



NEWSLETTER

MACLEAN HIGH SCHOOL

Dates to Remember

3-21 February -
Best Start Year 7 Testing.

20-21 February -
2020 CHS Rowing Championships.

21 February -
Catch up Day for School
Photographs.
Stellar Year 7.

24 February -
Year 9 Youth Mental Health
Program (YAM) Period 3.
Years 10 -12 Tertiary Pathways
Showcase.

24-28 February -
Best Start Year 7 Catch Up.

25 February -
CHS 15 Years Touch Trials and
Gala Day, Woodenbong.

2 March -
2020 Premier's Reading Challenge
begins today.

5 March -
Year 7 Immunisations.
Year 8 Catchup Immunisations.
Year 7 'Getting to Know You' BBQ
5-7pm.

9 March -
P&C AGM Meeting at 6pm
followed by the General Meeting
at 6.30pm in the Maclean High
School Library.

9, 10 & 12 March -
Year 7 Cultural Tours - notes
coming home soon.

18 March -
Year 6 Transition Day.



Swimming Carnival

The point score was close for the 2020 Maclean High School Swimming Carnival. The winning house was Paterson on 368 points, second was Kendall with 359 points, third was Gordon with 322 points and fourth was Lawson with 315 points. Many points were added from the 'All-in Scramble'.

Congratulations to each of the following Age Champions:

12 years: Girls - Keely McKay.	Boys - Bodhi Blackmore.
13 years: Girls - Milla Zvatora.	Boys - Christian Lovell.
14 years: Girls - Maddi Norris.	Boys - Zephyr Trotman.
15 years: Girls - Morwenna Hogan.	Boys - Gus Gilbert.
16 years: Girls - Lillian Young.	Boys - Royce McIntyre.
17+ years: Girls - Lily Johnson.	Boys - William Earle.

Congratulations also to Gus Gilbert who broke the only record on the day in the 15 Years Boys 50m Backstroke. Swimming a time of 31.47 seconds, he beat the 2009 record of 32.07 seconds.



Year 11 Community and Family Studies (CAFS)

The Year 11 Community and Family Studies class has commenced the Baby Think It Over Program.

Before the student becomes a 'parent' they wear the Pregnancy Profile Vest for half a day. It is a vest-like garment that replicates the appearance and feel of the third trimester of pregnancy. It stimulates restricted breathing, foetal movement and the awkward movement and lower back stress associated with pregnancy weight gain. By wearing the device students not only learn about the effects of pregnancy but they are also able to feel what it looks like and feels like to be pregnant.

The students then receive the 'reality baby', an infant simulator, that requires feeding, burping, rocking and nappy changing. The student cares for the baby over three school days and nights.

This program is intended to help students understand that an infant requires a great deal of love, time and attention; an infant's demands are unpredictable and must be met promptly; and parenting responsibilities have a profound impact on one's lifestyle.

Mrs Nicole Smith.



Desert Pea Media Into the Deep 380 Crew:

380 Crew is a group of Maclean High School students who have worked with the organisation Desert Pea Media. Desert Pea Media projects involve a dialogue-based storytelling process that encourages participants to analyse 'the real', 'the ideal' and 'the bridge'. In simple terms this means critically thinking about how to create positive change for yourself, for each other and for our communities.



This is the third music video that the 380 Crew has written in collaboration with Desert Pea Media and the Yaegl Elders. Their latest song Into the Deep was released on Monday, 10th February 2020 at Maclean High School.

About this track...

This track is about belonging and identity. It is a connection between the past and the present, where the ancestors guide current and future generations. This track is also about passing on knowledge in Yaegl Country and the connection to the Elders.

It was filmed within Yaegl country in December 2019 at the peak of the bushfires on the North Coast.

Maclean High School would like to thank the Yaegl Elders for their time and for coming to the school, for being present during the filming and spending time with the students. We are also very grateful to Desert Pea Media for their boundless energy in helping us complete such an amazing project.

"Strive for whatever you want to achieve, nothing is impossible, believe in yourself and your culture. We have paved the way for you." Yaegl Elders 2019.

