



NEWSLETTER

MACLEAN HIGH SCHOOL

Dates to Remember

22 June -

Year 6 Transition Day

23 June -

Year 12 Business Studies,
Botero

23 June -

Year 10 Subject Selection
Evening 6pm

24 June -

Year 11 Biology Exursion
Woody Heads

4 - 15 July -

School Holidays.

18 July -

Staff Development Day

28 July -

Year 10 Vaccinations &
Year 7 catch ups

1 - 5 Aug -

Year 11 Work Placement
- Construction

1 - 5 Aug-

Year 11 Work Placement
- Primary Industries

1 - 12 Aug-

Year 12 Trial Exams



COMBINED HIGH SCHOOLS NETBALL

A huge congratulations to all involved on Wednesday for our semifinal clash against Mullumbimby HS. It was such a tight match that we ended up with extra time. The girls dug super deep to come away with an awesome win, 34-30. Special thanks to the parents and community members who supported the girls with an umpire, scorer and superb advice throughout the game. Whilst all the girls played so well, a special mention must go to Tana Lowe from Yr 9 who set a fast pace in centre position and Carissa Miltiadou from Yr 12 who captained the team to another glorious victory. Evie Walters (Yr 8) and Sarah O'Hearn (Yr 10) remained composed under heavy defence in the goal circle, whilst Leilani Read (Yr 9) shut down the play of a tough WA. It was great to hear the bench cheering, getting behind their team and encouraging game play. We have now made the final of the North Coast, against either Nambucca HS or Coffs Harbour Senior College. Another win would be awesome, setting us up for a State Title!!! Either way, the girls have done exceptionally well this 2022 and they couldn't have done it without superstar coach Ms Jurd

From the Principal's Desk

Staff Changes

You may notice some familiar faces in different roles as you come into MHS. We would like to congratulate our Principal Mr Greg Court on his promotion as Relieving Director of Educational Leadership until the end of November. We would also like to acknowledge the significant contribution of Mrs Gaye Kelsey as Deputy Principal at MHS for the past seven years. Her dedication and support of staff, students and the wider community have been invaluable. Mrs Kelsey has announced her retirement and we wish her all the best in this next chapter. Mrs Carla Taylor will be relieving Principal and Mr Andrew Ford and Mrs Emma Turner will be relieving as Deputy Principal. Mr Paul Cassidy will be relieving as Head Teacher Science.

Academic Reports

I have had the pleasure of reading reports over the last few weeks and I am pleased to say that MHS has many students working towards achieving their high personal goals. Their teachers have commented on their diligence and their willingness to engage in the learning experiences offered. I would like to take this opportunity to thank the teaching and non-teaching staff at MHS for the many hours they have spent working on reports. Semester 1 reports will be handed out in week 10.

Representing MHS

Maclean High students have represented our school across a range of diverse activities this term. We have had students travel far and wide for University discovery days, various sporting events, Cattle Show Team at Casino Beef Week, Year 7 camp, debating and River of Learning activities, work placement, just to name a few. I wish to congratulate all students for their exemplary behaviour and attendance at these activities and for representing our school with pride. I would also like to thank staff for the efficient organisation of these events and for providing our students with such enriching and diverse opportunities made possible here at MHS.

Positive Recognition

We recognise the positive contributions of our staff and students to our wider community. Recently, our Cattle Show Team attended Casino Beef Week and as a school we have received emails and letters recognising the efforts of our students and for representing our school with pride. In the four days they were at Beef Week they certainly made an excellent impression on the locals. The cattle in their care were a credit to the students and they reaped excellent results. They were always willing to help anybody requiring a hand and generously lent cattle to students needing animals to parade. They were a credit to Maclean High School and Mr Chris Kirkland- Glen Pfeffer Mogul Brahman Stud. We have also had some of our students assist in umpiring netball at a primary school gala day, our students have been commended on their efforts. "On behalf of the seven schools who attended today's event, I would just like to thank and congratulate the girls for all their hard work throughout the day. Please pass on our many thanks. They are a credit to Maclean High School and we appreciate your assistance with running events like this." From Yamba Public School. We are extremely proud of our students and the work that they do in representing MHS and our community.

- Carla Taylor

CLOSING THE GAP

Maclean was host to the 2022 Close the Gap day held at the showground on Thursday 2nd June as part of Reconciliation Week.

Maclean High School participated by sending around 70 students and seven staff to support such an important community initiation to promote health, education, employment, justice and culture.

NRL star Cody Walker was the invited guest who attracted many young fans.

Many schools in the region came for the event including South Grafton High School, Grafton High School and Baryulgil Primary School.

The showground provided the perfect venue for such an event and the weather was even better.

