



Newsletter

Term 1 - Issue 2 - 2020

Engineering - Learning Lifts Off

Year 10 Engineering students have been exploring concepts of Flight and Control Systems. They have designed and produced an outstanding range of balsa planes and are currently testing them using the 'Power Anchor' for speed, height and agility in flight.

The students draw all components on the computer and use the laser cutter to make their parts. Experimentation and testing are vital aspects of successful 'Skylap' plane projects.

Mr G Hill



HOT OFF THE PRESS!

Nine boys were selected in the CHS Lower North Coast Zone Rugby League teams.

In the U15s team - Wezley Brown, Yharli-Waagay Fitzgerald, Liam Cuffe and Finnian Walsh

Opens team - Finn Stephens, Triston McKelvie, Jacob Moore, David Styles, Riley Mylrea

They play Thursday 12 March at Macksville to gain selection in the Lower North Coast teams.



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

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40 Boundary Street, Macksville NSW 2447

Message from the Deputy Principal

Mobile Phone Use

Our policy at Macksville High School is **phones are off and away during class time**. Students are permitted to use their phones during recess and lunch. If a student does not follow the expectation and continues to use their phone during class time, the teacher will request that the phone is handed in at the Front Office for the rest of the day. Students bring their phones and any other devices to school at their own risk.



Sports Attendance

Sport is a mandatory component of the Year 7 – 10 curriculum and it is important that students are actively involved in Wednesday sport each week. If your child is unable to attend sport they must bring a written signed note from home explaining why they cannot attend which meets the policy of attendance from the Department of Education. There has been a concerning trend of parents/carers calling the school Wednesday lunch time to excuse their child from sport. It is imperative that all students bring a written signed note in the morning and present it to the Front office. We do ask that appointments are made outside of school hours.



Sick at School



If a student becomes ill while at school, they must report to the Front Office. Here they will be assessed by our first aid officer. If a student then needs to go home, a call will be made from the Office to the parents/carers to make arrangements for the student. This is required so as to meet the attendance policy and guidelines of the Department of Education. It is not appropriate for students to make direct contact with parents, especially in light of phone use during class.

We thank you for considering these points and helping to ensure the safety and wellbeing of all our students.

Ms Linda McGregor

School Uniform

The MHS black shorts can be worn by both male and female students every day of the week. This is for all year groups, 7-12. The shorts **must** carry the Macksville High School logo.

They are available for purchase from:

Binalong Promotional Clothing, 5 Wallace St, Macksville

Ph 6568 2578 and

Nambucca T-Shirts, 42 Bowra Street, Nambucca Ph 6569 4270.

To accompany the black logo short students are required to wear either the MHS polo shirt or the white button through shirt.

The uniform remains smart and practical. Students wearing it show that they are part of our school and take pride in representing the school, giving MHS a collective identity. This has been approved by the P&C and SRC of Macksville High School.



Side pockets - Nambucca Tshirts



Longer leg length - Binalong



Sport/gym style with back pocket
Nambucca Tshirts

M H S P & C N E W S

P&C MEETINGS

TIME: 5PM

LOCATION: MHS



AGM Meeting to be held Tuesday 24 March commencing at 5.00pm.

Nominations will be called for the following positions:-

Election of Office Bearers P&C Committee

President

Vice-President (Meetings)

Vice-President (Assistant Treasurer)

Secretary

Treasurer

Election of Office Bearer Canteen Sub-Committee

Chairperson

If you require further details please contact Lynette Howle as P&C Secretary
Mobile 0438 647 700 Email howley@spin.net.au

PAID CANTEEN WORKER REQUIRED

A position is available at our Canteen for a motivated worker who would like to learn the ropes and train up to cover future relief work. This currently casual position will require the successful applicant to work for 4 hours each Friday morning during term time between 8.00am and midday, with a view to extending employment after training is completed. The award rate of \$26.76 per hour will be paid.

The successful applicant will need to possess a current WWC number and have satisfied DEC requirements for working on school premises.

