



NEWSLETTER

MACLEAN HIGH SCHOOL

Dates to Remember

14 September -
Footy Colours Day.

17 September -
Zone 15's Netball, Lismore.
Years 7 and 8 AIME Program.
P&C Meeting at 6pm in Maclean High School Library.

17-28 September -
Year 11 Yearly Exams.

17-30 September -
Year 9 Central Australia Excursion.

20 September -
Year 7 Immunisations.

27 September -
Zone Boys Cricket, Lismore.
Year 12 Graduation and Formal Evening.

28 September -
Last day for Term 3.



NSWCHS Athletics Championships

Congratulations to the 11 students who represented North Coast at the NSWCHS Athletics Championships held at SOPAC, Homebush.

What a fantastic meet it was for Annika Swift. Annika was a very late call up after another athlete was unfortunately injured during the warm up. For a 14 year old, stepping up to an open team is daunting in itself, but then to compete in an event she had not done before. Annika took the baton as 1st runner in the Open 4x400m Relay. The girls ran a brilliant race and were rewarded with a silver medal. The following day, Annika returned to the track for the final of the 100m where she again performed superbly and took the bronze medal with a time of 12.73. Annika was .01 behind the silver medalist.

Alec Pirona also returned with a bronze medal in the 15 years Long Jump.

Other outstanding performances were by Zeah Fox who narrowly missed a medal in the 13 year High Jump on a countback with a jump of 1.55m; Natalie Avery placed 6th in the 15 years 100m final; Kelsey Sheehan placed 7th in the 17 years 1500m; Will McGrath-Moran placed 8th in the 14 years Javelin final and Zane Lowe just missed out on the final in the 12 years Discus.

Congratulations also to other Maclean High School athletes: Kayne Wells, 14 years 800m; Lucas Pirona 17 years Long Jump; Melanie Laurie 16 years Shot Putt; and Sharlett Doyle 13 years Discus.

Mrs Lesley Sutton.



Alec Pirona - 15 years Long Jump Bronze Medal



Annika Swift - 14 years 100m Bronze Medal



BE AMBITIOUS



**STRESS LESS
CELEBRATION
SHARE THE JOURNEY
19 September
TAFE NSW Grafton**

Our Community Services Students invite everyone to attend.

Promoting Mental Health Month

October 2018

EVENT DETAILS

Our aim is to assist people to recognise daily activities that minimise stress and promote good mental health.

ENTERTAINMENT AND INNOVATIVE ACTIVITIES

Visit the various booths at the event dedicated to promoting 10 Tips to Stress Less

**Wednesday
19 September
10am – 1pm**
TAFE NSW Grafton
Clarence Street
Grafton, NSW, 2460

JOIN US!

REGISTER YOUR INTEREST
or for more information

Website: www.tafensw.edu.au
Email: trish.cahill@tafensw.edu.au



TAFE
NSW

RTO 98000. This document is correct at the time of printing: February 2017
*Terms and conditions may apply.

2018 Jacaranda Wood Expo

\$1500 in prizes

for STUDENT projects

HOW TO ENTER:

Ask your Wood or TAS teacher for an entry form.

Entries close Friday 19 October!

CATEGORIES:

- Years 7 & 8 Any project in wood (1st \$50 + 4x \$25 prizes)
- Year 9 Any project in wood (1st \$75, + 4x \$25 prizes)
- Year 10 Any project in wood (1st \$100, + 4x \$25 prizes)
- Open category (students from any year)
Any project in wood (1st \$150, + 3x \$50 prizes)
- **MOST SUCCESSFUL SCHOOLS** (1st High School \$500, 1st K-12 School \$200 to purchase wood equipment/resources)

FREE ENTRY!

Proudly sponsored by South Grafton Ex-Services Club & Clarence Valley Woodworkers Association

For more information from Cranes Family and Relationship Services - Term 3 Workshops 2018 at Maclean and Grafton just click on the link below:

<https://maclean-h.schools.nsw.gov.au/supporting-our-students/cranes-family-relationship.html>

UNION STREET FAMILY MEDICAL PRACTICE

PHONE: 0266452255
11 Union Street, Maclean
NSW 2463

Dr David Dalglish
Dr Navin Menon
Dr Andrew McNab
Dr David Van Hyfte
Dr Madonna Ng
Dr James Mallen

We are a General Practice specialising in Adolescence Health, Women's Health & Skin Cancer Medicine

OPEN 8.00AM TO 6.00PM



The Learner Driver Professionals!

All students passed the RMS "P" Plate practical exam on their first attempt in 2017 & 2018 (to date)
COMING JUNE 2018 – NEW 2018 HONDA JAZZ AUTO DRIVER TRAINING VEHICLE

www.adeptdrivertraining.com.au

0410 058 368

Accredited with Roads and Maritime Services (NSW),
The Transport Industries Skills Centre (A.C.T).
Graduate of the Close Personal Protection (VIP) training course (A.C.T), &
Current member of the Australian Driver Trainers Association.



