



Newsletter

Term 1 - Issue 1 - 2020

SAVE THE DATE

2020 EXPO

Come and see what your local high school has to offer!

Wednesday 11 March 2020
4:30 - 6:30pm

Year 7 - Settling In

A big welcome to the new Year 7 students. It has been a busy start to the year and they have been adapting to High School life well. They have been managing the class changes, navigating the High School grounds and making lots of new friends.

There has been a lot of healthy competition amongst the sporting houses (Briner, Graham, Oxley & Taylor). This has developed through weekly sport and I look forward to seeing the house champion from the swimming carnival.

A quick reminder to parents and carers that students will have their immunisations on Monday 25th February.

Mr Aaron Parker



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

P 02 6568 1066 **F** 02 6568 2802 **E** macksville-h.school@det.nsw.edu.au **W** www.macksville-h-schools.nsw.edu.au

40 Boundary Street, Macksville NSW 2447

Message from the Principal

Dear Parents and Community,

Welcome to 2020. After a difficult summer in many parts of our country the rain of the past week has certainly been very timely and appreciated.

I would like to welcome our new families to our school community. We have made a positive start to the year and we look forward to continuing to work together achieving the educational goals of our students. Our Year 7 students have also had a great start to the 2020 school year settling in well with their peers and with their teachers as they embark on their journey through high school. I would also like to welcome Ms Josie Morris in the PDHPE faculty to our school.

Congratulations to our 2019 HSC students who achieved very solid results. Our outstanding achievers were Astrid Smith and Matiese Trisely who both made the HSC Top Achievers list. Astrid was 11th in the State in Personal Development, Health and Physical Education. Astrid achieved Band 6's in Ancient History, English Advanced, Food Technology and PDHPE.

Matiese scored an HSC result of 98% for Community and Family Studies and came 5th in the State. Matiese achieved Band 6's in CAFS and PDHPE and Band 5 results in English Advanced and Mathematics Standard 2. Cassandra Ferris made the Distinguished Achievers list for her Band 6 result in Hospitality and Band 5's in Visual Art and English Advanced. Overall, we achieved 7 Band 6 results and 38 Band 5's.

Other High Achievers were Cilla Bashforth, Amy Martin, Jordan Moore, Ruby Moore, Maddison Robertson, Ebony Stride, Johanna Walsh and Sarah Watson. We wish the Class of 2019 all the very best for their future endeavours.

Two of our students were recognised at the Nambucca Valley Council Australia Day Awards. Congratulations to Blake Howle for being awarded Young Citizen of the Year and Male Junior Sports Person. Arrin Stirrat-Black was awarded Female Junior Sports Person and Taylor Adair received a Special Award for her work with NSW Rural Fire Services.

The weather didn't dampen the enthusiasm of our swimmers at the recent carnival. Thank you to our new Sports Organiser Mrs Toni Jones for a wonderful day.

Our School Expo is on again on March 11 from 4:30 pm. Please save the date and come along to see the great work happening in our school. We have wonderful opportunities for our students at Macksville High School and we will continue in 2020 to provide a learning environment that is safe, positive and an encouraging experience for all. I am looking forward to a great year!

Mrs Erica Lyne

Principal



Arrin Stirrat-Black

2 Macksville High School

MACKSVILLE

HIGH SCHOOL

2020 EXPO 

Come and see what your local high school has to offer!



Wednesday 11 March 2020
4:30 - 6:30pm

There will be faculty displays and activities including:

- STEM bionic hands project
- robotics
- drama and music performances
- Indonesian dance
- cattle handling
- light refreshment served by hospitality students
- P&C BBQ on the deck - gold coin donation
- mini lessons
- orienteering, games and challenges



education
innovation
imagination
enthusiasm



WHAT'S ON AT MHS

Important Dates and Information

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

18 Feb Olympics Unleashed NSW Program - Year 9

21 Feb Uni Roadshow - Year 12

24 Feb Lower North Coast Zone Swimming

25 Feb Immunisations - Year 7

11 March MHS EXPO - SAVE THE DATE!

17 March Parent / Teacher Interview Evening - SAVE THE DATE!

30 Mar - 3 April Year 10 Work Experience

P&C MEETINGS

TIME: 5PM

LOCATION: MHS

TERM 1

Tuesday 18 February

Tuesday 24 March, AGM



YEAR 10 QLD EXCURSION

Reminder that your deposit
and note for the Year 10
QLD excursion is due no
later than

Friday 21 February.



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

Starting Strong in ENGLISH

Our students have settled well into English classes for Term 1 and we are particularly happy to welcome our new Year 7 students.

