



Newsletter

Term 2 - Week 8 - 2018

Captains Visit to NSW Parliament and Government House

School captains, Mickayla Ennis and Adam Nowland were accompanied by their Year Adviser, Mrs Robertson on their recent visit to Sydney. The captains were participating in the Parliament of NSW Secondary Schools Student Leadership Program. This program offers Year 12 student leaders the opportunity to develop their knowledge of our system of government, parliamentary proceedings and the role of the Governor.



A particular highlight for the students was arriving in Sydney the afternoon before the official event. The trio took the train from the airport to Circular Quay. A short ferry ride across the harbour saw them arrive at Kirribilli where they stayed at Glenferrie Lodge.

On the morning of the 24 May, the students arrived early to NSW Parliament House on Macquarie Street. The official events were preceded with some catching up with captains and teachers from other North Coast schools. The program included an introduction to the role of the NSW Parliament as well as a question and answer session with members of parliament. Following this, students toured the public galleries of the Legislative Assembly and Council Chambers. The Hon. Melinda Pavey, member for Oxley invited our captains and others from her electorate to her office for introductions and discussion about youth issues.

Following lunch at Parliament House the students walked to Government House which is located near the Botanical Gardens. Here the students marvelled at the stately interiors including the decorative coats of arms symbolising the lives of past governors. In the ballroom, students were introduced to The Honourable TF Bathurst AC, Lieutenant-Governor of NSW. The Governor, his Excellency General the Honourable David Hurley AC DSC was on tour at this time. A formal welcome and introduction to the role of the Governor in our democracy as well as the significant contributions of governors past was explained. Students were invited to ask questions of the Lieutenant Governor and these were answered in a refreshingly candid manner.

Afternoon tea was served in the beautiful garden and lawns of Government House and the students enjoyed mingling once again with their peers from various regions of NSW.

The time spent in Sydney was worthwhile and Mrs Robertson is proud of the exemplary manner in which the captains conducted themselves.

Message from the Principal



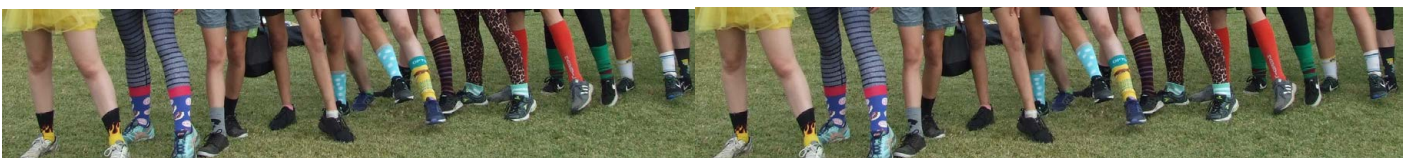
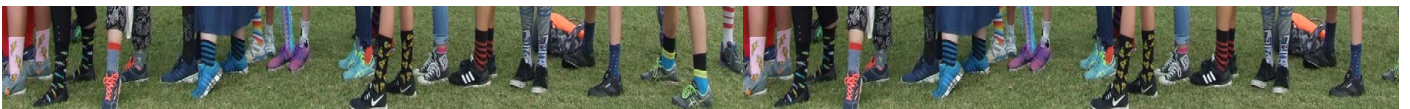
Vale Aaron Argent

The staff and students of Macksville High School were saddened by the loss of Aaron – a great friend to many and a well-respected teacher. He will be dearly missed, and always remembered for his passion and dedication to teaching.

We were heartened to know that through organ donation, Aaron was able to save 5 lives – truly remarkable.

At our recent Athletics Carnival many students and staff wore their HappyAz socks, and we will continue to support the Leukaemia Foundation, Westpac Rescue Helicopter and Donate Life through various fundraising activities to honour his memory.

We are thankful that Aaron was a part of our school and he will continue to hold a special place in the hearts of many in our community.



Message from the Deputy Principal

Uniform Focus — Can students wear tights to school?

Please NO tights or leggings are to be worn to school.

It is a specific requirement of Macksville High School that each student on site must be readily recognised as authorised to be on school premises. This can only be achieved by school uniform that is worn in a way that is appropriate to a school. Revealing clothing, offensive captions or WH&S risks are not acceptable at any time.

If a student needs to be out of uniform, they must bring a note and dress in clothing consistent with our uniform dress code.



Be part of the Macksville High School team,
wear our school uniform.



