



NEWSLETTER

MACLEAN HIGH SCHOOL

Dates to Remember

9 May -
P&C Association Meeting
in the Library at 6.30pm.
CHS Opens Netball.

9-13 May -
Year 12 Work Placement
Primary Industries.

10 May -
Year 11 Batyr Workshop
(Periods 1 and 2).
Zone Cross Country, Lismore.

10-20 May -
NAPLAN Year 7 and Year 9.

16-20 May -
Year 12 Work Placement
Sport Coaching.

16-27 May -
Year 11 Work Placement
Hospitality.

18-20 May -
Sea World Hospitality
Excursion.



Cross Country Championships

At the end of Term 1 the Cross Country course was checked and assessed on a daily basis as the rain rarely eased and the council grounds were closed, so it was decided to postpone the event until the first Wednesday of Term 2. This year the SRC again decided to be adventurous and organise a colour run as part of the Cross Country.

Thankfully, the rain stopped for the day.

Well done to the following Age Champions:

12 yrs Jett Sutherland and Mahlia Brown

13 yrs Xavier Elliott and Zahli Carmichael

14 yrs Bodhi Blackmore and Star White

15 yrs Ky Kratzmann and Zoe Snape

16 yrs Zane Lowe and Millie Speirs

17+ yrs Hendrix Mahoney and Carissa Miltiadou

Fastest boy: Bodhi Blackmore

Fastest girl: Zahli Carmichael

Champion House: 1st Paterson - 674; 2nd Lawson - 638; 3rd Gordon; 4th Kendall

Cross Country is a unique carnival where the athletes compete not only as an individual but also as a team. The first four placegetters will now be eligible to compete at the Northern Rivers Zone Carnival at Evans Head on Tuesday, 10th May. All students are encouraged to return their permission note and bus money to the front office as soon as possible.

A huge thank you to the staff who filled many roles as officials and walking or running the course with the students. Also thank you to the students for helping with recording and marshalling on the day.

Mr Andrew Whiteside.



FAMILY AND RELATIONSHIP SERVICES
TERM 2, 2022 EVENTS

GRAFTON

Livable - 11 Kemp St.

CONNECTING WITH YOUR DAUGHTER

THURSDAY 21 APRIL | 1 - 4 PM

Enjoy a pamper session with your daughter and strengthen your bond by learning each others love language in a fun and creative session.

KEEPING CALM

WEDNESDAY 4 MAY | 10 AM - 12:30 PM

This workshop provides parents and carers with information on how stress affects our wellbeing and the importance of keeping calm under pressure.

CIRCLE OF SECURITY PARENTING

8 CONSECUTIVE TUESDAYS

10 MAY - 28 JUNE | 10 AM - 12 PM

AT CHILD & FAMILY HUB, 18-26 VICTORIA ST, GRAFTON
Learn to read, understand and support your child's emotional needs and enhance their self esteem.

KIDS AND SCREENS

11 MAY | 10 AM - 12:30 PM

This workshop is designed to build your confidence when communicating with children and setting boundaries around technology.

TUNING IN TO KIDS

6 CONSECUTIVE FRIDAYS

13 MAY - 17 JUNE | 10 AM - 12:30 PM

A 6-session program that shows you how to help your child develop emotional intelligence by learning the skill of emotion coaching.

PARENTING CHILDREN'S FEARS & WORRIES

WEDNESDAY 18 MAY | 10 AM - 12:30 PM

Discover how you can help your child cope with childhood fears and worries.

EMOTIONAL FIRST AID

2 CONSECUTIVE WEDNESDAYS

25 MAY & 1 JUNE | 4:30 PM - 6:30 PM

AT HEADSPACE 59 DUKE ST, GRAFTON
Practical skills to emotionally support your child or young person through hardships.

THOUGHTFUL PARENTING

2 CONSECUTIVE WEDNESDAYS

8 & 15 JUNE | 10 AM - 12:30 PM

This session is made up of 9 chapters and each chapter explores a specific theme that is relevant to parenting - the issues, the joys and the challenges.

DADS & KIDS

WEDNESDAY 22 JUNE | 5:30 PM - 7:30 PM

In this workshop we celebrate fathers and discuss the important role a father has with their children.

TUCABIA

Goldstream Preschool

CONNECTED PARENTING

THURSDAY 26 MAY | 5:30 PM - 7 PM

This session gives you a chance to think about children, parenting and how you can provide children with the experiences you want for them as they grow up.

WOOLI

Solitary Island Resort

BUILDING RESILIENCE

THURSDAY 9 JUNE | 5:30 PM - 7 PM

This event is an opportunity to explore how children process the loss of someone or something.

YAMBA

Community Center Treelands Drive

LOVE LANGUAGES

THURSDAY 23 JUNE | 12 PM - 1:30 PM

Enjoy a morning learning about 5 love languages and how they can assist in strengthening the relationship with your child.

Livable Family and Relationship Services is funded by the Dept. of Social Services.

Livable events are FREE and childcare is available.

BOOKINGS ESSENTIAL
1800 289 927 | FaRS@livable.org.au



Child & Family Wellbeing Hub



INFANT SUPPORT CIRCLE **YAMBA**

EVERY 2ND THURSDAY
MAY 12, 26, JUNE 9, 23

10 - 11 AM

AT TREELANDS DRIVE COMMUNITY CENTER:
24 TREELANDS DR.
YAMBA NSW

FREE EVENT

Livable Family and Relationship Services is funded by the Department of Social Services.

Are you an expecting parent or have a child under 12 months old?

We invite you to join our fortnightly infant support circle. Meet new friends and share your experience of pregnancy or having an infant. Each week has been designed with a different theme so you can get the most out of your experience.

Morning Tea Included

BOOKINGS ESSENTIAL

REGISTER ONLINE
LIVABLE.ORG.AU
OR CALL 1800 289 927

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: Mr Andrew Allen and Ms Tay Cone.