Year

- 7** Is starting the year with a unit of work we call 'Making Connections'. The purpose of this unit is to get to know our students and introduce them to the opportunities for learning in English at High School.
- 8** Have started a unit called 'Views of the World' where we explore how the study of a novel can increase our understanding of the world around us. Novels set for study include 'Trash' by Andy Mulligan and 'Blueback' by Tim Winton.
- 9** Are looking at 'Stories of Survival'. A focus on the study of a novel will allow students to consider the techniques used to develop plot, character and tension. Our prescribed novels include 'The Dogs of Winter' by Bobbie Pyron and 'The Outsiders' by S.E. Hinton.
- 10** Are exploring representations of the concept of 'Coming of Age' in different texts, with the focus on the study of novels such as 'To Kill a Mockingbird' by Harper Lee, 'A Bridge to Wiseman's Cove' by James Moloney and 'Lord of the Flies' by William Golding.
- 11** English Advanced and Standard are completing the mandatory module, 'Reading to Write', while English Studies are focused on their mandatory module called 'Achieving Through English'.
- 12** English Advanced have commenced their comparative study of the play 'Wit' by Margaret Edson and John Donne's poems, English Standard are studying the poetry of Ali Cobby Eckermann, and English Studies are analysing a range of texts in the unit 'We Are Australians'.



Starting Strong in ENGLISH

Next Wave Short Film Festival

Congratulations to our budding film-makers in Year 8 and 9 at Macksville High School who were given the red carpet treatment at the Next Wave short film event in Coffs Harbour this January.

Three entries from our school made it to the finals and these short films were shown on the big screen. Macksville High School came away from the night with a sound package, a prize awarded to a school that impressed the judges.

You're in luck if you're interested in viewing a selection of our short films – we're going to hold our very own short film festival at Macksville High School's Expo on Wednesday 11th March, 2020.

Make sure you come along and cast your vote in the People's Choice Award.



We Love Reading!

The English Faculty are on a mission to promote reading as such an important part of our lives – not only does reading improve literacy and educational outcomes, but it increases imagination and promotes a sense of understanding and empathy. It's also a great way to relax!

Many Macksville High School staff have advertised a favourite book they have read recently. This gives staff the opportunity to discuss the benefits of reading with our students and reinforces the idea that even in our busy lives we make time to read.

It would be ideal if all students could read for at least 30 minutes each night. Please encourage students to visit our Library if they need some help finding a novel.

A selection of the favourite books read by Macksville High School staff are shown below:

Books we love!
Mr M. Smith:



Books we love!
Mrs Bailey:



Books we love!
Ms McGregor:

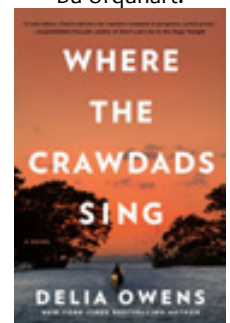


Books we love!
Mr Mills:

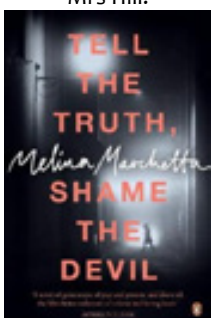


(Read 150+ times!)

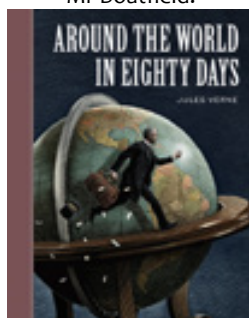
Books we love!
Bu Urquhart:



Books we love!
Mrs Hill:



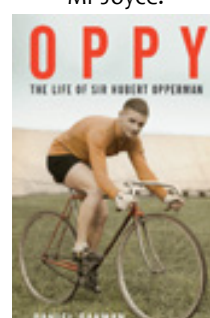
Books we love!
Mr Boatfield:



Books we love!
Mr L. Smith:



Books we love!
Mr Joyce:



Books we love!
Mrs Conway:



Starting Strong in ENGLISH

Debating 2020 - Building on our past success

2019 was a year of significant success for our Macksville High School Debating teams. Our Year 9 team and our combined Year 7 and 8 teams performed well in the Premier's Debating Challenge. Of particular note was our Year 7 and 8 'A' team who made it through to the Regional semi-finals. The 'A' team - Grace Hill, Imogen Graham, Alice Burns, Jonah Werner and Isabella Douglas - came up against a strong team from Wauchope and lost a close debate as they worked to form a negative case for the topic, 'That we should reserve two seats in parliament for school-aged children'.

Celeste Cameron also made the most of her public speaking and debating skills and took up the opportunity to be part of the North Coast Debating Team in the Junior State Debating Championships held at the University of Sydney in December last year. The North Coast team performed admirably and their coach was excited that the team made it through to the semi-finals for the first time in four years.

In 2020, we look forward to building on our past successes to continue the strong tradition of debating at Macksville High School. Stay tuned for future debating news as we form our teams and begin the rounds of the Premier's Debating Challenge.

Mrs Amanda Hill



Year 7 English

As part of the Year 7 introductory English Unit the classes have been doing a variety of tasks and activities to highlight what English as a subject is like in High School. Students have been involved in many types of writing, personal reflection and a series of skills based investigative tasks. As part of their creative writing the 7W students pictured have chosen small groups and a page from Graeme Base's classic graphic work 'Animalia'. The students must colour the graphic and use the information from the pages to do a piece of creative writing, a task which the 7W students seemed to enjoy!

