



# NEWSLETTER

## MACLEAN HIGH SCHOOL

### Dates to Remember

25 October -  
SRC Bandanna Day.

30 October -  
Year 6 Orientation Day.

31 October -  
SRC Halloween Dress Up and Cup  
Cake Stall.

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

13 November -  
North Coast Surf Lifesaving,  
Yamba.

27 November -  
Awards Presentation Assembly.

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.

13-18 December -  
End of Year Activities.

18 December -  
End of Term 4.

19-20 December -  
Pupil Free Days.



### Solid Start to the Cricket Campaign

After a bye in the first 2 rounds, the open boys' cricket team had a comfortable win against Alstonville High School in the Alan Davidson Shield. Alstonville won the toss and elected to bat. A great bowling performance saw consistent wickets fall as Alstonville stumbled to a humble total of 112 runs. Will McGrath-Moran was the pick of the bowlers bagging 5 for 7 and Alby Popko offered great support with figures of 2 for 9.

Maclean High School looked in total control throughout the run chase, reaching Alstonville's total after just 22 overs and with 7 wickets in hand.

Sean McFarlane (36) and Colby Vallette (29) did most of the damage leaving little runs for the rest of their team to chase.

A special thank you to Tracey Johnson for her amazing effort in organising and donating the playing shirts.

Mr Adam Izzard.

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>

## Careers In the Clarence and Beyond

Stellar are presenting a Family and Community Evening on Thursday, 7th November, from 5:30-7:30pm at the Grafton Regional Library. Come along to hear professionals discussing the different pathways to their careers. A broad range of careers will be showcased including health, engineering, business, education and law. This is a free event and light refreshment will be provided. If there is sufficient interest Stellar will provide a free bus from Maclean and back to attend the event.

You can register your interest for the event and/or free bus for parents and students by phoning the school on 66452244.

Mrs Kelsey.

## Queensland Schools Flatwater Kayak Championships

Kalani Ives competed at the Queensland Schools Flatwater Kayak Championships last weekend.

Kalani's achievements were:

1st Women's 14's 4000m K1 Marathon,

1st Women's 14's 300m K1 Sprint and

1st Women's 16's 300m TK2 Sprint

Congratulations Kalani for these outstanding wins.



## North Coast Surf Lifesaving Carnival

North Coast Schools Surf Lifesaving Carnival is on Wednesday, 13th November (Week 5) in Yamba. Any student interested in competing can put their name on the PDHPE noticeboard.

The following events will be held:

Surfboard Riding

Surf Swim Race

Surf Swim Teams (3 per team) to be held during the Surf Swim Race

Board Race

Mixed Board Relay (3 per team)  
eg 1 male/2 females, 2 females/1 male.

Iron person - Swim, Board, Run

Beach Sprint

Beach Sprint Relay (4 per team)

All Age Relay - 2x13, 2x14, 2x15, 2x16+

Beach Flags

Mixed Cameron Relays - Swim/Run/Paddle/Run (school teams)  
(4 competitors - at least 1 competitor of each gender).



16<sup>th</sup> October 2019

### Engagement and Enrichment Classes Parent Information

Dear Parents/Carers

In 2020 Maclean High School will run a Gifted and Talented program for students in all junior years. In Year 9 and 10, Engagement and Enrichment classes will be formed for students who have a passion for learning. Students in these classes will be exposed to a broader educational experience where they are challenged to meet and maintain above average expectations. As a member of this class a student will be surrounded by other students who share the same educational priorities and values, further strengthening the experience.

To be considered for this valuable program students, with their parents' support, nominate in specific subjects by written application.

Nomination will not necessarily mean that students will be included in the program. This will depend on the availability of places, their performance in relation to attitude, behaviour and course work, the recommendation of their class teachers and their ability to meet the school's expectations.

Students should:

- be self-motivated and enthusiastic
- have a passion for learning including the application of technology
- exhibit positive behaviour at all times
- demonstrate the ability to work independently and cooperatively
- demonstrate higher achievement of outcomes
- engage in extended classwork and homework
- participate in extra activities such as subject competitions and excursions which may incur a cost

If a student does not meet these expectations their position in these Engagement and Enrichment classes will be reviewed.

Students currently in Years 8 and 9 wanting to be part of this 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 of each of these Key Learning Areas.

*Greg Court*

Greg Court  
Principal

■ CREATING OPPORTUNITIES, ACHIEVING SUCCESS  
■ WOOMBAB STREET ■ MACLEAN NSW 2463 ■ phone 02 6645 2244 ■ fax 02 6645 2819  
■ maclean-h.school@det.nsw.edu.au ■ www.macleah-h.schools.nsw.edu.au

### Nomination for Engagement and Enrichment Program:

We are inviting students with a passion for learning to nominate to be part of the Maclean High Schools Engagement and Enrichment classes in Years 9 and 10.

