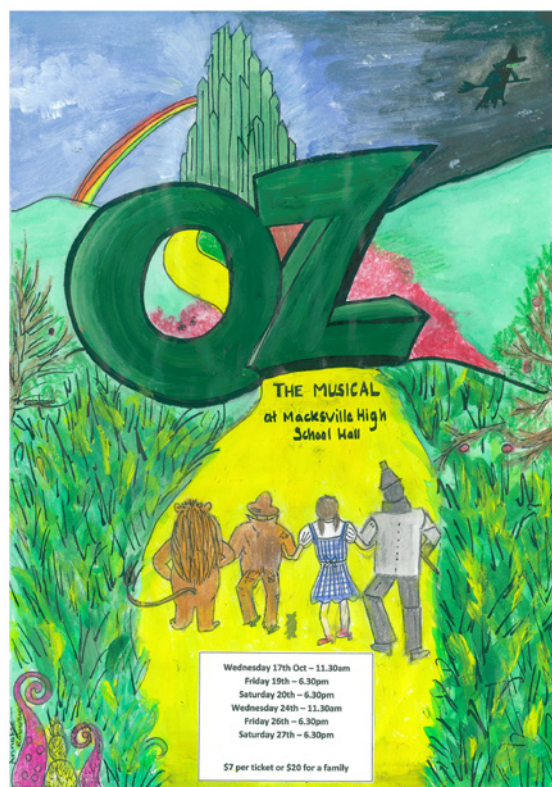




It's Showtime! - *OZ* the Musical

The 2018 Macksville High School musical is currently in rehearsal and the dates are set! *Oz* is an adaptation of the L Frank Baum classic novel *The Wonderful Wizard of Oz*, the beloved film of the same name and the 1978 musical and film *The Wiz*.

The show is devised by Mick Baines and the wonderful students of Year 11 drama who have worked tirelessly after school and their free Wednesdays to bring the show to life. The show is a fast paced journey with the Scarecrow, Tin man and Lion trying to get Dorothy back to Kansas and out of the clutches of the evil Wicked Witch of the West. With a smattering of classic songs from *The Wizard of Oz* and the addition of some power tunes from *The Wiz* get set for some great entertainment. The show features students from Years 7 – 11 and it promises to be a great show for all.



Dates are Wednesday 17 October and 24 October for primary feeder school matinees, starting at 11.30 am. Opening night is Friday 19 October followed by performances on Saturday 20 October, Friday 26 October and last show on Saturday 27 October.

Show time starts at 6.30 pm with a 20 minute intermission and an overall run time of about 2 hours.

Tickets will be available from the school pre booked and on sale at the door. Tickets are 1990s prices - \$7 per ticket or \$20 for a family ticket. Be there or be uncircular!!

Mr M Baines

Message from the Principal

Dear Parents and Community,

Thank you to everyone who supported our recent Movie Night organised by the P&C. We raised over \$1300 which will go towards supporting the education of our students. A huge thank you must go to the P&C and student helpers on the night for giving their time to organise and cook the food. Thank you also to Telstra for providing the big screen and the movie.

This week is the final school week for our Year 12 students. We are proud of the many and varied contributions this group have made to Macksville High School, and we hope their futures hold success and happiness for them. I would also like to thank the teachers of Year 12 who have worked tirelessly to prepare them for the HSC examinations ahead.

Thank you to the many parents and carers who attended our recent parent teacher afternoon. These afternoons provide opportunities to discuss your child's progress and for us to work together to achieve the best possible educational outcomes for our students.

We recently celebrated SASS Recognition Week, where we recognised the valuable contributions made to the school by our Administration and Learning Support Officers, by having a special morning tea. Our dedicated team work tirelessly behind the scenes to keep our school running smoothly and supporting the learning and wellbeing of our students. A huge thank you to you all.

Preparations are well underway for our School musical Oz. Many hours are being spent in rehearsals, making props and costumes. I hope many of you take the opportunity to see the remarkable talents of our students and staff at this event.