Anecdotal evidence from all of the English teachers is that Year 7 as a whole seem to have settled in nicely and all are working well. Well done Year 7!!

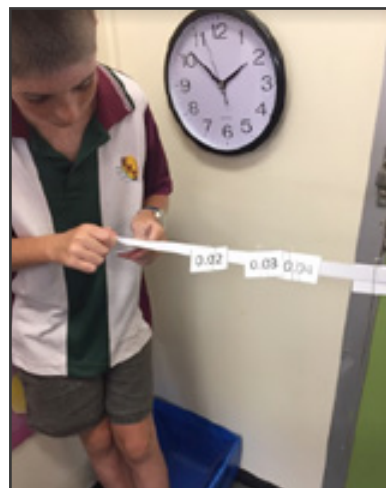
Mr Mick Baines



M A T H E M A T I C S N E W S

It is an exciting year ahead for the MHS Mathematics Faculty. We are excited to announce that we have been selected to be part of the Department of Education's Mathematics Growth Team initiative which is being co-ordinated by Eddie Woo. This means that staff and students at Macksville High School will be working to "make maths fun", with extra attention focussed on hands on activities as well as the development of investigation style tasks.

Mr Craig Holden has joined our faculty as a result of this initiative and he will be sharing his expertise in mathematics education with our staff throughout the year. Below, Year 8 students are learning about percentages through exploring place value on an elastic number line.



This means that students can expect at least one investigation style task throughout the year as a means of assessment. Students are also encouraged to be prepared for their Mathematics classes, and as such, they are required to bring their own calculator to classes. The front office has the Casio fx-82 for sale for \$20 each.

Many classes are also enjoying our MathsOnline trial period which has been extended for the remainder of the term. All students are able to trial this through their classes, or they can ask for a login by seeing Mr Mills in the Mathematics staffroom.

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!



Mr Jeff Mills

Maths Club

π

See Mr. Mills
for more
information

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

e-NABLE Project

e-NABLE is a global movement of volunteers using 3D printers to create free 3D-printed hands and arms for those in need of an upper limb assistive device.

Spanning diverse political, religious, cultural, and personal differences, we work together to improve these open-source devices and to get them to people who were born missing fingers or hands, or have lost them due to war, disease or natural disaster. Some of our best designers are themselves amputees!

The e-NABLE Community is made up of teachers, students, engineers, scientists, medical professionals, tinkerers, designers, parents, children, scout troops, artists, philanthropists, dreamers, coders, makers and every day people who just want to make a difference and help to "Give The World A Helping Hand."

You can read some stories about how these devices have impacted peoples lives here:

<https://enablingthefuture.org/category/stories-from-the-heart/>

Macksville High School is beginning the journey to become an e-NABLE Community School so that we can donate devices to people in need within our local community and in the wider global community.

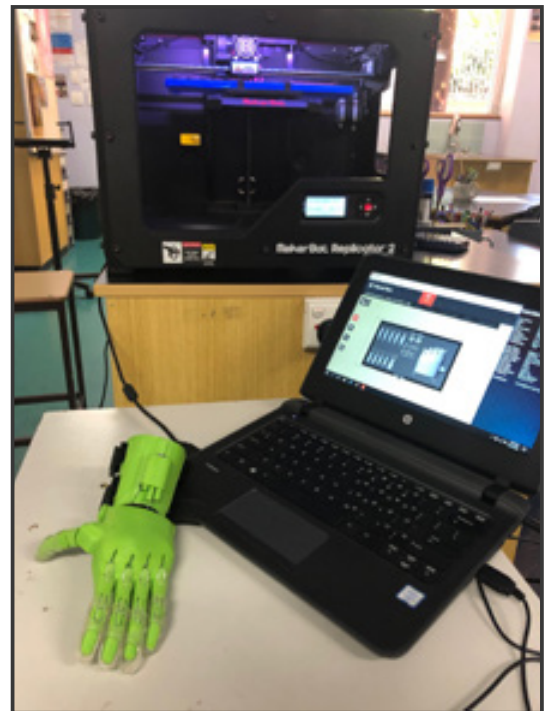
This term the Year 8 robotics class will have the opportunity to print a 3D hand for a recipient who has a wrist but doesn't have a hand. The hand opens when the wrist is bent back and closes when the wrist is bent forward. This allows recipients to do things that would have been difficult, if not impossible, without a hand such as riding a bike or catching a ball.

Each device costs around \$12 to fabricate and assemble. They can be scaled to fit any recipient requesting a device and can be printed in various colours. The filament that we use is PLA, an environmentally friendly, biodegradable polymer. The test devices built by this class will be donated overseas to people in need.

We would be happy to print devices to order for members of our community who would benefit from a hand.

Mrs Angelle Hughes

Badges for e-NABLE accomplishments Mrs Hughes has obtained thus far.



CAREERS CORNER

Year 10

Macksville High School's Work Experience program is scheduled for **Week 10 of Term 1 (March 30 - April 3)**. Work experience paperwork has been explained and distributed in Careers lessons and is **due back by Friday 13 March**. If a student is completing an experience away from home or traveling in an employer's vehicle, please note there is additional paperwork. For further questions please contact Laura Peisley on 02 6568 1066.

