



# Newsletter

Term 3 - Issue 2 - 2020

## Excellence in Student Achievement

Congratulations to Annalise Robertson for being presented the Minister's Award for Excellence in Student Achievement. Annalise is an exceptional and decidedly motivated student with a diverse range of talents who is highly deserving of this award.

These awards showcase Public Education and the outstanding work done every day in NSW Public Schools. We are very proud of her achievements and wish Annalise all the best in her upcoming HSC examinations.



<https://mhspodcast.podbean.com/>

Tune in to the MHS Podcast as each week a new upload is available.



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](mailto:macksville-h.school@det.nsw.edu.au) **W** [www.macksville-h-schools.nsw.edu.au](http://www.macksville-h-schools.nsw.edu.au)  
40 Boundary Street, Macksville NSW 2447

# Message from the Principal

Dear Parents and Carers

This week we acknowledged Year 12 and the near completion of their schooling with a special year meeting. Each and every one of them has worked hard and faced challenges – not just this year but along their educational journey over the past 13 years. Although the celebrations this year may be different they are no less special and poignant and I hope each of them can find a quiet moment to reflect on their achievements and accolades and feel just how wonderful it is to reach this point.

I wish to say a special thank you to our parents and families for all that you have done to support your children in preparing for the HSC. It is certainly appreciated by all of us here, especially this year in the midst of the pandemic.

On behalf of the entire Macksville High School community I wish all of the Class of 2020 the very best and hope their futures hold success and happiness for them.

Year 11 have also completed their end of course examinations. These examinations are an opportunity for students to experience the rigour of working under time constraints. It is important that students use feedback from staff and build on areas for development as they commence Year 12.

Finally, I would like to wish everyone a safe and restful break and look forward to working together again next term.

Take care.

Erica Lyne

Principal





# Movie Monday for Year 12

Year 12 students and some of their teachers enjoyed a relaxed morning of Bingo and some Trivia questions to start off their planned Activities Day on Monday 21 September. Students came dressed as movie characters or stars and some were pretty convincing in the effort that they had gone to come up with an authentic costume. Mr Luke Smith or should I say, Gandalf led the morning with lots of humour including his own repertoire of 'dad' jokes for extra points in the Trivia competition. Bingo was called by Mr Mills and he was assisted by Ms Cooper, this proved to be quite a challenge for some students and at times the competition was intense especially when two people yelled bingo at once! The morning was concluded with a lovely selection of high tea refreshments which were prepared by the Hospitality team.

A special thank you to Mrs Alchin and her Year 11 Hospitality students for catering for this event.





# Farewell to Year 12





# Farewell to Year 12





# WHAT'S ON AT MHS

## Important Dates and Information

*Note: dates are subject to change. Visit [www.macksville-h.schools.nsw.edu.au](http://www.macksville-h.schools.nsw.edu.au).*

<b>25 September</b>	Last day of Term 3
<b>12 October</b>	Term 4 resumes for students
<b>20 Oct - 11 Nov</b>	HSC Exams
<b>27 October</b>	Year 10 Immunisation & Year 7 catch ups
<b>27 October</b>	P&C Meeting - 5pm



### P&C MEETINGS:

**27 October**

**24 November**

**15 December**

**Next meeting 27 October  
Legacy House, Mackay St,  
Macksville and online**

**Start: 5pm**



**If you would like to attend online please  
email our P&C President David Hall on  
[macksvillehighschool@pandcaffiliate.org.](mailto:macksvillehighschool@pandcaffiliate.org.au)**

**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.



**Maarla gurraada**  
*Wash your hands*  
**Girrwa daalbirrwirramba**  
*Keep our community safe*





# Energy drinks not OK for kids



*Dr Gina Trapp*

In the largest study of its type in Australia, Telethon Kids Institute researchers have found more than half of young people who consumed energy drinks suffered negative health effects – leading the Institute to call for a ban on sales of the products to children under the age of 18.

The Amped Up study, led by public health researcher Dr Gina Trapp, surveyed 3,688 Western Australian high school students about their energy drink use.

Preliminary findings showed more than 50 per cent of those surveyed had tried an energy drink, with 55.4 per cent of that group reporting they had experienced adverse outcomes – some serious enough to require medical assistance.