Ms Liza Hamilton, Deputy Principal Instructional Leader Aboriginal Students.

The School Uniform Process for 2020

Students are expected to wear school uniform each day. In the event they cannot wear the correct shirt or jumper they are expected to bring a note to the PC teacher or their senior teacher if they are a senior explaining why they are not wearing the correct uniform. Staff will record students out of uniform each day during PC. This is then downloaded by the uniform co-ordinator and if there have been no explanation notes handed to the PC teacher or senior period teacher an email will be generated by the front office. Parents and care givers are welcome to respond or to supply a note explaining why their child was out of uniform.

These uniform checks will be done on a regular basis which may have implications for extra curricula activities, including excursions, or if there is a regular pattern of a student not wearing uniform without a note supplied from home.

What is not uniform:

Black or white T shirts. (All school shirts including blouses have collars).

Denim jeans including jeans that are ripped or torn.

Black or grey jumpers with a logo or brand.

SCHOOL UNIFORM

JUNIOR BOYS:

Summer:	Winter:
Green/White polo shirt with school emblem. Black Shorts	Solid black jacket with NO writing/patterns/logos. Plain black trousers or black jeans.

JUNIOR GIRLS:

Summer:	Winter:
Green/White polo shirt with school emblem. School tartan skirt. Black shorts (the same length as school sport shorts).	Solid black jacket with NO writing/patterns/logos. School skirt (with black tights underneath). Black pants or black jeans.

SENIOR BOYS:

Summer:	Winter:
Green/White senior polo shirt with school emblem. Black shorts	Senior school jersey or solid black jacket with NO writing/patterns/logos. Plain black trousers or black jeans.

SENIOR GIRLS:

Summer:	Winter:
Green/White senior polo shirt or white blouse. School bottle green skirt. Black shorts.	Senior school jersey or solid black jacket with NO writing/patterns/logos. School bottle green skirt (with black tights underneath). Plain black trousers or black jeans.

BOYS AND GIRLS SPORT/PE UNIFORM:

Maclean High School sport polo shirt, black shorts or plain black tracksuit pants.

School uniforms are not sold at Maclean High School Canteen or Office.
Maclean High School uniforms are only available at:

**The Uniform Shop,
Stanley Street, Maclean.
PHONE: 6645 3778.**

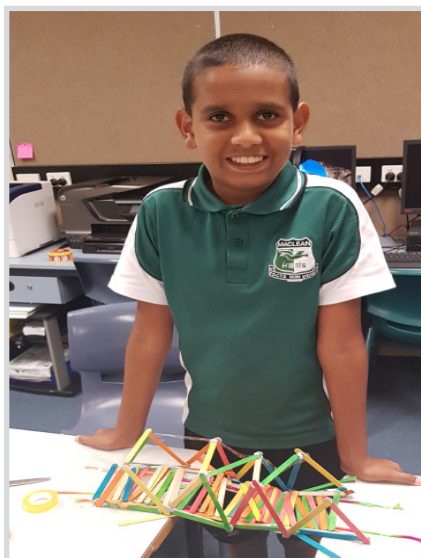
	Prices as of August, 2019
Junior Polo Shirt	\$32.00
Senior Polo Shirt	\$32.00
Sport Polo Shirt	\$32.00
Senior Girls Blouse	\$39.95
Junior Girls Tartan Skirt	\$34.95
Senior Girls Bottle Green Skirt	\$32.00
Girls Black Shorts	\$38.00
E/S Black Short	\$29.95
Sport Shorts	\$21.95
Black Hoodie	\$44.95
Black Track Pants	\$39.95
Hat with emblem	\$15.00
Hat (plain)	\$8.00
ALL PRICES INCLUDE GST	

The demand for school uniforms in January/February is enormous. **Please**, through the months of December and January, go to The Uniform Shop, Maclean and take advantage of the lay-by facilities. Please do not leave it until the last days before school returns as you may not be able to get some items, and there will be a 2 week wait for new stock. Lay-buying will ensure you have uniforms for the start of school. A full range of uniforms and sizes will be available for you to try. Your co-operation is greatly appreciated.