Please contact our P&C President, David Hall, on mackvillehighschool@pandcaffiliate.org.au with your expression of interest.



WHAT'S ON AT MHS

Important Dates and Information

Please refer to the Macksville High School website for Upcoming Events.

www.macksville-h-schools.nsw.edu.au



Y O U T H F O R C E

The Nambucca Valley Youth Force held its first meeting for 2020 at Macksville High School. The group meets three times a term to discuss local issues and problems experienced by youth in our local area. The group is represented by all local High Schools with elected members appointed to the executive team. This year Jonah De La Hunty from Year 11 was elected as the Vice President of the team. The inspired group has many plans for 2020 and will continue their lobbying of NSW Parliament for better transport services in our local area.



They have already secured meetings with the local member for Transport in the coming months and have worked hard throughout 2019 to submit a proposal to begin this enquiry.

This year Macksville High has 6 members as a part of the team - four from Year 10 and two from Year 11.

They will be mentored by Ms Jodie Collits and we look forward to seeing their progress on these important issues.



O L Y M P I A N S U N L E A S H E D

Year 9 have had the pleasure of listening to Rohan Chapman-Davies. Rohan participated in the PyeongChang 2018 Winter Olympic Games as a freestyle skier in Moguls. He spoke to students about the challenges he had to overcome and his career achievements. Rohan spoke about 3 skills he found invaluable in assisting him within his career as a skier and life afterwards:

1. Integrity

that students should be accountable for their actions and take ownership of their decisions

2. Support network

having people around you that push and assist you in achieving your goals, as well as making you accountable

3. Perspective

learning to realise what is important and prioritising one's actions

Our students asked many great questions, including 'How did he deal with fear?' Rohan's response was based on two aspects: injury and fear of not performing. How he dealt with the fear of injury was to ensure that he prepared as best as he could and focused on only the parts of his job that he had actual control over. Mental strength was very important in dealing with the fear of not being able to perform, in that he had to acknowledge the negative thoughts and let them go so he was able to focus on the knowledge that his skills and preparation would allow him to achieve.





The Hand Project

Students have started assembling their hands. First they must thermoform the gauntlet and the palm to fit the shape of the recipient. Next they line all the fingers and proximal phalanx up to get the right sized digit in the right order. They connect the fingers to the proximal phalanx by hammering 3D printed pins into the joints using a 3D printed thwacker. A similar process connects the fingers and thumb to the palm and the gauntlet to the wrist.

It is important for the recipient to be comfortable wearing their device, so students take time to ensure that padding is just the right shape and adhered to just the right place. Next dental elastics are hooked over the finger joints to provide a spring in the hand which opens the hand up. Eighty pound braided fishing line is threaded through 3D printed channels in the fingers and palm, up to the gauntlet where it is attached to tensioners. The tensioners are adjusted so that when the recipient bends their wrist, the strings are pulled, causing the hand to shut. In this way the hand can be used to clutch a bicycle handle bar or pick up a water bottle. Plastigrip is sprayed in the fingertips to increase grip.

Our hand project uses environmentally friendly PLA, a biodegradable polymer made from plant matter such as corn starch. Our hands will be sent to e-NABLE to be distributed to people who need a hand.

Some recipients have lost both of their hands, so receiving a hand is the difference between being able to lift a bottle of water to their lips, or being totally dependent on another person.

This fabulous work being done by the Year 8 robotics class has life changing potential for those less fortunate.

Mrs A Hughes



Henry and Shauna-Lee putting the fingers together



Henry thermoforms a palm



Our fabulous new printer that can print a whole hand in one go.