According to the survey, 24.6 per cent had experienced heart palpitations, 24.5 per cent had had trouble sleeping or insomnia, 24.3 per cent had headaches, and 24 per cent had upset stomachs.

The findings were included in a Telethon Kids submission to the State Government's Select Committee on Personal Choice and Community Safety in October 2018.

"We are advocating for a ban on the sale of energy drinks to children under 18 years of age due to negative impacts they can have on health," Dr Trapp said.

"Children and parents are largely unaware of these health risks, despite packaging stating the drinks are not recommended for consumption for children."

"They provide a potent source of caffeine and can contain high levels of sugar, sodium and herbal stimulants."

Dr Trapp said the growth in popularity of these drinks was concerning, with annual sales in Australia increasing more than 600 per cent between 2001 and 2012.

Other peak health bodies, such as the Australian Dental Association and Australian Obesity Policy Coalition, support a ban.

Existing research shows energy drinks have been connected to cardiovascular and neurological issues such as seizures, psychosis and cardiac arrest.

There is also evidence linking energy drink consumption in children and young people to substance use and a range of behavioural problems.

Dr Trapp said young people who had tried energy drinks reported confusion surrounding their ingredients and appropriate serving sizes.

"Although labels are legally required to carry warnings and other information, they're not easily seen or understood," she said.

Serving sizes were also a problem, with 320mg per litre the maximum amount of caffeine permitted — unless the product was called a 'dietary supplement'.

"Labels must also state the maximum recommended daily amount is 500ml per day, however energy drinks are available in sizes larger than this," Dr Trapp said.

Data from the Australian Poisons Information Centre shows a five-fold increase in calls regarding energy drinks, with the most common symptoms palpitations, agitation, dizziness and gastro-intestinal upset, and at least 128 people requiring hospitalisation.

An initial focus group, which led to the state-wide survey, found adolescents consumed energy drinks to conform with peers and to stay awake and play video games, complete assignments or play sport.

Full findings from the study will be published later this year.

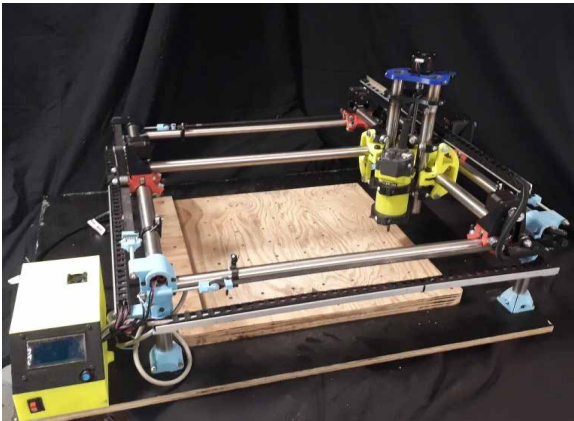
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*For the full article please visit:*

<https://www.telethonkids.org.au/news--events/news-and-events-nav/2019/impact/energy-drinks-not-ok-for-kids/>

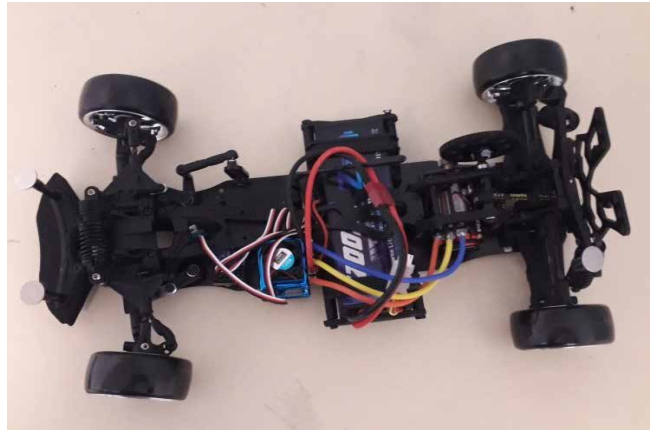
# Industrial Technology

## Year 12 Major Projects



**Left:** Ethan created a highly demanding project designing and constructing a computer numerical controlled machine or a computer controlled timber cutting and shaping machine. This machine was made using electronic modules and a huge number of designed and printed parts.