As the term draws to a close, I would like to wish everyone a safe holiday and look forward to working together again next term.

Mrs Erica Lyne



SASS Recognition Week



thank you

Message from the Deputy Principal

Hello Everyone,

Firstly I would like to wish our 2018 Year 12 all the best heading into their HSC examinations early next term. I have really enjoyed getting to know our Year 12's, most recently spending time with them at the High Tea event and of course the Celebration Week. A big thankyou to Mrs Robertson for all her hard work over the past six years. Her dedication to everyone in her year group has shone through especially over the last three terms where she has worked tirelessly to support and encourage each and every one of her charges. Congratulations on her wonderful job working with these wonderful young adults.



Recently we held a whole school assembly to address issues with arriving at school in the morning, bus lines and mobile phones. Upon arriving at school in the mornings before roll call all students are expected to be in the Quad where there is teacher supervision. This ensures the safety and wellbeing of all students.

Due to the nature of many students moving out of the school and onto buses in the afternoon, protocols have been put in place to protect the wellbeing of all students travelling on buses. This was discussed and demonstrated to all students including where all students should be gathering while waiting for their buses. Again there is the expectation that all students will be in the quad waiting directions to line up for their buses.

Finally the expectations around phones at MHS were discussed. Simply, phones are to be off and away in class time. Phones in the classroom can lead to distractions which prevent students from engaging in their learning. If a student does not follow this request and continue to use their phones in class they will be asked to take their phone to the Front Office where it is securely stored. The student can then pick the phone up at the end of the day.

Thank you and have a wonderful spring break.

Ms L McGregor

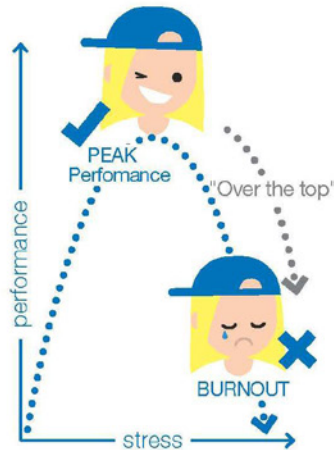


5 STEPS TO STUDY SUCCESS

Whether you are dreaming big or just a little, these study tips will get you there

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

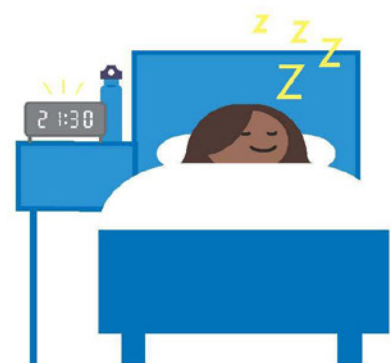
4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.

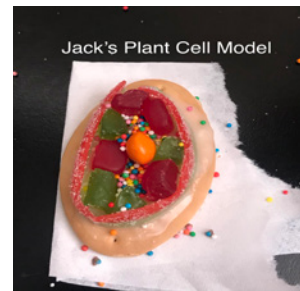


SCIENCE FACULTY NEWS

Year 7 Cells Topic

In Year 7 Science we were studying the Cells topic and 7B had made models of plant or animal cells today in preparation for their upcoming practical assessment.

Mrs T Jones



*From left: Jake Blanch, Jessica Evelyn and Aiden Laird showing their models.
Right: Jack Cleversley's work*

Year 9 Spectroscopy

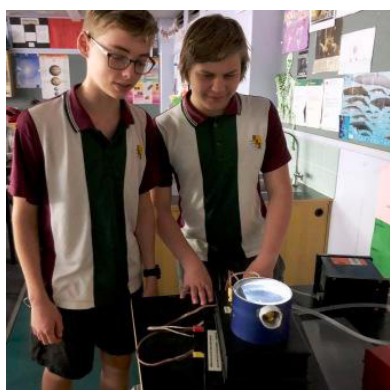
Spectroscopy is used to identify elements in stars and super novas. Year 9 students loved the pretty colours and were able to relate these colours to the identity of the excited atom.

