



High achieving students get a Head-Start for university

SCU Head-Start provides an opportunity for Year 11 and 12 students to gain direct entry and advanced standing into a variety of courses offered at Southern Cross University. Free from university fees, the program offers the chance to gain a taste of university life, stimulate interest in academic pursuits and enhance educational performance and long term aspirations.

The program has been designed for students who have the academic capability to succeed at university. Applicants are selected on merit, based on their academic performance, a personal statement and the recommendation of their Principal.

In 2018, Blake Howle, Clementine De La Hunty and Ruby Cooper were successful applicants into the Biology program. Over the 12 week session, our students managed to juggle school, work and sporting commitments in order to attend the Marine Science Centre each Wednesday afternoon for class.

A huge congratulations, you should be very proud of yourselves for completing your first university subject!

Mrs L Peisley



Message from the Principal

Dear Parents and Community,

Welcome back to a busy term 4.

Term 3 ended on a delightful note as Year 12 celebrated the pinnacle of their secondary education with a lovely Graduation Assembly. I would like to say a huge thank you to everyone who contributed to making it a memorable occasion for our students and their families. In particular, thank you to their Year Adviser Mrs Robertson for her expert guidance of these young people over the years. Year 12 are currently completing their HSC examinations and soon will be eagerly preparing for the Formal in week 5. On behalf of the school community I would like to wish them all success in their final examinations.



It was lovely to see a packed house for the final performance of our School Musical, Oz. The students showcased outstanding abilities in singing and acting, as well as talents in set design, set building, lighting, sound and stage management. I would also like to give a huge thank you to all the staff who have given so much time for rehearsals after school, on weekends and during the holidays to prepare the cast and crew to put on such a spectacular show. A special thank you to the Musical Director Mr Mick Baines for his tireless efforts in bringing the show to fruition.

Next week Macksville High School will be hosting students from Gilgandra High School for a drought respite visit. The SRC contributed significantly to the drought relief campaign through fundraising and food collections. The visit has been organised to continue to support students of families impacted by this prolonged drought. Although the coastal areas may have had some wet weather recently, many parts of our state missed out. I commend the SRC for their efforts in making a difference to the lives of others.

Over the next few weeks it is essential that students remain focused in class to prepare fully for the assessment tasks and examinations ahead. It is never too early to begin revising work and preparing study notes by focusing on key points and key words. As little as fifteen minutes a day preparing study notes can make a significant difference in assessment tasks.

I have mentioned many times the significant links between success and school attendance. Our highest achievers consistently have attendance that is over 98%. I seek your assistance in ensuring that your child attends school every day, unless they have a valid reason such as illness. It is important that we prioritise school as the most important step to success beyond school and therefore attending school every day is like money in the bank.

Congratulations to all our students who have already been involved in so many extra-curricular activities to enrich their learning and develop their skills. I am constantly in awe of the talents that our students possess, and very grateful to our wonderful staff who teach, guide and support their endeavours.

Keep up the great work Macksville High!

Mrs Erica Lyne

Message from the Deputy Principal

Hello Everyone,

Firstly I would like to congratulate the cast and crew of the recent production of 'OZ The Musical' here at Macksville High School. The show was outstanding and showcased the talents of our students. Directed by Mr Mick Baines, Ruby Moore and Cilla Bashforth, who should all be proud of their efforts bringing together such a diverse array of talent, both on and off the stage, to create this musical. Thank you to everyone involved.

Year Meetings were held last week to discuss the P & C Christmas Hampers Raffle. Each year group has been asked to donate items to their allocated hamper. Six hampers will be created as prizes and tickets are now on sale. Tickets are \$2 each or 3 for \$5 and are available from the canteen or students selling them. All proceeds from the Raffle will



go to the P & C to support future projects and resources here at Macksville High. All donations to the hampers are gratefully accepted. Year group allocations are:

YEAR 7 - BISCUITS

YEAR 8 - CHOCOLATES

YEAR 9 - HIS/HER BEAUTY

YEAR 10 - TOYS

YEAR 11 – NIBBLES (CHEESE AND BISCUITS)

CANTEEN/P & C - GIFTS

Students can drop off their donations to their Year Advisers or directly to the canteen. Please help support this fundraising initiative which will be drawn Monday 17 December.

