



NEWSLETTER

MACLEAN HIGH SCHOOL

Dates to Remember

13 March

P&C Association AGM meeting
at 6.30pm in the Library

13 March

North Coast Swimming
Alstonville

14 March

Year 7 Welcome BBQ

15 March

Year 6 Transition Workshop

15-27 March

Naplan

28 & 30 March

Year 7 Cultural Tour

30 March

White Card

30 March

Parent Teacher Night
3.45-6.45pm

6 April

School Cross Country

7 April

Good Friday

10-21 April

School Holidays



Zone Swimming Titles

Our MHS Swim Team headed to Alstonville Swimming Pool to compete in the Richmond Zone Swimming Titles. We're pretty happy to say our relay teams won all the events they competed in. Additionally we have a few of our students who are in hot contention for Zone Age Champions and quite a few more who have secured places in the upcoming regional titles.

Huge thanks to Mr Thompson for being Swim Team Manager and pulling those relay teams together. We couldn't be more proud of our team and the way they upheld our FRESH values throughout the day.



From the Principal's Desk

Social Media

At times we are made aware of Snapchat groups that may contain graphic or inappropriate images and content. Like you, our priority is the safety and wellbeing of our students.

Because social media platforms are a third-party service, we cannot remove content posted outside our own channels, so we encourage and support you to check your young person's account and report any content that you find concerning.

You can find information on reporting abuse on Snapchat, including harassment, bullying, blackmail, or other safety concerns at <https://help.snapchat.com/hc/en-us/articles/7012399221652>

If you have already reported content to the platform and it hasn't been removed within 48 hours, you can also report to the Office of the e-Safety Commissioner: <https://www.esafety.gov.au/report>

We thank you for being proactive with the safety and wellbeing of our young people.

- Mrs Emma Turner

Relieving Deputy Principal



Swimming Carnival

The point score was close for the 2023 Maclean High School Swimming Carnival. The winning house was Yugaamgan (Coastal Emu). Thanks to the house captains for their efforts of encouragement for their respective houses.

Congratulations to each of the following Age Champions:

12 years: girls- Arana Carmichael (Yugaamgan); boys – tie between Isaac and Noah Hunter (Wuy-Wuy).
 13 years: girls –Freya Meade (Waandyi); boys – Chase Burke (Yugaamgan).
 14 years: girls –Zahli Carmichael (Yugaamgan); boys – Hayden Whyte (Garidi).
 15 years: girls –Daeja Parker (Waandyi); boys –Jett Burke- (Yugaamgan).
 16 years: girls –Zoe Snape (Garidi); boys – Ky Kratzmann (Wuy-Wuy).
 17+ years: girls – Morwenna Hogan (Wuy-Wuy); boys – Gus Gilbert (Wuy-Wuy).

Congratulations to Freya Meade who broke 7 records on the day in the 13 Years girls:

- 50m Freestyle a time of 29.93 seconds, she beat the 2008 record of 30.17 seconds.
- 100m Freestyle a time of 1.06.95 seconds, she beat the 2008 record of 1.07.94 seconds.
- 200m Freestyle a time of 2.28.89 seconds, she beat the 2008 record of 2.37.57 seconds.
- 50m Butterfly a time of 32.07 seconds, she beat the 2009 record of 33.34 seconds.
- 50m Backstroke a time of 35.56 seconds, she beat the 2004 record of 37.00 seconds.
- 50m Breaststroke a time of 38.95 seconds, she beat the 2008 record of 40.75 seconds.
- 200m Individual Medley 2.50.37. She beat the 2008 record of 2.54.80 seconds.

Congratulations also to Hayden Whyte who broke the 14 Years boys 50m Backstroke swimming a time of 32.66 seconds, he beat the 2008 record of 33.69 seconds.

Maclean High has a team of 37 students representing the school at the Zone Swimming Championships in Alstonville



SUNS

COME AND TRY DAYS



Entering Under 10s, Under 12s and Under 14s teams in the 2023 AFL North Coast competition.

All interested boys and girls are warmly invited to come and try the great game of AFL!

YAMBA
Yamba Public School
Wednesday 1st March
4pm-6pm

MACLEAN
Wherret Park 1
Sunday 5th March
11am-1pm

lowerclairesuns@gmail.com



Lower Clarence Suns AFL



Its Time!!

to join our football family



REGISTRATIONS OPEN NOW

For information on how to register visit

 Maclean FC

or email

 admin@macleanfootball.com.au




Sports Coaching

On Thursday March 3rd our year 11 Sports Coaching students were fortunate enough to receive a coaching session from Maclean Bobcats Soccer coach Dave Jeffrey.

