Maclean High School

Newsletter

August

2024

RESPECT



It is another very busy term here at Maclean High School. Term 3 brings with it the HSC Trial examinations, Year 11 examinations, Check-in assessments, excursions and our important final events for our current Year 12 cohort.

With trial examinations for Year 12 starting next week, I would like to commend our senior students for their commitment to their studies and diligence as we move into this important assessment period. Ensure you are adequately prepared with a good study routine and space and take time to ensure you are looking after yourselves. All students have a copy of their examination timetable and are encouraged to reach out to their teachers for assistance should they need anything. This is a great final practise before the final exams in October. An important note regarding some of the final steps for our Year 12 students was distributed in Week 3 and I encourage students and their parents and carers to read this closely. Good luck Year 12!

A massive congratulations goes to all of the students, staff and community members involved in the 2024 MHS Musical, 'Into the Woods'. This show was an outstanding demonstration of the immense creative talent that we have in this school. It was a very long process of rehearsals and the commitment from our students and teachers was amazing. We were lucky enough to welcome many of our partner primary schools to matinee performances and these all received rave reviews. Whether students were operating the lights, serving food at intermission, making costumes or performing, the collaborative effort was truly testament to the magic we can create here at Maclean High School. While disappointed that I didn't get my call up as an understudy, I am always hopeful for next year!

We began our term with the opening of our new sports court area. This has been a long-awaited flood remediation project and it was a fantastic way to start our term, re-introducing this space to our students. These courts have not only allowed much of our PDHPE and sporting programs to restart, it has also become the major hub for breaktimes, with lots of students engaging in the multiple court spaces. As our new assembly space, we look forward to welcoming parents, carers and community members into this space for some of our important upcoming events.

Our Cattle Show Team is currently at the Brisbane EKKA Agricultural Show. Under the leadership of Mr Kirkland and Mrs Hamilton, this group has been having a fantastic time learning, showing the cattle and understanding more about the agricultural industries. We are very proud of the outstanding work our students have done here in representing our school.

I know that you will enjoy reading in this newsletter about many more of the exciting opportunities that have been happening and are planned for the remainder of this term. As always, I would like to remind our students to maintain that important focus on their learning. Each lesson is a great opportunity to showcase your skills, broaden your knowledge and question your understanding. With more major assessments and examinations coming up, we want to ensure that learning is our number one priority, each and every day.

James Witchard Principal



CBUS Super Stadium

On Saturday the 3rd of August 35 students travelled to CBUS Super Stadium to watch NRL and NRWL matches. We were lucky enough to witness two excellent games of Rugby League. In the NRWL game the Gold Coast Titan's triumphed over the West Tigers, and the Titans were again victorious over the Brisbane Broncos in the NRL.

There was much excitement and cheering as the bulk of the students were supporting Gold Coast against big brother Brisbane. After the game a few lucky students were able to get some photographs and signatures with some of the stars.

Mr Dobbin







Important Dates

- 5 11 Aug
 - EKKA Brisbane Show
 - Check in Assessments
- 5 16 Aug
 Work Placement -Primary
- 12 Aug

 P&C Meeting MHS
 Library 6pm
- 12 23 Aug
 HSC Trial Exams
- 13 Aug

 Zone 15's
 Basketball Evans
 River
- 15 Aug
 - One Stop Shop
 - Mareeba Aged
 Care Yr 10 Child
 Studies
- 18 24 Aug
 Year 11 Snow Trip



New Sports Courts

At the start of Term 3, we re-opened our sports courts area. This has been part of a large upgrade and flood remediation project. We are very pleased to have outstanding resources that service the educational needs of our students!

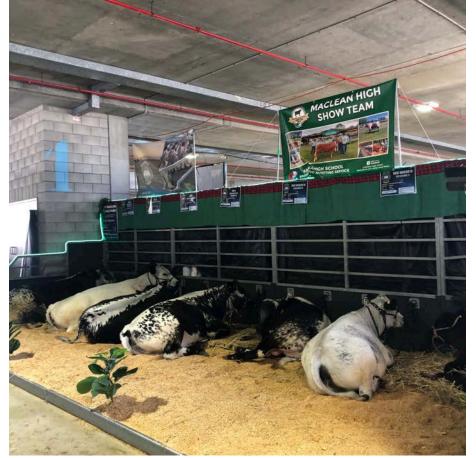




Day 1 & 2 - All students were up early in the morning preparing the cattle for the busy week ahead. Each animal got the best day spa treatment which included a wash, blow dry, brushing, clipping and a final buff product called revive. While the cattle were enjoying their day spa the other team members quickly and efficiently performed room service by refreshing the feed, carting water, raking and levelling sawdust and removing frequent waste expelled by the cattle.