**Right:** Maddy made his RC car from a kit that was assembled and put together with a RC car body



**Above:** A completed metal engineering device built by Alex



**Above:** Matthew created a party table that plays music and lights up the top with LED lighting synchronised to the music. The table has 12 power sockets for USB chargers.



**Above:** Zeke created a portable powerful speaker system that really pumps out the tunes. Powered by a 12V battery this speaker system will run for hours fully charged.



**Above:** Riley built a monitor lifter using DC motors. The lifter is designed to hide the monitor behind a desk so that it can be hidden when not in use.



**Left:** Jess built a battery powered portable speaker system. This one is like Zeke's just a lot smaller.



# Premier's Debating Challenge

The Year 10 debating team, consisting of Chantel and Celeste Cameron, Marli Green, Arrin Stirrat-Black and Charlotte Vinen have competed in the 2020 Premier's Debating Challenge. This was increasingly challenging as we competed against teams from the local area and from other parts of NSW using a variety of technology for both the debate and for the adjudication.

In our first debate the team competed against old rivals, Toormina High School, a very experienced and strong team, the topic being w" That classes at school should be organized by ability instead of age". This was an interesting and skillful debate with strong points and arguments presented by both teams. The adjudicator awarded this debate to Macksville High School. This was a wonderful achievement and a proud win by the team.



Our second debate was against Smith Hill High in the Wollongong area. This team was well practiced and experienced. This debate explored role and effect of social media on teenagers. It was an excellent debate, with both teams presenting excellent points and examples. The Macksville High team was commended on their strong speaking talents and the strength of their team approach. Unfortunately this was ultimately awarded in favour of the other team.

We are very thankful for Lillian Williams who stepped up as team manager and chairperson in the absence of other members.

We were also grateful for the opportunity to attend debating workshops with the junior debating teams. This allowed us to connect with debating coaches and adjudicators in Sydney to learn skills and create new approaches. It was also a fun day to work with other teams and collaborate.





# YEAR 8 ART GALLERY

## Year 8 artists create impressive artworks in the tradition of Aboriginal Dot Paintings

The images capture some of the final artworks completed by students in our year 8 art classes this term. It has been rewarding to see the quality of the designs produced by students and to see their dedication to complete their works to such a high standard. Well done to all. We look forward to a creative Term 4.