Junior



Junior



Hospitality



Junior



Touch Football



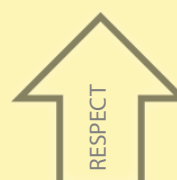
Cattle Team



SRC



Senior



SCHOLARSHIP WINNER

Defence Technical Scholarship Winner

Sam Schmidt in Year 12, has been successful in securing the Defence Technical Scholarship which provided him with a Microsoft Surface Pro to the value of \$2,000.

As part of the ADFA officer selection process, Sam had to nominate a degree for study and he chose a Bachelor of Technology in Aviation. As this is a STEM (Science, Technology, Engineering, Mathematics) related subject this choice qualified Sam to apply for the scholarship.

When he was notified about the scholarship opportunity he eagerly responded to this offer. Sam wants other students whom may be interested in the defence force to be aware of opportunities like this one!

Sam is grateful for the support he received from Mrs Peisley, Ms Dykes and Mrs Robertson and he would encourage other students to try for scholarships and to seek support from these teachers.



YEAR 11 PHYSICS

Year 11 Physics students are diving deep into their depth studies. The new Physics syllabus is hands on and requires some serious brain engagement. Luke Sternbauer is preparing some tyre tread samples so he can test for static and sliding friction coefficients of the different treads. Luke has designed this investigation from scratch because he was curious about which tyres would offer the best grip on the road. Some of the other investigations underway are the conservation of momentum in collisions, transformation efficiency of kinetic energy into elastic potential energy into gravitational potential energy, and the effect of distance on magnetic force. Paramount to designing a successful investigation is research into the topic to understand the underlying scientific principles of the topic and how to measure the dependent variable. Flexibility to allow for the tweaking of method design is essential in the process of the design and improvement of investigations. Precise measurements and repetition to demonstrate reliability are required for quality data to be collected and analysed.



Luke Sternbauer

Ms A Hughes

HSIE Thorny Question

Significant concepts pondered by the HSIE department in quiet moments.

Albert Einstein insisted that the past, present and future are all happening now, at the same time. If this understanding of time and existence seems bafflingly congruent, consider the following thorny question.

Planet Earth hurtles through space on its path around the Sun at 30kms per second: exactly 1/10,000 the speed of light. This must be the largest coincidence in the universe or ...



Mr D King

History teacher and aspiring astrophysicist

S R C N E W S - S T E M

SRC - Senior Representative Council

STEM - fields of Science, Technology, Engineering and Mathematics.

On Tuesday 4 June, students from the Year 9 STEM class attended the Science and Engineering Challenge at Kempsey High School.

The day was full of fun activities such as, helter skelter which involved building a tower and inserting it into an earthquake simulator. ElectriCITY where you connect power lines to deliver power to a city efficiently, grasping at straws where you built a bionic hand out of straws. Stringways in which students made a railway out of strings, catapult where students make a catapult out of wooden poles, elastic bands and cups. Bridge building in which students made a bridge out of balsa wood, paddle pop sticks, tape and cardboard. Mars rover in which students were given a plank of wood where they had to modify it by adding wheels, and a suspension system to carry a load over a simulated Mars surface, and the last activity was confounding communication where students are tasked to create a code to communicate a message to their partner through the use of fibre optic rods to send coloured lights.

All in all it was a great day of fun for everyone and it was well worth the experience.

Kaleb Cooper
SRC Junior Publicity Officer



Mars Rover



Mars Rover - testing



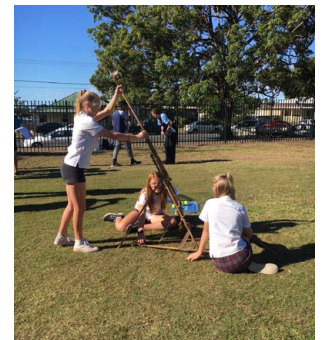
Earthquake Simulator



ElectriCITY



Railway out of strings



Catapult



Catapult



Mars Rover



Bridge Building



Bridge Building

Marine Studies

For over 15 years now Macksville High School has been proud to offer our students the opportunity to undertake Marine Studies in Years 11 and 12. One of the highlights of studying this course is the opportunity to complete an Open Water and Advanced Open Water SCUBA dive qualification at one of Australia's premier dive sites. Over the years we have been supported by the professional and friendly staff at the South West Rocks Dive Centre. In addition to their support during our visits they have also provided opportunities for our students to complete work experience.

As a result of our student's commitment and capability some have gone on to work with the South West Rocks Dive Centre as well as other world class diving destinations. Former students Cass Whitelaw, Jemma Ravine and Lilly Borg are all employees of the South West Rocks Dive Centre. Additionally, former Vice Captain Sal Bartley now guides and supervises clients that swim with whale sharks off the coast of Western Australia.

