



# NEWSLETTER

## MACLEAN HIGH SCHOOL

### Dates to Remember

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

**28 September -**  
Last day for Term 3.

**1-12 October -**  
School Holidays.

**15 October -**  
Return to School Term 4 for  
Students and Staff.  
Head Space Day.

**17-18 October -**  
North Coast Boys Cricket, Grafton.

**18 October -**  
HSC Exams Commence.

**26 October -**  
Bandanna Day.  
Rocky Laurie Stadium High Schools  
Basketball Gala Day, Yamba.



*Maclean High School welcome to Nyngan*

### Hand Delivered Drought Relief

Year 9 Maclean High School students are currently on their annual Central Australia Excursion. This year they have had the pleasure of being able to personally deliver donations to farmers' representatives in Coonabarabran and Nyngan.

The Maclean High School student body wanted to help the drought stricken farmers. They held a 'Flanny for a Farmer' fundraising day where staff and students raised \$600.00. Donations of non-perishable food items, toiletries, cleaning products and items for children were also collected. Maclean Primary School also provided a generous donation of items.

These items were lovingly boxed up and transported 536km to Coonabarabran and then a further 265km to Nyngan. James Forbes and Tye Eamens Gardiner led the presentation to the CWA at Coonabarabran. The donations will be distributed to local farming families. The ladies then gave a thank you speech outlining how the donations make their community feel connected with the coastal community.

Nyngan put their welcome in lights on an electronic road sign and the Mayor and his wife accepted the donations from Zali Bourke and Oliver Cameron. They provided the students with morning tea of fruits, scones, cupcakes and poppers. This really highlighted how country communities welcome visitors. A teacher from Nyngan High School was there, as was a journalist from the local paper who took photos for a story which can be found using the following link: <https://www.nynganobserver.com.au/story/5662231/students-stop-to-donate-to-the-bogan-shire-drought-appeal-photos/>

Mrs Danielle Hollis and Ms Leena Vadher.





WEAR A LIME GREEN SHIRT FOR WORLD MENTAL HEALTH DAY TO SUPPORT MENTAL HEALTH AND WELLBEING IN THE CLARENCE VALLEY

# World MENTAL HEALTH Day

**10 OCT 2018**  
**12:30-1:30PM**  
**MEMORIAL PARK GRAFTON**  
**BBQ LUNCH**  
**FREE LIME GREEN T-SHIRTS AVAILABLE AT THE EVENT**

SHARE THE JOURNEY

WayAhead  
Mental Health Association NSW

OUR HEALTHY CLARENCE

#REALFANPOSTERS

# 2018 Jacaranda Wood Expo

## HOW TO ENTER:

Ask your Wood or TAS teacher for an entry form.

Entries close Friday 19 October!

**\$1500 in prizes**  
**for STUDENT projects**

## 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 Andrew McNab  
Dr Navin Menon

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

OPEN 8.00AM TO 6.00PM



The **L**earner Driver Professional**L**s!

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](http://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



## Incredible Achievement for Saskia

Following the HSC Drama performance exams held last week at Maclean High School the school received some fantastic news.

Saskia Ramsey's Individual Performance was nominated for selection in OnStage. OnStage is a showcase that features the best performances of the 2018 Drama Higher School Certificate. This is an incredible achievement for Saskia, as there are around 5,000 Drama students from around the state eligible for this honour each year. If Saskia is chosen to perform she will perform for over a week in February 2019 in the Seymour Centre, Sydney.

Her commitment and dedication to the performing arts during her years as a Maclean High School student has never wavered. Not content to rest on her natural talent, Saskia has continually striven to improve her acting skills since first taking Drama in Year 9. Her nomination for OnStage is a testament to this dedication.



## Drama Performance Exams

The Drama performance exams are complete for another year. In a cohort of 8 students we have some fantastic performers who all performed to an incredibly high standard during the week 7 exams. All students performed twice: firstly, in the mandatory Group Performance and secondly, in the student elected Individual Performance. A wide range of performance styles were explored from physical comedy to Shakespearean Drama. These exams marked the culmination of four years of Drama with their teacher Miss O'Neill.

Mr Fisher.



## Year 12 Hospitality

Year 12 Hospitality students have had the pleasure to again host a dinner for their family and school staff. This was held in the school library, catering for 45 guests. The students had to decide on the menu, create the dishes, set up and organise the function room, prepare all the food, plate and serve, plus complete the clean-up. It was a huge day of prep and a very rewarding night. Bengallah Wright's slow cooked lamb shanks were a big hit amongst the guests, along with the shared chocolate board for dessert. Assisting Year 12 students were a number of Year 11 students, who greeted and seated the guests, were the waiters and took orders for drinks. A big thank you also goes to Finn O'Neill who dedicated his time to create a beautiful atmosphere with his singing and guitar playing.