Congratulations to all students who are wearing their full school uniform to school. Most students are presenting in their uniform which demonstrates students' pride and respect for their high school. If you are finding it hard to purchase uniform for your child please contact the school for assistance.

Tuesday evening the 13th of November is the Year 12 Formal and an evening I am looking forward to. Not only is this the final school event for our outgoing Year 12 2018, it is a proud evening for staff. As the students present in their beautiful evening attire, they are also presenting as the young adults of Macksville High about to embark on their future adult lives. There are usually tears, especially from the Year Adviser, in this case Mrs Mel Robertson, who has worked tirelessly to create a very special evening for the students and their family and friends. Congratulations to our graduating Year 12 and congratulations to Mrs Robertson for doing such a wonderful job.

A reminder in regard to phones at school. Students are able to use their phones before school, recess and lunch time. During class times phones should be off and away. We seek your assistance in having a discussion with your child regarding the appropriate use of phones at school.

Thank you,

Ms Linda McGregor

CHILD STUDIES NEWS

Early Intervention visit

The year 10 Child Studies students recently visited the Early Connections centre here in Macksville to learn about the services they offer young children and their parents. They were lucky enough to participate in a musical session being run for the play group whilst we were there.

The occupational therapist and the speech therapist both explained their roles within the centre and encouraged the students to seek tertiary studies if they were interested in either profession.

The students are presently learning more about the services in our local area and the professions they could take up that relate to the childcare industry.

I will try to get a photo of a couple of our year 9 girls with the "babies" as they have been taking turns to experience "motherhood" for a couple of nights. They have all coped very well, with most students scoring over 90% for the care the babies received.

The students are learning about growth and developmental norms for young children. We have also been discussing "designer babies" and stem cell research, which is being used to find a cure for many diseases.

Mrs E O'Sullivan



A Taste of Motherhood

Tamsyn Spear and Claire Barber thoroughly enjoyed caring for their babies for a few nights, receiving 96 % and 99% respectively, for the love and care they showed to their young charges. The year 9 Child Studies students have to attend to the babies whenever they cry, and they need to determine if the baby needs to be fed, cuddled, changed or burped within a limited time. The babies have sensors in their bodies, clothing, nappies and bottles so everything is recorded and can be downloaded on completion of their time with their surrogate mum. All the students survived the experience, even if they were very tired after the weekend due to lack of sleep!



Mrs E O'Sullivan

ENGLISH FACULTY NEWS

Debating Training Day

On Wednesday 17 October, I attended a Debating Training Day at Toormina High School along with seven other students from across the North Coast. The training day involved several mock–debates and workshops which focused on setting up strong debates and working with principled arguments. I learnt a lot of valuable debating techniques and tips which I will be able to pass on to the junior debaters. Of the eight students who attended the day, only five were selected to represent the North Coast at the Junior State Debating Championships in Sydney. I was lucky enough to be one of those five students who were selected and I am very proud to represent both Macksville High School and the North Coast at these Championships in December this year.

Annalise Robertson



SAFER DRIVERS 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.



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 behavior. 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.

The next Safer Drivers course will be held on Saturday 24 November.

Please contact PCYC Kempsey 6562 8399 or visit https://saferdrivers.org.au/ for information and booking details.

MUSICAL

OZ the Musical...opened to rave reviews

Congratulations to all students and staff involved in the production of 'OZ the Musical.' The musical was an adaptation of the L. Frank Baum classic novel 'The Wonderful Wizard of Oz', and the treasured film of the same name and the 1978 musical and film 'The Wiz.'

It was wonderful to see the talent of all involved shine through during each performance. The successful production was directed by Mr Mick Baines, Ruby Moore and Cilla Bashforth, ably supported by a talented cast and stage crew who worked tirelessly to bring everything together. The audience was wowed by the brilliant cast, wonderful sets, stage designs and fantastic costumes. The musical was accompanied by the talented band 'Khodi, Jonah and the Chameleons.' It was a show enjoyed by all.

I hope you enjoy the special memories on the following pages.

