




# Newsletter

Term 2 - Issue 1 - 2020

## Podcast Success!

Late last term, just after Covid-19 had everyone working remotely from home, a package arrived from Rode Australia containing all the equipment required to make 'professional' podcasts. The idea behind the gift from Rode was to allow teachers to record lessons for students to access as required. However as the kit arrived as term was ending we decided to start recording stories from our school community - 'What was it like in the 2020 pandemic?'

As a result "The MHS Podcast" was born, with the first few episodes being recorded at Mr Joyce's home over the school holidays. Once students started returning to school the podcasts have continued to be recorded from school, with a new episode being released every Thursday.

Remarkably the  Department of Education picked up on our podcasts and made contact with us as they wanted to include a modified version of episode 4 on their website's front page. This episode featured an interview with Year 12 students



Louise Ennis and Annalise Robertson, talking about the impacts of the pandemic on them and their families.

It is hoped that enough interest will come from students to continue making "The MHS Podcast" as this is one of the fastest growing media platforms in the world at present. The future will hold more general interest type podcasts displaying the diverse talents of our school and its community.

If you would like to record how the pandemic has impacted your family and students, please contact the school and we can arrange to speak with you.

The ever growing "MHS Podcast" will hopefully continue to record our experiences for the future.

Currently the podcast can be accessed through Spotify, iTunes and through the host Podbean;

<https://open.spotify.com/show/1SIhhJnltly2S7dpLCY20>

<https://podcasts.apple.com/au/podcast/the-mhs-podcast/id1508108629>

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

Please have a listen, we would love to hear your feedback or ideas!

Mr Peter Joyce

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

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# State of the art 3D printer in action!

During Term 1 the Year 8 STEM class assembled 3D printed hands. The hands were printed on Macksville High School's state of the art 3D printer. The incomplete hands were finished off on behalf of the Term 1 STEM group, and are now ready to be donated to people who need a hand through the volunteer organisation e-NABLE. These hands can change the lives of amputees or people born without hands.

Macksville High School is working towards becoming an e-NABLE community school and as a part of that, Mrs Hughes has earned her e-NABLE Community Teacher badge

This badge is awarded to teachers who have brought the e-NABLE Community project into their classrooms as STEM based learning activities, teaching their students how 3D printing technology can be used to change lives and who lead their students in learning how to print, assemble and design assistive devices for those in need.



Over the holidays, and for the first few weeks of Term 2, the printer has been flat out printing a new set of hands ready for the Term 2 STEM students to assemble. They are ready to go as soon as normal classes resume so students won't miss out on the opportunity to be a part of this life changing project. During the first term of constructing hands, it became evident that students needed more guidance than Mrs Hughes could offer. They needed a manual with lots of pictures. Many students were making the same mistakes, easily fixed with some explicit instruction, so Mrs Hughes developed a pictorial instruction guide, earning a Community volunteer badge. This guide will enable students to assemble their hands in a more student directed way, giving them more ownership of the process.

This badge is awarded to anyone who has created or helped to create a tutorial for the e-NABLE Community, whether it is an instructional, video, or infographic.

With Term 2 hands printed and waiting for students to assemble them, the Macksville High School printer is now being employed to print protective visors for our medical team who are face to face with the Covid-19 pandemic. The shields are being laser cut by Mr Hill in the TAS faculty and this is improving the quality of the shields that we can offer our local medics as we try to help meet the need for these resources in the face of a world wide shortage.



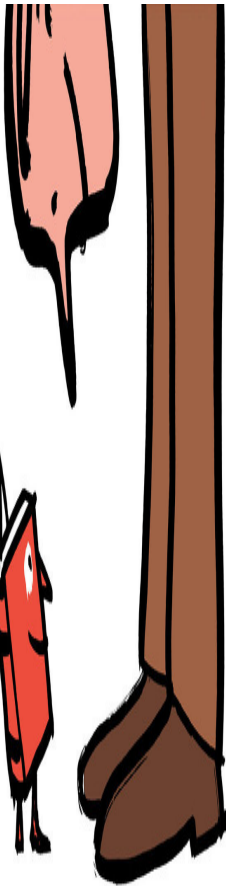
Mrs Angelle Hughes



# ENGLISH - Six Word Stories

## Six Word Stories!

In Year 9 English, students were given the challenge to create a short story by only using six words. The result was powerful and entertaining writing as you will see below:



### Six word stories about a **loved one**:

- "Small white fluffy". Family adores him. (Jessica Evelyn)
- My Grandma, my best friend forever. (Jade Summerville)
- Pops. Larrikin, supports me. Best friend. (Josie Welsh)
- Kitesurfing alongside dad, submerged in freedom. (Jonah Werner)

### Six word stories about **death**:

- The soul leaving the body behind. (Samantha Hamer)
- No words were needed, we knew. (Eden Jones)
- My soul, fading toward life's waterfall. (Gwyneth Keays)
- 1 bomb. 21 coffins. Lost souls. (Feja Lane-Stasionis)

### Six word stories about a **good memory**:

- Singing and dancing, costumes all matching. (Hailey Bloomfield)
- Reminiscing, remembering, laughing at old times. (Libby Carter)
- It fired, smoke blew, smiles grew. (Connor Grace)
- I held on tight for take-off. (Emily Jillett)
- We kept on dancing until dawn. (Gabrielle Lane)
- Summer breeze so salty and sweet. (Lilly Lawson)
- Squawks and chirps, new coloured feathers. (Breanna Sheridan)
- Fat cat flops over, happy owner. (Jazmin Sutton)
- Hill plus tarp, water, soap....fun. (Josie Welsh)

### Six word stories about something that makes you **mad**:

- The boy had never deserved her. (Samantha Hamer)
- Mad. Like a fiery tomato head. (Koby Hanham)
- White liquid before flakes, infinite wrongness. (Breanna Sheridan)
- They put Weet-Bix in then water. (Bill Simmonds)

### Six word stories about something that **gives you hope**:

- It was my time to shine! (Zoe Ennis)
- Sun shone after the dark night. (Koby Hanham)
- Petition wins dirt-bike riding as "exercise". (Emily Jillett)
- That star, I know it's them. (Winnie Johnston)
- The sun rose, a fresh start. (Eden Jones)
- You'll find it. Your galaxy inside. (Gwyneth Keays)
- I saw hands reach through rubble. (Zach Pacey)
- Lost an arm, became an Olympian. (Bill Simmonds)

### Six word stories about our current **COVID-19 situation**:

- Sad. Hard. Opportunity. Embrace. New beginnings. (Jessica Evelyn)
- All I want is toilet paper. (Connor Grace)
- The police tailed behind the shoppers. (Alexandra Habgood)
- Sleep. Eat. Do nothing and repeat. (Feja Lane-Stasionis)
- Trapped, Waiting, Lonely, Feeling like eternity. (Zach Pacey)
- He stayed inside and saved lives. (Ivy Taylor)
- Surfing, no tourists, locals, good times. (Jonah Werner)





# AHS Centaur Commemoration

**Thursday 14 May**

Each year, students and staff from Macksville High School pay our respects to those non-combatants who lost their lives when the AHS Centaur was sunk by the Japanese off Brisbane in 1943. The Australian hospital ship was en-route to New Guinea and as a result of the sinking 268 people lost their lives. The Centaur was clearly marked as a hospital ship, and its sinking sparked a major controversy. It is recognised as one of the greatest tragedies of World War II in Australian waters.

*So, why is this event important to us in Macksville?*

Amongst the 268 doctors, nurses and crew was Macksville's Dr Bernard Hindmarsh, a captain in the medical corps. Dr Hindmarsh had been caring for the Macksville community since 1925. Macksville lent its doctor to the war effort, a non-combatant in a non-combatant unit, and expected to get him back. That he didn't return, devastated the whole district. The final resting place of the AHS Centaur was reported on 20 December 2009, located in 2km of water on the sea floor almost 50km due east of the southern tip of Moreton Island. The site is recognised as an official war grave.

Each year, Mrs Jan Thomas OAM organises and leads the Macksville Commemoration of the sinking of the AHS Centaur. Due to social distancing, this year's event was unfortunately cancelled.

We, the staff and students of Macksville High School, still wish to acknowledge this important part of our local and national history and pay our respects to those who lost their lives.

***Lest We Forget***

Mrs Tourmaline Bailey



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## CAREERS Faculty Corner

**ARE YOU A GRADUATE OF MACKSVILLE HIGH SCHOOL?**

Please consider this "giving back" opportunity for our students at Macksville High School.

We have just launched our alumni platform in partnership with **Ambisie**.