Ms A Hughes

Right: Corrine McFayden and Boyd Lyons excite copper (green) and strontium (red) ions to investigate their unique spectra.



STEM: Wilson's Cloud Chamber Experiment



*Above: Brody Schmidt and
Riley O'Loughlin*

When atoms decay, they release radiation, such as alpha particles and beta particles. These particles are so small that we can't see them even with the best microscope. Today STEM students created a transparent cloud of alcohol in a peltier cooled Wilson's Cloud Chamber so they could see the condensation trails as the alpha and beta particles ripped through the alcohol vapour, much like an aeroplane does in a clear blue sky. Alpha particles ripped a fat straight trail, whereas the much smaller beta particle trails were thin and wiggly. We investigated the penetration factors of the two particles, and found that the larger alpha particle couldn't penetrate paper, but the beta particles could.

Ms A Hughes

Sophie Ellis - 32 hours



Sasha Frost - 31 hours



Jordan Tout - 30 hours



As we finish the preliminary course, I would like to highlight some outstanding achievements by a wonderful group of students. There have been numerous functions and other activities, that provided a range of opportunities to demonstrate the students understanding of hospitality concepts and to showcase their skills. Whilst they have willingly volunteered, their workplacement hours will be greatly diminished due to their sacrifices.

Thank you ladies for your enthusiasm, passion and dedication, you have represented Macksville High School proudly within the wider and school community.

It is with great pride that I receive letters or emails from people who have attended functions at which you have worked, telling me how courteous, polite and helpful you are.

Amelia Telford - 27 hours



Alicia Hicklin - 23 hours



Thank you and congratulations!

Annabelle Craven - 20 hours



Ebony Stride - 23 hours



Ruby Moore - 18 hours



Sarah Watson - 16 hours



Amy Balston - 16 hours



Elizabeth Lavery - 17 hours



Maddison Robertson - 15 hours



Kaitlyn Morris - 13 hours



Chloe Loveday - 16 Hours



FOOD TECHNOLOGY

The Preliminary year has gone very quickly. During the Preliminary Food Technology course we explored Australian food traditions, and the impact of immigration on the food we eat. Food preparation and functions which involved whipping, emulsing, denaturing and coagulating just to name a few. We also investigated the nutritional value of foods and benefits of different types of diets and possible deficiencies.

Students have completed a number of practical lessons which have helped to build upon their knowledge of how we use functional properties of food in different preparations.



Thank you for an enjoyable year. I look forward to starting the HSC course with you in Term 4.

I wish you a wonderful term break.

Mrs D Alchin



Y E A R 9 T I M B E R

Year 9 Timber students have been busy this term completing their second project, the carry-all. These students have been learning how to blend different timbers to achieve an aesthetically pleasing effect. We are very lucky in our region to have access to such a wide variety of beautiful timbers, and our students have gained a deep appreciation for the generosity of members of our community as most of the materials used were kindly donated.

Well done everyone!

Mr R Ally



Max Deveson



Kellie Tsujimoto



Morgan Freeman



Abby Baxter

INDONESIAN LANGUAGE

'Enak' Indonesian Food Experience

This term, Year 7 students have been studying a range of vocabulary and grammatical structures to allow them to discuss food and their own individual likes and dislikes. The students learnt about some traditional Indonesian dishes and were all excited to try some of this food. Luckily for us, we didn't have to travel to Indonesia or even Sydney to find an Indonesian restaurant, local catering company 'Cebu Chew' came to the rescue! They supplied each student with their own lunch box consisting of either 'mie goreng' (fried noodles) or 'nasi goreng' (fried rice) plus 'sate ayam' (chicken satay sticks) and 'krupuk' (prawn crackers). The vast majority of students thoroughly enjoyed their meals and commented that the food was 'enak' (delicious).

It was a fantastic way to finish off the topic and bring Indonesia to the classroom.