This orange hand will be



Shauna-Lee uses the thwacker to insert the pins into the finger joints



Mia fits the gauntlet to the hand

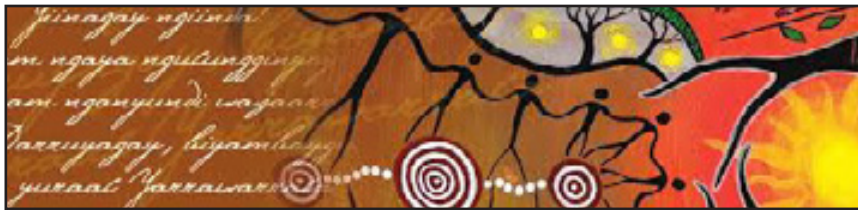


Seth thermoforms a gauntlet to strap onto the wrist of the recipient

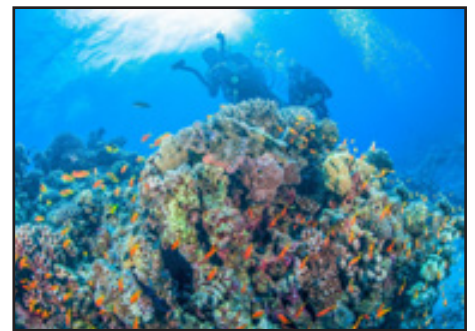
HSIE HAPPENINGS

The HSIE faculty have had a busy start to 2020 with a range of exciting opportunities for students and staff. I have had the pleasure of visiting each of our Year 7 classes on a number of occasions and their eagerness to ask questions and make insightful contributions to class discussions augers well for their high school careers. All Year 7 students will undergo an informal History and Geography knowledge evaluation before the end of Term 1 to help teachers to identify any gaps in student understanding and to further develop student skills and knowledge in this important subject area.

This term we welcome Ricky Buchanan into our HSIE team each Thursday. Ricky is a local Gumbaynggirr man who is employed by the NSW Aboriginal Education Consultative Group to assist in the promotion of language and culture into our curriculum. Ricky has already been working closely with our Year 7 students who are exploring their first topic in History. This first topic relates directly to the investigation of the ancient past and Ricky's knowledge as well as his expertise of local Aboriginal languages and culture has been invaluable. It is hoped that Ricky can also join our older students when they cover such subjects as Year 10 History – Changing Rights and Freedoms – and Year 11 Legal Studies – Customary Law.



Our senior classes are also preparing for some exciting activities. Year 12 Marine Studies are well into their unit on Seafood Cooking and Preparation and they will soon be completing their assessment on a seafood cook book and creating a meal in the school kitchens. Year 11 Marine Studies have settled in well and are undertaking the core units of Humans in the Water, Marine Safety and First Aid and Life in the Sea. During this time they complete the Open Water Dive Theory in preparation for the opportunity to undertake the Practical component and achieve their Open Water Dive Qualification. We have many eager future divers – photos will be available in our newsletter article in Term 2.



Year 11 Legal Studies are currently learning about the development of the Australian Constitution and our legal system. Soon students will participate in a video-conference event with NSW Parliament House. Students will explore the role and structure of parliament and the legislative process as sources of contemporary Australian law. They will “visit” the Legislative Assembly and the Legislative Council with the opportunity to ask questions of parliament staff. This pilot program with NSW Parliament House is aimed at providing this valuable opportunity without the expense or time of a trip to Sydney.

Finally, this year Mr Barry Lockyer and I are working with the University of Newcastle as part of the university's Quality Teaching Rounds Digital professional development research. Our involvement in this research, along with other Macksville High School staff, will help to inform teaching practices within the faculty and will result in improvement in outcomes for students. A small number of students will be invited to assist us with this research – consent forms will be sent home soon.



The HSIE faculty and I look forward to an exciting 2020 and the chance to help your child to become an informed and aware citizen of our planet.

Mrs T Bailey

I N D O N E S I A N N E W S

Suara Indonesia Dance company workshop

We were so lucky to have the dancers from Suara Indonesia Dance company join us again here at Macksville High school at the end of February. The students from the Year 8 Enrichment Indonesian class and 7J participated in the Randai (Big Pants) dance from Sumatra. This is a form of traditional theatre from West Sumatra using galembong pants where a fusion of rhythm and sound is created by hitting the big pants. All students had a chance to wear the galembong pants for Randai, and created rhythmic patterns together with Pak Mur and Bu Alfira. Some of the students will be performing this exciting (and noisy!) dance at the Macksville High School Expo. We look forward to seeing you there and thank Pak Mur and Bu Alfira for taking the time to share their culture with us.