The steers as part of the exhibition were weighed in and placed in their particular class. Out heaviest steer Cheeko weighed in at 445 kg, followed by Donny at 442 kg and Little Expense at 433 kg. As part of the judging, exhibitors are assessed on the cleanliness of the stall and the animal, the organisation of the stall, including the presentation and maintenance of gear and communication skills presented by the exhibitor.

The team has worked extremely hard to have all these aspects of cattle showing in top working order, so well done team.



Ms Hamilton









EKKA - Royal Brisbane Show



EKKA - Royal Brisbane Show

Day 3 - A big day in the ring at the Royal Brisbane Showground with 12 competitors from the MHS cattle team entering school parading competition. 95 competitors from 30 schools over three age divisions. Parading is all about the skills of the parader and their collective abilities in leading, controlling and presenting their animal in the ring in front of two judges. We are very proud of our competitors who spent several hours with their animals in the ring as each heat was run.

Ms Hamiliton



Day 4 - Today in the ring 28 schools competed in the inter school steer judging competition. Three students, Abi, Bryson and Indi were chosen to represent the school in this team event.

The MHS team were required to judge three groups of four steers and heifers. These animals were judged on carcass value. Competitors were asked to justify their judging criteria to the crowd and the overjudge. This was a tough competition as competitors actually had to grade their own steer or heifer to other cattle; there was no room for favouritism here.

From this event it moved to individual judging which took up most of the afternoon. In these competitions three junior heifers and two junior steers were judged as a carcass.





Ms Hamilton

EKKA - Royal Brisbane Show

Super 7's Rugby Union Tournament

Maclean Highs U14's, U16's and Opens Rugby Union teams travelled to Stan Payne Oval in Evans Head over two weeks to compete in the Alex Gibbon Rugby 7's Tournament. With 55 teams entered from all over the North Coast our teams faced some stiff competition.

Students played twelve 15-minute games over the two weeks, resulting in plenty of sore bodies and bumps and bruises by the end of the competition. In fact, by the final game, MHS was only able to muster 6 players from squads of 12 to take the field in both the U14's and U16's divisions. Despite the war of attrition, our teams finished a respectable 8th from 12 teams in both the U'14's and U'16's divisions and 6th overall in the Opens.

Stand out players in the U14's were Noah, Hugh, Bohdi and Lincoln, U16's stars were Jake, Kaden, Malakai and Noah, while the Open's best were Marley, Kennyon, Zach and Zephyr. All students are to be commended for their efforts and attitude across both days.

Mr Dobbin







On Friday of Week 2, A group of likeminded Year 9 and 10 students travelled to South Grafton High School to participate in a Mathematics and problem-solving workshop hosted by Inquisitive Minds. This workshop provided a wonderful experience for students to showcase all the mathematical understanding and problem-solving skills our wonderful Mathematics teachers at Maclean High have fostered.

The workshop was a combined event that included students from Grafton High School, South Grafton High School and Maclean High School. This is the first year that it has run and proved to be a huge success. We are hoping that in the future this event will be even bigger and better and will include as many students from Maclean High School as possible.

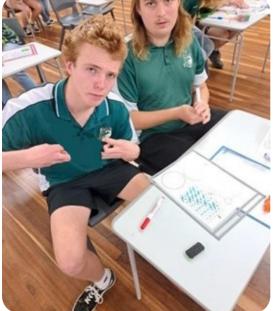
A big thank you goes to the P & C committee of Maclean High School for subsidising this event and allowing our students to have fun and enjoy these experiences.