This platform connects our current students with talented alumni and beyond, just like you, with the aim to help inspire the next generation by sharing your story of how you got into the career that you are in now.

The platform allows you to share your story in a few ways (professionally filmed stories, guest appearances) but at this stage we are simply asking that you write out your story in your bio for students and school community to view.

If you are keen to share your career journey, please sign up as a storyteller at;

<https://www.ambisie.com/macksville/signup/>.

Mrs Laura Peisley



# Year 8 Career Taster

Although aspiration toward technical skills and 'occupation' may have its place, it seems that enterprise skills are most important for our students to be learning. The [FYA New Work Reality \(2018\)](#) indicates that possession of enterprise skills can decrease the full-time job search by 17 months. Enterprise skills are transferable soft skills, e.g. communication, teamwork, problem solving and critical thinking. Employer demand for these skills is rapidly rising, with digital literacy experiencing the largest growth.



While there is a research gap to confirm whether our students possess enterprise skills, it is estimated around one third of students demonstrate low proficiency in problem solving, digital literacy and financial literacy ([FYA The New Basics, 2016](#)).

The industry focused 'Year 8 Career Taster' was developed to connect the dots to **Jillian Ashley's** ([Employability Skills Program Manager for TAFE NSW Macksville](#)) soft skills innovation 'MySkills'. The Year 8 career taster builds from Year 6 MySkills and acts as a

refresher before Year 9 MySkills to allow students to test ideas and engage in career exploration, all shaped by the knowledge of the enterprise skills our local employers emphasise as vital in an employee. The one-term rotational program is designed to make fortnightly visits to various employers to tour workplaces, showcase workplace operation and 'soft' skills in action.

Throughout Term 1 of 2020, the first Year 8 class undertook the program. **Stacey Mitchell-Bales** ([Regional Industry Education Partnerships Officer](#)) offered great assistance in connecting with employers and providing transport to enable the excursions. Many thanks to **Steve Jeffery (NSW Police)**, **Elk on 38**, **Auto Salon**, **BCU**, **Express Coach Builders** and **Nambucca Valley Aquaponics** for the industry information and tours we were able to accommodate in Term 1. Also thank you to **Soulitude Health** and **Macksville Ex-Services Club** for being involved partners and planned hosts before the COVID-19 restrictions caused us to put a pause to the program. Alternate plans are in place for this term but hopefully our original program can resume shortly.

Mrs Laura Peisley



*Photography taken prior to remote learning*

# 'Where are they now' - LAURYN BORTHWICK

## Senior Early Intervention Response Worker, The Geelong Project of Barwon Child, Youth and Family

### Why I want to share my experience

I want to show students that there's different ways to end up in your career and that being from a small town isn't a limitation. I want to encourage others towards a career in social work and give some insight into what that might look like.

During high school, I was always interested in the creative subjects, and graduated in 2005 with awards for my work in Design & Technology. Unsure if this was ultimately what I wanted to do in life, I took a gap year and moved to Torquay in Victoria; before travelling overseas and then returning to Melbourne. It was in Melbourne that I started working as an assistant in a design agency specialising in fast moving consumer goods (FMCG); before moving into an assistant role within a digital agency where I was lucky enough to work on websites and iPhone apps for Zoo's Victoria, The Arts Centre Melbourne and The Melbourne International Comedy Fest, to name a few!

By this stage, I hadn't taken on any further study. Having graduated without the marks I was hoping for, uni seemed out of reach. And I still wasn't sure the creative fields were where I wanted to be. Before I knew it, I was a "mature age student" at 21, signing up to a psychology degree at Swinburne University, in Melbourne. Having worked hard, I secured a spot to continue through to my honours year in psychology. But at this point, field experience was limited - how was I to know that this would be the career for me and the additional studies would be worth it?

From here, I changed my path slightly and held off on doing my honours year. I took on a role as an Early Intervention Response Worker in The Geelong Project at Barwon Child Youth & Family. The Geelong Project works with young people at risk

of homelessness, at risk of disengaging from education, young people experiencing mental health or family violence and young people at risk of offending. My role was to work with young people to prevent them from entering crisis homelessness services, to remain in education, engage in mental health support and provide case management support to reach the young persons goals and aspirations

As the program grew to take on more schools throughout Geelong, I moved into a senior role where I am responsible for working with the team and the schools to engage students in the program, along with managing a case load of at risk young people.

