



Newsletter

Term 1 - Issue 3 - 2020

ELLIOT GOES TO THE REGIONAL FINAL

On Saturday 14 March, Elliot Joyce joined contestants from Nambucca, Bellingen and Toormina High Schools in the regional final for the Lions Youth of the Year. Elliot had spent time in the lead up to this event working closely with Ms Kelli Dykes to prepare for the intensive interview and public speaking requirements. He participated in an interview with a panel of judges where he responded to questions about the local area as well as current events.

Next, he was a guest of the Bonville Sawtell Lions Club for a formal dinner at the Sawtell RSL Club. Elliot delivered two impromptu speeches, his first topic was, 'Should Australia re-introduce the death penalty?' and his second topic was equally as challenging, 'Should drugs be legalised in Australia?' Elliot articulated his responses in a considered and thoughtful way, before presenting his prepared speech on the topic of 'Marine Conservation'. He was a very impressive candidate and he represented himself and his school in a commendable and distinguished manner. He achieved a great deal in terms of rising to the challenge of competent public speaking and engaging in impromptu interview and speaking challenges.

Elliot was not successful in moving on to the next level, but he gained an invaluable life experience which will hold him in good stead for his future.

Mrs Melissa Robertson



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ATSI BOYS LEADERSHIP CAMP

In early March a bus filled with our Indigenous student leaders along with boys from schools in our community travelled to the Illaroo National Park. The bus made its way into Minnie Waters just on lunch and down the dirt track they headed into the Yuraygir National Park. The boys were offered time to set up their tents, stack the fire and organise themselves for 3-day schedule ahead. I (Mr. Boatfield) arrived later in the evening and managed to navigate my way through the rough terrain on dusk, aided by the help of Paul Evans and the boys. I quickly set-up camp and went to join in with the group and was impressed early by the degree of respect and confidence shown by the boys as they shared stories around the campfire. Well-fed and exhausted, the boys moved off to bed in preparation for an early morning surf.



Paul Evans, myself and Jonah Werner graced the water early and were accompanied by the entire group who elected to swim, surf or enjoy a combination of both. The conditions were ordinary but from afar it was clear that the boys were rapt with the idea of hitting the ocean early in the morning as opposed to hitting the books. Paul Evans kept himself busy introducing the boys to the idea of surfing for the first time, including our own Lachlan Skeen, which they all seemed to relish. After a good hour in the water we returned to camp for some breakfast. To our surprise, Uncle Troy Robertson had arrived with a wealth of exercise equipment on offer and boys and staff joined in for some high-intensity interval training. Uncle Troy didn't hold back and after a tough circuit of boxing, plyometric and body-weight exercises, the boys were due for some breakfast.

The remainder of the day offered some indigenous painting opportunities, multiple dips in the water and the key highlight for me was the walk with Uncle Troy Robertson. As a group, we made our way through the bush and Uncle Troy navigated us through the wealth of bush tucker and wildlife, sharing stories on the history and use of the land. Personally, I was captivated by the significance of the land for first nations people and it was moving to see the boys equally as drawn to the stories. Upon our return, we were graced by a community of goannas which kept the group entertained for hours as lunch was prepared and relaxation was offered. Early in the evening the boys gave me a lesson on how to make a fire using traditional methods as the remainder of the group bonded over some snacks around the campfire. As night fell, the group were drawn to the fire and stories were shared until the day got the better of them and they were off to bed.



ATSI BOYS LEADERSHIP CAMP

Day three meant it was time to confront the idea of coming home. Again, we started with some early morning exercise and participated in some mindfulness led by Uncle Troy. Shortly after, we hit the water for what would be the last time and they weren't shy of making the most of it. It was a real treat seeing the boys bond as a group over the three days. Connecting with their culture, having a laugh with like-minded boys and enjoying the spoils of being on country had ensured that smiles were abundant.



On the final morning, the pack-up was swift and soon it was time to leave camp, full of positive memories from the 3 days. As a group, we shared a smoke ceremony which gave us all time to be mindful and appreciate the opportunities we have and the respect we must maintain for the land and country. This was particularly reflective and it was moving to see each member of our group engage in the ceremony in their own way. On both a personal and professional level I was thrilled to have the opportunity to join in on the journey and I believe that our boys and the boys from schools in our community will remember the camp fondly and return to their respective homes and schools with a greater sense of confidence. Thank you, Paul Evans, Uncle Troy Robinson, Jonah Werner, Lachlan Skeen and the students and teachers from our community for making the camp one to remember.