Students in this program are expected to:

- be self-motivated and enthusiastic
- have a passion for learning
- exhibit positive behaviour at all times
- demonstrate the ability to work independently and cooperatively
- demonstrate higher achievements of outcomes
- engage in extended classwork and homework
- participate in extra self-select activities such as subject competitions and excursions which will incur a cost

If a student does not meet these expectations their position in the Engagement and Enrichment class will be reviewed.

**A separate nomination form MUST be completed for each subject you are applying for.**

Circle the KLA you are applying for:

English Maths PDHPE Humanities (Geography and History) Science

Circle the Year you are currently in and write in your current class.

Year 8 ..... Year 9 .....

Family Name: ..... Given Name: .....

We have read and understand the criteria above for inclusion and continuance in these classes and agree to these conditions.

Student Signature: .....

Parent Name: .....

Parent Signature: ..... Date: .....

**Return the completed form to the staffroom for the subject you are applying for by the 1<sup>st</sup> of November.**

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



**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 1800 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.



## FOSTER CARE INFORMATION SESSION

**5.30pm, Wednesday 30th October**  
**105-107 Mary St, Grafton District Services Club**

Life Without Barriers are holding a free information session in Grafton for individuals and couples from all backgrounds who are interested in learning more about Foster care.

We will cover the different types of care, the application and assessment process, the roles and responsibilities of being a foster carer and the support you will receive from Life Without Barriers.

With nearly 50,000 children in Australia unable to live safely with their family, we are constantly looking for foster carers to provide a caring loving home environment to help them heal and grow.

No previous parenting experience needed, however if you have experience working in the disability, health or education sectors it is desirable, but not essential. We offer comprehensive training for all new and ongoing carers, plus 24/7 support and a reimbursement to meet the cost of providing care.

There will be tea, coffee and light refreshments provided.

For any questions or to RSVP by 28th October please call Robert Jeffs on 0436 918 323 or email Robert.Jeffs@lwb.org.au

**LIFE WITHOUT BARRIERS**

## Canteen Roster October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 Kylie Kerr Janet Challis	15 Cheryl Jones	16 Janet Challis	17 Cheryl Jones	18 Cheryl Jones	19	20
21 Kylie Kerr	22 Janet Challis	23 Kym Pye Gina Sanna	24 Cheryl Jones Toni Higgins	25 Cheryl Jones	26	27
28 Kylie Kerr	29 Chris Allomes	30 Janet Challis	31 Cheryl Jones Deb Thwaites			
						Contact: Danielle Bryant

### 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**





## Engagement and Enrichment Classes 2020

Applications for Engagement and Enrichment classes in Year 8 for 2020 are now being taken.

**Students have been given a nomination form.**

Please see the front office or contact the school if you would like another nomination form.

Applications close 25th October.

**MACLEAN**  
HIGH SCHOOL

## Careers in the Clarence and Beyond

Family and Community Event  
Presented by Stellar  
Thursday 7 November 2019  
Grafton Regional Library  
5:30-7:30 pm

Join us for an informal evening where we bring industry and education together to have meaningful conversations about career pathways.

Hear from local professionals discussing the different pathways to their careers. A broad range of careers will be showcased including health, engineering, business, education and law.

This is a free event open to students, parents and the community.

Light refreshments provided.

[stellar.edu.au](http://stellar.edu.au)

**COULTERS  
CARPET COURT****BLIND & FLOORING CENTRE****BEDS R US**

2 Angourie Road, Yamba 2464  
Phone: 02 6646 8555

## 2019 Central Australia Tour

As part of a 19 day tour to Central Australia, 42 Maclean High School students had the experience of a lifetime, seeing some of the most recognisable geographic features in the world and camping under the clearest of skies in the middle of our great continent.

On day 7 of our tour we reached the Northern Territory border. A couple of hours later bus-fatigued students went wild at catching the first glimpse at what they thought was Uluru; the desert feature turned out to be Mt Connor! For 12 years this little joke has never lost its appeal, as the mesa is easily mistaken for the iconic monolith. When Uluru finally emerged from the sand dunes there was both rapid excitement and awe.

The next day we were all up early for a sunrise viewing of Uluru before walking around the base with an experienced guide from Uluru Kata Tjuta National Park. This was a very worthwhile experience as students were given the Anangu perspective of Uluru and its uniqueness. The stories and particular features of Uluru explain the connection to the landscape and their culture. After a brief rest, we then headed to Kata Tjuta that afternoon, and walked through the domes on the Valley of the Winds Walk. In all, the students walked close to 17 kms that day in ideal walking conditions.