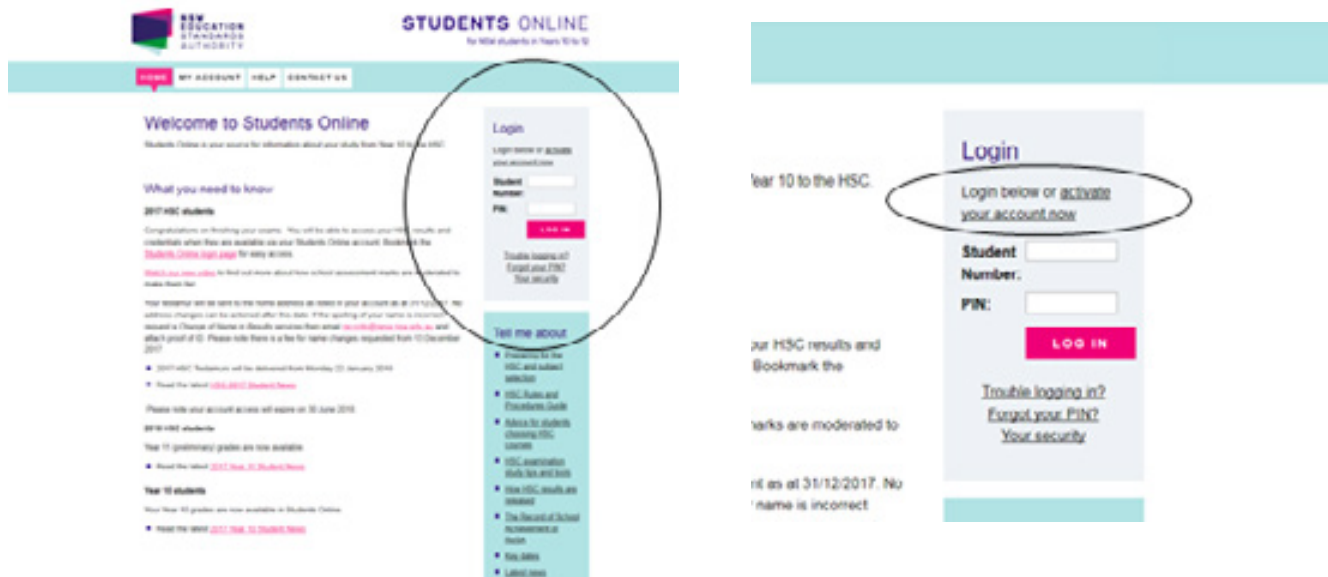
Year 12

University Roadshow is being held in the school hall on **Friday 21 February** at 11:10am for Year 12 students considering university.

Charles Sturt University excursion is coming up on **Tuesday 10 March**. Notes will be available from the Careers office shortly.

ALL students are to ensure they have activated their 'students online' account at

<https://studentsonline.nesa.nsw.edu.au/>



Macksville High Careers

<http://www.macksvillehighcareers.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.



'Where are they now' - STUART MASON

Educator of the Department of Education

Why I want to share my experience

To encourage people to take a leap and go for their goal whatever it may be, through setting goals, working hard to reach them and saying yes to new opportunities.



While I was at school I had no idea of what I wanted to do. I applied for a few uni degrees and ended up being accepted into UOW for Exercise Science. That same week I was asked to trial with the St George Dragons junior side so I moved to Wollongong straight after school. I lived on campus at the University for two years and it was a great way to meet new people and settle into a new place. Whilst studying and playing football I also did my Cert three and four in Personal Training and worked in several gyms including F45, Vision Gym and Savvy Fitness. In 2017 I captained the St George Illawarra Dragons U20's team to the preliminary final and also graduated with a Bachelor of Exercise Science. In 2018 I was playing NSW Cup with the Dragons when I was asked to become a teachers aide at a local school. I loved working with young kids and found sport to be a common ground. I'm now living on the Gold Coast playing football for the Tweed Heads Seagulls and running mentoring programs for behavioural kids at a high school. Whilst at school I never thought that I would want to work as a teacher however I am hoping to start my Masters of Teaching in 2020 to enable me to run programs for behavioural and special needs children.

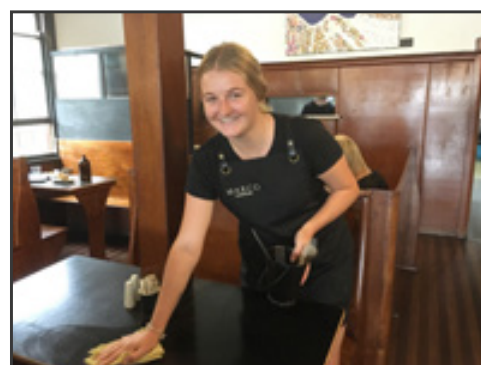
School based Apprenticeships and Traineeships (SBATS)

From as early as Year 10 students can explore careers through a school based apprenticeship or traineeship. This offers students a unique opportunity to combine study for the HSC and a qualification in their chosen field, with paid work experience.

