

# Dungog High School News



## Prosperitati Specto : I Strive for Success

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Website: <http://www.dungog-h.schools.nsw.edu.au>

Term 4 Week 5

8th November 2010



### From the Principal

#### Awards Assembly

We hold school assemblies each week to pass on information to students and acknowledge student successes. Two or three times each term we hold a special formal assembly, events which emphasize the

school as a community with common values and aims. The assembly last week was an example of this, aiming to show the many ways that students are helping our local community and becoming great citizens.

We were privileged to hear from our guest speaker, Mrs Georgina Clark who showed us pictures and spoke about her experience as a volunteer at a school in Bhutan, helping with students and providing light fittings for classrooms.

The assembly was held to thank all students who have done more for the school than simply attend classes, helping other students and the community over the past year. Students were given certificates for their involvement in:

- Peer support – mentoring new year 7 students in their first months in high school
- Peer tutoring – literacy mentoring for students with literacy development needs. Tutors work for a TAFE certificate and provide this assistance every morning
- Assistance in examinations – being readers and / or writers for other students whose literacy skills are still developing
- Volunteering – as part of the Premier's Student Volunteer Program
- The Adopt a Resident program – visiting Lara Aged Care home and having social interaction with residents
- Year 6 to 7 transition program

More than a third of all students in the assembly were awarded certificates for their participation in these programs – a number of students gained multiple certificates as recognition of their generous donation of time to many programs.

Thank you to all students who involved themselves in these programs and to the staff who supported them. Special thanks to Mrs McLarty for her organization of the assembly, Mrs Jenny Grant for preparing all the certificates distributed to students, and Mrs Knight and music students who entertained us so well.

#### P&C meeting this week

There will be a P&C meeting this Thursday, November 11<sup>th</sup>, to complete financial requests for the year. The meeting will be in the library at 7.30 pm and everyone is welcome.

This meeting will be our last for the year and a chance to say thank you for participation and interest in the school. At this meeting, I will outline the funding needed for a new year 7 playground area and other funding proposals for 2011.

#### Review of school funding

The Commonwealth Government is currently examining the way in which funding is provided to schools and is open to submissions from individuals and groups. It is well worth a look at the website

and sending a viewpoint. The majority of funding for our school comes from the Commonwealth – either directly or through the State Government. It is important that we have a say in ensuring that this funding is distributed equally, and each student is given a fair share of the overall amount.

Submissions can be made at

<http://www.deewr.gov.au/Schooling/Programs/Pages/FundingReview.aspx> or Google schools funding review and you will find your way there.

#### Reminders:

**Remembrance Day** – the eleventh hour of the eleventh day of the eleventh month, in memory of the end of World War 1 in 1918. "The war to end all wars" was a shock to the world and led to an astonishing loss of men; Australia's loss was proportionally among the greatest – we had a small population and our losses were high. Every town has its memorial, sadly with reminders of the many other conflicts Australians have been, and are still, involved in.

This Thursday a ceremony will be held at the RSL in Dungog and the school will be represented by our School Presidents and other students. This year is also the 50<sup>th</sup> anniversary of the Korean War – of special significance to us with our association with our sister school, Chung Myong Middle School in Suwon, South Korea.

#### White Ribbon Breakfast

White Ribbon Day is dedicated to supporting anti-violence programs particularly in regional areas. A breakfast will be held on Thursday, 25th November At Chillbillies Café in Dungog at 7.30 am. The guest speaker will be Mrs Janine Epere from Destiny Haven. This will be a very interesting morning and worth an hour of our time.

*Maureen Jarvis*

#### STUDENT ACHIEVER OF THE WEEK

*Name:* Joseph Hooke

*Area of Achievement:* Academic/Quality Work/ Personal Best

*Nominated by:* Mrs J Kun.

*Reason for Nomination:* Joseph always works well in class.

#### SPORTS REPORT

The gods rained on sports parade this week. It was fantastic to see that so many students were disappointed that they would not be able to play sport. Congratulations to those wonderful students who were responsible and respectful towards their classmates and teachers.

The following brilliant students should be congratulated for their spectacular display at sport;  
Jessica Neave, Kassy Long, Nathan McDonald, Jesse Kiddle, Carol Cullen, Steven Bridges, Zoe Tolhurst, Lilly Hudson, Kristie

Herbert, Emma Clay, Ryan Horn and Claudia Long. This week's winner of the sports prize goes to; Ryan Horn

As summer is approaching it is important that each student be sun safe by wearing a hat and by regularly applying sun screen.

### Perfect Pugilistic Performance

Another young star on the rise at Dungog High School is Keith "The Hammer" Hammond. Keith a quiet unassuming student just like Clark Kent leads a secret double life as a boxing super star. The dedicated trainer took out silver at the Australian titles and followed that up by a win this year at the Central NSW Championships. During the final, Keith came from behind by knocking out his experienced opponent to win the event. Look out for future news of the three time golden gloves winner as he attempts to become the best flyweight in Australia.

