



NEWSLETTER

MACLEAN HIGH SCHOOL

Dates to Remember

25-29 November -
Year 10 Heron Island Excursion.

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

6 December -
SRC Christmas Party & Candy
Cane Gram.

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.

18 December-29 January -
School Holidays.

28 January 2020 -
Staff Development Day. All staff
return to school.

29th January 2020 -
Years 7, 11 and 12 students
return to school.

30 January 2020 -
Years 8, 9 and 10 students return
to school.

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



Liza Hamilton, Anjanette Warburton and Uncle Ron Heron accepting the Award

Maclean High School Winners of the 2019 Narragunnawali Awards

We are pleased to announce our school was chosen as winner in the schools category of the 2019 Narragunnawali Awards.

Maclean High School Deputy Principal-Instructional Leader Aboriginal Students, Liza Hamilton and Aboriginal Learning Support Officer, Anjanette Warburton along with Yaegl Elder, Uncle Ron Heron attended the awards ceremony held on Ngunnawal Country (Canberra) on Thursday, 14th November.

For Maclean High School the judges commented on a strong and shared enthusiasm for reconciliation felt right across the school, in classrooms, on the grounds and within the local community, developing deep ongoing relationships with local elders and community members.

Activities Week

Attached to this Newsletter is the Activities Week 2019 Booklet. Please complete the Activities Week Selection Sheet and return to the school by Friday, 29th November.

Money for each activity must be paid to the front office no later than Friday, 6th December.

There is still plenty of room in each activity, so be quick and reserve your place in the activity of your choice.

2019 Maclean High School Public Speaking Competition

The Rotary Club of Maclean recently hosted the Maclean High School Public Speaking Competition. Three of the school's best public speakers presented engaging, thought-provoking speeches to a large audience at the Maclean Bowling Club.

Charles Jeffery of Year 7 spoke about the current political relationship between China and the United States.

Paris Brailsford of Year 10 delivered a heart felt speech about racism, while Maya Johnson of Year 11 discussed mental health in modern society.

The judges agreed that the content of all three speeches was of a high standard and commented that it was difficult to identify a winner. However, they decided to award first prize to Maya Johnson, who also won last year's competition.

All three students deserve special praise for their fine efforts. Maclean High School would like to thank the Rotary Club of Maclean and the Maclean Bowling Club for their continuing support of public speaking.



New Colourful Signs at Maclean High School

The Positive Behaviour for Learning team (PBL) worked with local business Signcraft to erect new signs around the school grounds. The signs display the core values of the school - Fair, Respect, Effort, Safe and Honest or (FRESH). The group worked with Indigenous members of the school and wider community to include Yagiiir translation on some of the signage. Many thanks to Krystal Randall and Anjanette Warburton for their work.

The signage is to help consolidate a bright and positive message throughout our school. The PBL team held a competition to design one of the signs, which was won by Year 10 student, Maddi Norris. The PBL team would like to thank all involved for their hard work on this project.

Positive Behaviour for Learning team.

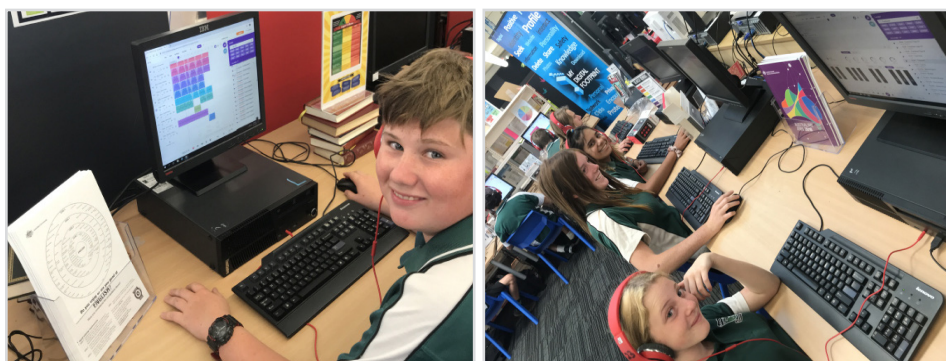




Year 7 and Year 8 Music Program

As part of our Music Program students in Year 7 and Year 8 have had the opportunity to experiment with electronic and computer compositions. Using online music programs such as Soundtrap, Soundation and Audacity students are introduced to loops, multitrack recordings and electronic manipulation of sound.

Mr Matthew Fisher.



Artwork by Year 9 student Latoiah Anderson.


 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 Chegwidan (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



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

Dr. Wayne Hinchcliffe

6645 2023

Dr. Andrew Yong



This activity has been made possible by funding from North Coast Primary Health Network

desert
pea
media



are coming to

Maclean High School, School Hall
9am Monday 2 December, 2019

Come and be part of a new week long MUSIC, SONG and FILM project from the creators of B-TOWN warriors, THE MOB, the COLLY CREW and more...

All community members, young people (12yrs+) and Elders are 100% welcome to contribute, write and perform or even just watch and check it out!

Join us for morning tea and a yarn. Find out more about what we do. Food and drink provided. Come and join the conversation!

www.desertpeamedia.com



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




Dear Parents/Caregivers

There are a number of families who will be experiencing some difficulty as they have been impacted by recent fire events in this area. If you receive this email or can pass this information on to another parent who may not currently have access to their emails, then please be aware that the school is willing and able to support students and families as they try to recover from these events. If you have been directly affected either through loss of property, livestock/pets or displacement from home, then we can offer assistance to students.

This website <https://education.nsw.gov.au/public-schools/school-safety/advice-to-assist-parents-teachers-and-students-following-recent-fires> has information for parents, and teachers which may be useful in supporting their child.

Throughout the recent unprecedented weather conditions and bush fire activity, the Department, in conjunction with the Rural Fire Service and State Emergency Services, made informed decisions, which were strongly based on safety considerations, when determining the operational status of each school. The Department of Education has student safety and wellbeing as its highest priorities. Our school was operational and we have made adjustments to our daily routines to minimise exposure to smoke. All students and staff were safe at all times.

Mr Greg Court, Principal.



YOUTH

MENTAL HEALTH FIRST AID COURSE

4th

EDITION
2017

Learn skills and gain confidence to assist young people experiencing mental health problems.

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!

Location: Maclean RSL, River Street, Maclean

Date: Wednesday, 5th Feb and Wednesday, 12th Feb 2020

Price: FREE

Instructor/s: Mark McGrath, Principle Master Instructor

Contact: Sue Hughes, ourhealthyclarence@nsoa.org.au


COURSE INFORMATION

The 14-hour Youth Mental Health First Aid (YMHFA) course topics cover:

- developing mental health problems,
- depression,
- anxiety problems,
- psychosis,
- eating disorders
- substance use problems, as well as suicide and other mental health crises.

Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.

This training has been made possible by funding from North Coast Primary Health Network .




www.mhfa.com.au

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

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.