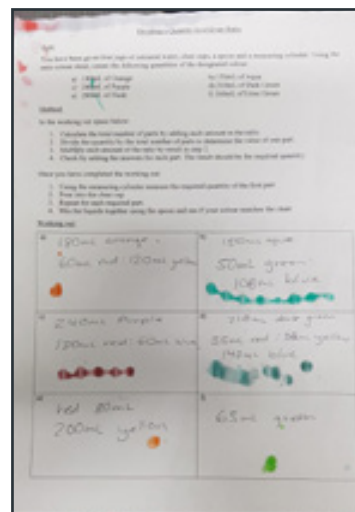
Mr Aaron Boatfield

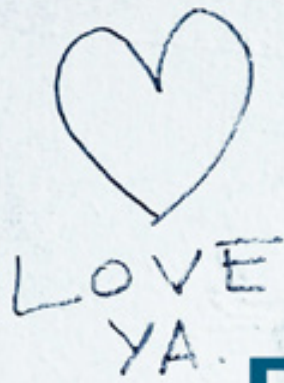
COLOURFUL MATHEMATICS

Year 10 Maths students have been studying the topic 'Ratio and Rates' and as part of this unit, 10M3 went to the Science labs to mix up colours - in the correct ratio of course. Using their skill of dividing into a given ratio, they calculated the exact millilitres required to mix certain shades.

Students demonstrated careful measuring and thoughtful reflection in making their range of colours. Thanks to the Science Faculty for being so supportive of this activity. In particular, Mrs Conway provided ideas and helpful tips to running a practical lesson.

Mrs Amanda James





Be kind to yourself.



Guardian *News*

Click on the links to see Guardian News Stories.

DECLAN SUTTON_SWIMMING

<https://www.nambuccaguardian.com.au/story/6707370/declan-sutton-birthday-wishing-coronavirus-is-shown-the-door/?cs=731>

ELIZABETH ARGUE - MACKSVILLE HIGH SCHOOL DUX OF 2016

<https://www.nambuccaguardian.com.au/story/6712811/taylors-arm-student-stands-out-from-the-crowd/?cs=736>

HOW OUR SCHOOLS ARE COPING

<https://www.nambuccaguardian.com.au/story/6707052/how-our-schools-are-coping-in-this-brave-new-world/?cs=726>

MACKSVILLE POOL TO BE HEATED!

<https://www.nambuccaguardian.com.au/story/6712743/macksville-lapping-it-up-s-state-stumps-up-to-heat-town-pool/?cs=731>

T E C H N O L O G Y

Year 10 Food Technology Self Isolation Pantry Challenge

Mrs Atkins and Mrs Alchin posted a challenge to Year 10 Food Technology to raid their pantries and cook up a storm.

The first offerings from our students;

Jack Boys - Pumpkin Pie

Harmony Marley - Piatto di Pasta

Isabella Patmore - Satay Chicken

Paige Shanahan - Creamy Bacon Carbonara

Erin Cooper - Meat Loaf

Patrick Quinn - Vietnamese Pho with Chicken

Certainly a diverse range of dishes, we are both pleased to see the students participating and helping in the kitchen. Keep up the good work Year 10.

My Pantry Challenge

Recipe Name: Creamy Bacon Carbonara

Serves: 4

Preparation time: 10 mins
plus 25 mins cook

Ingredient list

- 500g fettuccine
- 1 tablespoon of olive oil
- 80g of butter
- 1 large onion finely chopped
- 250g of shredded bacon
- 200g button mushrooms, sliced
- 300ml sour cream
- 1 cup of grated cheese

Equipment used

- Chopping board
- Knife
- pan
- Measuring cups

Method

1. Firstly heat up water to put pasta in when ready
2. Meanwhile heat up a pan and add oil, butter, onion, bacon and mushrooms stirring for 5 minutes.
3. Add cream to the pan and bring the pan to a boil. Simmer for 10 minutes.
4. Drain the water from the pasta and add the pasta to the pan.
5. Stir through sauce and season with salt and pepper.
6. Also for bonus add something on the side.