Harper, Year 10 with his haul of prizes from the Inquisitive Minds excursion

Mr Elvery





Rising Star in the Culinary Scene



Alumnus Scott Wright has recently been honored as Apprentice of the Year at the TAFE NSW Excellence Awards. Currently studying Certificate III in Commercial Cookery, Scott has shown exceptional dedication and skill in his culinary career.

Scott began his journey in hospitality with an apprenticeship at the Yamba Bowling Club and is now an apprentice chef at the Blaxland Inn in Pokolbin. His achievements include being a finalist in the Fonterra Proud to be a Chef program and the 2024 Clarence Valley Young Citizen of the Year awards.

He credits his success to his studies at TAFE NSW and the guidance of his teacher, Bernadette Ryan (another ex Maclean High School student), who has helped him refine his skills and explore his potential.

Miss Fisher



Recently 45 of our enthusiastic students from Years 10 to 12 attended the Northern Rivers Careers Expo in Lismore, supported by our Careers Adviser Miss Fisher and HSC Work Studies teacher Mr Obst. Held annually, the Northern Rivers Careers Expo is the region's premier event for career advice, further education, jobs, and training, providing an invaluable opportunity for local school leavers, job seekers, and workers to develop genuine long-term career prospects.

The expo featured a wide range of exhibitors, including apprenticeship organisations, career pathway advisers, employers, tertiary education institutions, training providers, universities, and volunteer organisations. This diverse array of exhibitors made it a one-stop shop for anyone looking to begin or grow their career.

Our students had the chance to engage directly with these exhibitors, gaining insights into various career paths, education opportunities, and training programs. They also received practical advice on how to navigate the job market and pursue their career goals.

Our students returned with a wealth of information and inspiration, better equipped to make informed decisions about their futures.

We are proud of our students for taking this proactive step towards their careers. Make sure you have downloaded the Schoolbytes app so your family members at MHS don't miss out on opportunities like this one.

Miss Fisher









University of Sydney's prestigious Tahgara Program



During the program, our students participated in workshops led by exam markers, expert tutors, faculty academics, and university staff. They benefited from individually tailored guidance on scholarship applications, university pathways, and exam preparation, as well as receiving one-on-one subject-specific tutoring.

We are incredibly proud of our students for their dedication and achievements. Their participation in the Tahgara Program has provided them with valuable tools and motivation for their final exams and future studies.

Miss Fisher



Carissa Miltiadou, our former Dux, recently returned to Maclean High to share her experiences with the Year 10 Careers A class and our Stage 6 Work studies classes. Now studying a Bachelor of Physiotherapy at the University of Sydney, Carissa spoke candidly about her journey from being a top student at our school to navigating university life in the city.

She opened up about the challenges she faced moving from a regional area to Sydney, including adapting to a new environment and managing the demands of city living. Carissa also discussed her experiences living on campus, highlighting both the benefits and the adjustments required to balance academic responsibilities with the social aspects of college life.

Her insights into studying at a major university provided valuable perspective for the students. She emphasised the importance of staying organised, seeking support when needed, and maintaining a balance between studies and personal life. Carissa's visit was an inspiring reminder of the opportunities that lie ahead and the resilience needed to embrace new challenges.

If there is someone in your family who would like to attend these sorts of opportunities in the future make sure you have downloaded the Schoolbytes app and are checking it regularly.

Miss Fisher





Food Selection & Health



Year 9 are currently completing the unit Food Selection and Health. In this unit students learn about the nutrients required for healthy living, the life stages and required food intake, meal planning, using alternatives when preparing food and the digestive system. Students at the end of Term 2 created their own digestive systems as a practical way to 'make' their own using playdough that they made in class. Here are some samples of their work. Students thoroughly enjoyed this activity. Well done Year 9!

Mrs Goodwin



As part of our Life Skills Curriculum, students in L Hub had a wonderful afternoon learning how to wash and detail a car properly at Clarence Valley Detailing in Yamba. Dylan, Ollie and the team gave the students a hands on lesson in the processes and techniques involved in professionally detailing cars. They were extremely supportive when assisting students with using the equipment and showing them how the professionals do it. A very big thank you to Clarence Valley Detailing for giving us your time and knowledge!