**Miss Yvette Wallis**

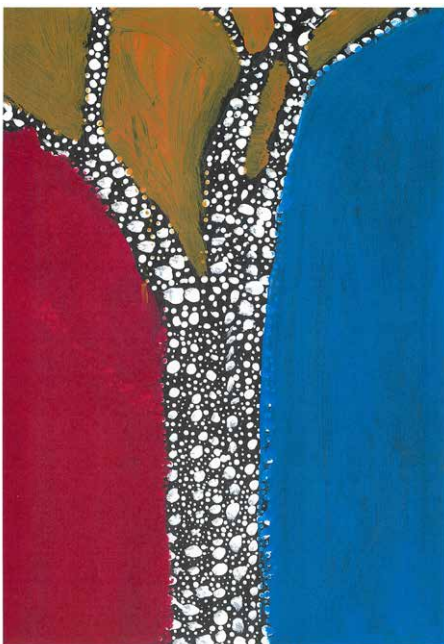
*Right: Rheality Whalen-Combo*



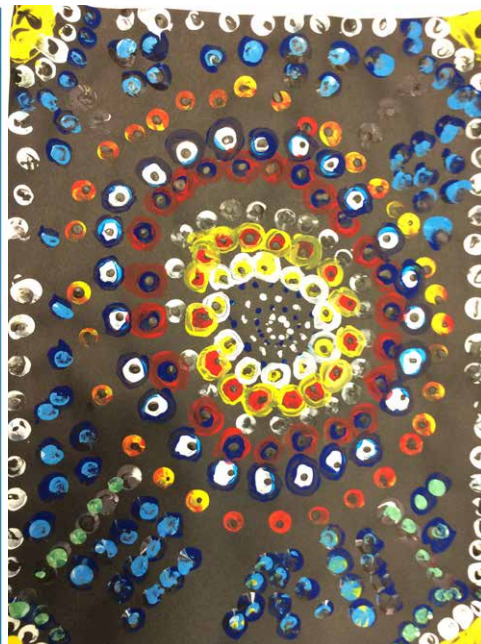
*Sharlett Gayden*



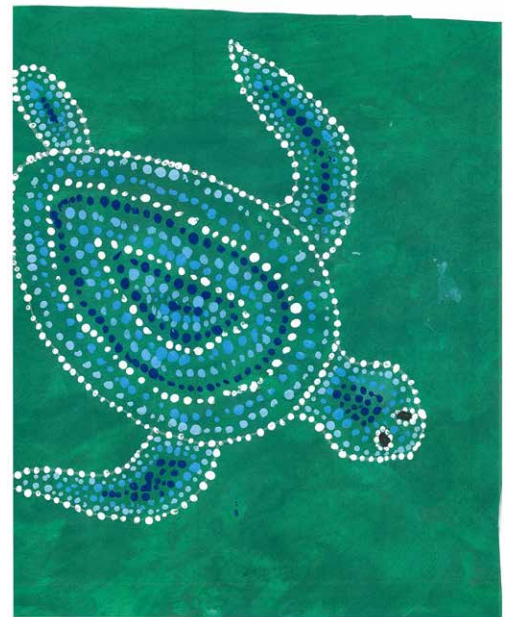
*Seneka Evans*



*Ethan Williams*



*Jot Kaur*



*Willow Puntun*



# Year 8 Robotics Program

Each student in the term three robotics group built an Unlimbited Phoenix hand to donate to the e-NABLE foundation. These devices are built for people with limb differences so they can perform simple tasks, such as riding a bicycle, tasks that we take for granted. It was heart warming to see students taking such care to build a quality hand for a potential recipient.

Once the hands were constructed, students built and programmed robots to perform tasks on the Mars Mission competition table. To be successful students had to employ problem solving and collaborative skills and be creative and persistent. Many students were surprised at just how good they were at these essential 21st century skills.



*Sol adjusts his program to fix a problem*



*Taya completes her hand*

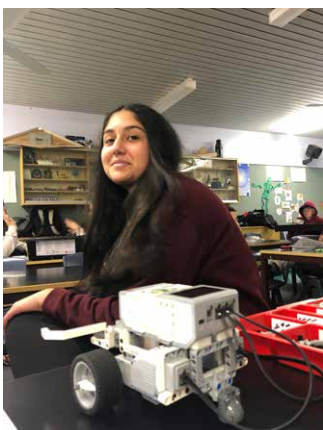


*Kaylee programs her robot to navigate the board and cross the crater*

*"I enjoyed robotics because I like trying new stuff and it was fun and interesting using robots and programming them to do cool things" - Kaylee*

*"I love robotics, keep it up" - Dylan*

*"I enjoyed making the prosthetic hand" - Stevie*



*Mahtob builds a robot*



*Brennan, Charlie, Sol and Sid work together to assemble their hands*



*Sid has built a hand that makes a perfect fist*

# YEAR 9 CHILD STUDIES

## Designing a nursery

Our students were introduced to an exciting part of preparing for parenthood - the design of a nursery for a newborn baby. Students were given the challenge to choose a theme, the colour of the walls and the furniture they would purchase to make both the parents and the baby more comfortable. Their task included the requirement to purchase all the essential needs such as a cot, pram, car seat/capsule, newborn clothes, blankets, wraps, wipes, nappies, formula and bottles - if bottle feeding. They worked within a \$1,500 budget while planning for the needs of the baby from birth to 3 months old.

Students also looked at items which pose challenges for new parents. Including how to promote a safe environment for the baby in the home, the question of breast versus bottle feeding and the advantages and disadvantages of cloth versus disposable nappies.

The girls did a great job. In addition to this research they completed a mock-up of their nursery theme in a cardboard box, as pictured below. These studies provide a great foundation to our unit on newborn care which we will be our focus in Term 4.