Year 7 Indonesian classes

Students in Year 7 have impressed me with their retention of vocabulary and their enthusiasm for learning Indonesian. Each of the four Year 7 classes regularly uses technology to practise listening to, reading and writing Indonesian at their own pace. Quizlet Live has proven to be a wonderful way for students to work in groups to solve Indonesian translation questions. The teams are mixed up each round so students work with each and every one of their classmates throughout the lesson. This means that students not only improve their Indonesian, but also work on their social skills as well! The Year 7 students also all have an Education Perfect log in and have been completing tasks both in class time and outside of school hours.

Congratulations to Zoe Sills, Isaac Maloney and Amali Bloomfield who are currently the overall top point scorers at Macksville High School!

Sampai jumpa,
Bu M Urquhart



CAREERS CORNER

SKILLS AND THRILLS PARENTS EDITION CAREERS SHOWCASE

The Skills and Thrills Parents Edition Careers Showcase is helping parents to assist their children in making informed decisions surrounding post school pathways.

The Skills and Thrills Careers Showcase is an engaging, informative and entertaining showcase, created to highlight vocational education and training (VET) and the success stories that emanate from VET pathways. The Parents Edition Careers Showcase will help parents better understand vocational pathways, including apprenticeships, traineeships and school-based apprenticeships and training and give parents the knowledge they need, to help their children make informed career choices post high school.

Through the showcase, parents and students will learn about the following;

- * Apprenticeships and Traineeships
- * TAFE/ Private Training Providers
- * Funding options available (Smart and Skilled)
- * Vocational Education and Training (VET) Options: School -delivered VET, SBATs and EVET
- * Where to find information
- * Who can assist/ resources available
- * Opportunity to speak with VET Ambassadors and SBAT officers

The Skills and Thrills showcase will be held on **Tuesday 5th May** at **6pm – 7.30pm** at **Toormina High School Hall**

Attendees **must** register via the online registration link to secure your attendance-

<https://skillsandthrills-toorminahs.eventbrite.com.au>

We encourage you to attend with your high school aged children. This presentation is most beneficial for parents of students in Years 7-11.



PARENTS SHOWCASE

HELP SUPPORT YOUR CHILD
MAKE INFORMED CAREER CHOICES!

SKILLS AND THRILLS

GET INFORMATION ON -

- Apprenticeships / Traineeships
- Industry Trends
- Jobs of the Future
- Funding options and more!

A SHOW NOT TO BE MISSED!

DATE: Tuesday 05th May 2020,
6:00-7:30PM
LOCATION: Toormina High School (hall)
Armstrong Rd, Toormina NSW
COST: Free
BOOKING REQUIRED:
<https://skillsandthrills-toorminahs.eventbrite.com.au>

skillsone

The poster features a background image of diverse high school students sitting on steps. It includes a blue banner at the top with the event title, a blue box with the main message, a yellow starburst with the event name, a black box with a list of topics, and a white box with event details at the bottom. The SkillsOne logo is in the bottom right corner.

Macksville High Careers

<http://www.mackvillehighcareers.com/> is a fantastic site for teachers, parents and students for any Career related information.



This is the resource we use in Career lessons so take a look!

Also, like our Facebook page for the latest information: Macksville High School Careers.

C A R E E R S C O R N E R

Botanic Gardens Career Day

The pilot career day put together by Coffs Harbour City Council was well attended by schools across the Coffs Harbour area. A group of students from Macksville High School with interests in horticulture and botany were able to travel to the North Coast Regional Botanic Gardens to explore career opportunities in the environmental and agricultural industries. Students had the privilege to listen to speakers from the Office of Environment and Heritage, State Forestry, National Parks, Agricultural Scientists and employees of Coffs Harbour City Council and the Botanic Gardens.