Ms Plowman



ww.maclean-h.schools.nsw.edu.au / 02 6645 2244

Learning Hub Life Skills

Magical Musical Moments

The first two weeks of school this term were dominated by the Into the Woods musical. The musical, featuring over 35 students in 8 performances, visited by over 550 Primary school students and teachers from every local primary school and approximately 400 family, friends and community members can only be described as a resounding success.

The vision for this performance and every performance we create at MHS was to create a world of wish, promise and possibility beyond the rhythm of our everyday lives. There is no other experience like putting on a high school musical- the memories created here are ones to last a lifetime. When I see students I have worked with in every school production in this venue absolutely bringing the house down with their soulful, spine-tingling vocals it leaves a permanent mark.

What the audience saw when they watched this show was the incredible talent of the artists, singers, actors, dancers and choreographers we have in this school community. However, as a director, I am privileged to see so much more. The generosity, commitment, and passion these thespians have demonstrated throughout the process are what make it worth all the effort.

Live theatre is a medium unlike any other, each performance is as unique and nuanced as the performers themselves. When the final curtain fell last Friday all that was left were the memories, ingrained in the boards of the stage and the hearts of all who came into contact with the show.

None of this would have been possible without the support of the school community especially Mr Mitchell, Music Director and Sarah Rossington SRC coordinator who were critical to the success.







Until the next show...



ww.maclean-h.schools.nsw.edu.au / 02 6645 2244





Tiny House Projects



Recently some Year 8 classes were working on Tiny House projects with Mr Jones, Miss Reid and Mrs Rothwell. Students had to research, plan and produce their own sustainable model tiny house using an array of materials. As you can see thorough planning, creative and critical thinking were used to create some wonderful work. Well done Year 8!

Mrs Goodwin





Atomi



How Atomi supports your child's learning 듣

Dear families,

Now that Term 3 is underway, it's a great time to delve deeper into how Atomi can support your child's learning and academic growth.

Atomi is a valuable resource designed to help students from Years 7 to 12 with engaging content and personalised learning tools.

Quick tip:

Watch the insightful webinar: Enabling academic success for your child to see how Atomi can support your child's education.

Questions to ask your child:

- How are you feeling about your studies so far this term?
- What subjects are you finding most challenging and why?

https://www.getatomi.com/au





1pm - 5pm Maclean Show Grounds \$30pp* email: rockymouthproductions@gmail.com ph: 0487 690 804

NSW

Our





17th September 2024*

* Exact dates dependent on bookings



MACQUARIE UNIVERSITY presents

COMMUNITY SCIENCE SEP 2024 NIGHT JOIN US FOR A FUN NIGHT FREE (S) OF SCIENCE AND DISCOVERY WHEN Activities include: **PLANETARIUM** WHERE 2 ROBOTICS FOR *** GENETICS and so much more **REGISTER NOW** PROUDLY HOSTED BY:

FOLLOW US



all Ti og pilso 1935 Er gygåmgedale



CAKE STALL | BBQ | COFFEE | LIVE ENTERTAINMENT FOR MORE INFORMATION PLEASE CONTACT COMPER PUBLIC SCHOO

00

WANT TO GET INVOLVED?

P&C Cookb

The Cowper Public School P&C are putting togethe together a cookbook as a fundraiser and recipes of all types. If you would like to collecting family recipes or favourite tribute, please email your recipe to: 0 HAR CARE

martin6@det.nsw.edu.au

If you'd like, include a short story, photographs or a special memory about the recipe

Design A Brick

Purchase a personalised brick paver for \$25 to be placed in our garden around the newly refurbished school bell. Each paver can have up to 17 characters per line, three lines total. Order yours today and become a permanent part of our school's history! For more information or to place an order, please contact Cowper Public School. All ver orders must be submitted by 27th August.



memorative Glassware

Purchase an engraved commemorative glass for just \$12 each. Limited stock available They are selling fast! Contact Cowper Public School to place an order.



Year 7 Scholarship

In 2025, Maclean High School will be offering a series of Year 7 Scholarships. These scholarships will provide students with:

- \$300 Uniform Shop Voucher
- \$200 School Excursion Allowance
- Free Year 7 Camp admission
- School fees paid for Year 7
- 1 x Year 7 book pack

Scholarships will be awarded on the basis of Primary Principal nomination for one or more of the following categories:

- Academic
- Sporting
- Citizenship
- Cultural Leadership
- Up to 6 scholarships will be awarded across our Lower Clarence School network for students in zone for Maclean High School. Primary Principals will nominate by the end of Term 3.