**Ms Sharon Morris and Miss Yvette Wallis**



Kiara McPhee



Jessica Evelyn



Jordan Urquhart



Paige Evelyn

## FOSTER & KINSHIP CARER INFORMATION SESSION OCTOBER 15TH 2020

9.30 - 11.00 OR 11.30 - 1.00PM

SPEAK WITH CARERS AND BIRIPI STAFF AND  
FIND OUT HOW YOU CAN HELP  
ABORIGINAL CHILDREN IN YOUR AREA

102 VICTORIA ST TAREE

PH: 02 6591 2411

E: [BACSRECEPTION@BIRIPI.ORG.AU](mailto:BACSRECEPTION@BIRIPI.ORG.AU)

PLEASE RSVP FOR COVID SAFETY





# LITERACY REPORT

## Students working together with a focus on their interests and goals

Term 3 has been a positive term for our Year 7 and 8 literacy students who have continued to focus on improving their literacy skills while setting goals for the term ahead and by writing about their interests. It has been rewarding to see our students work together and to hear of shared interests.

Many of our students share a love of music and as a result we have incorporated music into our literacy lessons - with a focus on story telling.

Of note, one of our Year 7 boys' literacy groups share a love of Country Music, especially the music of Lee Kernaghan and the late Slim Dusty. During this term the boys have focussed on the songs '**Flying with the King**' and '**Missing Slim**'. Both songs proudly celebrate 'Slim Dusty' the legend of Australian Country Music. Our lessons sometimes sound more like a music class, with the boys all joining together to learn the lyrics and to encourage one another. It has been a lot of fun.

Sport and fishing have also proven to be interests shared by our students and included amongst the topics explored in their writing. In recent lessons, as pictured, Justus Kyle and Taejarn Swan have focussed on writing about football, completing written instructions about '**How to build the perfect football Team**' and '**How to kick the perfect goal**'.

The boys enjoy testing their written instructions by going out onto the top oval at the end of our lesson - to demonstrate if they have written their '**How To**' instructions clearly when putting them into practice.

I am very proud to see our students' encouragement of one another's learning. Their enthusiasm, mateship and genuine enjoyment has been inspiring. I look forward to their continued success in Term 4.

Miss Yvette Wallis

*Literacy tip:*

*Please make time for reading in the holidays*



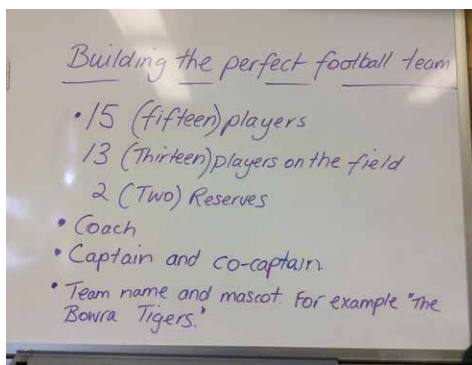
Year 7 boys Arjuna, Gus, Mitchell and Tyler with pictures of their idols Slim Dusty and Lee Kernaghan



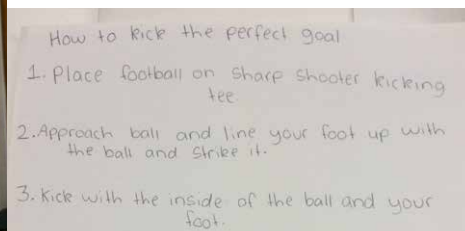
Setting goals - Nathan, Yvon and Luke



Enjoying working together - Zoe, Lilly, Jacqueline, Mikayla, Rita and Kaleah



Planning the perfect football team - Justus and Taejarn



Showing pride in teamwork - Reanna and Hannah



# Year 10 Work Experience

The Macksville High School work experience program is annually scheduled for the end of Term 1 as a career learning initiative to follow on from career lesson topics of WHS and employer expectations.



With the unexpected cancellation of Term 1 placements due to COVID-19, students were pleased for the opportunity to undertake a work experience week in September. Experiences extended across a broad range of industries including beauty, physiotherapy, education, electrical, childcare, individual support, construction, hospitality, automotive and agriculture. The program has enabled students to gain an insight into a desired career path and create their own opportunities for employment pathways.



Many employers were (understandably) unable to renew previous arrangements at this time but the placement of over 50% of the cohort was a result of the strong community partnerships and support during this difficult time. Macksville High School would like to sincerely thank all the businesses who have supported our Year 10 cohort this year, a demonstration of your collaborative commitment to the development of our young people.



We look forward to working with you in 2021.





# Shark Cage

This delightful group of Year 9 girls have worked together for seven weeks to complete the Shark Cage program for young women in term 3. They get gold stars for stellar achievement of the program's objectives.