Following on from the speakers, a number of workshop activities were conducted with the school groups split up across the gardens. In the first session, Macksville High students took a trip to the Herbarium to view the century old preserved specimens and engage in the identification processes of plants. Next, a representative from State Forestry demonstrated the technology used to navigate the forest and determine the suitability of resources and sustainability in timber production, including identification of wildlife habitats and growth of fungi associated with tree communication.

All students found interesting career-related information throughout the day and endeavour to visit the garden again to further explore the vast array of beauty and science on offer in our locality.

Mrs L Peisley



H O S P I T A L I T Y

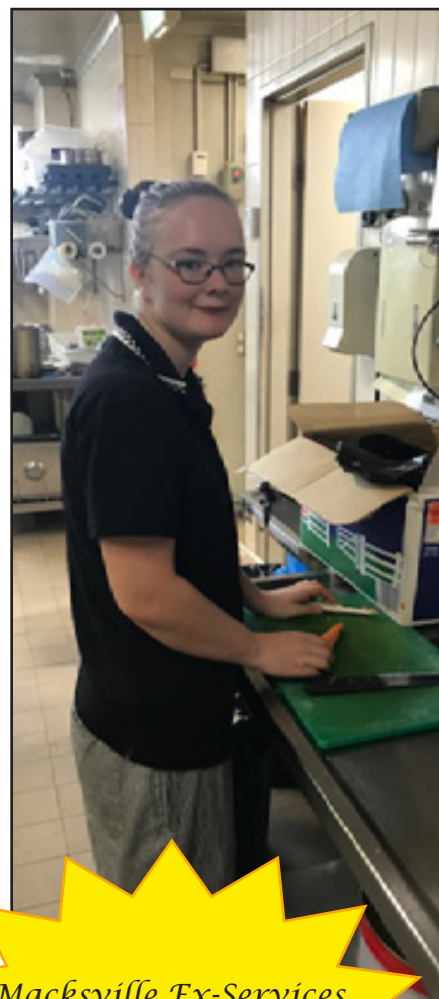
The new Preliminary Hospitality class has started to work in the community. On Wednesday 19 February the Macksville Ex-Services Club Seniors Luncheon was assisted by four of the new Year 11 students and Mrs Atkins.

Looking fabulous in their new hospitality uniforms, volunteers Rhiannon Cooke-Jones, Amber French, Erica Liebe and Skie Yates (Bonnie Loveday was working on the day) joined Charlize Blair and Kayla Miller (work experience) of Year 12 in providing food preparation, plating, food and beverage service and cleaning down.

Starting at 9:30am and not finishing until 2:30pm, it was a big day on their feet for the girls. The students were well received and did a great job - congratulations!

Look out for the black and whites at EXPO where the students will be preparing and plating finger food during the event. You are always welcome to drop into the Hospitality kitchen to say hello.

Mrs D Alchin and Mrs L Atkins



*Macksville Ex-Services
Seniors Luncheon
19/02/2020*



Technological & Applied Studies



Year 7 Food Technology



Mr Sheridan's Year 7 Food Technology classes have been busy cooking up a storm in the kitchen. After learning about food hygiene and food safety the classes were keen to put their knowledge into action. The first dish we made was Caramel Dumplings with Caramel Sauce. Everyone agreed they were delicious, even the ones whose dish didn't turn out perfectly.

Next we attempted to bake Chicken Pot Pies. Once again everyone had fun and gained success, with some saying they planned to try and cook them at home for their families.



TECHNOLOGY MANDATORY

8-TECH-3 students have been learning about vegetable garden preparation and crop production.

After spending some time learning the basics and researching plant characteristics, students have designed what they believe to be the best layout for their veggie patches.

Planting has commenced and in a few weeks these students will be using their products to cook some delicious and nutritious meals.