Mrs M Urquhart



Photos: Year 7 students enjoying their Indonesian Food Experience



YEAR 10 INFORMATION

Important Information for Parents

Dear Parents and Carers

In 2018 we have developed an innovative program for Year 10 students. It is essential that students attend all school days as attendance is mandatory as outlined in the school attendance policy by NESA and supported by the Department of Education <https://education.nsw.gov.au/policy-library/policies/school-attendance-policy>. The last day of the school year for Year 10 is Friday 19th December.

This program is focused on the development of skills that are essential for senior learning. The students will have the opportunity to participate in a variety of programs being offered by a range of experts. Each session is designed to provide fundamental learning skills to help students as they progress into Year 11 and 12.

Some sessions that will be offered in week 9 have limited numbers so we encourage students to sign up quickly. Along with these expert sessions will we also be covering many mandatory aspects required by NESA. It is essential that students have completed all of these required sessions to ensure successful enrolment into Year 11 in 2019.

Students can sign up for the following sessions outside the Teaching and Learning Office:

- Resume writing delivered by ETC
- How does the ATAR work?
- Charles Sturt – What's university like?
- All my own Work – a compulsory NESA module
- Online NESA enrolment
- Macquarie University – Big History Scheme

In week 10 students will attend presentation assemblies where academic and sporting awards will be distributed. This will be followed by the Year 10 annual excursion that will be held for 2 days, 18th and 19th December.

Project Based Learning.

Students in Year 10 will have the opportunity to participate in Project Based Learning (PBL). Project Based Learning's is an alternate way of allowing students to explore topics in a more meaningful way. It is founded on the introduction of real world issues and 21st century learning skills.

Within this project students will work in small groups, directing their own learning and designing their own products for assessment. PBL encourages real world application of knowledge and the development of skills such as critical thinking/problem solving, collaboration, communication in a variety of media and speaking as well as presentation skills.

This type of future focused learning builds success skills for university, career, and life. In the 21st century workplace and in further education, success requires more than basic knowledge and skills. In a project, students learn how to take initiative and responsibility, build their confidence, solve problems, work in teams, communicate ideas, and manage themselves more effectively. At the completion of the 2 week project students will present their findings in an expo day.

Master Classes

During week 7 and 8 students will be provided with a wonderful opportunity to attend a 'Master Class' for their 2018 senior classes. These 'Master Classes' will provide a unique chance for students to gain an understanding about the expectations and course structure of each subject. They will also learn the fundamental skills that will be required for the course and be provided with information that will allow them to begin their preparation and organisation for the 2019 academic year.

In the Master Classes students will have the opportunity to ask questions about the course, gain additional information about the content and familiarise themselves with their peers and learning space. This will also be a valuable opportunity for students to enquire about books, homework and preparation material to be gathered over the holidays.

Master Class Schedule		
Date	Week	Master Class
27 th November	Week 7 Day 2	English Studies Standard English Advanced English
28 th November	Week 7 Day 3	Sport
29 th November	Week 7 Day 4	Standard Mathematics Mathematics Hospitality
30 th November	Week 7 Day 5	Sport Lifestyle and Recreation Community and Family Studies Engineering Modern History
3 rd December	Week 8 Day 6	Biology Business Studies Food Technology Metals and Engineering
4 th December	Week 8 Day 7	PD/H/PE Visual Design Primary Industries Chemistry
5 th December	Week 8 Day 8	Sport
6 th December	Week 8 Day 9	Marine Studies Business Services Legal Studies IT Electronics
7 th December	Week 8 Day 10	Sports Coaching Math Ext English Ext

CAREERS CORNER

Year 9

Students interested in attending the Uni-Bound excursion to SCU Coffs on 18th October (Thursday Week 1, Term 4) please have notes in as soon as possible. There are some spots left but first in first served. Spare notes in Careers Office.

Students interested in undertaking a Stage 5 TAFE course one day per week during Year 10 must have appropriate form back to Careers Office by the end of the term. Spare notes in Careers Office.