Dave took the students through a range of skills and practices and imparted his knowledge and experience in coaching a range of age groups and abilities.

Students had the opportunity to ask Dave questions relating to coaching practice and further develop their knowledge and skills. Thank you, Dave for taking time out to assist our students.

- Mrs Ceri Adams



NAPLAN 2023

Year 7 & Year 9

	Writing	Reading	Language Conventions	Numeracy
Year 7	Wednesday	Friday	Monday	Tuesday
Year 9	15 March	17 March	20 March	21 March

Catch up sessions will be conducted for students who miss NAPLAN tests.

Catch up sessions:

- Wednesday 16 March - Writing
- Thursday 23 & Friday 24 March - Reading, Language Conventions and Numeracy

Students are encouraged to bring personal headphones.

Year 8 Technology

This year, Year 8 Mandatory Technology students who study Food Technology will be participating in a program by OzHarvest. OzHarvest identified an opportunity in the Australian Curriculum to bring together sustainability, food waste and nutrition education, creating a program called FEAST (Food Education & Sustainability Training). FEAST teaches students about food waste and its environmental impact, healthy eating and inspires individual action to create a better world. Students have fun learning how to plan, prepare and cook nutritious recipes and design their own 'Use It Up' recipes. This week Mrs Kirkland's 8TEC 6 made delicious Hummingbird Muffins from the FEAST program.

Year 10 Food Technology has been studying Food Trends this term. This focus area of the syllabus engages students to learn about trending techniques, flavours and ingredients.

Students are learning valuable practical skills in this course and have made various recipes this term including nachos and sushi rolls. This week 10FTX and 10FTY made savoury crepes.

- Mrs Michelle Ellis

FEAST FOR HIGH SCHOOLS!



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING





17th February, 2023

Dear Parent/Caregiver

This letter is to officially welcome you and your family to Maclean High School. We have continually sought ways to provide Year 7 families with early contact with the school and the following event allows for this with a very relaxed and informative gathering.

“Getting to Know You” BBQ


We would like to invite you to the school on **Tuesday 14th March** from **5.00pm – 7.00pm**. This is an opportunity for you to meet the parents of the children in your child’s class, various staff and P&C Association representatives.


Maclean High School continues to acknowledge the importance of the P&C Association through their support in a financial capacity as well as through feedback and discussion at the P&C Association meetings. The Administration Office will also be open until 5:30pm on the night if you have any questions or wish to make any payments.

Please feel free to attend for the whole time or as long as you can manage. It is also an opportunity for your child to show you where their classrooms are. Bring the family; there will be plenty of sausages!!

We would appreciate it if you could complete the form below and allow your child to return it to the box outside the Attendance Office as soon as possible.

We are looking forward to meeting you soon.


Mrs Carla Taylor
Relieving Principal


Mrs Tania Kane
HT Wellbeing


Miss Emma Watts
Year 7 Adviser

Please return this section to the box outside the Attendance Office.

Year 7 Sausage Sizzle

☐ We will be attending the Sausage Sizzle and there will be adults and children attending (please include your Year 7 child in this number).

☐ Sorry, I am unable to attend.

Parent Signature:.....

Student Name:..... **Year 7 Class:** **G L O B E**
(Please circle).



YAMBA FOOTBALL CLUB



2023 REGISTRATION NOW OPEN

To register go to – Playfootball.com.au

If you have any queries please contact us at yambaafc@gmail.com or through our facebook page.

FEES FOR 2023

Juniors	12-14 years	\$195
Juniors	15-18 years	\$210
Seniors – (SCHOOL AGE <u>ONLY PLAYING SENIORS</u>)	15-18 years	\$250

PARENTS:

Don't forget, before you register, to apply for the \$100 Active Kids Voucher, for each child enrolled at school. This is a government incentive to help offset the cost of kids sport.

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

REGISTRATIONS ARE OPEN!

GIRLS AND
BOYS TACKLE
AND GIRLS
LEAGUE TAG

Go to playnrl.com to
register

We are accepting Active Kids Vouchers



1st Maclean Scouts

We are open for fun and adventure.

We meet at the Scout Hall, 15 Union Street, Maclean.

When: Tuesday's from 5.30 pm.

Contact: Joanne Worboys/Dolphin on +61 408063848

Joanne.Worboys@nsw.scouts.com.au

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 Mrs Tay Cone.