My Pantry Challenge

Recipe Name: Satay Chicken

Serves: 6

Preparation time: 15 to 30 minutes

Ingredient list

- 1 onion, diced
- 1 clove garlic, crushed
- 1kg Chicken thigh fillets, sliced
- 1 tablespoon soy sauce
- 1 teaspoon curry powder
- 3 tablespoons peanut butter
- 2 teaspoons Worcestershire sauce
- 2 tablespoons sweet chili sauce
- 2 cups of hot water
- 4-5 cups of rice

Equipment used

- Saucepan
- Knives
- 1 Mixing spoon
- 2-3 glass bowls



My Pantry Challenge

Recipe Name: Pumpkin Pie

Serves: 8

Preparation time: 1 hour 30 mins

Ingredient list


- 1 medium pie pumpkin (about 1.5kg)
- 3/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 cup 2% milk
- Whipped cream, optional

Equipment used

- Measuring bowls
- Measuring spoons
- Measuring cups
- Spatula
- Ceramic pie plate
- Rolling pin

Method

1. Cut pumpkin in half lengthwise; discard seeds. Place cut side down in a microwave-safe dish; add 1 in. of water. Cover and microwave on high for 15-18 minutes or until very tender.
2. Meanwhile, roll out pastry to fit a 9-in. pie plate. Transfer pastry to pie plate. Trim pastry to 1/2 in. beyond the edge of plate. Fold edges. Set aside.
3. Drain pumpkin; when cool enough to handle, scoop out pulp and mash. Set aside 1-3/4 cups.
4. In a large bowl, combine the mashed pumpkin, eggs, brown sugar, cinnamon, salt, ginger and cloves; beat until smooth. Gradually beat in milk. Pour into the crust.
5. Bake at 425°F for 15 minutes. Reduce heat to 350°F until a knife inserted in the center comes out clean; 40-50 minutes longer. Cover edges with foil during the last 30 minutes to prevent over-browning if necessary. Cool on a wire rack. If desired, pipe whipped cream around the edge of the pie using a star tip.
6. Refrigerate leftovers.



My Pantry Challenge

Recipe Name: Piatto di Pasta

Serves: 4

Preparation time: 15 mins

Ingredient list

- 100g spaghetti
- 1/2 cup tomato sauce
- 1/2 cup meat sauce
- 1/2 cup pesto
- 1/2 cup mixed herbs
- 1/2 cup mixed veggies
- 1/2 cup paprika

Equipment used

- Measuring cups
- Mixing bowl
- Strainer
- Saucepan
- Fork
- Spoon
- Bowl to serve

Method

1. Combine sauces and spices in a measuring cup
2. Cook the pasta in the saucepan
3. When the pasta is nearly cooked add the frozen veggies
4. Put pasta and veggies into the mixing bowl
5. Add sauce
6. Mix together
7. Serve
8. And enjoy ☺



My Pantry Challenge

Recipe Name: Vietnamese Pho with Chicken

Serves: 2 serves

Preparation time: 5 minutes preparation time 10 minutes cooking time

Ingredient list

Ingredients:


- 2 cups Chicken stock
- 1 cup water
- 1 teaspoon Soy sauce
- 1/2 tablespoon Fish sauce
- 1 Star anise
- 2cm piece of fresh ginger

Chicken:

- 3 fresh chicken tenderloins
- 2 teaspoons soy sauce
- 1/2 teaspoon crushed chili
- 1/2 teaspoon crushed garlic
- Drizzle olive oil

To Serve:

- 100g Rice stick noodles
- Lime wedges
- Fresh red chili sliced
- Fresh coriander sprigs
- 3 small green onions sliced
- Bean sprouts –



My Pantry Challenge

Recipe Name: Meatloaf

Serves: 6

Preparation time: 20 minutes

Ingredient list

- 500g beef
- 1 grated brown onion
- 1 cup wholemeal bread crumbs
- 1 carrot grated
- 2 tbsp sugar
- 1 egg
- 1 lightly beaten egg
- 1 barbecue sauce
- Salt n pepper


Equipment used

- Loaf tin
- Large bowl
- Grater
- Chopping board
- Cooking rack

Method

1. Preheat the oven to 180°C, line tray with baking paper.
2. In a large bowl mix the beef, onion, bread crumbs, carrot, tomato sauce, egg.

(Doesn't look good at all ☹)



SENIOR TEXTILES & DESIGN

Outstanding Textile Art Projects

Senior Textiles and Design's first task was to create a themed fabric piece. Students used a range of techniques including; dyeing, applique, felting, stencilling and freehand machine embroidery.