Miss Y Wallis















M U S I C A L















CREATIVE ARTS NEWS

Excursion to ARTEXPRESS at Port Macquarie

On Friday 26 October, Macksville High School Visual Artists in years 8 to 11 attended an exciting excursion to 'ARTEXPRESS' at the Glasshouse in Port Macquarie. The exhibition showcased a selection of approximately 40 high ranking Visual Art Major Works, completed in 2017 by Year 12 Visual Art students from schools across NSW. The visit to the gallery aimed to inspire our young artists to explore the various themes, use of art materials and the quality of the finished artworks chosen for the exhibition. Of note, the exhibition provided a timely opportunity to inform our Year 12 Visual Art Class of 2019 as they consider ideas for their own Visual Art Major Works.

Thank you to all students in attendance for representing Macksville High School. The Glasshouse staff and gallery tour guide spoke highly of your interest in the exhibition and keenness to ask questions on the day. Thank you to Peter of Nambucca Bus Service for driving us safely to and from Port Macquarie. Special thanks to the ladies in our school office and to Miss Hardingham for helping with the logistics to make it all possible and also to Mr Joyce and Mrs Laverty for accompanying us on the day and for sharing in the success of the excursion.

Miss Y Wallis





















SISTASPEAK

On Friday, we took a group of Aboriginal female students on a bus to Scott's Head Reserve for an introductory day for the SistaSpeak Program. We made wall hangings from driftwood and shells that we collected from the beach and attached them using plaited hemp twine to the driftwood. We also painted 2 large wooden boards using bright poster pens. These boards contained traditional Aboriginal signs and symbols and looked fantastic when finished! We also met local Aboriginal women who participated in the activities with us and shared food with them.

The SistaSpeak Program aims to link young Aboriginal women with local mentors over a ten week period. Participants will take part in a number of activities together, exploring different concepts introduced through the program, learning new skills, developing a sense of their own potential, raising their self-esteem, exploring elements of their culture and to also gain an understanding of the connection between education, success and economic independence.

At the end of this program we expect the girls will enhance their sense of self, their self-esteem and improve their capacity to manage challenging circumstances. They will strengthen their Aboriginal identity and knowledge of their culture and connect them to the community in which they live.

They all should be very proud of themselves in the way they represented our school. Well done girls and we look forward to continuing the program in the next coming weeks!

Ms K Hardingham Mrs N Thompson



Wulaaran, Jarna and Tiajuana





Wulaaran, Jarna, Tiajuana and Charlize



Kymberlee, Rhea and Naomi



Shell hanging by Wulaaran



Tahlia



Charlize



Zenobio

SLIKK CAMP

SLIKK - Student Leaders in Koori Kids

During last term four of our senior Aboriginal students have been participating in a didgeridoo making workshop. During these activities our students have demonstrated their craftsmanship as well as their leadership skills. Each of the students who participated in the didge making workshop produced a high quality, professionally crafted didge that they now own and play. The students are also in the process of learning the art of circular breathing and ways of producing a wide variety of sounds from their instruments.

At the start of this term three of our senior Aboriginal male students (Kamden Walker, Calijah Craig and Ulysses Roberts) represented MHS at a student leadership and cultural camp at Minnie Waters. The students participated in leadership activities and discovered more about the local Gumbaynggirr culture. The staff who were at the camp were approached by all in attendance in relation to the quality and respectful nature of our student representatives.

Mark Werner



From left: Ulysees Roberts, Kamden Walker, Mrs Erica Lyne, Calijah Craig and Arjae Pritchard

A big thank you to Jenni Farrands of Bellingen High School for arranging the wonderful cross-school girls SLIKK camp last week - 7 of our students were lucky enough to attend. The camp kicked off with a significant dreaming story which became the rolling theme of the camp. Over the 3 days, the girls created a dance, dance costumes, music and backdrops to retell the story. Varied activities in between helped the girls to develop camaraderie and trust. The girls were challenged by the high ropes course and informed about consent and sexual health. The food was amazing and the girls very lucky to have Jenni develop such as great camp.

Mrs L Peisley

Photos: Kymberlee Blair, Rhea Blair-Kearins and Tiajuana Rosser enjoying various activities







YEAR 11 INFORMATION



Young People and Risk Taking

Risk-taking is an essential part of learning and personal development for young people. Teenagers need to explore their own limits and abilities, as well as boundaries set by others. They also need to express themselves as individuals. It's all part of their path to becoming independent young adults, with their own identities.