Following my interests and instincts has been the best thing I have done throughout my journey. I can honestly say I love my job and love working with young people towards their goals to prevent a crisis from occurring. My role still requires me to be creative, just in a different way. My small contribution in this role, has had a huge impact on the cost of homelessness throughout Victoria; which has also seen the program be implemented in other states throughout Australia and internationally in America, Canada and Ireland.

Outside of my job, I'm also a mum to a 3 year old and 10 month old.



*University was such a fun experience. But definitely not without challenges, hard work and determination.*

### What I learned from this experience

Don't be deterred by not knowing what you want to do. If you start a degree and it's not for you, that's ok. There are ways to transfer in to other degrees and use the work you've already done as credit towards your future studies.



# T E C H N O L O G Y

## Year 10 Food Technology Self Isolation Pantry Challenge

Both Mrs Atkins and Mrs Alchin are pleased to see that our challenge to Year 10 Food Technology continues.

Our second offerings are just as diverse from asian soups, mexican, sweet and savoury. Some even appear to have been a family activity!

Martyn Taitumu - Tomato soup

Asha Richards - Spinach & ricotta triangles

Ares Toth - Egg and bacon fried rice

Arrin Stirrat-Black - choc chip cookies

Kate Weatherall -Lugaw/rice chicken soup

Keenan Breasley - Sausage and red pesto pasta

Marli Green - Hamburgers - *looks like the whole family had fun with this!*

Wulaaran Walker - Honey Joys

Jai Wassens - Taco

Thanks again for your efforts Year 10 and for sharing them with us.

| Pantry Challenge - Burgers   |  |
|--|--|
| <b>Serves:</b> 10  |  |
| <b>Preparation time:</b> 30 min  |  |
| <b>Ingredient list</b>   |  |
| <b>Equipment used</b>  |  |
| <b>Method</b> <ol style="list-style-type: none"> <li>1. Grate the onion, the two carrots and place in a large bowl with the mince. Now go preheat the barbeque.</li> <li>2. Crack the two eggs into the same bowl, add some salt and pepper and mix it all together with your hands.</li> <li>3. Start adding in all purpose flour to make the mixture less sticky.</li> <li>4. Sprinkle some flour on your hands and start rolling the mixture into a sphere like shape.</li> <li>5. Once all the patties are complete, place them on the barbeque/fry pan and flatten them out with a spatula.</li> <li>6. Cook until they are brown and there is no sign of a pink colour.</li> <li>7. While waiting for the meat patties to cook, begin cutting up your salads and buttering your bread rolls.</li> <li>8. When the meat patties are cooked well, place one in each buttered bread roll, with a lettuce leaf, slice of cheese, a bit of avocado, a tomato slice and some beetroot.</li> <li>9. Eat and enjoy!</li> </ol> |  |

| My Pantry Challenge  |  |
|--|--|
| <b>Serves:</b> 24  |  |
| <b>Preparation time:</b> 10 mins   |  |
| <b>Ingredient list</b>   |  |
| <b>Equipment used</b>  |  |
| <b>Method</b> <ol style="list-style-type: none"> <li>1. Preheat oven to 150°C</li> <li>2. Line 24 hole paper tray with 24 paper cases</li> <li>3. Add butter, sugar and honey together in a saucepan until foamy</li> <li>4. Spoon ingredients into paper cases</li> <li>5. Bake in a slow oven 100°C for 10 mins</li> <li>6. Take them out of the oven and place on a cooling rack for 20 mins</li> <li>7. Then enjoy!</li> </ol> |  |

| My Pantry Challenge   |  |
|---|--|
| <b>Serves:</b> 4  |  |
| <b>Preparation time:</b> 45 mins  |  |
| <b>Ingredient list</b>  |  |
| <b>Equipment used</b>   |  |
| <b>Method</b> <ol style="list-style-type: none"> <li>1. Finely chop the brown onion, zucchini, carrot, garlic (use garlic press) and parsley</li> <li>2. In a large pot, heat some olive oil over high heat. Add the pork sausage and brownie it out of its casing into small chunks into the large pot/saucepan (Should get around 5-10 meatballs worth). Cook browning until browned all over 24 minutes</li> <li>3. Add the onion, zucchini, and carrot to the pot with sausage meatballs and cook stirring until tender 5-6 minutes</li> <li>4. Add the garlic and tomato paste and cook, stirring until fragrant 1-2 minutes. Add passata, water and brown sugar paste and transfer to the heat sink dishes. Stir to combine</li> <li>5. Bring to the boil, then cook, uncovered and stirring occasionally, until the sauce is cooked through and most of the sauce has been absorbed, 18-20 minutes</li> <li>6. Remove the pan from the heat and stir through the light thickened cream, red pesto and the salt. Add the baby spinach leaves and stir through until wilted. Optional: Season to taste with salt and pepper</li> <li>7. Divide the portions of the pot into bowls and enjoy</li> </ol> |  |