Students will be awarded at their school presentation ceremonies.

For more information, please contact Maclean High School on 6645 2244

Could you become a foster carer?

Call our Coffs Harbour office on (02) 5646 5700 for a confidential conversation



Bushfire danger period information for parents and carers



Factsheet

This factsheet provides information for parents and carers about arrangements for the bushfire danger period.

The NSW Department of Education has engaged external experts to conduct assessments of all NSW government schools, to identify schools at greater risk of impact from bushfires.

To support the health, safety and wellbeing of students and staff, the department, in consultation with NSW Rural Fire Service (NSW RFS), will direct the school to temporarily cease operations on days when a Catastrophic Fire Danger Rating has been declared for your school's NSW fire area. Alternative learning arrangements will be put in place for these days.

Schools may be directed by the department to become non-operational at any time based on advice from emergency services and the State Emergency Operations Centre.



What is a Fire Danger Rating?

Fire Danger Ratings describe the potential level of danger should a fire start. The ratings are determined by a combination of factors including air temperature, relative humidity, wind speed and drought.

For further information on the Australian Fire Danger Rating System, visit <u>rfs.nsw.gov.au/news-and-media/fire-</u> <u>danger-ratings-are-changing-soon</u> Fire Danger Rating sign







education.nsw.gov.au



When will I know if my child's school has been made non-operational?

At approximately 4:00pm each day the Fire Danger Rating is issued for the following day. This means that schools, including onsite preschools, will be notified after school hours that it will be non-operational the following day. Your school will notify you as soon as possible by the preferred method of communication.

Parents and carers are requested to:

- provide up-to-date home and after-hours contact details to your school
- stay up-to-date with news and local media through the bushfire danger period.



NSW School Updates app

Get the free NSW School Updates app to receive operational status updates for NSW public schools <u>education.nsw.gov.au/parents-and-carers/nsw-school-</u> <u>updates-app</u>



What education arrangements will be in place if the school is nonoperational?

When non-operational, your school will advise of alternative learning arrangements, including any relocation or learning from home plans.



Be prepared and ensure you have a bushfire survival plan in place. The NSW RFS has resources for all residents to plan and prepare for the bushfire season.

Consider whether your home is safe from bushfires and grassfires, and be prepared to relocate to a safer place well in advance. Find more information and resources from the NSW RFS <u>rfs.nsw.gov.au/plan-and-prepare</u>

We appreciate your cooperation during the bushfire season. For further information about Fire Danger Ratings and the bushfire danger period, please refer to <u>NSW Rural Fire Service rfs.nsw.gov.au</u>

The department's School Safety website <u>education.nsw.</u> <u>gov.au/public-schools/school-safety</u> provides up to date information during bushfires and grassfire emergencies.

Please contact your school with any additional questions.





education.nsw.gov.au

FACT023-V2 July 2023

Attention Junior

Cricketers

Maclean United Cricket Club is looking for Under 12 and Under14 players (girls and boys) for the upcoming 2024/2025 season.

If interested, please message Maclean United Cricket on their Facebook page

livable

FAMILY & RELATIONSHIP SERVICES TERM 3, 2024 EVENTS

GRAFTON LIVABLE: 11 KEMP ST

FREE EVENTS

Refreshments provided

MINDFUL PARENTING 30 JULY | 10 AM - 12 PM Stay calm during challenging parenting moments and help your home run smoother with mindfulness.

> FEAR-LESS TRIPLE P 31 JULY - 4 SEPT | 12 PM - 2:30 PM

Small changes; Big differences: Learn practical techniques that make a lasting impact in reducing anxiety in your child. PARENTING THRU A NEURODIVERGENT LENS 1 AUGUST | 10 AM - 12 PM

Discover empowering parenting approaches that celebrate neurodiversity while nurturing your child's unique stengths.

6 AUGUST - 24 SEPT | 10 AM - 12 PM Dissolve challenging behaviours by learning how to reconnect with your child.

2 CONSECUTIVE THORSDATS 8 & 15 AUGUST | 10 AM - 12 PM

It's okay to acknowledge when you're dealing with anger. Learn practical strategies you can use today.