Locally owned and operated

Yamba Library Book Week Presentations

Recently, Charles Charlton-Walker and Brianna Roberts were invited to deliver a presentation of an excerpt from author and past Maclean High School Teacher Librarian, Dr Joan Woodberry's book, *Rafferty Rides A Winner*. The book is one of the four that is based on local Yamba characters and Clarence Valley scenery throughout the Rafferty series.

Joyce and Colin Clague led the presentations at the Yamba Public Library where students from Palmers Island Public School, Yamba Public School and Maclean High School read excerpts out of the book series. Our students had the wonderful opportunity and privilege to have a photo with Yaegl woman Joyce Clague, a major influence in the advocacy of Australian Indigenous civil rights and one of the leading activists in the success of the 1967 Referendum campaign.

Mrs Krystle Jurd.



Celtic Thunder

On Thursday, 30th August, Year 8 students attended a presentation where they learned about medieval knights, surgery, life as a peasant and punishments. They also handled a range of weapons (don't worry, not sharp) and listened to a bagpipe play a series of songs.

A big thank you goes out to Ray and Colin of Celtic Thunder for making history real for our students.

Mrs Dehnert.





National Geography Competition

Earlier in the year, students in Year 12 Geography took part in the National Geography Competition. All students achieved well and gained valuable experience as a consequence. Two students who did particularly well were Adrian Espina and Andrew Saunders, who both achieved a Distinction in the competition. Well done to all students who took part and hopefully we can see more successes in the future.

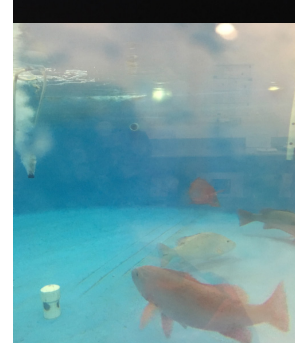
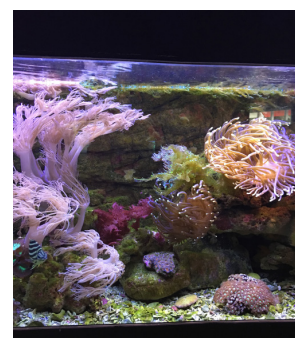
Mr Sean Crowley.



STELLAR Year 10 Marine Science Day

On Thursday, 6th September, 13 students travelled by bus to Coffs Harbour Marine Centre as part of the 'Stellar, Get Into Uni' Project. Students reported that it was a great experience, very worthwhile and that lunch and the nibbles were great. They enjoyed a lecture on climate change as well as feeding the fish and a walk to the beach. All students were respectful and well behaved. Well Done, Year 10!

Mrs Helen Bowie.



**Wear the colours/jersey of your favourite
footy team on:**

FRIDAY 14th SEPTEMBER



Buy some cupcakes at recess in the quad for \$2.

Unite in the fight against cancer by wearing your team's colours with pride.

Your donation will make a difference in the lives of kids and young people living with cancer.



COULTERS
CARPET COURT

BLIND & FLOORING CENTRE

BEDS R US

2 Angourie Road, Yamba 2464
Phone: 02 6646 8555



A Message from the Deputy Principals Desk

Positive Behaviour for Learning

Thank you to all those families who work with us to ensure their young people embody the values represented by our FRESH motto. Students are FAIR when they treat one another with dignity and accept differences; they show RESPECT by turning digital devices off and putting them away in class time; they make an EFFORT by being on time and prepared for lessons; they stay SAFE by staying inbounds and using sign out procedures correctly and they are HONEST by accepting responsibility for their actions.

Students who are consistently displaying the positive expected behaviours of fairness, respect, effort, safety and honesty will be rewarded with a year excursion towards the end of the year. Students who have been suspended or placed on a green executive level during term four will not be invited on this day. Students currently on orange or green levels are encouraged to show FRESH values and have those levels resolved before the end of this term. Positive choice purple levels will not prevent a student's participation in these reward excursions.
Mrs Kelsey, Mr Dinham and Ms Hamilton.

HSC Music Showcase

About 150 people packed into the school hall on the night of 28th August to be blown away by awesome musical talent. Yes, it was the HSC Music Showcase Night. The very supportive crowd of friends, parents, staff and community members watched an entertaining array of music from jazz, classical and theatre music, to funk and hard rock. There was a style for everyone on display. The class performed like true professionals, making the music staff extremely proud of each and every one of them. This is the largest music class ever at Maclean High School to go through to the HSC. Every student has worked extremely hard to come up with repertoire which really suits their style and abilities for the HSC. With this sort of talent, they all should be proud of themselves in Music.
Mr Fisher.