| My Pantry Challenge   |  |
|---|--|
| <b>Serves:</b> 4  |  |
| <b>Preparation time:</b> 30 minutes   |  |
| <b>Ingredient list</b>  |  |
| <b>Equipment used</b>   |  |
| <b>Method</b> <ol style="list-style-type: none"> <li>1. Preheat oven to 180 degrees Celsius. Line a baking tray with paper.</li> <li>2. In a medium bowl, mix flour, baking soda, salt, and eggs. Mix in egg and vanilla until fully mixed.</li> <li>3. Add chocolate chips.</li> <li>4. Place in oven and cook for 10-12 minutes.</li> </ol> |  |

| My Pantry Challenge  |  |
|--|--|
| <b>Serves:</b> 2   |  |
| <b>Preparation time:</b> 15 mins   |  |
| <b>Ingredient list</b>   |  |
| <b>Equipment used</b>  |  |
| <b>Method</b> <ol style="list-style-type: none"> <li>1. Preheat oven to 180°C</li> <li>2. Line 24 hole paper tray with 24 paper cases</li> <li>3. Add butter, sugar and honey together in a saucepan until foamy</li> <li>4. Spoon ingredients into paper cases</li> <li>5. Bake in a slow oven 100°C for 10 mins</li> <li>6. Take them out of the oven and place on a cooling rack for 20 mins</li> <li>7. Then enjoy!</li> </ol> |  |

# H O S P I T A L I T Y

## Baristas in Training

With our kitchens empty a handful of Year 11 Hospitality students took up the opportunity to work on the coffee machine over the past two weeks.

I am pleased to say that the students have made a great start. The Certificate II - Food and Beverage course runs over 18 months and during this time students must make and record images of 10 different coffees 3 times. The challenge can be to give all students equal time to access the machine to complete this task so it has been fabulous that these six students have taken up this opportunity.

Once nerves subsided, I am pleased to say that all students walked out having set up and seasoned the machine, texturised milk, provided coffees to order and cleaned the machine. They even used terminology and were able to answer my questions - talk about a proud teacher moment!!

Mrs Denise Alchin



*Lachlan Barwick - First day on a coffee machine -  
Not only were we drinking the first cup after seasoning but...  
he was set a challenge - double shot, dash of foam with a small  
amount of milk. Not a long black, not quite a macchiato, we may  
call it a Mel special - but Lachlan nailed it!  
I was so excited over the puck I didn't get a picture of the coffee.*

## Year 12 Hospitality Café

Year 12 have been operating a "pop up" cafe over the past couple of weeks. The food has ranged from sweet to savoury for a gold coin donation.

Food orders were taken outside with appropriate social distancing observed.





# CAPA - Year 8 Food Technology

## Young chefs in action

Towards the end of Term 1, 8TM6 had great fun while learning to make a tasty Chicken and Vegetable Pie and delicious Cupcakes.

It was wonderful to see the great team work shown while preparing their dishes and to see how well they worked together to clean up afterwards. The pictures capture our students enjoying their time in the Food Laboratory and their delicious creations. Well done!