Learn how to strengthen your relationship with your child through practical videos and discussions. ANXIETY 101 12 AUGUST | 10 AM - 12 PM

A practical approach to supporting your child to break free from anxiety

PARENTING WITH YOUR EX 29 AUGUST | 10 AM - 12:30 PM Navigate the complexities of parenting with your ex, even when emotions run high!

MANAGING BIG BEHAVIOURS 9 SEPT | 10 AM - 12:30 PM Understand big behaviours in your child by tuning in to their emotions to help them express themselves. 11, 18 & 25 SEPT | 10 AM - 12:30 PM

RICKET

PLAY

CRICKE

Navigate the challenges and increase parent-teen connectedness UNDERSTANDING FAMILY VIOLENCE 12 SEPT | 10 AM - 12 PM

Learn to address family violence and support your children in a safe and nurturing environmen

VISUAL PROMPTS FOR EFFECTIVE ROUTINES 26 SEPT | 10 AM - 12 PM Help put structure back: practical ideas for where to start with routines, resilience and rewards.

MACLEAN SHOWGROUND JIM THOMPSON PAVILION: HALL

ANXIETY 101 5 AUGUST | 11 AM - 1 PM

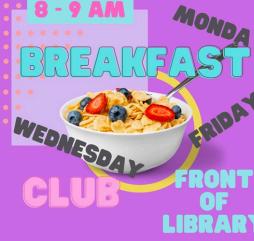
difference that lasts. 19 & 26 AUGUST | 11 AM - 1 PM

It's okay to acknowledge when you're dealing with anger. Learn practical strategies you can use today.

UNDERSTANDING FAMILY VIOLENCE 2 SEPT | 11 AM - 1 PM Learn about domestic & family violence: the cycle, patterns and effects on partners and children. VISUAL PROMPTS FOR EFFECTIVE ROUTINES 16 SEPT | 11 AM - 1 PM

Help put structure back: practical ideas for where to start with routines, resilience and rewards.

MANAGING BIG BEHAVIOURS 23 SEPT | 11 AM- 1 PM Understand big behaviours in your child by tuning into their emotions to help them express themselves.



AM



ROTARY YOUTH TRANSITION SEMINAR

EXPRESSIONS OF INTEREST ARE NOW OPEN FOR YEAR 11 & 12 STUDENTS

2024







BOOKINGS ESSENTIAL 1800 289 927 LIVABLE.ORG.AU/EVENTS

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



Takeaways

For More Information







Everyone deserves to feel safe at school

Please treat our staff and students with kindness and respect

Aggressive behaviour will not be tolerated Together, we can create a safe and harmonious environment for our students and staff

education.nsw.gov.au

Is your child in year 7 or year 10?



Year 7

tetanus

(dTpa) Human

(HPV)

Year 10

ACWY

V

Diphtheria-

pertussis

papillomavirus

Meningococcal

Provide your consent for routine school vaccinations online.

At the beginning of the school year, your child's school will share the link to complete the online consent form.

Benefits of providing online consent:

- · easily update your child's details
- · get SMS notifications when vaccinations are given faster upload of vaccination records to the Australian Immunisation Register (AIR)

To provide online consent, you will need:

- the link provided by the school
- · your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.

For more information on vaccination visit: health.nsw.gov.au/schoolvaccination

nber 2022 © NSW Health, SHPN (HP NSW) 221060

NSW Health

Helpline Numbers/Online Resources

Kids Helpline: 1800 551800 or www.kidshelp.com.au Lifeline: 13 1114 or www.lifeline.org.au 1800 650890 or www.eheadspace.org.au Headspace: Beyond Blue: 1300 224636 or www.beyondblue.org.au http://au.reachout.com Reachout: Suicide Call Back Service: 1300 659467 Parent Line NSW: 1300 1300 52 or www.parentline.org.au WayAhead Directory: http://directory.wayahead.org.au Mental Health Telephone Access Line: 1800 011511 (operates 24 hours a day, 7 davs 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 & Ms Tay Cone Wellbeing Health In-Reach Nurse: Mrs Sally Loy (Work No: 0484 648 062