In many cases, students will leave school already partially qualified in a job they can start immediately. Lily Galvin and Jess Simpson are senior high school students who are completing a School Based Traineeship in Hospitality at The Bridge River Street Cafe. They can be seen serving customers or preparing food every Wednesday.

Thank you to Adrian and Alisa O'Brien from The Bridge River Street Cafe for their friendly support and their willingness to train Lily and Jess in their industry, as well as their continued commitment for the SBAT program.

If you would like to have more information about how your business can be involved in this program, please contact Helen Black on 65681066.





Parent / Teacher Interviews will be held on

Tuesday 17 March.

A separate email will go out with information and the booking process.

Please contact the front office if you need to update your email address.

MHS Breakfast Club

Breakfast club is available to all students from 8.15am until 8.55am each morning.

Toast, fruit and cold drinks are served. Come along and get something to get you through the day, no cost.



Robotic Winners!!!



Breanna and Jazmyn took out the Term 4 robotics competition with an impressive 94 points. They designed and programmed a robot that turned the observatory, drove over the crater to raise the flag, set the payload down the ramp, flipped the solar panel sun-ward and successfully created a green space garden. Breanna and Jazmyn worked seamlessly together, using fabulous collaborative skills to take out the prize of the 5 dollar canteen vouchers and lego key rings.

Mrs A Hughes

S c h o o l U n i f o r m

As of Term 4 2019 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.

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.

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



Side pockets - Nambucca Tshirts



Longer leg length - Binalong



Sport/gym style with back pocket
Nambucca Tshirts

S P O R T I N G S T A R S



Charlotte Kearney and Damian Kennedy

Over the weekend of 8/9 February saw Scotts Head Little Athletics attend the Regionals at Tamworth.

Two of our students achieved medal placings.

Damian Kennedy: achieved 2nd in long jump - so off to State.
3rd in triple Jump
4th in 200m hurdles
5th in 80m hurdles and 4th in javelin.


Charlotte Kearney achieved 1st in 90m hurdles, long jump and 1500m walk
She gained Bronze in shotput and will also be going to State.

Congratulations

2020 Bus Passes

All students who are eligible for free travel require a bus pass. To avoid delays with your child's pass for the commencement of the 2020 school year we encourage you to apply early. Please refer to the Rural and Regional School Travel flyer below for information relating to applying for or changing a school bus pass.

Rural and regional school travel



Your child may be eligible for free travel between home and school

Busways – School Bus Pass
Eligible free student travel
(School Student Transport Scheme)
To apply visit
www.transport.nsw.gov.au/ssts
or call - 131500

Apply online for free school travel in rural and regional NSW

You only need to complete one form, even for journeys using more than one bus company. It's now easier for schools and bus companies, as Transport for NSW handles the applications.

Who can apply
To be eligible for free school travel, students may need to live a minimum distance from their school:
Years K-2 (Infants)
There's no minimum distance.
Years 3-6 (Primary)
More than 1.6km straight line distance or at least 2.3km walking.
Years 7-12 (Secondary)
More than 2.0km straight line distance or at least 2.9km walking.


Who needs to apply
You only need to apply if the student has never been approved for free school travel before. Students in a shared parental responsibility situation (e.g. joint custody) should submit a separate application for both addresses.

How to update your details
You need to update student details online if the student is changing their name, address, school or campus, or their Transport operator. You can update them at apps.transport.nsw.gov.au/ssts/updatedetails/#/updateDetails

Frequently asked questions
Does the approved free travel include travel outside school hours?
Approved free school travel is only for travel to and from school. So for travel after hours, on weekends or during school holidays, students will need to buy a ticket.
What if there's no public transport in my area?
In areas where there is no public transport, you may be able to get a subsidy for driving the student to school. For details visit transportnsw.info/school-students
How do I apply if the student needs to travel from two addresses because the parents live separately?
Each parent (or the student if aged 16 or over) needs to apply separately for each address. The same minimum distances apply.

How to apply for free travel for the first time
You can apply for free school travel for next year from the start of Term 4 this year.
Step 1
Once you have enrolled your child at the new school, apply online by giving your home address and telling us which bus company the student needs to travel with between home and school. You can apply online at apps.transport.nsw.gov.au/ssts/home/#/howToApply
Step 2
The school then confirms to us that your details are correct.
Step 3
We will then work on your application. You will get an email confirming if the student is approved for free travel. If so, we will tell your local bus company who may send a school travel pass (if needed) to your school or, in some cases, the bus company will contact you directly about travel arrangements.
A parent or guardian must apply for students aged 15 years and under. Students who are 16 years and over must apply for themselves.

What will my card look like



Want to know more?
For more information, visit transportnsw.info/school-students
For help in your language, call the Translating and Interpreting Service (TIS) on 131 450.

If your child receives one of these slips from Busways please ensure you jump online and apply - Thank you.

