



# NEWSLETTER

## MACLEAN HIGH SCHOOL

### Dates to Remember

16 November -

Yamba Youth of the Year.

21 November -

Year 9 Mindblank Presentation,  
Periods 3 and 4 in the Hall.

Year 11 RRISK at Southern Cross  
University, Lismore.

25-29 November -

Year 10 Heron Island Excursion.

27 November -

Awards Presentation Assembly.  
North Coast Surf Lifesaving,  
Yamba.

5 December -

Presentation Evening Rehearsal.  
Presentation Evening 6pm-10pm  
at Yamba Bowling Club.

6 December -

SRC Christmas Party & Candy  
Cane Gram.

9 December -

P&C Meeting at 6.30pm in the  
School Library.

9-20 December -

Year 11 Hospitality Work  
Placement.

10 December -

Year 10 PASS Kayaking Trip.

12 December -

Year 10 PBL Excursion.

13-18 December -

End of Year Activities.

18 December -

End of Term 4.

19-20 December -

Pupil Free Days.



### Maclean Lions Youth of the Year Awards

On Saturday, 26th October, Maclean High School students Ethan Davis and Taylor Johnson did extremely well in the Maclean Lions Youth of the Year Awards.

Ethan Davis won the Public Speaking Award with a powerful and emotional speech regarding the drought.

Taylor Johnson achieved overall winner and proceeds to the next level in February 2020.

Well done Taylor and Ethan.





## Daily Examiner Touch Football Competition

Wow! What a high paced, non-stop and highly competitive night of touch football.

Each team played five games each throughout the rounds. The Maclean High School junior boys and senior girls made it through to the finals undefeated. The senior boys and junior girls also made it through to the finals with one draw and one loss respectively.

The finals were fast, skilful and exhausting to both play, coach and watch. Maclean boys 7 and 8 team showed the dominance they displayed all afternoon and comfortably won over McAuley Catholic College. The junior girls game ended in a draw which led to seven and a half minutes of intense extra time in a drop off. The teams got down to 3 on 3 players when Maclean went over the try line - unfortunately, it was a forward pass. Exhausted, Grafton High School took the next touchdown opportunity shortly after, to get the win.

These junior games were followed immediately by the senior finals. Maclean senior boys demonstrated some exciting tactical strategies but were, unfortunately, just outplayed by McAuley in a tight loss 3-2. The senior girls once again retained the champion title in a speedy and strategic 2-0 win.

Congratulations to Zhanae Whalley and Ben Morris who were named 'Player of the Series' for their respective senior girls and junior boys divisions. Also congratulations needs to be extended to all players for their enthusiasm, skill and sportsmanship displayed throughout the evening.

A big thank you to all the supporters who ventured down to watch and encourage Maclean High School, and thank you to the other 3 coaches, Miss Bowley, Mr Obst and Mr Whiteside for your assistance with their respective teams for the competition.

Awesome effort Maclean High School.



Mrs Kylie Lowe.

## Year 8 Technology Agriculture Class

The Maclean High School Year 8 Technology Agriculture class has been very busy sprouting, planting, weeding and watering in our Ag plot. They have grown snow peas, beans, tomatoes and basil and were able to create a delicious tomato sauce to accompany the pasta they cooked. They have also been very active with the 10 baby lambs, four chickens and the young cattle.

Mrs Bennett.







## Maclean High School Surf Contest

The who's who of surfing talent from Maclean High School descended upon Turners Beach last week for the annual school surfing competition. As usual there was fierce competition for the right to have your name inscribed on the perpetual trophy alongside surfing luminaries such as Laurie Towner, Jesse Williams and Jeremy Walters.

After a gruelling day of heats in Open Short Board, Long Board, Womens and Bodyboarding events, finalists were decided. Will Woldseth, Jake Bill, Max Hutchinson and Harley Walters (who was trying to continue a family tradition of champions) contested the Open Short Board. Lillian Young, Kalani Ives, Kitty Ridgway and Ava Young were the Womens Finalists. Bodyboard Finalists were Gus Gilbert, Sam Florie, Jared Felmingham, Alby Popko, Reece Roberts and Connor Bridges. The Long Board Finalists were Harley Walters, Ned O'Neill, Will Woldseth, Gus Gilbert and Linken Coram.

Great sportsmanship and camaraderie were shown on the day with many outstanding performances and once the scores are calculated winners will be announced at a future whole school assembly.

I would like to acknowledge the support of Mr Whiteside and Mr Obst for their effort and enthusiasm, Matt Hutchinson from Angourie Boardriders for the use of their equipment and Heather Read for their judging skills.

To see all the action from the day click on the youtube link below.

<https://www.youtube.com/watch?v=vt2cFZch9Bs>



Mr Mark Ramsey.