The objectives of this program are to:

- Increase knowledge of healthy and unhealthy relationships
- Increase capacity to set boundaries
- Increase skills in respectful, assertive communication
- Increase understanding of consent
- Decrease victim blaming attitudes
- Increase the ability to be kind to themselves
- Increase awareness of 'gut feeling' about people and situations
- Increase sense of self worth
- Increase belief in entitlement of rights
- Increase ability to recognise a potentially abusive or exploitative person
- Increase awareness of the rights of others

## Some quotes from the girls:

"I learned how to control my anger in different ways"

"Shows me to never stop doing what I love"

"I loved the yoga, it was very relaxing"

"I learned about intersectional feminism and now understand how different people may be treated because of gender, skin colour, sexuality, culture"

"The teachers made the room feel comfortable and safe"

"Every week I learn something new! This program has honestly been incredible"



*Gabby and Jade pin up the sharks labelled with early warning signs that someone is not respectful*



*The girls protect their fish with a shark cage of human rights*



*Winnie adds her treasure chest of healthy coping strategies*



*The group has worked hard for seven weeks to build skills and a better understanding of healthy relationships*



# Greetings from Champagne France



*Emile and his parents at their vineyards in Champagne*

Emile Baracisse was a Southern Cross Exchange student at Macksville High School for Semester 2 2019 in Year 10 2019. He has since returned to his home in France in Champagne. His family has just finished the harvest of three different grapes to produce champagne for their winery 'Champagne Baracisse'. His host families Stephen Papworth (Year 9) and Joel Conway (Year 7) were hoping to visit his family this year but this has been postponed due to travel restrictions.



*Emile harvesting grapes in his 2021 senior school jumper*

*Various grapes grown to produce champagne*

Emile enjoyed his time on exchange at Macksville attending the Year 10 MHS excursion to Queensland, went skiing in the Snowy Mountains, swimming with the sharks at the Sydney Aquarium with his host family and played soccer and futsal for Macksville. Emile showed great community spirit cooking meals for families and emergency workers during the bushfire emergency. Emile especially enjoyed his electronics elective with Mr Jordan and with his email assistance built a new speaker to replace his one he was unable to fit in his bag for his trip home.

Emile was very excited to have a senior jumper posted as a reminder of his great experiences at Macksville High.

Mrs Jenny Conway





# A message from the Nambucca Valley Council

LIVING WITH NATURE



## Magpies swooping

Magpies are characteristic of the Australian urban environment and their social behaviour and distinctive song provide enjoyment for many people.

Magpie pairs breed in Spring (August – October) and with this comes the magpies' natural behaviour to defend the territory around their nesting site. This may result in magpies swooping either people or pets who they perceive as a threat to their nest.

Swooping generally takes place for less than an 8 week period in spring (August to October) commencing when the adult pair is nesting and concluding when the young fledge (leave the nest).

### Magpies and the law

Magpies are protected throughout NSW, and it is against the law to kill the birds, collect their eggs, or harm their young. If you feel a magpie is a serious menace, it should be reported to the local council or nearest National Parks and Wildlife Service office.



LIVING WITH NATURE

## Reduce your chances of being swooped!

People can take the following precautions during the period when birds are actively protecting their territory.

- Do not deliberately provoke or harass the birds as this may make them more aggressive
- Take care as injuries can occur as a result of the birds striking
- Walk out of the birds territory immediately
- Avoid the swooping area by taking an alternative route.
- Wear a large, wide brim hat and sunglasses or carry an open umbrella; you can place eyes on the back of hats and umbrellas which may reduce the likelihood of the birds swooping
- Keep an eye on the bird as this may discourage attack
- Make a temporary sign to warn others

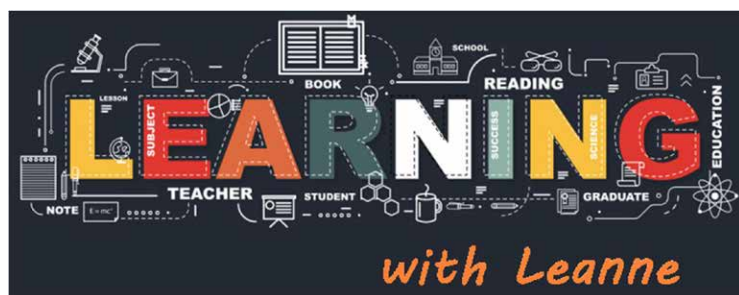
## Bike riders

- If possible take an alternative route
- Get off your bike and walk through the birds territory
- Wear a helmet and sunglasses
- Fit a bike flag to your bike



[insert council logo]

## COMMUNITY NEWS



### Attention: HSC Standard 2 Maths students

Would you like some extra help during the school holidays? I am available to work one on one or with a small group on all aspects of the Stage 6 Maths curriculum. Whatever you need, I'm here to help.