Student Exchange Australia New Zealand

is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ would like to invite Maclean High School students and families to a FREE Live Online Session. The LIVE Online session gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available in 2019.

FREE LIVE ONLINE INFORMATION SESSION

Hear from very experienced senior staff, find out more about discounts and scholarships available and ask questions. Wednesday, 19th September at 7.30pm Register now: Visit [studentexchange.org.nz] www.studentexchange.org.nz or call 0800 440 079 for more information



Geology Rocks!

Despite having a lot on their plate, our Year 11 Earth and Environmental Scientists did not fold under the pressure nor make a mountain out of a mole hill, when asked to construct a model of a plate boundary as part of their study of plate tectonics. Instead, they stepped up to the plate and their movements were faultless. They diverged to their homes and despite some rocky moments, were able to collide, divide and slide a variety of materials to form their crystal creations. Upon converging again, they were uplifted and erupted with an explosive, 'How lava-ly!'

Mrs Johnson.



Canteen Roster September 2018						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
3 Cheryl Jones	4 Jodi Fundt	5 Kim Pye Gina Sanna	6 Cheryl Jones	7 Cheryl Jones Lisa Hinshaw	8	9
10 Kylie Kerr	11 Chris Allomes	12	13 Kylie Kerr Cheryl Jones	14 Cheryl Jones	15	16
17 Cheryl Jones	18 Jodi Fundt	19 Sonia Deakin	20 Cheryl Jones	21 Cheryl Jones Lisa Hinshaw	22	23
24 Kylie Kerr Michelle Phillip	25 Jodi Fundt	26 Kim Pye Gina Sanna	27 Cheryl Jones	28 Cheryl Jones	29	30

7 TIPS FOR MANAGING EXAM STRESS

REACH
OUT.COM

FOR YOUNG PEOPLE

FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables



Give them time off chores and non-urgent family stuff

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands

Have a long term goal



Chat with them about what they want to do after exams

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health; eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



Make a time to chat to them and let them vent

Bulk-billed dental care for most teens and children under 18

MACLEAN DENTAL care

medicare
Child Dental Benefit Scheme
Bulk Billed Here

Dr. Wayne Hinchcliffe

6645 2023

Dr. Andrew Yong

Helpline Numbers/Online Resources

Kids Helpline: 1800 551800 or www.kidshelp.com.au

Lifeline: 13 1114 or www.lifeline.org.au

Headspace: 1800 650890 or www.eheadspace.org.au

Beyond Blue: 1300 224636 or www.beyondblue.org.au

Reachout: <http://au.reachout.com>

Suicide Call Back Service: 1300 659467

WayAhead Directory: <http://directory.wayahead.org.au/>

Mental Health Telephone Access Line: 1800 011511 (operates 24 hours a day, 7 days a week. It is staffed by clinicians who can provide advice, make referrals and link callers to the Mental Health Service in their local health district).

School Counsellors: Ms Kerrie Bowles and Mr Andrew Allen.



SRC News

There's been a lot happening lately:

- A social themed "Throwback Thursday #TBT" on the 16th August. This event saw approximately 90 students busting a move to DJ Jabba from Jempire Events. Lucky door prizes and best dressed prizes were awarded. A great night was had by all.



- The students supported "Beanies for a Cure for Brain Cancer" on the 24th August. The junior SRC students collected donations from the student body who wore beanies to show their support. This event raised approximately \$360 for the Mark Hughes Foundation and Carrie's Beanies 4 a Cure.
- The SRC supported Legacy Week by selling badges and pens. The funds raised help the families of our incapacitated and deceased Veterans of the Australian Defence Forces.

- "Flanny for a Farmer" was held on 7th September. The student body supported the drought stricken farmers by holding a fundraising day. Many wore flannelette shirts, donated money and non-perishable food items, and bought a sausage sanga. All funds (around \$800) and items raised will be hand delivered to farmers in the drought stricken areas of Coonabarrabran and Ningan by Mrs Hamilton and the Year 9 Central Australia crew.

Mrs D Hollis, SRC Coordinator.



Non-perishable goods collected for delivery to the drought stricken areas of Coonabarrabran and Ningan by Mrs Hamilton and the Year 9 Central Australia crew.

Year 12 Food Technology Excursion

The Year 12 Food Technology class attended an excursion to the Harwood Sugar Mill and Botero Cafe. The day was intense as the students traversed the complete length of the mill and refinery under the brilliant tutelage of Brett. Students were able to experience the size of an industrial manufacturing plant and learn about equipment, HACCP's, career opportunities and much more. After lunch they were able to experience the running of a coffee manufacturing unit and they were able to gain more information from Daniel and Jill about running a food business. The enthusiasm, knowledge and experiences of all of the guides was invaluable and their love for their business shone through. The class really gained a great overview of the local food manufacturing industries and we thank our guides for their time and input.

Mrs C Bennett.