Students were then able to choose how they presented their themed fabric in an aesthetically pleasing and functional finished product.

Mrs Larissa Atkins



Corinne McFadyen



Paige Mesiti



Morgan Freeman

Year 8 Technology Mandatory - Engineering

Students have been gaining skills in CAD design, soldering, timber shaping and basic electronics to design these LED Light creations.

Students create the main acrylic shape using Adobe Illustrator which is then sent to the laser cutter, enabling them to cut the shape and etch the original designs.

This project has been well received by Year 8 and I look forward to seeing them completed.

Mr Greg Hill



Kiah, Taya and Leah have almost finished their projects.

SWIMMING - NORTH COAST CHAMPIONS

A streamlined performance by Macksville High students at the North Coast Combined High Schools Swimming Championships

Macksville High took a strong team to the carnival held at Coffs Harbour in March. Macksville had dominated the zone carnival at Kempsey two weeks earlier and were determined to make a huge splash at Coffs Harbour. Macksville students swam their way to a glorious victory winning the carnival on 458 points, a clear 165 points ahead of their nearest competitors Coffs Harbour on 293 points. The last time Macksville won the Champion School Trophy was in 2013 from Kingscliff and we had to wait a few weeks for the trophy to reluctantly surface back then and this year we wait again. When it turns up it will take pride of place in the school's new display cabinet in the Front Office.

We had some exceptional individual performances on the day with four age champions. Declan Sutton broke the record in the 100m freestyle in a time of 00:53:45 and was awarded 17-19 year-old age champion winning all of his individual events. Millie Edwards-Bradshaw set a new record in the 100m butterfly in a time of 1:10:26 and was awarded the 13 year-old female age champion. In an exciting day of racing Cohen Welsh was the 13 year-old male age champion and Brayden Clark was the 12 year-old male age champion.

Runners up in the female age champions were Leah Pickvance in the 13 year age group and Courtney Clark in the 14 year age group. In third place in the male age champions were Asha Searle in the 13 Years and Darcy Welsh in the 17-19 years.

Tyler Barnes, Jazmin Sutton, Arrin Stirrat-Black and Kate Payne along with the placegetters in the age champions all qualified to compete in individual events at the State Championships.

It was an all-round amazing team effort with great sportsmanship and enthusiasm. All of our students represented the school with distinction. One of the

day's many highlights was when Macksville were crowned North Coast Champions in the freestyle 'Knockout Relay'. Our six fastest girls and boys competed as a team each swimming a 50m length, in the last 75m it looked like Coffs Harbour might secure the win but when our talented anchor Declan Sutton dived in to swim the 12th lap it was an exciting finish with Macksville victorious. This qualified the team to compete in a state final competing against all the other regions. Macksville went on to qualify for state in another eight relays: all age girls and boys freestyle, open girls and boys medley and freestyle teams for 13 and 16 year old girls and 14 and 17-19 year old boys.

Making up our 17 strong team that was to head to the State Championships included enthusiastic and dependable relay swimmers; Toby Hill, Maya Lamb, Mikayla Lenthall, William Simmonds and Montana Ward.

Congratulations also to Kira Atkins, Isabella Patmore and German exchange student Tamina Heidenreich for their efforts on the day.

For now, we can only dream of what might have been at the NSW State Championships at the Sydney Olympic Park Aquatic Centre.

Mrs Larissa Atkins



online learning responsibilities

When learning online I will:

+ + + PROTECT MY PRIVACY + + +

Be respectful of others' **opinions & their diversity**

Contribute and help others   

----- Ask for assistance -----

Remember that I am legally responsible for
everything I 'say' from the age of 10.




Check my sources thoroughly + + + + +

CONSIDER that whatever I 'say' will
be there **permanently**

  Take regular **'brain breaks'** -----

Use my technology mindfully
(I'm the **boss** of it, it's not the **boss** of me)

+ Produce original work (no plagiarising) +

Apply an appropriate writing style   
and pay attention to my grammar and spelling.



6 April 2020

Dear Parents and Carers

Thank you for your support, co-operation and patience as we shifted from face-to-face to remote learning over the past two weeks. This has been a challenging time for us all as we are faced with unfamiliar issues to solve. The school remains open and students are welcome to attend where they are being supervised in small groups.