Learning Support Class 1

Last week the students in Learning Support Class 1 were given the challenge of building a bridge. Each student was given paddle pop sticks, sticky tape, blue tac and paper clips. The bridges that were built had to be able to hold a toy car for a minimum of five seconds, for which they all succeeded. It was wonderful to see the students coming up with their own ideas and lots of fun was had by all.

Mrs Emma Webber.



School Photographs Catch Up Day

There will be a catch up day for school photographs on Friday, 21st February for anyone who missed out on Thursday, 13th February. Students are expected to be in uniform, seniors with senior shirts and blouses and juniors with the green school shirt.

Year 7 'Getting to Know You' BBQ

The Year 7 'Getting to Know You' Barbeque, which was cancelled because of the wet weather, will now be on Thursday, 5th March from 5pm until 7pm under the hanger.

This is an opportunity for you to meet the parents of other children in your child's class, various staff and P&C representatives. It would be helpful for catering purposes to RSVP by returning the note which is being sent home. We are looking forward to seeing as many of you as possible.

Midway Excursion

On Wednesday, 19th February, both Year 11 Modern History classes attended the Yamba Cinema to watch a screening of the feature film 'Midway'. This excursion built on the students understanding of the 'Contestability of the Past' Unit they have been learning about in relation to the attack on Pearl Harbour during World War 2. It also aligned closely with the unit 'History and Memory'. All students who attended the screening thoroughly enjoyed the movie and gained a valuable insight into the events we have studied and the impact of those events.

Mr Sean Crowley.





School Photographs and Not to be Published Rules

As you would all know, the school has recently had the photographers in to take photographs of our students. There has however, been some confusion as to what the term 'Not for Publication' actually means. The term means that a photograph of your child, if you choose this option, cannot be published anywhere including photograph year books. It limits the publication of that photograph only to the family. It is the belief of some parents and carers that it is only for the internet, and not for school year photographs. Unfortunately, this rule applies universally across all forms of published material which can be newsletters, newspaper articles, and the school magazine. If you are unsure of your child's status please check with the front office so that changes can be made as soon as possible. The school works from a data base that has been collated by information given to us on the enrolment forms.

Ms Liza Hamilton, School Photograph Co-ordinator.



A Technology Club for kids with high functioning autism and Asperger's who enjoy working with computers.

Two-hour sessions each Saturday,
mentored by I.T. Professionals.

For ages 9 to 16

The Lab, Grafton NSW.
E: grafton@thelab.org.au
W: <http://thelab.org.au>
P: 0419 610 917

ASPIE - KADABRA

NEWSLETTER OF THE LAB GRAFTON.

The Lab Grafton is grateful to our 'Establishment and Launch Sponsors', 2019:

MAJOR SPONSOR 2019-2020

"Empowering the Clarence Valley's future Einsteins."

The Lab Grafton is grateful to our 'Establishment and Launch Sponsors', 2019:

Optus

BUNNINGS warehouse

South Grafton High School

103.1 Living Life

NSW GOVERNMENT



Issue 9.
TERM 1
February 2020

THE LAB SESSIONS RESUME FROM 1ST FEB.

NEW RESEARCH SHOWS 'HIGH FUNCTIONING' IS AN INACCURATE AUTISM LABEL.

'High functioning' is a term commonly used to describe people diagnosed with autism without an intellectual disability. However, despite the term's prevalence in medical journals and everyday use, new research shows the term can be misleading and advocates have called for its use to be dropped.

Post-doctoral researcher Dr Gail Alvares said while 'high functioning' is used to describe people diagnosed with autism who have IQs in the normal range, it does not indicate their functional status. (read on)

<https://www.autismawareness.com.au/news-events/auptade/why-we-should-stop-using-the-term-high-functioning-autism/>

LAB FUNDRAISER CANCELLED

The scheduled (2nd February) Bunning BBQ fundraiser, to aid the purchase of computer hardware and software for The Lab, has been cancelled.

Surplus products (soft drinks and sausages) remaining from the successful January Bunnings BBQ have been sold off at purchase price and the money banked in The Lab account. A big thank-you to those who were able to assist with the January BBQ.