Mrs Ellis.




## RYDA Program

The Rotary Club of Maclean recently held, organised and ran the RYDA Program at the Raymond Laurie Sports Centre for all Year 10 students. The program focused on driving skills, understanding how a car works, the maintenance of a car, listening to real stories, learning and knowing road rules and safe driving, and being involved in speed testing in a car. The students broke up into various groups, with each group being involved in all the different workshops throughout the day.

We would like to thank all the members and volunteers who helped organise the program, teaching our Year 10 students some valuable skills.



**healthy towns**  
NORTH COAST



Join us on Tuesday October 16th, 2018  
**Healthy Towns  
Maclean  
Community Fun Day**

**10am – 2pm, McLachlan Park,  
River Street, Maclean**


Come along and find out what's on in Maclean.  
There's something for everyone!

**Enjoy free activities including:**

- Launch of the 2018 Glovebox Guide to Mental Health: *Let's Work Together*
- Healthy eating lucky door prize
- Face painting and games
- BBQ lunch
- Contribute your ideas to the "What's On in Maclean Calendar"
- Find out about services and groups in our community

For more information or to get involved contact: Carolyn Ardler [cardler@ncphn.org.au](mailto:cardler@ncphn.org.au) 0427 250 779

Healthy Towns Community Fun Day is being held during Mental Health Month and is brought to you by:



**COULTERS  
CARPET COURT**

**BLIND & FLOORING CENTRE**

**BEDS R US**

2 Angourie Road, Yamba 2464  
Phone: 02 6646 8555



## HSC Examination Location

All Higher School Certificate exams from the 18th - 26th October will occur in the school Gym.

From Monday the 29th October, all HSC examinations will occur at the Maclean Seventh Day Adventist Church, located in Church Street, Maclean. This location is a short walk from the front gate of the school.

Please refer to the personalised HSC examination timetables on NESA Students Online accounts for the dates and times of each examination.

## To the dump, to the dump, to the dump, dump, dump

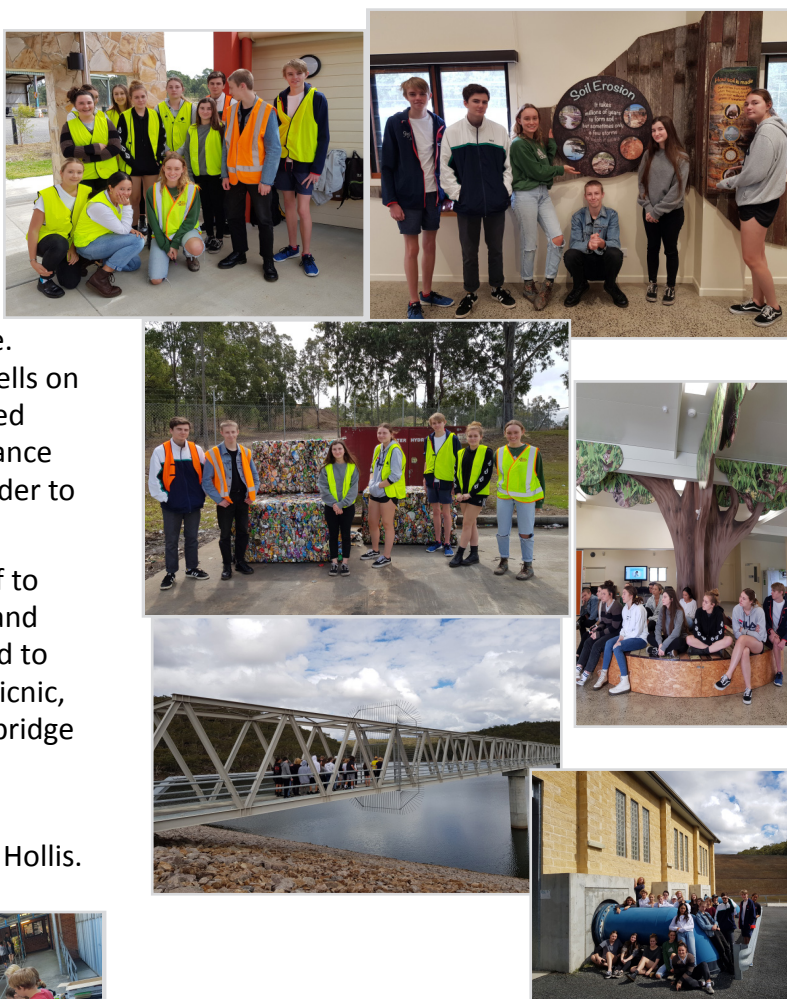
Yes, it was off to the dump for our Year 11 and Year 12 Earth and Environmental Scientists, in search of the answers to some very important questions about waste management.