Year 9 MySkills Program



Year 9 were given the opportunity to participate in experiential activities in eight industry areas over three consecutive days. All activities were organised by TAFE NSW.

The eight Industry Areas were:

Manufacturing Health Construction Information Technology (IT) Automotive

Tourism, Hospitality and Retail Science Technology Engineering, Maths (STEM), Agrifoods

Each industry area had hands on activities where the students were assisted with developing their skills and knowledge. It was a chance for them to talk about future work directions, skills they needed to work in that particular industry and their aspirations.

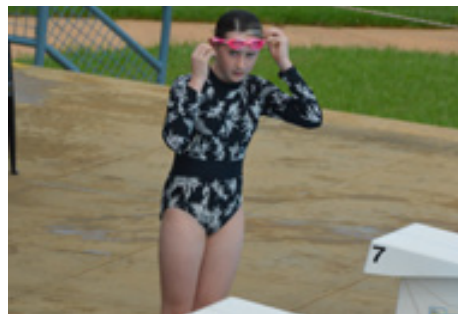
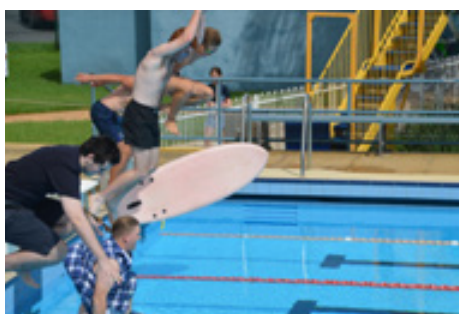
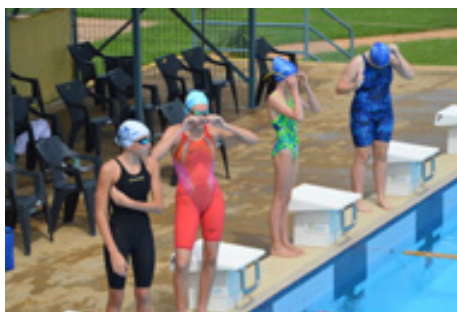
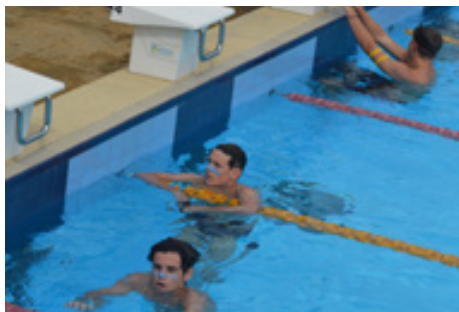
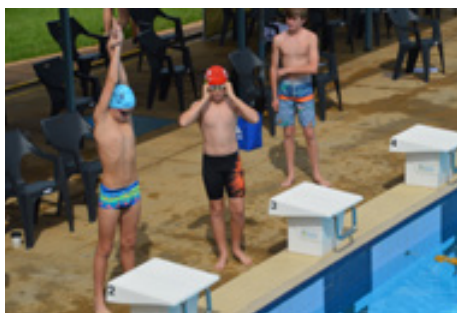
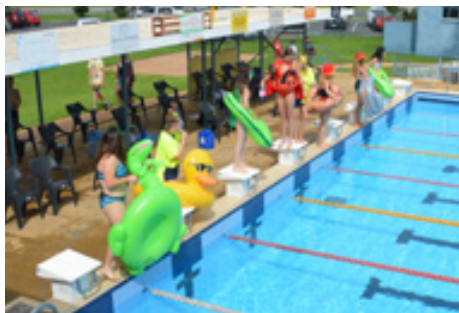
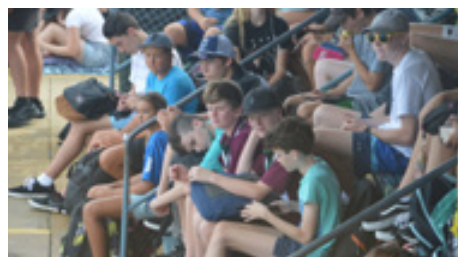




Year 9 **MySkills Program**



S W I M M I N G C A R N I V A L



COMMUNITY NEWS

Valley Performing Arts Centre
Presents

Steps In Time

22nd & 23rd
February 2020

At The Nambucca High School
Performance Space

*Saturday 22nd February
12:30pm & 6:00pm
Sunday 23rd February
12:30pm & 6:00pm*

*Tickets available from the
Valley Performing Arts Centre
Studies from 2nd December
2019 Until Sold Out*

ADULTS \$24
KIDS 16 YEARS AND UNDER \$15

**MANY STUDENTS FROM MHS ARE PART OF
THIS FANTASTIC PERFORMANCE SHOW...
COME AND SEE THEM!**

RIVERVIEW ISLAND PRESENTS
LOCAL RFS FUNDRAISER
GUINNESS WORLD RECORD HOLDER
NATHAN "WHIPPY" GRIGGS

29
FEBRUARY

LIVE
PERFORMANCES
SHOW KICKS OFF AT 4PM

TICKETS \$30
KIDS UNDER 16
FREE

TICKETS AVAILABLE AT GOOD YEAR
AUTOMOTIVE MACKSVILLE &
RIVERVIEW ISLAND FACEBOOK PAGE.
RFS & FIRE BRIGADE MEMBERS FREE.
FREE CAMPING (GATES OPEN AT 3PM).
B.Y.O ALCOHOL, BBQ'S, MEET THE
FIRES, BRING THE KIDS, ENJOY THE
SHOW AND SUPPORT OUR LOCAL
FIRES!

