto other adventures. When we finish these murals we will give you all updated photos. Stay tuned!

Ms Kelly Hardingham





Tool kit

Helping your children cope with the after effects of a natural disaster

How children react and how you can help

Lifeline's Helping your children cope with the after effects of a natural disaster tool kit will provide some practical information about:

What are some common responses?

What can I do to help?

When should I consider further help?

When disaster strikes everyone is affected. Knowing how to recognise trauma reactions in children and respond to these in a caring and supportive way can lessen the stress for all involved.

What are some common responses?

Trauma reactions to natural disasters such as bushfires, floods, storms or cyclones may appear immediately after the event or they may arise over the weeks following the event.

The loss of treasured possessions, pets, and sense of security can be felt very strongly. Reactions can vary greatly. The sorts of common reactions include: sleep disturbances, nightmares, fear of the dark, clinging to parents, loss or increase in appetite, aggressive behaviour, competition with siblings for parental attention, withdrawal, and/or loss of interest in regular activities.

There may be other reactions that your child could be experiencing. These reactions may vary according to a child's age. Importantly, most children will experience healing and recovery following painful experiences, as they rebuild their lives and develop new strengths. Your support can play a vital role in this process.

Children 5 years and under

Children 5 years and under have a tendency to be strongly affected by their parents' reactions. At this age children are unable to protect themselves, as a result, fear can arise, and your child may become anxious when separated from you.

Children 6–11 years

At this age children are able to understand loss and permanent change. Their anxiety can be high, this may be linked to the natural disaster experience or it may cross over into unrelated areas. Other reactions could be: regressive behaviour (e.g. thumb sucking), refusing to go to school, outbursts of anger, depression, feeling numb, physical complaints that have no medical basis, and concentration difficulties resulting in poor school work.

Children/adolescents 12–18 years

This age group may have reactions similar to those of adults. Reactions may be: flashbacks, avoiding anything that may remind them of the traumatic experience, anti-social behaviour, rebellion, loss of interest in activities once enjoyed, agitation or decrease of energy, change in friends, substance abuse. A young person in this age group may also feel guilty for being unable to 'stop the fire', 'prevent the house flooding' or 'save the house'. Difficulty talking about thoughts and feelings is common.

What can I do to help?

There are things you can do to help your children recover from the trauma.

Let your children know about your own feelings through the traumatic event. If you were scared it is good to let them know this as it will allow them to feel OK about any fears that they have. Letting your child know that it is normal to feel upset after a terrible experience such as a fire, flood or storm is a good place to start. Encourage your children to express their feelings and listen to them without passing judgement. If your child is unable to discuss their feelings don't force them to, but let them know you are there to listen when they are ready. Patience and tolerance lets your child know what they are experiencing is normal. Reassure your child that you love them and that they are not responsible for what happened.

If your child is experiencing regressive behaviours do not criticise by saying "You're behaving like a baby" this will only discourage them from opening up.

Include your child in making plans for the future and cleaning up any destruction to your home.

Talk to your child's teacher so that you can work together in supporting your child through this terrible time.

Keep as much as possible to regular routines and activities. This provides the child with a sense that even when bad things happen, it is possible to rebuild and deal with painful changes in their lives, and that there can be security and support even in the midst of these changes.

Children, particularly those up to around 11 years, look to their parents for security. It is helpful to let them see that you are now in control of the situation; for example, by making plans for future safety.





Helping different age groups

Immediately following a traumatic event children often need extra attention and reassurance. Be sensitive to these needs and over time allow the level of attention to return to normal. The following tips provide a few guidelines:

5 years and under

- plenty of hugs and affection
- time together doing activities they enjoy
- spend extra time with them before they go to bed
- allow them to share a bedroom until they can return to their own without fear.

6–11 years old

- allow time to play with adults and friends
- encourage discussion of events with adults and friends
- temporarily relax your expectations of them
- include them in rehearsing plans for future disasters.

12–18 years old

- allow time for individual attention
- temporarily relax your expectations of them both at home and school
- encourage structured and non-stressful activities either alone or with friends
- allow them to talk about the natural disaster, but don't insist if they don't want to
- young people can gain a sense of control over the situation if they are able to contribute to some aspect of getting things back to normal.

When should I consider further help?

Most children will adapt and grow through traumatic experiences with caring and support from family, friends and teachers.

If you become aware of very severe reactions that are continuing for more than a few days or if less severe reactions have continued consistently for a period of more than 6 weeks you may need to consider seeking professional help.

Where do I go for further help?

- Contact your GP or the Child and Adolescent Health Service in your Area Health Service.
- If you would like further help finding an appropriate referral contact the Lifeline 24-hour telephone counselling service on 13 11 14.
- Children and young people can phone Kids Help Line 1800 55 1800 or access web & email counselling www.kidshelp.com.au
- Parents can phone the Parentline in their State for support, counselling and education
- Utilise online resources. Some good reference sites include:

**Australian Child & Adolescent Trauma,
Loss & Grief Network**
www.earlytraumagrieff.anu.edu.au

**Helping children cope with media coverage
of traumatic events**
www.ncac.gov.au/pcf/Helping_Child_Cope_Media_Coverage_Mar07.pdf

Reach Out
au.reachout.com

Acknowledgements:



Part of your Community

Prime Super is the proud sponsor of the Lifeline Information Service – your mental health and self-help resource.

Prime Super is Australia's only nationally operating super fund dedicated to rural and regional Australia.

For more information on Prime Super, please ring 1800 675 839 or visit their website www.primesuper.com.au

Lifeline and Prime Super are working in partnership to promote mental health awareness, help-seeking and suicide prevention.



For 24 hour telephone counselling call 13 11 14
For more information visit www.lifeline.org.au
To donate call 1800 800 768

This Tool Kit has been produced by the Lifeline Information Service as a public service.
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We invite your feedback and comments at infoservice@lifeline.org.au
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The assistance of the Illawarra Institute for Mental Health in producing this fact sheet is gratefully acknowledged.

Free mental health support for people affected by the bushfires...



**Call Healthy Minds
1300 160 339**

between 8.30am – 5pm
Monday to Friday.

No referral needed.

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, will provide people with strategies and techniques to manage their mental health.

Healthy Minds services are available across the north coast of NSW.



If you're a Mid North Coast or Northern NSW residents who has been affected by the bushfires, you are being encouraged to access free mental health support via the local Healthy Minds program.

The stress of experiencing something such as a bushfire can leave people at a higher risk of developing depression or anxiety, even if they are not directly dealing with loss of property and/or possessions.

"At North Coast PHN, we are coordinating a mental health response that includes widening the eligibility criteria for the Healthy Minds program. Persons affected by the local fires can now book in for free face-to-face Healthy Minds counselling services and do not require a referral from their GP to commence supports."

Julie Sturgess, North Coast PHN

Please note, Healthy Minds is for people experiencing mild to moderate mental health concerns and is not a crisis service. If you require immediate support, please contact Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. For children under 12 years, call the Kids Helpline on 1800 551 800. In an emergency, please call 000 or go to your nearest hospital emergency department.

The intake for Healthy Minds is now being managed by Neami National through their Connect to Wellbeing North Coast program. Connect to Wellbeing North Coast has been made possible by funding from North Coast Primary Health Network.



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KEMPSEY COMMUNITY CAROLS

Saturday 14 December
KEMPSEY RACECOURSE
Gates Open 5PM – 8PM

Food

Rides and Kids Activities

Music

Special Appearance by Santa!

Gold Coin Entry

1st Kempsey Scout Group