There are two options resulting in a Certificate II in Skills for Work and Vocational Pathways:

1. Trades (construction, welding and business)
2. Glam Me Up (beauty, fashion and business)

Year 12

- Please direct any university application queries to the Careers Office or to laura.cooper8@det.nsw.edu.au
- RSA/RCG course November 15th and 16th 2018, \$255. Sign up at Careers Office (17 years +)
- Ensure students have activated their Students Online (NESA) account for easy retrieval of HSC exam timetable and results
- HSC results released Thursday 13th December 2018
- ATAR released Friday 14th December 2018
- MHS Results BBQ @ River bank Friday 14th December, 10am

Mrs L Peisley



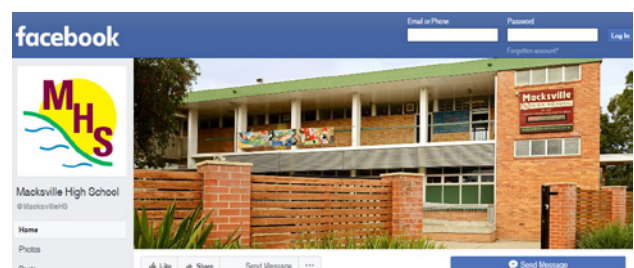
WHAT'S ON AT MHS

27 Sept	Year 12 Graduation Assembly
28 Sept	LAST DAY OF TERM 3
15 Oct	First day of Term 4
17-27 Oct	MHS Musical performances
18 Oct	Year 9 Uni Bound - SCU
23 Oct	P&C Meeting - 5.30pm



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

Visit our facebook page....



FROM THE SPORTS DESK

Stage 6 PDHPE Excursion - Coffs Harbour

Students from Mrs Peisley's Year 11 and Mr Parker's Year 12 class attended a workshop delivered by the North Coast Academy of Sport (NCAS) in conjunction with Southern Cross University School of Health and Human Sciences. The program is designed to align with syllabus content and gives students the opportunity to observe and experience current technology in the assessment of athletic performance.

An additional thanks to Southern Cross University for providing our students with lunch and course information relating to Health and Human Sciences.

To round out an excellent day, SCU and NCAS staff commended our students for their fantastic engagement and enthusiasm toward the activities, also commenting on the high level of respect and manners of the group.

Well done Year 11 and 12 PDHPE!

Mrs L Peisley



Students began the day in the gymnasium undergoing fitness testing using equipment such as light gates, vertical jump apparatus and hand grip dynamometer. We then moved through a campus tour ending in the exercise physiology lab to focus on an NCAS rowing athlete. Students observed a lactate test where data was gathered on a graph in real-time, viewing the effects of exercise on heart rate, ventilation rate, cardiac output and lactate levels.



Sport of the Week - Year 12 vs Teachers



Thank you to NCAS for delivering the program and providing an athlete.

Non-Teaching Staff School Introduction Training Days

The Department of Education is seeking people who are interested in commencing work within public schools in your area.

The School Administrative and Support (SAS) Staff Reference Group welcome any people looking to start work in school administration to enrol in our Non-Teaching Staff School Introduction training programs.

The aim of this training is to provide participants with an overview of school administrative roles. Participation in these introduction days are **not** a guarantee of employment with the Department of Education. Participants are required to obtain a Working with Children Check (WWCC) clearance for paid work at their own cost. <https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>. Payment is then made through Service NSW prior to attending day one. To enable processing for potential employment participants are required to bring necessary completed forms, which appear on the MyPL registration page. Many schools have a policy of not employing current parents or associates within their own school.

It would be desirable if participants had a sound knowledge of the Microsoft Office suite.