Mr L Smith



Technology Safety Glasses

A reminder that all students are required to wear safety glasses in our Industrial Arts workshops during practical lessons to prevent eye injury.

These can be purchased from the front office for \$6.50.

A poster for Maths Club. The background is blue with a white circle. At the top and bottom, there are decorative borders with mathematical symbols like pi, infinity, and numbers. The text "Maths Club" is written in a large, black, hand-drawn font. Below the title, there is a green square with a white pi symbol, a purple square with the text "See Mr. Mills for more information", and a blue square with the text "Free Tuition! Every Monday: Session 1: Lunchtime Session 2: 3:15-4:00pm (2 student minimum for session 2) Location: C1".

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

A creative start to 2020 - CAPA

It has been a creative and rewarding start to the year. The images capture some of our students' creative pursuits.

Our Year 8 students have focused on the elements of art and developing their drawing techniques, also exploring colour theory. Our students have been introduced to this study through examination of key artists. Of note, a study of the art of Vincent Van Gogh and portrait artist Jenny Sages.

Other years have focused on revising their drawing skills. Our ceramics class are also enjoying learning a range of new techniques to incorporate in their clay work.

We look forward to seeing further progress and student engagement throughout the term.

Miss K Hardingham and Miss Y Wallis





With the rain holding off we were able to hold our annual swimming carnival. Our new House Captains had decorated the grandstand which was filled with students in their House colours. The races were competitive, whilst the novelty events allowed those less competitive swimmers to cool down and have a relaxing swim.

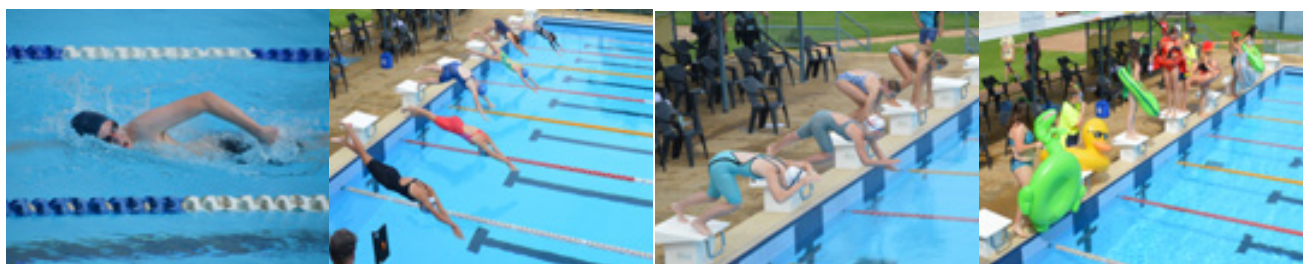
The final House points have been tallied, placings are:

Oxley 1st Taylor 2nd Graham 3rd Briner 4th

Age Champions for 2020:

Age	Male	Female
12	Brayden Clark	Mikayla Lenthall
13	Cohen Welsh	Millie Edwards
14	Asha Searle	Courtney Clark
15	Bill Simmonds	Jazmin Sutton
16	Nicholas Gough	Arrin Stirrat-Black
17	Darcy Welsh	Tamina Heidenreich
18	Declan Sutton	Amisha Marican

Overall, it was an enjoyable event and a big thank you to the staff for making it a successful day.



Zone Swimming Carnival

On Monday 24 February, students who qualified for Zone Swimming attended the carnival in Kempsey. Congratulations to all who participated and worked hard to make Macksville High School number one school of the day. Some of our students achieved personal goals and created new Lower North Coast records. We look forward to hearing how our talented swimmers progress in the Regional Carnival being held on Tuesday 3 March.

Mrs Toni Jones

See Guardian link for further swimming success with students in our local **Team Marlins**... <https://www.nambuccaguardian.com.au/story/6650432/team-marlins-impressive-result-in-sydney/?cs=731>

S P O R T I N G N E W S

Open Boys Basketball Lower North Coast Trials

Our senior basketball boys competed in the Lower North Coast Trials in Port Macquarie. They played their best against Camden Haven and Port Campus and even though they didn't win they did our school proud with their sportsmanship and team work.