LOOSE CANNONS!

RIVERVIEW ISLAND
841 RODEO DRIVE
TEMENGA 2447

COMMUNITY FUNDRAISER Saturday 29 February 2020

Firefighters and Kids - will need a ticket but at no cost.

Tickets can be purchased on-line for \$30

<https://www.ticketebo.com.au/river-view-island/rfs-fundraiser.html>

Gold coin donation for the following:

- Snags and salad - sponsored and cooked by Woolworths Macksville
- Soft drinks/water (if you don't bring your own)
- Face painting
- Raffle tickets- prizes will be listed closer to the date
- Plus lots more.

Free Camping available. BYO event... bring the esky, rug and chair.

Parking available on site.

Courtesy bus - from Bowraville pub, Macksville RSL, Nambucca Heads RSL and Club Scotts. (Prior bookings needed for times that will be confirmed at later date).

Under 16 yrs must be accompanied by an adult.



PLAYER REGISTRATION GO TO OUR WEBSITE

riversnc.nsw.netball.com.au

ONLINE REGOS ONLY

REGO CLOSES 29 FEB (FRI) 2020 @ 5PM

NEW & OLD PLAYERS WELCOME!

Keep up-to-date page Rivers Netball

For further information call

Mel 0413 322 909 or Reigan 0401 402 573

COMMUNITY NEWS



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.



Gurruuja Whale
Welcome to
Gumbaynggirr bari
(homelands) by
local Unkya 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 PHYSIE CLUB

Have you ever wanted to try Physie?
Well, now you can!

We offer the first lesson free as a
trial, so come along and have a look.
Based on basic ballet and modern
dance, Physie is great for physical
fitness, posture and co ordination.
Physie is also about learning to work
in a team, building self esteem and
sportsmanship.
Physie is an extremely affordable
sport.

EP Physie is registered to receive the
Active and Creative Kids Vouchers.
This means you will receive a \$200
deduction from your registration
and club fees.

We have classes to suit girls aged 3
years up to mature ladies.
Classes are held Wednesdays at the
Nambucca Arts and Community
Centre.

For further information re
class times etc, contact Joanne
0422647214 or contact us via
facebook or email nvphysie@
hotmail.com

COFFSCOAST
CCBA
BODYBOARDING
ASSOCIATION

COOPERS
SURF AUSTRALIA

SURFING
NSW

**ALL AGES & SKILL LEVELS
ARE WELCOME COME
AND GIVE IT A TRY**

2020 SEASON DATES
FEB 02 - SIGN ON DAY
FEB 16 - ROUND 1
APR 19 - ROUND 2
JUN 14 - ROUND 3
JUL 19 - ROUND 4
SEP 20 - ROUND 5
NOV 15 - ROUND 6
DEC 06 - PRESENTATION DAY

EMAIL FOR DETAILS
CCBA@HOTMAIL.COM
OR FOLLOW US AT

RIDER - HOLDEN STUBBS IMAGE - HEATH WERNER

COMMUNITY NEWS



Bowra Netball Club 2020

Registrations for bowra netball club 2020 season are now open for girls between 5 years to 14 years old, and boys 5 years to 12 years old.

Registrations are completed online via the links below

Net Set Go

Girls and boys 5 years to 10 years

https://netball.resultsvault.com/common/pages/reg/welcome.aspx?fi=0&type=0&prod_id=&id=86985&entityid=69569

Juniors

Girls 10 years to 14 years

Boys 10 years to 12 years

https://netball.resultsvault.com/common/pages/reg/welcome.aspx?fi=0&type=0&prod_id=&id=38947&entityid=69569

If you are 15 years or older and wish to play please register via NVNA

The club will also be holding a registration day to help register players and try on uniforms.

22nd February 2020

At the

Bowraville netball courts, sporting precinct.

10am to 1pm



Please ensure that you have your active kids vouchers ready.

Maagunda Gaagal Festival
At Main Beach Nambucca Heads
Saturday 29th February
9 am – 3 pm

This event will showcase a number of elaborate sculptures that have been created by Nambucca Heads High School students in conjunction with members of our community.

FREE ENTRY

Sand modelling and beach activities
Live band and entertainment provided
Films of the students making the sculptures will be shown

SCHOOL BUS FLASHING LIGHTS CAMPAIGN – BUSWAYS

Did you know that by law you must slow down to 40km/h when bus lights are flashing?

As our students start the 2020 school year, the NSW Government and your local school bus operator Busways is reminding parents, teachers and other motorists about this law which is designed to keep our kids safe.