The training days will be held in the following locations:

Goonellabah office – Wednesday 17 October & Friday 9 November 2018
 Tweed Heads South Public School – Wednesday 24 October & Tuesday 13 November 2018
 Maclean Public School – Wednesday 24 October & Tuesday 13 November 2018
 William Bayldon Public School – Wednesday 24 October & Tuesday 13 November 2018
 Frederickton Public School – Friday 26 October & Friday 9 November 2018
 Port Macquarie Library – Thursday 25 October & Wednesday 7 November 2018
 Forster office – Monday 22 October 2018 & Tuesday 6 November 2018

To secure a place in this course, participants will need to register online as a community member on MyPL. Go to the following site <https://mypl.education.nsw.gov.au/> and select Register. After completing the details, an email will be sent with instructions on how to get started and select the venue you wish to attend. The course codes are Day 1: NR22842, Day 2: NR22844.

There will be no cost to the participant other than them acquiring their WWCC prior to attending the training. Tea and coffee will be available throughout the day. Participants are to provide their own morning tea and lunch.

Further information can be provided by contacting the SAS Staff Reference Group (SRG) Coffs Harbour on (02)6623 5911 or by email at SRGCoffsHarbour@det.nsw.edu.au

SRG Coffs Harbour | Department of Education | Goonellabah Office
 608 Ballina Road (PO Box 4029) Goonellabah 2480 T (02) 66235911 | E SRGCoffsHarbour@det.nsw.edu.au

COMMUNITY NEWS

Hi - My name is David

I AM RIDING TO FIGHT KIDS' CANCER!



I hope to raise a minimum of \$1500 by cycling a minimum of 500km during the month of October. Currently over 600 children are diagnosed with some form of cancer every year with 3 losing their battle every week.

All monies go to the Children's Medical Research Institute to help find a cure and better treatments.

Please support my challenge →

<https://greatcyclechallenge.com.au/Riders/DavidJohnston>

ALL DONATIONS OVER \$2 ARE TAX DEDUCTABLE



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 February at the Macksville Memorial Aquatic Centre.

FREE MEMBERSHIP for swimmers aged 5-7 years.
NSW ACTIVE KIDS vouchers accepted.

Come along for a trial swim and see what swimming club is all about!

Date: Wednesday 17 October 2018
Time: Registrations from 5pm, swimming starts 6pm
Location: Macksville Aquatic Centre
Email: macksvillemarlins@gmail.com
Facebook: Macksville Marlins
Phone: Lyndel Sutton 0409681207



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

On 11th October 2018, headspace Day will be celebrated across Australia.

Please join headspace Coffs Harbour to raise awareness of youth mental health and learn seven tips to help maintain a healthy headspace. Wear your most colourful clothes and join us for some food, music (open mic), art and sports. There'll be prizes for the most colourfully dressed and best mental health tips. Bring your friends!



When:
Thursday 11th October 2018 10am – 2pm



Where:
Coffs Jetty Foreshore (near stage area)

For more information contact Gary Maher at
headspace: 6552 1878 or gmaher@genhealth.org.au



NAMBUCCA VALLEY NETBALL

FAST 5 is coming to the Nambucca Valley!!



NVNA is proposing to host a Fast 5 Competition in November/December this year if there is sufficient interest.

It will run for approximately six weeks and most likely on a Friday evening. Players 14 years and up are eligible and teams can be a mixture of male/female players.

The cost per player per game will be around \$6 - \$7. This will help cover cost of lighting and umpires as well as a portion that is payable to Netball Australia and Netball NSW.

You can register your interest as an individual looking for a team, or as a team. Please ensure that only ONE member of the team completes the form.

To register your interest in participating in this exciting new format, please complete the Google Form available on the NVNA Facebook page or NVNA website - <http://nambuccavalley.nsw.netball.com.au/>.

Alternatively, you can email nvnasecretary@gmail.com and provide your name, email address, contact number, and whether your interest is as an individual or team. Please include in the subject heading: Fast 5.

COMMUNITY NEWS



PCYC | POLICE CITIZENS
YOUTH CLUBS

SAFER DRIVERS COURSE FOR LEARNER DRIVERS

PCYC SAFER DRIVER COURSE

If you hold a valid NSW Learner Licence, are under 25 years of age and have completed a minimum of 50 hours actual on-road driving then you are eligible to attend the Safer Driver Course run by PCYC Kempsey held on the Saturday September 29th 2018.