No longer just a dump, Grafton Regional Landfill is now a state-of-the-art resource recovery centre. Students enjoyed many interesting sights and smells on their guided tour of the facility, where they learned about waste processing methods and the importance of using the household bin system correctly, in order to increase recycling and reduce landfill.

To finish the day on a fresher note, it was then off to Shannon Creek Dam to investigate the structure and operation of the dam and the strategies employed to reduce its environmental impact. After a lovely picnic, students enjoyed a walk along the dam wall and bridge and a tour of the pump house.

What a great day!

Mrs Margaret Johnson and Mrs Danielle Hollis.



*Angela Moore speaking at the RUOK Day Assembly*

## Footy Colours Day

Students pulled on the jerseys of their favourite footy teams on Friday, 14th September to raise money to fight cancer.

A cake stall was held at recess and all funds donated will make a difference in the lives of kids and young people living with cancer. Every dollar raised supports Fight Cancer Foundation's education programs to help kids with cancer continue with their education during treatment and recovery.

Mrs Hollis, SRC Coordinator.

## A Message from the Deputy Principals Desk

### Gifted and Talented Program

In 2019 Maclean High School will run a Gifted and Talented Program for students in all junior years. Students will be invited to tender an application to join Engagement and Enrichment classes. These classes will be composed of students who have committed themselves to the school FRESH values, shown academic excellence or a passion for learning. As a member of an Engagement and Enrichment class a student will be surrounded by other students who share the same educational priorities and values. Students in Year 6 and Year 7 have been given an information letter and nomination form to apply for two Engagement and Enrichment classes for all core subjects planned for Year 7 and Year 8 in 2019. These forms should be returned to the Attendance Office and placed in a marked box by the 26th October. Students in Year 8 and Year 9 wanting to be part of an Engagement and Enrichment class in Maths, English, Science, PDHPE and Geography and History need to complete a separate nomination form for each subject. Forms are available from the Head Teachers in each of these Key Learning Areas and should be returned to the faculty staffrooms by the 26th October.

Mrs Kelsey, Mr Dinham and Ms Hamilton.

**Closing Down Sale**  
**The Book Warehouse**  
Yamba Shopping Fair, until 14th October

### Dramaworks 2018

On Thursday, 13th September students from Years 9, 10 and 11 Drama travelled to Byron Bay Community Centre Theatre to witness some of the region's exemplary HSC Drama performances. Included in this lineup was a group of four students from Maclean High School performing their comic Group Performance 'Bureaucracy'. Students performing were Kasey Hile, Lauren Essex, Saskia Ramsey and Rani Koolloos. All students gained valuable insight into the quality of work expected in HSC Drama and were thoroughly impressed and inspired with the performances of the day.



18th September, 2018

Dear Parents/Carers

I am delighted that next term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

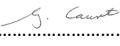
You may remember that our students also participated in a Tell Them From Me student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year.

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used Tell Them From Me to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au> I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 27 August and 26 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by 28/09/18. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

The consent form and FAQs are available in 23 languages.

  
Mr Greg Court  
Principal



## Food Truck Festival

On Sunday, 23rd September, Yamba Golf Club was swamped by a seemingly never ending line of food trucks and street food vendors. What goes hand in hand with a whole lot of great food? How about a whole lot of great music from some outstanding Maclean High School musicians.

Gracie Donsworth opened the show with a set of acoustic covers plus some original songs performed to an admiring crowd. Declan Hickey and Chloe Morrison then joined forces to perform their own lounge jazz versions of many popular songs. Their talent and professionalism was outstanding and matched the venue and event perfectly.



## Referees and Helpers Galore at Primary Touch Gala Day

87 teams equates to approximately 900 primary school students and 180 games needing to be refereed throughout the Primary Schools Touch Gala Day. It also means hundreds of sausages, sandwiches, burgers, drinks and treats are sold.

Once again 45 students from Maclean High School stepped up to help support our local primary schools and Yamba Touch Association to run a hugely successful Touch Football Gala Day. Whistles blew, balls were passed, carried and run with and lots of food was served by our wonderful high school students.