Unfortunately, the risk involved in different activities and settings can often be poorly judged by young people and they are over represented in every category of risk-taking resulting in injury and trauma. For more information about the different types of risks for young people, see http://www.kidshelp.com.au/grownups/news-research/hot-topics/risk-taking.php .

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in northern NSW. Attending RRISK extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to further develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. Researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Over 4,300 students from more than 62 high schools from Port Macquarie to Tweed Heads have registered to attend on the 10 RRISK Seminars. At Macksville High School every year 11 student is required to attend as meeting BOSTES requirements for 'Life Ready'. We are attending the seminar at CHEC on 8 November 2018.

If you would like more information about the RRISK Program please visit www.rrisk.com.au.

Mrs T Jones

2019 BUS PASSES

Busways is now updating their data in preparation of student bus passes for 2019. If you have changed your address or intend to do so over the summer holidays please inform Busways. This will ensure that all bus passes are sent to the correct address.

Changes can be updated at https://apps.transport.nsw.gov.au/ssts/updateDetails

If you have trouble using this website please contact Busways Macksville on 6568 3012.

Mrs J Ford



DIABETES SURVEY

Have your say on diabetes in schools

Diabetes Australia is currently leading consultation to develop a national program to better support kids with type 1 diabetes in schools.

The new nationally consistent training program for teachers and school staff will be targeted at every school with a student with type 1 diabetes and this will cover the safe administration of insulin, hypoglycemia (low blood glucose level) management, and 'normalising' diabetes in schools so the students are not stigmatised.

The program will also clarify the legal framework for diabetes management in schools and resolve any confusion over who can train school staff, and which school staff should be trained.

To ensure the new program meets the needs of schools, students and parents, and builds on all the good work already happening, we want to hear from you about what works and what needs to be improved.

Register to attend one of our information sessions using the links below:

https://pwc.to/20letTr

For Parents and Carers

Monday 29th October 7:00pm - 9:00pm

Tuesday 30th October 11:30am - 1:30pm

For Primary Schools (Principals, teachers, support staff, nursing staff)

Monday 29th October 4:00pm-6:00pm (face to face)

Monday 29th October 12:00pm-1:00pm Video/Teleconference only

<u>Tuesday 30th October 9:00am – 11:00am (face-to-face)</u>

For Secondary Schools (Principals, teachers, support staff, nursing staff)

<u>Tuesday 30th October 4:00pm - 5:00pm Video/Teleconference only</u>

Tuesday 30th October 7:00pm – 9:00pm (Face-to-face)

If you can't attend a workshop, please take five minutes to complete a survey.

- 1. Parent survey
- 2. School survey

If you have any questions please visit www.diabetesaustralia.com.au



CANTEEN NEWS



CAREERS CORNER

RSA/RCG Courses

Students 17 years and over interested in undertaking RSA/RCG course on 15 and 16 November at Macksville High School need to sign up at the Careers Office. The cost is \$255 per person, discount will apply if we can get a group larger than 20 people.

Only a few spots are remaining, please see us to reserve a spot.

Mrs L Peisley





YR 12 SIGN OUT

A reminder to all Year 12 students to sign out of Macksville High School after your last HSC exam.

Please return all your textbooks, library books and any other school properties you might have, and kindly consider donating any unwanted uniform items to the school.

Front Office





WHAT'S ON AT MHS

5-9 Nov	Merit Week
5-16 Nov	Year 12 VET Workplacement
8 Nov	RISKK Seminar - Year 11
13 Nov	Year 12 Formal
19-22 Nov	Years 9 & 10 Exams
19-22 Nov 26 Nov-7 Dec	Years 9 & 10 Exams Swim & Survive
26 Nov-7 Dec	Swim & Survive



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

Visit our facebook page....



FROM THE SPORTS DESK

Bowraville Memorial Cup

On Friday, 26 October twenty-three Macksville High Students travelled to Hennessy Tape Oval in Bowraville to play in the annual Bowraville Memorial Cup. This day is by Ready Mob from the Galambila Aboriginal Health Service as an initiative that has come out of the recommendations from the Bowraville Parliamentary Inquiry.