Thank you to the Mudyala Aboriginal Corporation who organised the event.

-Liza Hamilton
Aboriginal Education Team





North Coast Netball Representative Team

Congratulations to Carissa on a stunning display of skill and sportsmanship as a member of the North Coast Netball Representative Team. She attended the NSWCHS State Championships in Sydney throughout Week 6 and was a valuable member of her team. Carissa is a very adaptable netball player who can play in all positions if required but mainly took up positions in the centre court for the representative team. North Coast overall gained 7th position but were competitive for the entire championships. Fantastic effort Carissa



Carissa Miltiadou
North Coast Netball Representative

AUSTRALIAN KARTING CHAMPIONSHIPS

Thomas Gallagher from Year 12 recently competed in Round 3 of the TAG 125 class Australian Karting Championship and finished 3rd. Currently in second position on the leader board we're excited to think there might be an overall podium finish coming up! Nice work legend and thanks for upholding our FRESH values both in and out of the school.



PROVIDE FIRST AID

In early June a group of our senior students undertook a nationally recognised senior first aid course 'Provide First Aid'. A compulsory course for our students studying Certificate III in Sports Coaching VET they were joined by a selection of others studying Sport Lifestyle and Recreation and HSC PDHPE students. The twelve attendees were awesome at demonstrating their knowledge and understanding to our trainer, Paul from Royal Lifesaving Australia. Paul was very passionate and engaging which enabled our students to learn and apply their practical skills on the day



Compass Music Festival

The Compass Music Festival was held in Coffs Harbour during week 7 this term. It showcased many young musicians from the area including Maclean High School students Patrick Moore, Piper Ramsey, Anna Jenkins, Kate Moore, Ethan Moore, Daeja Parker and Marlie Waters. Combined with the students from Maclean Primary School, led by Elizabeth Moore, the soaring sounds from the talented recorder consort was a joy to listen to.

Thank you to all the parents, carers and teachers involved for this festival to run smoothly.



LS1 - Having fun at the Farm

LS1 students have been having fun down at the farm this term. It's been a while since we have been able to get there since the floods but we finally got there and had a lot of fun.

Some of the students helped with sweeping out the sheds, whilst others checked over the tractor.



Wednesday Sport Bus Money

Wednesday Sport bus money cannot be paid online.

It must be paid in cash so it can be given directly to the bus company.

Sport for Term 3

In the past couple of years due to COVID we have had to change a lot with the way school sport ran, to meet the NSW Department of Education guidelines concerning venue availability and numbers and obviously our sporting afternoons were reduced to school only for a period of time. This year we have slowly been able to get back to our highly varied sport offerings but with all the changes students have lost a bit of their mojo for sport. As an ever changing society, we rely more and more on positive mental health and exercise, through the release of endorphins, is viewed as one of the most effective ways to boost both mental and physical health. To assist your child's physical development, improve their ability to interact effectively with others in an outdoor setting and get off social media, I encourage all parents and carers to remind your children that sport is a compulsory part of their education.

In the last couple of weeks this term I will be organising sports for Term 3. From Week 9, students will be able to look at the sport that they have been allocated (only on the PDHPE noticeboard and on Sentral messages) and if they wish to change, have the opportunity to see me to arrange a more suitable sport that engages them on a weekly basis. Year 7 sport will also have a change to mixed competition afternoon. A note will go home early next week to gain permission to walk to Wherrett Park and return by bus or walking. Could parents/carers please sign and have your child return these notes to the box outside the PE office. If your child does not return the note they cannot return by bus and will have to walk back to school supervised. Thank you for your assistance in advance.

Mrs Kylie Lowe
MHS Sport Coordinator



SRC Induction

Maclean High School Captains, Madeline Hollis and Troy McFarlane and Vice Captains, Neeve Fisher, Molly Dobbin and Zion Edgar along with members of the SRC were officially inducted to their leadership roles on Thursday 9th of June in the Maclean High School Library. This year a Student Mentor, La Toiah Anderson, was added to the MHS student leadership team. Following the Pandemic, staff believe this to be an important role within the student body.

Parents and carers once again were able to join students in celebrating their election to these prestigious roles and proudly pinned badges on their children. Mrs Carla Taylor, relieving Principal delivered an address and our amazing Year 12 school leaders chaired the Induction Ceremony. Mrs Helen Bowie lead the River of Learning vocalists in a musical number which was enjoyed by all. Students and their parents/carers enjoyed a morning tea following the ceremony.

I would like to thank Mrs Danielle Hollis for her assistance with ensuring the day ran smoothly and was enjoyable for all involved, Mrs Anj Warburton for a very warm welcome to country, Mrs Carla Taylor for her address to the students and all other staff who contributed on the day, from printing of programs to setting up and packing up. Special thanks to Sheryl Burgess and Penny Lane for the morning tea.