**CLARENCE VALLEY CONSERVATORIUM**

# SONGWRITING ESSENTIALS

**WORKSHOP**  
**23 & 30 NOVEMBER 2019**  
10:00am-4:00pm

The Clarence Valley Conservatorium is excited to present Songwriting Essentials facilitated by Luke Gough (Guitar/ drum/ production/ composition) and Wesley Chegwidden (Vocals/ percussion/ composition)

**BOOK NOW**

Workshop cost is \$50  
Registration Forms available from our office at 8 Villiers Street or at [www.cvcon.com.au](http://www.cvcon.com.au)

## YAMBA NIPPERS

**THE SEASON HAS STARTED BUT ITS NOT TOO LATE TO JOIN!**  
**EVERY SUNDAY AT MAIN BEACH FROM 9AM!**  
**COME DOWN INTO THE CLUB HOUSE SUNDAY MORNINGS TO JOIN**

### Canteen Roster November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	12	13	14 Cheryl Jones	15 Cheryl Jones	16	17
18 Kylie Kerr Janet Challis	19 Vacant	20 Janet Challis	21 Cheryl Jones Toni Higgins	22 Cheryl Jones	23	24
25 Kylie Kerr Janet Challis	26 Chris Allomes	27 Kim Pye Gina Sanna	28 Cheryl Jones Deb Thwaites	29 Cheryl Jones		

Two helpers are usually required each day to make the day run smoothly.

We are always on the lookout for new volunteers.

If you are able to help please call Danielle on 0473 534614.

### 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  
& we have a Midwife who  
specialises in Antenatal Care

**OPEN 8.00AM TO 6.00PM**

**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**



### OUR HEALTHY CLARENCE

## WE WANT TO HEAR FROM YOU

Our Healthy Clarence are coming to your community to talk to you about mental health and wellbeing. Find out what's new. Explore the challenges. How do you get involved?



### OUR NEXT STOP

**YAMBA** - Treelands Drive Community Centre  
**Monday 18<sup>th</sup> November**

Times: 10.30am - 12 noon, 5.30pm - 7.00pm

**ILUKA** - Iluka Bowls Club  
**Monday 25<sup>th</sup> November**

Times: 9.30am - 11:00am

Refreshments will be available at both venues!



0439 305 803

ourhealthyclarence@nsoa.org.au  
www.ourhealthyclarence.org.au  
facebook.com/ourhealthyclarenceNSOA

## Free mental health support for people affected by the bushfires...

healthy  
minds

### Call Healthy Minds 1300 160 339

between 8.30am - 5pm  
Monday to Friday.

No referral needed.

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, will provide people with strategies and techniques to manage their mental health.

Healthy Minds services are available across the north coast of NSW.

If you're a Mid North Coast or Northern NSW residents who has been affected by the bushfires, you are being encouraged to access free mental health support via the local Healthy Minds program.

The stress of experiencing something such as a bushfire can leave people at a higher risk of developing depression or anxiety, even if they are not directly dealing with loss of property and/or possessions.

"At North Coast PHN, we are coordinating a mental health response that includes widening the eligibility criteria for the Healthy Minds program. Persons affected by the local fires can now book in for free face-to-face Healthy Minds counselling services and do not require a referral from their GP to commence supports."

Julie Sturgess, North Coast PHN

Please note, Healthy Minds is for people experiencing mild to moderate mental health concerns and is not a crisis service. If you require immediate support, please contact Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. For children under 12 years, call the Kids Helpline on 1800 551 800. In an emergency, please call 000 or go to your nearest hospital emergency department.

The intake for Healthy Minds is now being managed by Neami National through their Connect to Wellbeing North Coast program. Connect to Wellbeing North Coast has been made possible by funding from North Coast Primary Health Network.



# COULTERS CARPET COURT

## BLIND & FLOORING CENTRE

# BEDS R US

2 Angourie Road, Yamba 2464  
Phone: 02 6646 8555



## Year 12 Sunshine Sugar Excursion

On Tuesday, 22nd October, the Year 12 Work Studies class went on an excursion to the Harwood Sugar Mill and Refinery for the Schools Open Day. Students learned about how the operation works with an up-close tour through both the mill and refinery with a professional in the business, Steve King.

Being one of the largest employers in the region, students were able to grasp the vast range of positions available in a large business, including hands-on trades like fitters and turners through to more office orientated positions. Meeting the employers, seeing the machines in operation and taste testing the final products were highlights from the day.

We would like to thank Sunshine Sugar, the Harwood Sugar Mill and our amazing tour guide, Steve King, for allowing us to take an up close look at the business and industry.

Mr Callan Obst.



## Clarence 100 Kayaking

On Sunday, 20th October, two students and two teachers from Maclean High School entered the third day of the Clarence 100 Kayaking event. On two kayak surf ski's, the team relay paddled 26.3km from the Maclean High School Rowing Shed to Whiting Beach in Yamba.

The group worked well together to complete the course in very difficult conditions. With 30 knot southerly winds and a mix of both incoming and outgoing tides, it made it "one of the more difficult days of paddling in the Clarence 100" suggested event organiser, Ben Sullivan. The team really enjoyed the experience and look forward to extending their involvement in this event in the coming years.

We would like to thank the Yamba Surf Life Saving Club who provided the two craft for the team to paddle on the day.