Get in touch now and book a time.....

Leanne Porter  
Learning with Leanne  
Mob: 0429 951 281  
WWC1013378E  
ABN: 20 527 730 235



### Macksville Ex-Services Junior Cricket

2020 Registrations NOW OPEN

Closing date: 27/09/2020

Go to [www.playcricket.com.au](http://www.playcricket.com.au)

ACTIVE KIDS VOUCHERS ACCEPTED

Further information contact

[mesjcc@gmail.com](mailto:mesjcc@gmail.com)

Mary Cooper 0418 494 103



# COMMUNITY NEWS

## Mental Health Month headspace Tips Competition

**1st Prize \$250, 2nd Prize \$150, 3rd Prize \$100**

What do you do when you're not in a good headspace to make yourself feel better? This Mental Health Month (October) 2020 we're asking young people aged 12 to 25 to share their favourite mental health tips. Your go to activity or strategy to help you feel better when you are struggling or having a tough time. We want you to make a video (1 minute or less) and show or explain what and how you help yourself to get into a better headspace. These videos will be shared on our YouTube channel.

**Entries close 12am (Midnight)  
Saturday 31st October**

Prizes will be awarded to the most original, creative and engaging tips and videos.

**For entry form and competition details go to:**

<https://www.dropbox.com/s/3kqxn3av7nj7fbm/MHM%20headspace%20tips%20entry%20form.pdf?dl=0>  
<https://www.facebook.com/headspaceCoffsHarbour/>

Please email entries to Gary Maher: gmaher@genhealth.org.au or print out the form and drop it in to headspace reception at 45-53 Little St. Coffs Harbour. For further information please call 6652 1878.

**NAMBUCCA VALLEY**  
PRESENTS

**OCT 2 FRIDAY**  
**PADDLE BOARDING**  
12-2pm Bellwood Park Riverside Drive  
Nambucca Heads NSW 2448

**OCT 7 WEDNESDAY**  
**GAMES & BASKETBALL**  
1-3pm Macksville Basketball Court, Walter Munro  
Place Macksville NSW 2447

**2020 OCTOBER**  
**NYW NSW YOUTH WEEK**  
SPEAK UP. BE INVOLVED.  
GET CONNECTED. HAVE FUN.

**OCT 9 FRIDAY**  
**MOVIE NIGHT**  
6pm Bowraville Youth HUB,  
Carbin Street Bowraville NSW 2449

**REGISTER NOW**

In compliance with current NSW COVID-19 Regulations, Registration for each activity is compulsory. Limited spaces available. Register NOW!

For Nambucca Heads and Macksville Activities please contact the Nambucca Valley Youth Services Centre 02 6568 7777  
and for the Bowraville Cinema Movie Night Activity please contact Virginia Jarrett 0439 228 581

Logos: Unifine, Wesley, ETC, GAMBIE, READY MOB, Nambucca Valley, Nambucca Heads, NEXUS



### MACKSVILLE MARLINS REGISTRATION

MACKSVILLE MARLINS is a family friendly swimming club for swimmers of all ages and abilities. Club nights are held Wednesday nights October to March at the Macksville Memorial Aquatic Centre.

NSW ACTIVE KIDS vouchers accepted.  
Membership is \$100 with each Swimmer receiving a Marlins Micro-fibre Towel & Swimming Cap

Come along for a trial swim and see what swimming club is all about! Bring your friends to join in the fun!

Date: Wednesday 14 October 2020  
Time: Registrations from 5pm, swimming starts 6pm  
Location: Macksville Aquatic Centre  
Email: [macksvillemarlins@gmail.com](mailto:macksvillemarlins@gmail.com)  
Facebook: Macksville Marlins  
Phone: Lyndel Sutton 0409681207