We are very proud of our former students and we will continue to work hard to provide our students with such magnificent opportunities.



Former Macksville High School students and South West Rocks Dive Centre staff Cass Whitelaw and Lily Borg (in blue) pictured with Macksville High School Year 12 Marine Studies students and staff undertaking their Advanced Dive Course.



Sal Bartley former Macksville High School Vice-Captain and Marine Studies student Sal Bartley working as a guide on Whale Shark tours off the coast of Western Australia.



Southern Cross University Taster Days

If you're a year 11 or 12 student looking to get a taste of university life then the Southern Cross University 'Taster Days' could be just right for you.

Get behind-the-scenes access to our Gold Coast, Lismore, and Coffs Harbour campuses in the July School Holidays to discover some of the amazing opportunities and facilities our students enjoy.

To learn more or reserve your place <https://bit.ly/2t2ig0n>



Southern Cross University

Coffs Harbour campus

- 13 July Morning session 9am – 12.30pm
Health
- 13 July Afternoon session 12.30pm – 3pm
Business, Tourism
- OR
- 13 July Afternoon session 12.30pm – 3pm
Education

Work Placement

Sasha Frost, Business Services

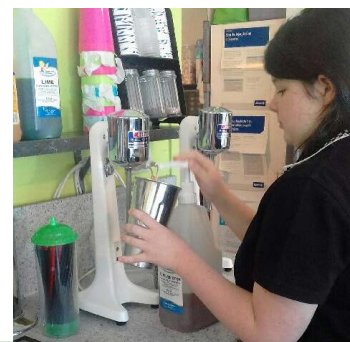
My work placement week was spent at Zeny's House of Photography. Each day I worked on Photoshop with Zeny, progressively improving my skills. I answered the phone, organised deliveries and I was able to assist in taking passport photos. Other special things I was involved in was photographing the Mother's Day winner with her prize photo shoot and helping Zeny at a wedding to photograph the bride and groom on their special day.



Maddison Roberton, Hospitality

My Hospitality work placement was at Roses Café (that little ice cream parlor by the river).

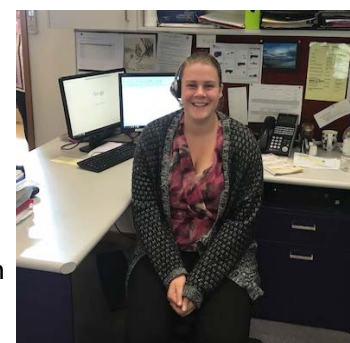
I got to make milkshakes, serve customers and of course I got to master the sacred art of washing dishes. It was fun, informative and I was given lunch daily.



Annabelle Craven, Business Services

I went to Nambucca Heads Primary School for my work placement and worked in the office. I got to answer the school phones, file invoices and did a lot of photocopying.

I really enjoyed working with all the staff in the office and they made it a very welcoming environment for me. I may look at a different career path however it was an enjoyable experience.



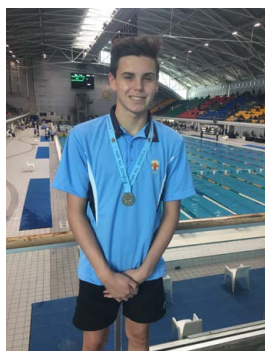
T A S Technology and Applied Studies

Child Studies Years 9 & 10

The students studying Child Studies in years 9 and 10 were given answers to many questions relating to contraception, sexually transmitted diseases, pregnancy and delivery when midwife, Berry Jones visited our school recently. She is a midwife from the Coffs Harbour Women's Health Centre. The girls were all given handouts on related topics which they will find invaluable.

We aim to visit the primary health centre, the maternity unit and delivery suites at Macksville Hospital in the near future with the year 9 students.

Mrs E O'Sullivan



NSW All Schools Swimming Championships



Congratulations



Declan Sutton won gold in the 16 years 50m backstroke, his time was 28.65.

He has now been selected in the NSW team to compete at the School Sport Australia Championships in Hobart, 26 - 31 July.