Their first game was against Port Macquarie High. Our boys started strong and were leading for much of the first quarter combining well as a team and also with some great individual efforts. The experience of the Port team eventually shone through and they ran out winners 44 – 31.

The next game against Camden Haven was a very even contest with no more than a couple of points difference throughout. However, the bounce of the ball was not as lucky for us and the other team achieved victory 33 – 29.

All of our players performed well and were great representatives of our school. Special mention should go to Ethan Joyce who was selected for the Lower North Coast team. Best of luck Ethan!

Thankyou to all parents who assisted with transport of our students. It is much appreciated.

Mr M Smith



Jacob Moore, Mr Michael Smith, Solomon Hill, John Panaguiton, Ethan Joyce, Jack Burt, Rory Partington, Finn Stephens and Elijah Cooper.



COMMUNITY NEWS

Kids Under 7 Play for
FREE !!!



2020 Registration is Open

Thanks to the NSW Govt. Active Kids Voucher (AKV), involving your child in soccer has never been more affordable.

Where to register

- playfootball.com.au

Registering for the first time or need help? Come to one of our [registration days](#).

- **When:** Saturday the 21 of March
- **Where:** Macksville Hotel beer garden
- **Time:** 10am-12pm

Season starts first week in May and finishes last week in August. Register now to secure your spot.

Age	Without AKV	With AKV
5-7	\$100	Free
8-11	\$127	\$27
12-16	\$187	\$87
16-18 (playing in seniors)	\$231	\$131
Senior Men and Women	\$360	N/A




LIKE US ON facebook.

Facebook: Macksville Soccer Club
Email: macksvillesoccer@gmail.com
Register at: playfootball.com.au


Behind The Screen

Untangling your tweens & teens from technology:
Practical (and positive) strategies for parents



In this dynamic 90-minute seminar, psychologist Jocelyn Brewer will help parents and carers understand aspects of technology, app and video game design that prove to be so seductive (and perhaps even 'addictive') to young people and their still developing brains. Jocelyn will introduce her concept of Digital Nutrition™ as a positive framework for shaping healthy techhabits and a diverse digital diet, as well as how to apply the 3M's (mindful, meaningful and moderate) to online activities.

Where: C.ex Coffs (Blue Room) 2-6 Vernon St Coffs Harbour
When: Monday 27th April, 6:30-8:00pm
Cost: FREE! Registration essential (limited numbers)
Register via Sticky Tickets:
www.stickytickets.com.au/ZUPHS




Friday 5 June 2020
Gaagal Yuludarla

Giinagay! You are invited to attend a great day at Scotts Head for Gaagal Yuludarla – Ocean Dreaming (Welcome the Whales)

Together We Can Protect and Restore our Ocean

Conservation focus: demonstrate leadership in preventing plastic pollution and share solutions that inspire and activate the global community.



Cultural Connections & The Red Cross were Cultural Activities sponsors



Gurruuja Whale
Welcome to Gumbaynggirr bari (homelands) by local Unky Lands Council.

Join us in celebrating the Ocean which is the totem of the Gumbaynggirr tribe.

The day will be filled with cultural activities and plastic solutions, community members, universities and sponsors.



Nambucca Valley Lions AFL and Auskick
Registrations are now open for boys and girls 5-9yr old Auskick, U/11's, U/13's and boys U/15's.

If there are girls aged 13 years or older interested in playing please contact us directly.

Registration is online at play.afl. Families are able to utilise their Active Kids Voucher.

Training is Wednesday's 4.30pm starting February 26th at Nambucca High School and will move to EJ Biffin Oval.

For more information contact:
Trent Baade: 0412 748 633 or Andy Johnston M: 0428 862 072 E: ajj844@gmail.com

Follow us on Facebook (Nambucca Valley Lions AFL) for updates and further information. <https://www.facebook.com/NambuccaValleyLionsAFL/>