To help with guiding our expectations of junior students we are proposing a simplified timetable. We hope that this will provide a clearer indication of workload for you at home. During this time teaching staff will be available to support student learning online or via email or phone.

Senior students will continue to operate as per their daily timetable and will be supported by their classroom teachers. Our Senior Mentor Teacher is also available to assist.

Roll call will take place during Session One each day. ALL students will be required to be logged into Google Classroom by 9:30 am for this roll call. Any device can be used. The Department of Education still requires schools to collect attendance data each day. This process will occur from week one next term.

Macksville High School
Remote Learning Junior Student Timetable
Roll call will take place in **session one** each morning and students should be ready at 9am.

	Session	Year 7	Year 8	Year 9	Year 10
Monday	1 9:05 - 10:50	Science	PDHPE	Maths	English
	2 11:10 - 12:50	HSIE	Art Indo Ext	Science	Maths
	3 1:30 - 3:10	PDHPE	Science	English	HSIE
Tuesday	1 9:05 - 10:50	English	Maths	HSIE	Science
	2 11:10 - 12:50	Maths	PDHPE	Z Elective	Z Elective
	3 1:30 - 3:10	Indonesian	Tech	Maths	English
Wednesday	1 9:05 - 10:50	Maths	HSIE	PDHPE	Science
	2 11:10 - 12:50	Music	English	X Elective	X Elective
	3 1:30 - 3:10	SPORT	SPORT	SPORT	SPORT
Thursday	1 9:05 - 10:50	HSIE	English	Science	Maths
	2 11:10 - 12:50	Tech	Art Indo Ext	English	PDHPE
	3 1:30 - 3:10	Maths	Science	Y Elective	Y Elective
Friday	1 9:05 - 10:50	Science	Maths	PDHPE	HSIE
	2 11:10 - 12:50	PDHPE	HSIE	English	Science Careers
	3 1:30 - 3:10	English	Tech	HSIE	PDHPE

We appreciate that there has been a lot of hard copies of work distributed over the past week and have set up some drop off points at our partner schools. These are available at Eungai, Medlow and Scotts Head Public Schools. We have thumb drives that can be used to distribute and collect work if this is a more convenient method.

Again, I thank you for your support during this difficult time. Stay safe and take care.

Erica Lyne

Principal



Macksville High School

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	2 11:10 - 12:50	PDHPE	HSIE	English	Science Careers
	3 1:30 - 3:10	English	Tech	HSIE	PDHPE



2020 - Learning from Home

What learning systems are we using?

- Most classes use Google Classrooms and your school email. This is available through the G Suite in your student portal.
- **Your school email** will be an important way for the school to contact you.
- All files should be backed up in your Google Drive.
- We are also using Microsoft Teams and Facebook.
- Offline students can collect work from Macksville High. Work to be returned can be dropped off at Macksville High, Scotts Head, Eungai and Medlow Primary schools.



Who can I go to for help?

- **Classroom teacher** - questions about your subject, homework or class tasks.
- **Year Adviser** – general help.
- **Head Teacher** – serious or ongoing academic concerns.
- **Kids Helpline** - 1800 55 1800
- **eHeadspace** <https://headspace.org.au/eheadspace/>



How can I look out for myself?

- Take breaks.
- Eat healthy food and drink water regularly.
- Get some regular exercise.
- Try to spend some time working offline to reduce your screen time.
- Stay connected to other people, especially your classmates.

Your learning environment

- Ensure that you set yourself up for success by creating a space for learning that is free from distractions and has sufficient light.
- Adjust your chair so it is comfortable, your lower back is supported and your feet are flat on the floor. Your computer screen should be positioned in front of you.



Your Timetable

- The daily timetable has been simplified. Your day has been broken down to three sessions per day.
- Proposed timetable
 - Session 1 - 9:05 - 10:50
 - Recess - 10:50 - 11:10
 - Session 2 - 11:10 - 12:50
 - Lunch - 12:50 - 1:30
 - Session 3 - 1:30 - 3:10



- Try and stick to the simplified timetable.
- Complete the tasks that have been set for each subject, reflect on feedback from your teacher, read, write study notes and plan for upcoming tasks.

To do

- ☐ **Check in each morning by 10am**
- ☐ Check your emails regularly
- ☐ Check for new work and upcoming tasks on your online classrooms
- ☐ Ask your teacher if you don't understand something

Macksville High School

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