Everyone had a fantastic, enjoyable day and there were many positive comments about the effort our Maclean High School students put into their respective roles. Comments like 'encouraging', 'helpful', 'great explanations', 'efficient' and 'supportive' were just some of the words I heard repetitively from staff and parents throughout the day. A special mention needs to go to the referee who encouraged the 'dinosaur' to get involved in the game, this was greatly appreciated.

Well done to the referees and the canteen helpers, your assistance was invaluable.

Mrs Lowe and Mr WWhiteside.

**Education NSW Public Schools**

### 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 Baydon 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 [SRGCoH@det.nsw.edu.au](mailto:SRGCoH@det.nsw.edu.au)

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

## 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





## Rowing

The second regatta of the 2018-2019 rowing season was held last Sunday, 23rd September, on the South Arm of the Clarence River. Numerous Maclean High School students participated and performed well, taking home a swag of medals. Grace Johnson and Lachlan Maxwell joined and won the Glenn Brown Trophy for highest Junior Point Score.

Congratulations to all and thank you to the coaches, families of students, volunteers and the wider community.

Miss Candice Jagoe, Rowing Coordinator.



## Year 7 Art



## Year 8 Art





## Year 7/8 Debating

This year Maclean High School entered two teams in the Year 7/8 Premier's Debating Challenge. A gala day was held at Maclean High School on 29th August against the two Grafton teams to decide the zone champions. Each team debated twice and each won one of their debates. The students spoke and argued with eloquence and creativity. However, the Grafton B team remained undefeated and will now progress as the zone champions this year.

The Year 7 team comprised of: Kira Stokes, Mikayla Cameron-Clarke, Ava Young and Annika Vallette.

The Year 8 team was made up of Alyssa Chisholm, Patrick Moore, Molly Dobbin and Oscar Stephenson.



## 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



**Clarence Valley MENTAL HEALTH Month**

**OCTOBER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 MENTAL HEALTH MONTH OCTOBER	2 BARYUGIL COMMUNITY DAY	3 CHILL, CHAT & ACTIVITIES @ OUT OF THE BOX GRAFTON	4 CHILL, CHAT & ACTIVITIES @ OUT OF THE BOX GRAFTON CRAFTERNOONS @ YAMBA HUB	5 MASTERCHEF @ YAMBA HUB	6
8 MENTAL HEALTH MONTH OCTOBER	9 MENTAL HEALTH MONTH OCTOBER	10 WORLD MENTAL HEALTH DAY CRAFTERNOONS @ YAMBA HUB	11 CRAFTERNOONS @ YAMBA HUB	12 ILUKA STAND UP PADDLE BOARDS CRAFTERNOONS @ YAMBA HUB	13 GRAFTON ZOMBIE WALK
15 SAUSAGE SIZZLE @ REECE PLUMBING	16 HEALTHY TOWNS MACLEAN CELEBRATION	17 SENIOR'S HIGH TEA @ headspace CV PRIDE EVENT @ MARKET SQUARE	18 STOCK & CHAT @ GRAFTON SALE YARDS CRAFTERNOONS @ YAMBA HUB	19 MASTERCHEF @ YAMBA HUB	20 SPOOKFEST @ headspace
22 MENTAL HEALTH MONTH OCTOBER	23 SAUSAGE SIZZLE @ MITRE 10 YAMBA	24 CHILL, CHAT & ACTIVITIES @ OUT OF THE BOX GRAFTON	25 CRAFTERNOONS @ YAMBA HUB SAUSAGE SIZZLE @ HARWOOD HOTEL	26 MASTERCHEF @ YAMBA HUB	27 YAMBA ZOMBIE WALK

FOR EVENT TIMES AND MORE INFORMATION PLEASE VISIT OUR FACEBOOK PAGE

 /CLARENCEVALLEYMENTALHEALTHMONTH

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

**MACLEAN DENTAL care**

**medicare**  
Child Dental Benefit Scheme  
Bulk Billed Here

**6645 2023**

**Dr. Wayne Hinchcliffe**

**Dr. Andrew Yong**

## Helpline Numbers/Online Resources

**Kids Helpline:** 1800 551800 or [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline:** 13 1114 or [www.lifeline.org.au](http://www.lifeline.org.au)

**Headspace:** 1800 650890 or [www.eheadspace.org.au](http://www.eheadspace.org.au)

**Beyond Blue:** 1300 224636 or [www.beyondblue.org.au](http://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.