The course's aim is to help young people develop safer driving practices and skills so they are better prepared for when they transition to solo driving. The Safer Driver Course counts towards 20 hours of Learner Driver Logbook time and provides strategies for dealing with road risks and provides guidance to prevent risk taking behaviour. Topics covered include safe driving distances, crash avoidance, speed management and hazard identification. These strategies are a great asset for young drivers who are transitioning to unsupervised driving, better preparing them for the potential situations and conditions that may face them during their driving. The course is educational, enjoyable and will help you drive more safely.

Contact PCYC Kempsey 6562 8399 for information

Bookings online via Saferdrivers.org.au



Macksville Scotts Head SLSC
Nippers Crew 2018/19

Registrations available online, macksvillescottsheadslsc.com.au
or @ the club Sunday 23rd September 9-11am

Compulsory pool swim @ Macksville Aquatic Centre
U8 and above
Saturday 29th September @ 10am

Nippers will be a fortnightly session starting @ 9am. First
Nippers day back will be 21st October. Looking forward to a
great season ahead!!



PLANET ART

Mental Health Month October 2018
Youth Art Exhibition
"COLOUR YOUR MIND"



"The Descent" by Jennifer England - oil on canvas - 2017

Friday 5th October 2018 5.30 to 7.30pm @
Planet Art & The Happy Frog, 16 Park Avenue & Park Lane
Coffs Harbour

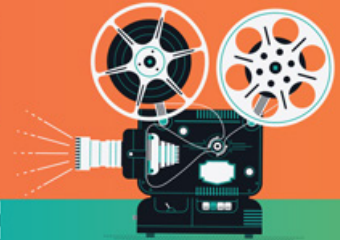
Live music by Hannah Harlen



COMMUNITY NEWS

NORTH WEST FILM FESTIVAL

16th - 17th November 2018



how to enter

1. CHOOSE A CATEGORY

DOCUMENTARY

ANIMATION

NARRATIVE

SHORT SHORT STORIES

films no longer than 60 seconds

PURELY CREATIVE

film does not fit the above categories? this is the one for you!



2. CHOOSE YOUR AGE GROUP

primary
secondary
years 11 & 12
community

3. CHECK THE RULES

- each film entered must include at least one key creative from the **NORTH WEST REGION**
- your film must be no longer than 7 minutes long
- your film must never have been entered in the north west film festival previously

for more information:



/nwfilmfestival

www.northwestfilmfestival.com



YULGILBAR
The Yulgilbar Foundation



4. UPLOAD

entries must be uploaded via facebook or youtube

and a link posted to the facebook page or sent to:

hello@northwestfilmfestival.com.au

make sure to include your name, where you are from, your contact number, the name of the key creative (if not yourself), and where they are from, and age category

entries close 19th october at midnight

October Holiday Creative Arts

Mixed Media Art Sessions - Nambucca Heads Community Garden.

Facilitated by local teaching artists Simone Nelson, Sue Spires and Nancy Sposato.

Youth workshops are about experiencing and responding to a garden through arts practice. The process will include a physical warm up, drawing and working with clay.

Adult Session is designed for members of the community that facilitate creative arts for children and for artists wanting to work more with youth. The workshop will explore contemporary approaches for facilitating children through creative arts experiences. This session will also look into how collaborating with children can enrich one's own arts practice.

Wednesday 3rd October

6-9 years 10am-12.30pm
10-12 years 1.30am-4pm

Thursday 4th October

13-15 years 1.30-4pm
Adult Session 5.30 - 7.30pm

Cost: \$15 (Youth) \$20 (Adult)

Venue: Old Fire Station, Cnr Lee and Ridge St, Nambucca Heads.

For further information: Nancy Sposato 0438 369 836

Limited capacity, bookings essential!