I look forward to another productive year with this group of students.

Ms Elaine Essex

SRC Coordinator (rel)





CONNECTING COMMUNITIES

PARENTING, PERSONAL AND PROFESSIONAL DEVELOPMENT

Monday 20 th June Bully Proofing Your Child			Thursday 23 rd June Helping children nurture their emotions for a more peaceful home	Friday 24 th June Building resilience
Monday 27 th June School holidays – making the most of school holidays	Tuesday 28 th June Languishing to flourishing	Wednesday 29 th June Supporting teens mental health	Thursday 30 th June Building influencing skills to have effective change conversations	

FULLY FUNDED, FEE FREE COMMUNITY WORKSHOPS

BULLY PROOFING YOUR CHILD

With Dr Rosina McAlpine

Are you worried about protecting your child from being bullied? If your child was being bullied, would you know what to do?

By attending this session, parents and carers have a better understanding of the many types of bullying, the signs a child is being bullied and ways to support their children to overcome bullying and become bully-proof.

Date:

10am - 12pm

Monday 20th June 2022 - Morning Tea Provided

Bookings Essential:

Register via <https://www.eventbrite.com.au/e/354327381737>

HELPING CHILDREN MANAGE THEIR EMOTIONS FOR A MORE PEACEFUL HOME

With Dr Rosina McAlpine

Managing our heightened emotions and staying calm in challenging circumstances isn't easy for adults let alone our children. However, emotional regulation is the key to effective communication, developing strong bonds with our children and a more peaceful home life.

By attending the session, you will take away tips for managing their own emotions as well as developing their knowledge, skills and confidence to help their children learn how to manage their emotions when navigating life's many experiences.

Date:

10am - 12pm

Thursday 23rd June 2022 - Morning Tea Provided

Bookings Essential:

Register via <https://www.eventbrite.com.au/e/354384733277>

BUILDING RESILIENCE

With Dr Brett Quayle

Resilience is a dynamic process that enables individuals to adapt to difficult situations in a way that enhances wellbeing and reduces the negative impact of adversity.

The purpose of this workshop is support participants to understand the nature of resilience and develop practical resilience enhancing strategies for themselves and their colleagues.

Date:

10am - 12pm

Friday 24th June 2022 - Morning Tea Provided

Bookings Essential:

Register via <https://www.eventbrite.com.au/e/354395475407>



* All workshops are delivered by Benestar into our state-of-the-art Connected Learning Centre facility via Microsoft Teams

TAFE NSW Yamba Connected Learning Centre:

24 Treelands Drive, Yamba, NSW

P: (02) 6603 5035

W: www.tafensw.edu.au

EXPLORE. ENQUIRE. ENROL.
TAFENSW.EDU.AU
131 601

SCHOOL HOLIDAYS – MAKING THE MOST OF SCHOOL HOLIDAYS

With Dr Rosina McAlpine

School holidays can inspire both joy and dread in the hearts of parents. Joy thinking about relaxing and spending quality time with the children, stress with the worry of juggling work and family.

With a little planning and some great strategies, you'll be able to better navigate work and family during the school holidays with more joy!

This session provides working parents with resources to manage the many challenges of managing work and family during the long school holidays and take time out to rejuvenate themselves!

Date:

10am - 12pm

Monday 27th June 2022 - Morning Tea Provided

Bookings Essential:

Register via <https://www.eventbrite.com.au/e/354400239657>

LANGUISHING TO FLOURISHING

With Luke McLeod

Languishing is the awkward no man's land between thriving and mental ill-health.

This session is designed to provide participants an understanding of the key difference between languishing and flourishing states of mind. The session provides practical strategies in being able to identify and overcome these feelings and be able to optimise our mental wellbeing.

Date:

10am - 12pm

Tuesday 28th June 2022 - Morning Tea Provided

Bookings Essential:

Register via <https://www.eventbrite.com.au/e/354401032027>

SUPPORTING TEENS MENTAL HEALTH

With Dr Rosina McAlpine

The world-wide pandemic has presented many challenges for our children's mental health, physical wellbeing and social relationships.

Experts are considering the long-term effects of these changes and impacts such as the increase in the number of children experiencing anxiety. In this session, parents and carers raising school-aged children can learn how to support their child's long-term wellbeing with practical strategies to support mental health, manage emotions and nurture strong relationships with family and friends.

Date:

10am - 12pm

Wednesday 29th June 2022 - Morning Tea Provided

Bookings Essential:

Register via <https://www.eventbrite.com.au/e/354401483377>

BUILDING INFLUENCING SKILLS FOR EFFECTIVE CHANGE CONVERSATIONS

With Luke McLeod

As we deliver change programs, a key part of these roles is to be able to influence and coach individuals to reduce resistance and increase motivation to be able to join the change process.