The Memorial Cup is a community event dedicated to the families of Evelyn, Clinton and Colleen and aims to bring together the Nambucca Valley, Macleay Valley and Coffs Harbour communities in providing sporting activities as well as inviting an array of programs and services to interact and promote their opportunities to young people and their families.

We would also like to acknowledge and thank Jeff Blair from Community transport for facilitating travel for the Macksville High School students to and from the event. With fantastic weather and excellent sportsmanship the day was an absolute success.

Mr A Parker



Back row from left: Franko Deveson, Aiden Laird, Angus McFarlane, Anna Ryan, Jessica Evelyn, Ethan Jones, Jake Blanch, Brodie Harvey, Jarrad Laredo-Fitzgerald and Lillah Hoffman

Front row from left: Caleb Wassens, Lilly Smith, Elicia Williams, Paige Evelyn and Lilly Lawson

FROM THE SPORTS DESK

Combined High Schools Opens Touch Football

Congratulations to Nathan Fitzgerald, Ryan Atkins, Logan Jones and Blake Brunsdon who competed at state level in the Opens Touch Football at Bateau Bay on 3 - 5 July.

The boys demonstrated exceptional sportsmanship against schools across NSW and represented both the North Coast Team and Macksville High School to a high standard. Overall, North Coast finished in fifth place.

Thank you all for the great performance, you made Macksville High School proud!

Mr A Parker



Logan Jones



Blake Brunsdon



Ryan Atkins



Nathan Fitzgerald

WHERE ARE THEY NOW?

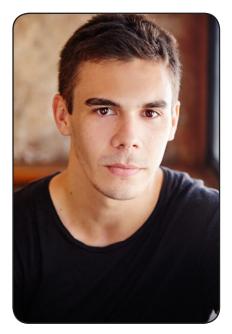
Tysan Towney

Actor, Cleverman/Romper Stomper
Class of 2007

I love learning but love my sports just as much!

Back in high school I did way too much; athletics, surf life saving, boxing and karate to name my favourites. Later I'd repeat years 11-12 to take time out for myself and balance my schooling and sports commitments. After graduating away from MHS I went onto uni studying theatre-making and Asia-Pacific Security at AADA, ANU, UNSW and summer school programs at USyd. Despite this I'm still a college dropout!

I got too hungry to start working in TV & Film after years of studying and practicing those acting and directing skills so I ended up scoring my first major gig with CLEVERMAN (ABC).



These days I am an actor most recently on ROMPER STOMPER (STAN), writer in my spare time (trying out some plays and screenplays for TV/Film) and my side hustle is working at a law firm to support lawyers doing incredible work for Indigenous Land Rights.

Note: School is just the start of your adult life. There's plenty of avenues to do the things you love and plenty of time to do it. Life's a marathon, not a sprint!

COMMUNITY NEWS



Nambucca Valley Netball Representative News!

Applications are invited for the 2019 Representative Season for the following age groups:

11's Development Squad

Under 12's

Under 13's

Under 14's

Under 15's

Under 17's (turning 16 or 17 years of age in 2019)

Opens (turning 18 or over in 2019)

TRIALS will be held on:

- 1. Tuesday 29th January 2019 (evening time to be advised)
- 2. Tuesday 5th February 2019 (evening time to be advised)
- 3. Friday 8th February 2019 (evening time to be advised)

Note: Applicants are expected to attend ALL THREE trials.

Application forms can be found on our website:

nambuccavalleyna.nsw.netball.com.au or email nvnarep@gmail.com

Applications close 29th January 2019. Apply early to ensure you receive updates regarding trial times for your individual age groups.

Creative Arts Exhibition



Nambucca Valley 10 Schools are participating in an Arts Exhibition, being held at the Stringer Gallery, Nambucca Community and Arts Centre, Nambucca Heads, from Monday, 26th November until Thursday 13th December.

The Stringer Gallery is open Wednesday to Friday from 10am – 3pm and Saturday 9.30am - 12 noon. Entry is free so please come along and support our very talented students.

Five students from each of the Valley 10 schools have artwork in the exhibition. The schools represented are Bowraville Central, Eungai, Frank Partridge VC, Macksville Public, Macksville High, Medlow, Nambucca Public, Nambucca High, Scotts Head and Stuarts Point.