CITIZEN OF THE YEAR AWARD

The Clarence Valley Australia Day Citizen of the Year Award for 2020 was awarded to Bob, of The Lab, for his community work with The Lab, the Stroke Foundation, the Cancer Council and other community work. It is anticipated that the media exposure created will assist The Lab with increased public awareness and potential for sponsorship and Lab equipment upgrades.

The Lab Grafton is a Technology Club for young people with Asperger's and High Functioning Autism. The views expressed in this newsletter are not necessarily those of The Lab Network

P: 0419 610 917 W: www.thelab.org.au E: grafton@thelab.org.au The Lab Grafton

The Lab Grafton would like to acknowledge the Bundjalung, Gamaynggeri and Yagaji peoples, the traditional custodians of the land on which we live and work.

MEET SOPHIE, ONE OF THE MANY WOMEN WITH UNDIAGNOSED 'HIGH-FUNCTIONING' AUTISM.



Let's call her Sophie. The description we'll give could be that of any woman who is on the autistic spectrum without knowing it.

Because they're intelligent and used to compensating for communication impediments they may not be consciously aware of, these women slip through the cracks of our still-too-inefficient diagnostic procedures.

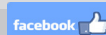
Studies reveal one woman for every nine men is diagnosed with so-called "high-functioning" autism, that is, autism without intellectual disability. (read on) <https://www.abc.net.au/news/2017-07-20/high-functioning-autism-why-many-women-are-undiagnosed/8727540>

DEMISTIFYING NDIS - WORKSHOP AT GRAFTON - THURSDAY 20th FEBRUARY.

The Jeder Institute will be holding a full-day workshop in Grafton on 20th February to demystify the NDIS, with each part of the process and every step explained.

Payment to attend may be claimed through your NDIS package. The fee is \$195, including meals and materials. The organisers say don't let the cost stop you from attending. They ask that you contact them re your needs. Contact Meredith Baylis - 0418 446 965 meredith.baylis@jeder.com.au www.jeder.com.au

Looking for an easier way to find out what is happening at The Lab? - Just 'like us' on Facebook.



SPONSORSHIP SOUGHT FOR THE LAB

The Lab Grafton is seeking a major sponsor for the financial year 2020 / 2021.

We appreciate the very generous support we are currently receiving from Essential Energy, to assist us financially during 2019 / 2020. The costs of running The Lab Grafton are significant, plus the need to upgrade computing software and hardware as we grow.

Our 'Launch Sponsors', the Munro (McDonalds) Group, The New School of Arts, Optus Shop Grafton, Bunnings, South Grafton High School, Radio Station Loving Life 103.1FM and the NSW Government, have all been very generous in helping us get The Lab Grafton realised - with the costs of initial equipment and services and ongoing costs of running such a program.

It is early in the year, but we need to plan ahead to ensure to continuation of The Lab program into the future. Hence the early call for a major sponsor for year 2020 / 2021.

Literacy Tip for this week:

The 2 words of the day covered this week were “humiliated” and “flawless”.

Students are sometimes asked to include some Literacy Devices in their work. Here are a few defined for you:

Rhetorical devices: These are used to position and affect the reader.

Rhetorical questions: the type of question where no answer is expected and is a good device to be used in persuasive text. e.g. “Will any good come of this?”

Emotive language: Emotive language in writing is used to convey emotions that can be felt as one reads. It is used to create emotional impact on the reader. eg He was given a heartfelt goodbye.

Hyperbole: Using exaggeration to have an effect on the reader. eg. The whole world is being affected by the severe effects of climate change.

Alliteration: The use of the same letter or sound at the beginning of words in a sentence, to give a poetic effect. (It is commonly used in poetry). eg. Careless cars cutting corners creates crashes.

Mrs Linda Martin, Relieving Deputy Principal.