Miss Yvette Wallis

*Photography taken prior to remote learning*



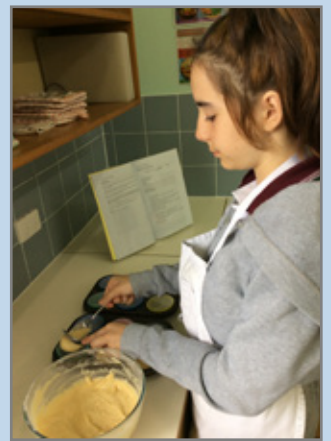
Amiee Robinson



Anna Walker



Kiara



Seneka Evans



Justus Kyle



Emily Mowle



Jesse Mead



Willow and Camryn



Miss Wallis and Willow



Jesse Mead



Amiee Robinson



Jayde Wells

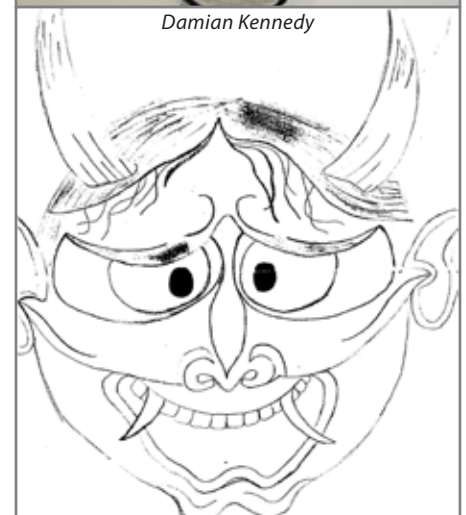
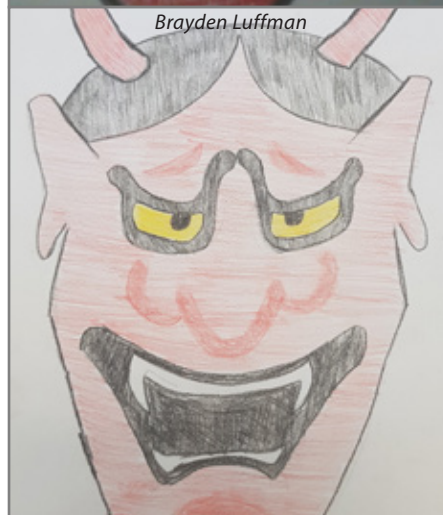
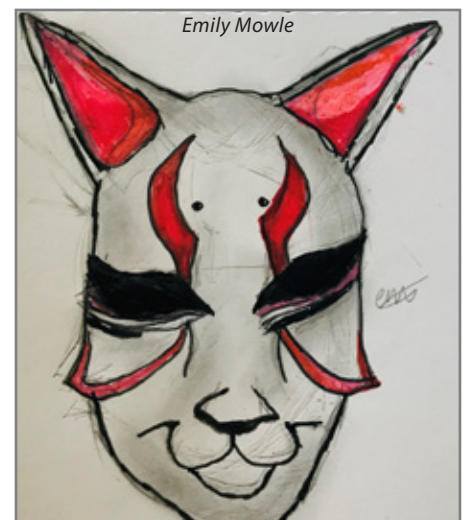
# CAPA - Year 8 Artists have fun with



During Term 2 our Year 8 Artists are exploring traditional mask making from a design and cultural perspective. Students have commenced research of traditional mask design from countries including Japan, Indonesia and Maori cultures. Their research has focused on historical and modern day uses of masks, including masks created for traditional festivals, dance and storytelling. As part of their research, students have selected their favourite designs, and have examined the use of materials and techniques used by the craftspeople. As part of this unit of work students are engaged in drawing activities as captured in their mask designs pictured here. With many students working remotely it has been rewarding to see their dedication to complete their work and then submit it online. These designs will form the basis for ideas for their own mask, which they will make during the term.