The next day we headed west to Kings Canyon in Watarrka National Park where we were blessed with cooler temperatures and a breeze, the best conditions for this walk. After the initial challenge of the "500 steps", students walked through some of the most stunning geography, including in situ fossils and the cool waters of Kings Creek at the bottom of the canyon. After a brief stay at Kings Canyon Resort we headed east towards Alice Springs.

Alice Springs was a great place to re-group and to do some fun activities which included visiting the Royal Flying Doctor's Service, and donating \$197 which was raised by the students on the trip. The next day we booked into Pyndan Camel Tracks run by Marcus Williams, a true bushman and a man of few words, yet he knows his camels. Our students thoroughly enjoyed a long ride on a camel as part of a camel train. Students could experience a camel's perspective along with the picturesque landscape of the West MacDonnells. We then went to the Alice Springs Desert Park to be thrilled by a fantastic bird show, plants, desert animals and the Desert Heart presentation. We then had lunch at Simpson's Gap and savoured the peace and shade before heading off to town to experience the Todd Street Mall. Other highlights were the ANZAC Memorial and the Dustbowl, a ten pin bowling alley.



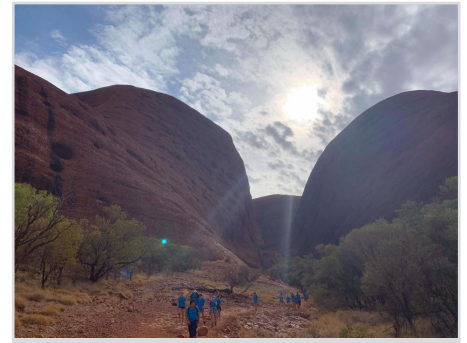


## 2019 Central Australia Tour (continued)

After relaxing at the Alice we continued north, stopping at the Tropic of Capricorn marker. Over lunch we stopped at the Devils Marbles, also known as Karlu Karlu, where the students were required to draw the marbles with only the immediate material around them, which meant no pens or pencils but charcoal and soil. We continued north until the Three Ways Roadhouse, which was the furthest we had been from home, before turning east to the Barkly Homestead. Our last night in the Northern Territory was spent looking at the stars and watching a movie and or watching and asking fellow campers if they knew who was winning the NRL semi-final between the Bunnies and the Raiders. The next day we continued east across the Barkly until we hit the Queensland Border and changed our watches back to Eastern Standard Time.

Maclean High School would like to thank Northern Territory Tourism who assisted the school with this part of the tour through a grant. The school was successful in obtaining this grant with a submission which was lodged in August. Support for these types of educational tours is very important as it enables schools to provide the best opportunities for our students to experience the best of the Territory.

Ms Liza Hamilton.







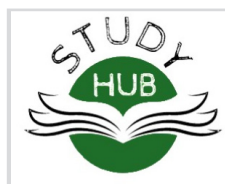
### Study HUB

Study HUB resumed last week with a chess competition and the usual feast of hot cheese toasties and drink.

A big thank you to our Study HUB Tutors: Alyssa, Paris, Taylor, Kate and Katie who made themselves available to help our junior students with their homework and assignments which contributed to their citizenship commendation.

This term we are extending our invite to celebrate a culture of striving for excellence and support by welcoming our primary students from our wider community to Study HUB. They will be participating in the chess competition and all wins will accumulate points where prizes will be awarded.

If you are interested in becoming a Study HUB Tutor, please see Mrs Fisher in the Maths block.



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)

### Lost Property

A large number of school black jackets are currently in lost property. If your child/children have misplaced theirs please see Mrs Bebb in the Teachers Aide Office or check the window sill in the corridor near the Attendance Office.

### 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

Treelands Drive Community Centre Monday  
18th November  
Times: 10.30am - 12 noon 5.30pm - 7.00pm

Iluka Bowling Club Monday  
25th November  
9.30am - 11.00am



0439 305 803  
ourhealthyclarence@nsoa.org.au  
www.ourhealthyclarence.org.au  
facebook.com/ourhealthyclarenceNSOA

Refreshments will be provided



YOUTH FOR UNDERSTANDING  
Student Exchange Programs

### BECOME A HOST FAMILY

Give your family a global perspective without leaving home.

To find out more about hosting an international exchange student visit  
[yfu.com.au/about-hosting](http://yfu.com.au/about-hosting)  
or call us on 1800 654 947

NEW STUDENTS ARRIVING SOON



open  
minds  
and  
hearts

Find us on  
Facebook





## FREE FAMILY BBQ & SES Display

McLachlan Park  
SUNDAY 10<sup>th</sup> NOVEMBER  
10.30am – 2.00pm



Sponsored by  
Maclean Lions Club



## Certificate of Appreciation

presented to

**Maclean High School**  
for supporting the  
Royal Flying Doctor Service  
Central Operations

**26<sup>th</sup> September 2019**

**\$197.10**



## 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.