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



Canteen Roster February 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3 Janet Challis	4 Chris Allomes	5 Swimming Carnival-Closed	6 Cheryl Jones	7 Cheryl Jones	8	9
10 Kylie Kerr	11 Janet Challis	12 Janet Challis	13 Cheryl Jones	14 Cheryl Jones	15	16
17 Kylie Kerr	18 Chris Allomes	19 Janet Challis	20 Cheryl Jones	21 Cheryl Jones	22	23
24 Kylie Kerr	25 Janet Challis	26 Janet Challis	27 Cheryl Jones Deb Thwaites	28 Cheryl Jones	29	

YOUTH DROP IN CALENDAR

MONDAY

MACLEAN

Wherrett Park - Out Of The Box
3.30PM - 5.00PM

TUESDAY

GRAFTON

Market Square - Out Of The Box
3.00PM - 5.00PM

WEDNESDAY

MACLEAN

Wherrett Park - Out Of The Box
3.30PM - 5.00PM

THURSDAY

GRAFTON LGBTIQ GROUP

Market Square - Out Of The Box
4.00PM - 5.00PM

FRIDAY

YAMBA

Yamba Skate Park - Out Of The Box
4.30PM - 6.30PM

Weekly drop in service for free activities, advice, information and support for ages 12-25 years.
For more information, follow our social media pages 'Clarence Valley Youth Hubs'
or call New School of Arts on 6640 3800



clarencevalleyyouthhubs



Also Thursdays in Iluka at the Skate Park from 4pm.

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

VENUE MACLEAN CWA - MACLEAN BOWLING CLUB

DATE FEB 10 (CWA) | FEB 19 (BOWLO)

TIME 9-10:30AM (CWA) | FROM 1:30PM (BOWLO)



0439 305 803
ourhealthyclarencen@nswa.org.au
www.ourhealthyclarencen.org.au
facebook.com/ourhealthyclarencenNSWA

HOMEWORK
STUDY
WORKSHOPS



AFTERNOON TEA
TUTORING
GUIDANCE

Come and work with other students and feel supported.

**Thursdays from 3:30pm—4:45pm in the Library.
Younger siblings from Primary Schools are welcome.**

**Have a Cheese Toastie, play chess or simply GSD (get stuff done) with
help from dedicated teachers
and senior students at MHS.**

See Mrs Fisher in the Maths staffroom with any questions.

From the Library

The 2020 Premier's Reading Challenge

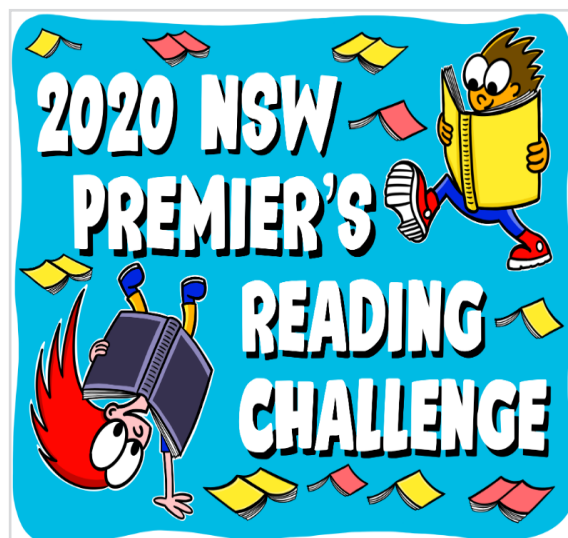
The 2020 Premier's Reading Challenge officially opens on Monday, 2nd March. Pop into the Maclean High School Library to collect your Challenge Record Sheet and register your interest with Mrs Cameron. Come in before school or at breaks to visit our Premier's Reading Challenge Area to choose from a large range of PRC identified books.

Questions?

Pop in and say hello to our friendly library team!

Find out more about the challenge by following this link:

<https://online.det.nsw.edu.au/prc/home.html>



Scholastic Book Club

Scholastic Book Club has arrived at Maclean High School for students, staff and extended family orders, continuing a much loved tradition from primary school. Please encourage your children to purchase each term and continue to inspire a love of reading at a greatly reduced price. Book Club orders benefit our fundraising activities, and give the gift of love of literacy, shared between family and friends.

Mrs Belinda Cameron.

COULTERS
CARPET COURT

BLIND & FLOORING CENTRE

BEDS R US

2 Angourie Road, Yamba 2464
Phone: 02 6646 8555

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.