***Our young artists are to be commended for their creativity and enthusiasm.***

Miss Yvette Wallis





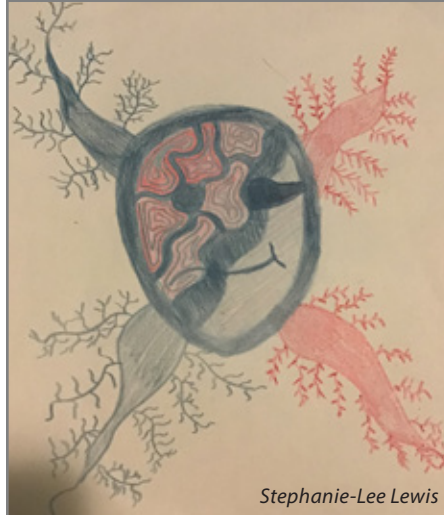
# masks



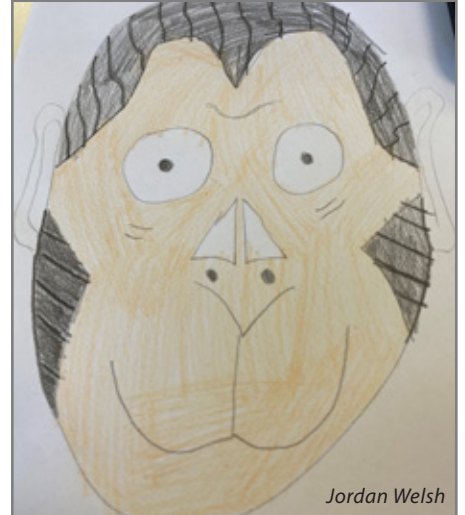
Ethan Williams



Evie Roach



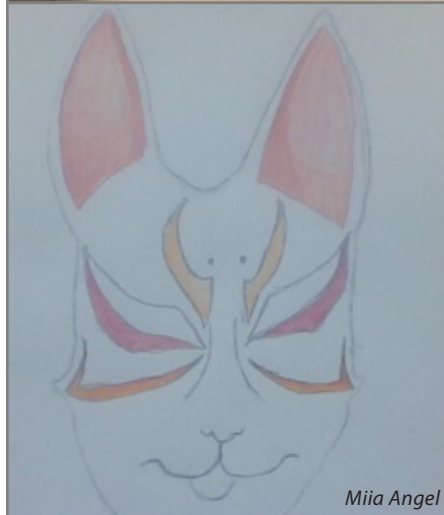
Stephanie-Lee Lewis



Jordan Welsh



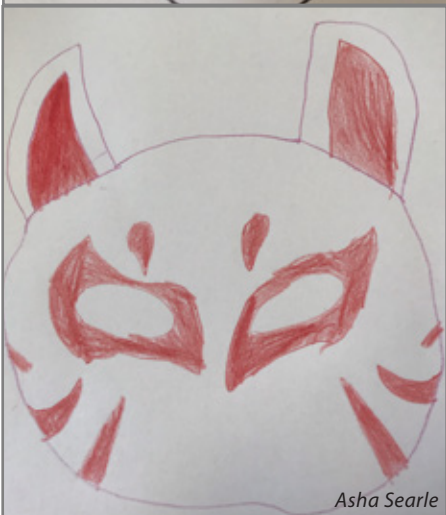
Sol Cunningham



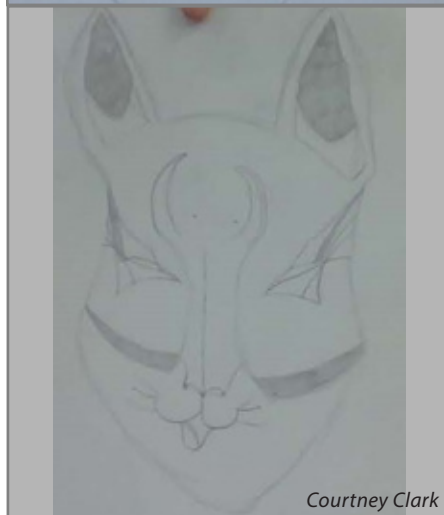
Miia Angel



Kia Blanch



Asha Searle



Courtney Clark



Travis Lockhart



# Macksville High School – Canteen Menu

## Effective Week 5 – 25th May 2020 until end of Term 2

**All food is to be ordered before school or at recess (for lunch)**

**Cashless payments preferred**

### RECESS ONLY

|  |        |
|--|--------|
| Soup of the Day - Served with a bread roll | \$3.00 |
| Chilli Chicken Tenders                     | \$1.50 |
| Hash Brown                                 | \$1.00 |
| Spring rolls (x 3)                         | \$1.50 |
| Garlic Bread                               | \$1.00 |

### Toasted Sandwiches

|                                 |        |
|---------------------------------|--------|
| Chicken, Cheese & Tomato        | \$4.50 |
| Ham Cheese & Tomato             | \$4.50 |
| Ham and Cheese                  | \$4.50 |
| Cheese only                     | \$3.50 |
| Popcorn                         | \$1.00 |
| Bliss Balls                     | \$1.00 |
| Watermelon Small                | \$1.50 |
| Watermelon Large                | \$3.00 |
| Fruit (Apple, Mandarin, Banana) | \$1.00 |
| Muesli Bar Slice                | \$2.00 |

### Drinks - see refrigerator

|                              |        |
|------------------------------|--------|
| Bombs                        | \$2.00 |
| 250ml Nippy's iced chocolate | \$2.00 |
| 600ml Water                  | \$2.00 |
| 600ml Iced Tea               | \$4.00 |
| 250mls Kombucha              | \$3.00 |
| 300mls Norco Chocolate       | \$2.50 |
| 300mls Norco Strawberry      | \$2.50 |
| 300mls Norco Iced Coffee     | \$2.50 |