**Believe that
you can be the light
in someone else's dark.**



WHAT'S ON AT MHS



21 June	Premiers Debating MHS Library
26 June	Year 10 into 11 Student Subject Expo, P1&2
3 July	Year 10 into 11 Parent Information Evening 5.30pm
5 July	Newcastle Uni Open Day
5 July	Half Yearly Presentation Day
6 July	END OF TERM 2
24 July	FIRST DAY OF TERM 3 FOR STUDENTS

C A P A M u s i c

Year 7 Music

CAPA - Creative and Performing Arts

Year 7 students have been introduced to music of different cultures. They have been learning about world music, Gamelan and African music. In the following weeks they will be introduced to traditional Aboriginal music.

Students have also been developing their performance skills individually and in small groups using xylophones, guitar, keyboard and bucket drumming.

Mrs K Laverty



Update Your Details - Student Profiles

A reminder that if you have any change of details (address, contact numbers, emergency contacts) we have enrollment update forms available from the front office which students are able to collect and return once completed.

It is vital that all your details are up to date against student records in the event of emergencies, teacher / parent communication and school communication.



MHS - Athletics Carnival 2018

Our annual Athletics Carnival was held on Friday 8 June. With excellent weather and outstanding participation rates the day was very successful.

The students were well-behaved and enthusiastically cheered on their house mates. The house spirit and passionate display of house colours from the students and staff was remarkable. A special thank you to the senior students who put in the extra effort for their final school carnival.

A big thank you to all the staff members for their assistances on the day, allowing the carnival to run smoothly and effectively. Macksville High School would also like to express our appreciation to Richie Donovan for inviting us to make use of the Buz Brazel Oval for our annual Athletics Carnival.

All students should be pleased with their efforts and should be congratulated on their high level of participation and excellent sportsmanship. There were a large number of talented athletes on the day that advanced onto the Nambucca Zone Athletics Carnival on Tuesday 19 June.

Mr A Parker

Total house points

1st	Oxley	826	2nd	Briner	694
3rd	Taylor	664	4th	Graham	634

The age championships on the day were

Year Group	Girls	Boys
12	Paige Evelyn	Liam Cuffe
13	Charlotte Kearney	Zane Jones
14	Arrin Stirrat-Black	Peachman
15	Kayla Turner	Logan Jones
16	Charlie Dent	JD Panaguiton
17	Jayden Brindley	Mikaela Donovan



For further Athletics Carnival photographs please visit the website www.macksville-h.schools.nsw.edu.au and Facebook page <https://www.facebook.com/MacksvilleHS/>.

Buckley Shield Gala Day

The format for this year's Buckley and University Shield competitions has changed with Gala days replacing the one off games. Macksville High School went to Port Macquarie for the opening round.



The first game was against Camden Haven High School. Zane Jones started the game in fine fashion with a 50 metre solo try. Brodie Moore was unstoppable a few minutes later to score the second try for Macksville High School. Finnian Walsh scored a few minutes later after some great backline movement. Camden Haven High School scored just before halftime to make the score 12 – 4 in favour of Macksville High School.

Wyatt Rouse was first to score after the halftime break. Jarrad Fuller soon followed three minutes later. Macksville High School had now raced to a lead of 20 to 4. Zane Jones continued to weave his magic and was rewarded with a try. Camden Haven High School to their credit never gave up and scored their second try with four minutes to fulltime. Brodie Moore soon after made an enormous run and scored under the posts to ensure Macksville won the game.

Final score - Macksville High School 28 – Camden Haven High School 8

The second game was against a very spirited and vocal Melville High School. Melville High School came out firing scoring the opening try in the first minute of the game. Cody Bill Tyerman scored a minute later for Macksville High School. Melville High School then scored the next three tries before Brodie Moore scored just before halftime. Melville High School 16 – Macksville High School 8.

Cody Bill Tyerman opened the scoring straight after kick off. Melville High School 16 – Macksville High School 12. Unfortunately for Macksville High School, Melville scored again and took a hand lead of 20 points to 12. Macksville High School tried their hardest but couldn't peg back the lead.

Final score – Melville High School 20 – Macksville High School 12.

Player of the Buckley Shield Gala Day was Brodie Moore. Macksville High School now goes onto the Regional Finals at Coffs Harbour.

University Shield

Macksville High School played three games in the University Shield. In the first game they played Melville High School and won 12 points to 8. Ryan Atkins, Jordan Moore and Lachlan Jones all scored tries.

In the second game, Macksville High School played Kempsey High School and won 16 points to 0. Connor Peterkin, Logan Jones, Callum Dennison and Ryan Atkins all scored tries.

In the final game, Macksville High School played Wauchope High School. Wauchope High School won the game 8 points to 0.