Yours in sport, Mr Francey

## DUNGOG HIGH SCHOOL CANTEEN

### Canteen Volunteers' Christmas Dinner

The Canteen Volunteers' Christmas Dinner will be held on Thursday 18th November at the Dungog RSL at 6.30 for 7pm start. Meals will cost \$15 for 2 courses or \$20 for 3 courses.

Menu details are available from the canteen. Names in by Friday 12th November please and payment would be appreciated in advance.

The dinner is always enjoyable and a chance to thank our volunteers for their great work through the year supporting our school and students.

### Roster

#### Week 5 : 8th to 12th November

Mon	S Hallett, J Bambach,
Tues	R Rolfe, D Marquet, T Cushway
Wed	K Drinkwater, A Howton
Thurs	J Czapiewski, S Murray, G Magno
Fri	D Legge, C Easdown, R Warland, H Unicomb, R Kirkby

#### Week 6 : 15th to 19th November

Mon	T Schumacher, M Gibbs
Tues	R Rolfe, R Stokes, R Arkinstall
Wed	
Thurs	S Kiddle, S Snowden
Fri	D Marquet, L Dries, L McInnes, M Townsend

**The next Canteen Meeting** will be held on Monday, 22nd November in the canteen commencing at 3.45pm. All welcome!

## Coming events

### Nov

8 Road Ahead Trucking Industry – Y7,8,9,11  
 9 Yr 11 SLR excursion to Genesis Gym  
 10 a.m. HSC Senior Science; p.m. HSC Visual Arts  
 11-12 Yr 7 Enrichment Class excursion to Sydney  
 11 P & C Meeting, 7.30pm School Library  
 15 Spec Educ to Disability Sailing, Newcastle Yacht Club  
 22 Young Leaders Day, Sydney  
 Canteen Committee Meeting, 3.45pm in the Canteen  
 24-26 Peer Support camp  
 29-3/12 Yr 9 Melbourne Excursion

### Dec

8 Annual Presentation Day  
 15 Last day for students

## Year 10 School Certificate Examinations

### Nov

8	a.m. English	p.m. Science
9	a.m. Maths	p.m. Australian History/Geography
10-12	a.m. Computing Skills online	

## Ten Hints for Creating Resilient Families

Resilience is the fine art of being able to bungy jump through life. The pitfalls are still there but it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times. We will print two of the hints each week in the Newsletter.

### No. 3 Rediscover some family rituals

It doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up, rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say "Mum always made sure we did." or Dad always made sure we did."

[www.andrewfuller.com.au](http://www.andrewfuller.com.au)

### No.4 Spontaneity and curiosity

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can't give it to them by getting them to read a book. So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.



Experience another culture

## BRING HOME A BROTHER OR A SISTER

In January 2011, students aged 14 – 19 years from Japan, Europe, the USA and South America will be arriving in Australia to study at local schools for 2-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice

another language, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. Your whole family....and your relatives and friends....will grow and learn as you all get to know your new 'son' or 'daughter' from another land. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. <http://studentexchange.org.au/host>

**INTERNATIONAL DAY OF PEOPLE WITH DISABILITY**



DUNGOG SHIRE COUNCIL'S ACCESS COMMITTEE INVITES YOU TO .....

**MEET ME AT THE MOVIES MORNING**

to celebrate International Day of People with Disability on

**Wednesday 1st December at the James Theatre**

**SPECIAL GUEST – Ralph the Ranger will be arriving at 9.30am**  
Sponsored by Port Stephens Council

International Day of People with Disability is a celebration of the abilities of people with a disability. It helps increase public awareness, understanding and acceptance of people with a disability and reminds us how we as a community can serve and support these people.

**Movie screening will commence at 10.00am and light refreshments will be available at the conclusion of the movie**

By taking part in our 'Meet me at the Movies' you are helping promote a culture of inclusion, understanding and awareness. For any enquiries please contact Tracey Lowrey – Dungog Shire Council Community Project Officer (02) 49957777

**This event is sponsored by Dungog Shire Council**



## Helping learner drivers become safer drivers

FREE workshops for parents and supervising drivers

**To provide practical advice about:**

- New laws for L and P licence holders.
- Supervising learner drivers.
- Completing the Learner Driver Log Book.
- The benefits of supervised on-road driving experience.

**The next workshop in your area will be held:**

Time and date: 17th November 29 November 6.30pm-8.30pm	Venue: Dungog Clarence Town	Book now on: <b>4992 2091</b>
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# SKATE & HIP HOP

Free Event for Young People 12-24 years!

**Saturday 4th December 11am  
Dungog Skate Park**

Enjoy a dynamic and energetic performance while you skate by Newcastle's URBAN FREEFLOW!

Free Bus from - Clarence Town Paterson Gresford

FREE SAUSAGE SIZZLE LUNCH FOR ALL YOUNG PEOPLE!

For more info or to book a seat on the free bus call:  
Kylie, Dungog Area Youth Worker  
Dungog Shire Community Centre  
4992 1133/ 0428 329 643