## Remembrance Day

Maclean High School students commemorated the 101st Anniversary of the Armistice which ended World War I on Monday, 11th November. The ceremony was solemn, and the speech delivered by Mr John Ambrose, thought provoking. The respect and honour demonstrated by students and staff is a testament to the school and broader community.

Mrs Dehnert.



## Reasons for Absences from School

We appreciate that now and again your student will need to take a day off from school. Each of these days need to be accounted for on our Attendance System. Whether you are phoning the absence in, supplying us with a note or replying to one of our SMS messages we ask that you please provide a reason. If you do not, the absence will be recorded as Unjustified. Wording such as sick leave, family leave, holiday or appointment allow us to record your student's absence accurately.

## McFarlane's Marvellous Match

The Open Boys Cricket Team had a commanding win against Casino High School in Round 4 of the Alan Davidson Shield. Maclean won the toss and elected to bat. Unbeaten centuries from brothers Sean and Troy McFarlane saw Maclean stockpile a massive 339 runs off the 40 overs. Jackson Lee (41) and Kai Watterson (31no) also made worthy contributions.

Maclean started well with ball toppling Casino to 6 for 55 before they conceded and waived the white flag. Hayden Moloney (2-17) and Alby Popko (3-11) were in good form and ripped through Casino's top order.

The boys now face the much tougher opponent of Kingscliff High School at Yamba Oval on Tuesday, 19th November.

Mr Adam Izzard.



*Brothers Sean and Troy McFarlane who both scored unbeaten centuries during the victory.*





REDUCE RISK INCREASE STUDENT KNOWLEDGE

## Young People and Risk Taking

Risk-taking is an essential part of learning and personal development for young people. It is a normal part of becoming an independent young adult.

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.

The Reduce Risk Increase Student Knowledge (RRISK) Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying among 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.

Year 11 students from Maclean High School will be attending the RRISK seminar on Thursday, 21st November at Southern Cross University in Lismore. The school is covering the costs of the busses. Permission notes need to be returned to the attendance office asap for numbers on busses.

Mrs T Kane, Head Teacher Wellbeing.

## Narragunnawali Award

The Narragunnawali Award is an initiative of Reconciliation Australia. Celebrating schools and early learning services that are strengthening and building relationships, respect and providing meaningful opportunities in the classrooms and with local communities.

The awards are Australia wide and this year Maclean High School is a finalist. The winners will be announced tonight, Thursday, 14th November, at a ceremony in Canberra.

Watch the Maclean High School video on the Reconciliation Australia Facebook page using the following link:

<https://www.facebook.com/ReconciliationAus/videos/...>

Students, staff and the community can tune in via the facebook page tonight, Thursday, 14th November from 6:30pm, where they will be streaming the Narragunnawali Awards live. Join the conversation on social media by using the hashtag #NarragunnawaliAwards and watch as the winners of the Schools and Early Learning categories are announced.

Mrs Nicole Smith.







**MHS Students Invite you  
to**



**MHS Study HUB tutors will play engaging games with your children to improve their Numeracy skills. They aim to inspire them to improve and better their knowledge, understanding and speed next time they come.**

**Students can also come and play chess and gain points towards a grand prize awarded in Week 8.**

**All students will be offered afternoon tea and made to feel welcome by our lovely senior students, the Study HUB tutors.**

**Come along and be part of the Buzz from 3:30 to 4:45pm Thursday afternoons.**

**(Primary students to have an adult present)**

# recognise respond refer

Domestic Violence is  
Everyone's Business

## DV-alert

Domestic Violence Response Training

### DV-alert

Domestic and family violence Response Training (DV-alert) is a free national training program designed for health, allied health and community frontline workers.

As a nationally recognised training program, DV-alert workshops and E-learning streams are mapped out against the unit of competency CHCDFV001: Recognise and Respond Appropriately to Domestic and Family Violence.

Participants who successfully complete the training and assessment will receive a statement of attainment. Find out more about the benefits at [dvalert.org.au](http://dvalert.org.au)

DV-alert builds the knowledge and capacity of community workers to provide appropriate support to women and children in Australia through a 2-day workshop.

Next DV-alert workshop in your region:

**18-19 November 2019, 9am - 5pm**  
**Angourie Resort**  
**166 Angourie Rd, Yamba**

To make your application [click here](http://lifecycle.jobreadyplus.com/terminal/online_book_course/2025)

Direct link: [https://lifecycle.jobreadyplus.com/terminal/online\\_book\\_course/2025](https://lifecycle.jobreadyplus.com/terminal/online_book_course/2025)

Enquiries: Lifeline North Coast 02 6651 4093  
[reception.northcoast@lifeline.org.au](mailto:reception.northcoast@lifeline.org.au)

 **Lifeline** Saving Lives  
Crisis Support. Suicide Prevention.

  
Australian Government  
Department of Social Services

RTO 88036

For more information from Cranes Family and Relationship Services - Term 4 Workshops 2019 just click on the link below.

<https://maclean-h.schools.nsw.gov.au/community-connections/cranes-family-and-relationship-services.html>

## 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.