Jordan Moore was player of the day in the University Shield. Macksville High School now goes onto the Regional Finals at Coffs Harbour.

Mr N White



Combined High Schools Buckley and University Shield Coffs Harbour 5 June 2018

Macksville High School travelled to Coffs Harbour to play in the U14 (Buckley Shield) and Open Boys (University Shield) Combined High Schools Rugby League North Coast Final series.

In the Buckley Shield Macksville High School played Toormina High School. In a tough game Macksville High School came up trumps winning 22 points to 12. Brodie Moore, Zane Jones, Jai Wassens all scored tries with Tommy Martin scoring twice. Zane Jones kicked one goal.

Macksville High School now has to play Ballina Coast High School to be North Coast Champions in the Final.

The game started the worst possible way for Macksville High School with a runaway try to Ballina Coast High School. Zane Jones scored soon after but missed the conversion. Ballina Coast 6 - Macksville 4.

Ballina Coast High School scored again just before halftime to race to a 10 points to 4 lead.

The talk at halftime was very positive and Brandon Willer scored soon after, with Zane Jones kicking the conversion. It was now 10 points all. The game was looking like it was going into golden point until Zane Jones scored a runaway try. He kicked the conversion when the siren sounded for full time. Macksville High School has conquered Ballina Coast High School 16 - 10 and are now North Coast Champions.

The Macksville High School team now go on to play in the Final 16 of the state. They have to travel to Sydney to play Cronulla High School. The game will be on the Monday 2 July.

In the Open Boys University Shield, Macksville High School played Toormina High School. Toormina High School led at halftime 4 points to 0.



Macksville High School came out firing and scored from a Logan Jones bomb with Ryan Atkins touching down. Logan Jones kicked the conversion. Macksville High School 6 - Toormina High School 4.

Toormina scored five minutes later and also kicked the conversion. Toormina High School 10 - Macksville High School 6. It was not until the final two minutes of the game when Blake Howle bulldozed his way over the line to win the game for Macksville. Logan Jones kicked the conversion from in front. Macksville High School 12 - Toormina High School 10.

Macksville High School now played Melville High School for North Coast Champions.

Melville High School scored first and kicked the conversion, soon after Ryan Atkins scored. Melville High School 6 - Macksville High School 4. Ryan Atkins scored again before halftime but Logan Jones missed the conversion from out wide. Macksville High School 8 - Melville High School 6.

Melville High School came out firing and scored in the second minute. They kicked the goal and it was now 12 points to 8 in favour of Melville High School. Just prior to full time Melville scored but missed the goal to lead 16 points to 8. This ended up being the final score.

Macksville High School students were gallant in defeat and the fact that they only had one reserve for the whole day was a credit to the boys. Well done from a proud coach.

Special mention goes to Paul Evans and Nesta Walker for helping run water and be league safe.

Mr N White



CRUCIAL INFORMATION

Head Lice

At this time of year, it is known that head lice is prominent, so can we please request that you check your children now and over the coming weeks.

Please check your child's hair for nits/lice using the methods recommended in information from NSW Health <http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx>.

If you find any eggs or lice please commence treatment as recommended.

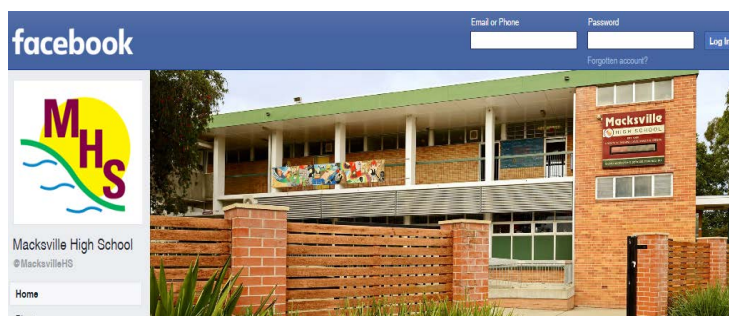
Further information on head lice is available on the NSW Health website (details above) or through the Department's website at <http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php>.

We appreciate your assistance in this regard.



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

Visit our facebook page....



2018 P&C

MEETING DATES

TERM 2	26	June
TERM 3	24 28	July August
TERM 4	25 23 27 18	September October November December

Meetings start at 5.30 pm unless otherwise stated.

Look forward to seeing you there!

COMMUNITY NEWS

HAVE A VOICE!