### Ice Cream – see freezer

### LUNCH ONLY

#### Hot Food

|  |        |
|--|--------|
| Pies Plain   | \$4.00 |
| Sausage rolls  | \$4.00 |
| Spinach & Ricotta roll   | \$4.00 |
| Soup of the Day - Served with a bread roll                                   | \$3.00 |
| Sweet Chilli Chicken Burger  |        |
| Lettuce & Mayo   | \$5.00 |
| Add Salad  | \$6.00 |
| Vege Burger  |        |
| Lettuce & Mayo   | \$5.00 |
| Add Salad  | \$6.00 |
| Beef Burger  | \$7.00 |
| (Lettuce, tomato, beetroot, carrot, onion, cheese & cucumber with BBQ sauce) |        |
| Roast Chicken & Gravy Roll   | \$6.00 |
| Roast Beef and Gravy Roll  | \$6.00 |
| Garlic Bread   | \$1.00 |

#### Sandwiches (White, Wholemeal or Wrap)

|                               |        |
|-------------------------------|--------|
| Pesto Chicken & Lettuce       | \$4.00 |
| Ham, Cheese & Tomato          | \$4.00 |
| Ham Salad                     | \$4.00 |
| Chicken, Lettuce & Mayonnaise | \$4.00 |
| Tuna, Lettuce & Tomato        | \$4.00 |

#### Salad Tubs

|   |        |
|---|--------|
| Plain Salad Tub                           | \$5.00 |
| Salad Tub with (Chicken, Tuna, Ham)       | \$6.00 |
| Large Plain Salad Tub                     | \$7.00 |
| Large Salad Tub with (Chicken, Tuna, Ham) | \$8.00 |

## Behind The Screen

### Zoom Webinar

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: Webinar on Zoom

When: Tuesday 9th June 2020 7:00-8:30pm

Cost: FREE! Registration essential (limited to 100 participants)

Register via Sticky Tickets: [www.stickytickets.com.au/8GH3J](http://www.stickytickets.com.au/8GH3J)



## 2020 COFFS COAST TALENT THRASH

DO YOU HAVE ANY TALENTS YOU WANT TO SHARE WITH THE WORLD?  
ARE YOU A MUSICIAN, A MAGICIAN OR A POET?

DO YOU RAP, SING, JUGGLE OR HAVE ANY OTHER AWESOME TALENTS?

IF SO, WE WOULD LOVE YOU TO REGISTER FOR THIS FREE ONLINE EVENT  
WHICH CELEBRATES THE TALENTS OF YOUNG PEOPLE ON THE COFFS COAST.

**CHECK OUT THE AWESOME PRIZES**  
 1ST PRIZE \$500, 2ND PRIZE \$250, 3RD PRIZE \$100  
 PRIZE FOR MOST CREATIVE AND ORIGINAL \$200  
 PRIZE FOR EACH REGIONAL WINNER \$200 - SEE BELOW  
 ALL PRIZES SPONSORED BY COFFS HARBOUR CITY COUNCIL (UNLESS OTHERWISE STATED)

Regions:

- 1) Northern Beaches - Moonee, Red Rock, Woolgoolga & surrounds
- 2) Coffs Harbour & surrounds
- 3) South of Coffs - Sawtell, Toormina, Bonville & surrounds
- 4) West of Coffs - Glenreagh, Nana Glen, Ulong & surrounds - Sponsored by Social Futures
- 5) Bellingen Shire - Urunga, Bellingen, Dorrigo & surrounds - Sponsored by Bello Youth Hub
- 6) Nambucca Shire - Macksville, Nambucca, Bowraville & surrounds - Sponsored by Nambucca Youthie

**ENTRIES CLOSE AT 5PM ON FRIDAY, 5TH JUNE**

To register and for more information: <https://bluesky.org.au/services/groundworks/>  
 or: Gary Maher | headspace Coffs Harbour | (02) 6652 1878 | [gmaher@genhealth.org.au](mailto:gmaher@genhealth.org.au)  
 or: Zena Keidge | Blue Sky Groundworks Youth Centre | (02) 6632 4020 | [zenakeidge@bluesky.org.au](mailto:zenakeidge@bluesky.org.au)  
 or: Like Coffs Coast Youth Space Facebook Page