Lights begin to flash when the bus stops and the doors open, and they keep flashing for 20 seconds after the doors close. Children are most at risk in the minutes after they get off the bus as they can be unpredictable in their movements. Fines and demerit points apply if a motorist is caught going over 40km/hr when passing a bus with flashing lights.

Motorists can help reduce the risk of an incident and keep children safe by:

- Slowing down to 40km/h when bus lights are flashing,
- Looking out for children crossing the road near bus stops, in school zones or along bus routes, and
- Giving way to buses when they merge back into traffic.


For more information visit <http://roadsafety.transport.nsw.gov.au/campaigns/be-bus-aware/bus-flashing-lights.html>.



COMMUNITY NEWS




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 designs 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



\$100 Active Kids Voucher registered providers in the NAMBUCCA VALLEY area

Parents—claim yours today!* Get 2 x \$100 vouchers to use towards sport & active recreation costs in 2020.

Active Recreation

Nambucca Valley Scout Group: www.nsw.scouts.com.au/groups/Nambucca-Valley-Scout-Group

AFI

Nambucca Valley Lions FC Auskick Centre: www.play.afj/auskick

Archery

Australian National Archery Association: www.anaa.nc.com.au

Athletics

Stuarts Point & District Little Athletics Centre: www.lansw.com.au
Macksville Athletics Club Macksville Gift: Search Facebook
Nambucca District Little Athletics Centre Inc: www.lansw.com.au

Badminton

Nambucca Eungai Badminton Club

Boating

Nambucca River Dragons: www.revolutionise.com.au/nambucca

Cricket

For information on below clubs visit: www.cricketsw.com.au/
Bowraville Cricket Club
Bowraville Junior Cricket Club
Scotts Head Cricket Club
Macksville Country Club
Macksville Ex-Services Junior Cricket Club
Macksville Star Hotel Cricket Club
Nambucca Heads Cricket Club
Nambucca Hotel Cricket Club
Nambucca Valley Cricket Association Inc.
Taylors Arm Cricket Club
Nambucca Bellington Junior Cricket Association

Cycling

Macksville Amateur Cycle Club: macksvillecycle.com.au
Nambucca Valley Cycle Club: Search Facebook

Dance

Valley Performing Arts Centre:
www.valleyperformingartscentre.com

Futsal

Macksville Vikings Futsal Association: www.austfutsal.com/Clubs/Macksville-Futsal

Golf

Bowraville Recreation Club: www.bowrareclub.com.au
Macksville Country Club: www.macksvillecountryclub.com.au
Nambucca heads Island Golf Club: www.namgolf.com

Martial Arts

Goshin Ryu Karate Association Inc: www.goshinryu.com
Modern Martial Arts: Search Facebook
Nambucca School of Taekwondo: Search Facebook
Taylors Arm Judo Club: Search Facebook

Netball

Nambucca Valley Netball Association:
www.nambuccavalley.nsw.netball.com.au
Macksville Indoor Netball: Search Facebook
Beaches Netball Club: Search Facebook
Saints Netball Association: www.saintsnetball.com.au

Pony Club

For information on below clubs visit: www.pcansw.org.au
Nambucca River District Pony Club
Congarinni Pony Club
Nambucca Natural Horse Club:
www.nambuccanaturalhorse.com.au
Nambucca River Jockey Club:
www.nambuccariverjockeyclub.com.au

Rugby League

For information on below clubs visit: www.playnrl.com/register
Bowraville Junior Rugby League Football Club
Macksville and District Rugby league Football Club
Nambucca Heads Junior Rugby League Inc.
Rugby Tots Mid North Coast: www.rugbytots.com.au

Rugby Union

Bowraville Goannas Junior Rugby Club: Search Facebook
Bowraville Goannas Rugby Club: Search Facebook

Sailing

Nambucca River Sailing Club Inc: Search Facebook

Soccer

For information on below clubs visit: www.northcoastfootball.com.au
Macksville Soccer Club
Nambucca Heads Strikers
Scotts Head Sharks Soccer Club

Squash

Bowraville Recreation Club: www.bowrareclub.com.au

Surfing

Trent Munro Surf Academy: www.trentmunro.com
Scotts Head Boardriders : Search Facebook

Surf Lifesaving

Macksville—Scotts Head Surf Lifesaving Juniors:
www.macksvilleheadslsc.com/nippers
Nambucca Heads SLSC Inc.: www.nambuccanippers.com.au

Swimming

Macksville Marlins Amateur Swimming Club Inc.:
www.macksvillemarlins.websyte.com.au
Macksville Memorial Aquatic and Fitness Centre:
www.macksvillemafc.com.au
Nambucca Aquatic & Fitness Centre: www.nambuccaaquatic.com

Tennis

Macksville Tennis Club Inc.: Search Facebook

Touch Football

Macksville Falcons Touch Football Association: Search Facebook

*How to claim your Active Kids Voucher

1. Visit service.nsw.gov.au and login to your MyServiceNSW account
2. Click on the Active Kids icon on the SERVICE tab
3. Fill out the requested info
4. Register your AKV number with a listed provider