SPEAK UP

Plus enter the draw to WIN 1 of 5 \$200 grocery vouchers

COMMUNITY SURVEY 4 - 17 JUNE 2018
2018 LOCAL HEALTH NEEDS ASSESSMENT
www.ncphn.org.au/speakup

What you tell us today, can improve local health tomorrow...
Complete the survey online today - anywhere, anytime.

Open to Northern NSW and Mid North Coast residents 15 years and over. Tell us what YOU think about using your local health services. Your feedback helps organisations to plan and make decisions about future local health solutions.

An Australian Government Initiative

PARENTING RESOURCE

13 18 19



CatholicCare's Parent Line Program is a 7-day-a-week telephone and online counselling service for parents and carers who have children aged 0-18 years. Our professional, highly experienced Parenting Counsellors provide emotional support, evidence-based parenting strategies, information, advice and referrals for families experiencing stress.

Attached is an e-copy of our latest Newsletter which focuses on supporting parents and carers of teenagers.

We are happy for you to include this with your school Newsletter or circulate to families in your community. If you would like printed copies of the Newsletter or any of our other promotional material, please contact the Team on 1300 1300 52 or by email at info@parentline.org.au.

COMMUNITY NEWS



The Coffs Coast Adventure Centre will open two of its most popular activities to the public every weekday from 7-23 July 2018.



SPREAD YOUR WINGS IN THE MORNING

The SkyWire is open from 8:30am with 5 half hour sessions each morning.



GO HEAD OVER HEELS IN THE AFTERNOON

The Zorb Ball is open from 1pm with 4 half hour sessions each afternoon.

For tickets visit FlipFlyFun.com.au or call 6653 5311
Find us at 226 Bonville Station Road, Bonville



Discover Engineering Coffs Harbour

A free forum for all high school students interested in learning about engineering as a career choice

- Why be an engineer?
- What do engineers do?
- What is it like to study engineering?
- How do you become an engineer?

Discover Engineering provides the opportunity for high school students interested in an exciting career in engineering to hear real life experiences from young engineers across the various engineering disciplines who will share their career path and practical first hand knowledge. University representatives will also be available to advise on course information.

Tuesday 19 June 2018, 6.30pm - 8.30pm

Coffs Ex-Services Club
1 Vernon Street, Coffs Harbour
Enquiries: 02 4911 7310

This is a free event. Light refreshments will be served.
Registration is essential for catering purposes

[Register online](#)

Other locations for Discover Engineering 2018
[Port Macquarie](#) | [South Grafton](#) | [Ballina](#) | [Newcastle](#)



/EngineersAustralia



/EngAustralia

Sponsored by



positive partnerships
Working together to support school-aged students on the autism spectrum

Free One Day Workshop for Parents and Carers

Kempsey
Wednesday
27 June 2018

Positive Partnerships is coming to a location near you!

Join us for a day of learning with other parents and carers of school aged children on the autism spectrum, designed to help you foster productive school, family and community relationships to provide the best kind of support for your child. Our workshops are for parents, carers and grandparents wanting to understand more about autism and learn practical strategies using evidence based resources to help maximise their young person's learning.

What will you gain by attending this workshop?

- An increased understanding of the impact of autism
- Further knowledge about how to develop effective partnerships with your school
- Information to help you access further support both inside and outside of school
- An opportunity to be part of a support network where you can share strategies and experiences with other parents/carers
- An understanding of a planning tool that can be used to share key information related to your child

Workshop details

Venue: Kempsey Macleay RSL
1 York Lane
Kempsey NSW 2440

When: Wednesday 27 June 2018
9.15 am – 3.00 pm (Registration from 8.30 am)

Catering: Morning tea and lunch is provided. Please advise any dietary requirements upon registration.

Register Online: www.positivepartnerships.com.au Registrations open on Wednesday 16 May 2018 and close one business day prior to the workshop. Register early as places are limited!

Questions? If you are not able to register online please call the Positive Partnerships Infoline : 1300 881 971 or email parentcarer@autismspectrum.org.au

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.



Guarantee your place at Uni.

**Keen to start a new career,
or perhaps you didn't finish
school, and think Uni is not
an option? Think again!**

Southern Cross University's award winning on-campus and online Preparing for Success Program can get you there. This 3-month short course **guarantees entry into a range of bachelor degrees** and is fully funded by the Australian Federal Government, which means no cost to you.

The program will teach you how to manage your time, write essays, and undertake research – providing you with the skills you need to succeed at university and the confidence to progress towards a new career.

Don't miss this opportunity as places are limited for our late June intake.

**Learn more
ourcourses.scu.edu.au
or call 1800 626 481**



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