The session will focus on building coaching and influencing skills for the team to be able to have productive relationships in a change process and be able to drive motivation and action for others.

Date:

10am - 12pm

Thursday 30th June 2022 - Morning Tea Provided

Bookings Essential:

Register via <https://www.eventbrite.com.au/e/354405726067>



BENESTAR FACILITATORS

Dr Rosina McAlpine – is an author, family wellbeing expert, multi-award-winning educator and CEO of Win Win Parenting. Her facilitation style is positive and passionate with step-by-step practical solutions to support working parents to be their best at home and at work.

Wellbeing Tip

"Taking care of yourself means you can be at your best for YOU, and from there have the energy, inspiration and clarity of mind to support your family and your workplace. Win Win!"

Dr Brett Quayle – is passionate about bringing the science of human behaviour to workplaces, and to help people reach their full potential.

Wellbeing Tip

"Change takes time and it is our intention that is most important. Take small baby steps to reach your goals and practice compassion. Remember, Rome wasn't built in a day."

Luke McLeod – pushes himself to provide the most engaging, relevant & practical content as possible for his customers. Leaving them feeling informed, inspired and competent.

Wellbeing Tip

"It's regular small moments of self-care that often make the biggest difference."

HERON ISLAND EXCURSION - NOVEMBER 2022 INFORMATION AND SELECTION MEETING

Year 10 students are being offered the opportunity to participate in an excursion to the University of Queensland's Heron Island Research Station for 4 nights (2 additional nights for bus transport) from Tuesday 22nd November (9pm) – Monday 28th November (4am) which is Week 7, Term 4. (This excursion is subject to change/cancellation due to Coronavirus outbreaks, isolation and vaccination policies, and NSW and QLD Government regulations which cannot be foreseen into November).

If you have any interest in attending this excursion or questions about your eligibility, you must attend the information meeting that will be held in S8 at the start of lunch on Tuesday 21st June (Week 9, Term 2). Attendance at the meeting is compulsory if you are hoping to gain a place on this excursion. (If you cannot attend this meeting, you must see Mr Cassidy or Mrs Hollis in the Science staff room with a note from your parents stating the reason).

A list of 36 successful applicants and a reserve list will be placed on the Science notice board during Week 1, Term 3. You will be required to pay your \$100 deposit by Friday the 29th July. Students must make themselves available to attend the compulsory preparatory days which will include CPR training and snorkeling proficiency swim (Term 4 - date to be advised). The total of the \$900 must be paid prior to the excursion (Friday 28th October).

Information notes and eligibility criteria will be available at the Science staffroom.

- Danielle Hollis



The poster features a pink background with a large, stylized basketball graphic. At the top left is the 'Legacy Program' logo for the 2022 World Cup Australia. In the center is the 'I AM A GIRL I CAN DO ANYTHING COME & TRY' slogan. To the right is the 'YAMBA Trawlers BASKETBALL' logo. The main text reads 'GIRLS SKILLS SESSION SATURDAY 2ND JULY 2022' followed by two time slots: '4.5YRS - 7YRS 3.00PM TO 4.00PM' and '8YRS - 18YRS 4.30PM TO 6.30PM'. The location is 'RAYMOND LAURIE SPORTS CENTRE 78 ANGOURIE RD'. A 'SIGN UP NOW' button and the website 'www.bnsw.com.au/i-am-a-girl' are at the bottom. Logos for NSW Government and Basketball NSW are also present. The background image shows young girls in pink shirts and black shorts on a basketball court, some holding basketballs.

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your life your way

KIDS AND THEIR SCREENS

**WEDNESDAY
MAY 11
10 AM - 12:30 PM****AT LIVABLE:
11 KEMP ST.
GRAFTON NSW**Livable events are FREE to
attend and childcare is available.Livable Family and Relationship Services is funded
by the Department of Social Services.

How much is too much screen time for children?

This workshop is designed to build
your confidence when communicating
with children and setting healthy
boundaries around technology. We will
discuss preteen and teen development,
cyberbullying and social media.

Refreshments provided.

**livable**
your life your way**BOOKINGS ESSENTIAL
1800 289 927
LIVABLE.ORG.AU/EVENTS**

Clarence Coast Magpies JRL

Registrations are open!

Minis boys and girls 5 - 9
Mods boys and girls 10 - 12
International boys 13 - 16
International girls tackle 13 - 16
Girls league tag 13 - 16Registration website:
playnrl.comFor further information
please call
0439 844 411
or email
clarencecoastmagpiesjrl@gmail.com

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.