

Dungog High School News



Prosperitati Specto : I Strive for Success

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Term 4 Week 7

22nd November 2010



From the Principal

Year 12 Graduation Formal

Every year we celebrate with our year 12 students the completion of their secondary education at a formal dinner; this year it was held at the Newcastle Jockey Club. This is a way of acknowledging the transition from school students to another important part of life. It is always astonishing for parents and teachers to see pictures of these young people as the year 7 students they were when they first came to DHS; the growth and change is, in one way, only to be expected, but in all others, still comes as a surprise. For the students, it probably seems like a lifetime that they have been at school – for us, it seems to have gone in a flash.

This year 12 group is a worthy inheritor of the tradition of past groups who have completed their education at DHS. They looked wonderful on the night and behaved impeccably. Congratulations to all the young people at the formal – you conducted yourselves superbly. We received a phone call the next day from the Club to congratulate you on your maturity and behaviour – for a club to do this is a rare event and something to be very proud of. Particular congratulations to your organizing committee, ably led by Grace Lowrey – you did a superb job that was appreciated by everyone present.

Why no year 10 formal?

I am often asked why the school does not organize a special function for year 10 students, similar to the year 12 formal. The answer is, I believe, obvious: the year 12 formal is an acknowledgement of the completion of secondary schooling. Year 10 students have not completed their schooling, particularly now that the official leaving age is 17. Some students will leave DHS for other schools, TAFE or employment, but the majority of them will continue at our school.

In the past, we have offered students an informal social at the end of year 10; this has not been taken up by them and no longer has any relevance. In the near future, it is probable that the School Certificate examination will be phased out, making any concept of year 10 as a “leaving” or “graduation” stage less realistic than it already is.

If parents choose to take the risk of going guarantor for an end of year party, that is their prerogative. Staff cannot attend these parties and they are not linked to the school in any way. I would appreciate it that, if such a party is organized and supported by parents, you do not use the name of the school in association with it.

Year 7 Enrichment Class Excursion

As a finale to a rich and full year of learning, the Enrichment Class was taken on a special overnight excursion to Sydney a week ago. Ms Rowley, who did much of the organization for this, was still buzzing with excitement on her return to school. Students visited a variety of interesting sites, including Sculpture by the Sea at Bondi, the Lakemba Mosque, and areas around the Rocks.

The aim of this class is to allow students to look a little deeper into the topics all year 7 students study, and often to approach the set work from a different viewpoint. This year 7 group has shown us that the concept of the class is working well and we will continue it next year. There are already a significant number of applications for the class and it will be a difficult but interesting task to select from the applications.

Good luck to all students who have applied for the 2011 year 7 Enrichment Class.

Maureen Jarvis

Congratulations to Stuart Thomson, Year 10.

Stuart has been selected in the Northern NSW Football U17 Tour squad to play in China and Hong Kong in December. Well done Stuart!

SPORTS REPORT

The weather was fine but Barnes oval failed to drain away and was unplayable. The following students were fantastic in their efforts this week; Damien Hawes, Laura Harvey, Nick Lean, Corey Boyle, Breanna Woodland, Isla Mayenschein, Zac Legend, Shane Lewis, Joseph Hooke. Congratulations to Shane as he is the lucky recipient of the sports prize for this week.

This will be my last report for the year as Mr Fardell will return to take back the reins of sport. Thank you to all of the wonderful students and teachers who make sport such a joy.

Go the Mariners, Mr Francey

Anti-Racism Contact Officer (ARCO)

The ARCO for Dungog High School is Mr Mark Curran who is in the Science faculty. Mr Curran can be contacted by phoning the school or visiting the school. Mr Curran is a trustworthy person to whom individuals and groups can initially bring complaints about racist incidents which they have experienced or observed in the school. The role of the ARCO can be divided up into four categories.

They are:

1. Mediator role
2. Procedural role
3. Educational role
4. Monitoring role



RACISM.
no way.
Anti-racism education

DUNGOG HIGH SCHOOL CANTEEN**Roster****Week 7 : 22nd to 26th November**

Mon	L Lovegrove, J Chant, M Chen
Tues	J Kellner, B Reeves
Wed	M Milburn, L Morris, K McDermott
Thurs	D Gibson, M Swilks, C Kellehear
Fri	N Pearce, R Nicholson, J Parkinson

Week 8 : 29th November to 3rd December

Mon	K McDonald, M Muddle, M Croxton
Tues	G Edwards, C Everett, S Hooke
Wed	C Kellehear, C Wheeler
Thurs	R Rocco
Fri	J Wilkinson, L Gorton

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

Coming events**Nov**

22	Young Leaders Day, Sydney Canteen Committee Meeting, 3.45pm in the Canteen
23	SRC Trivia Night – 6.30 – 9pm MPC
24-26	Peer Support camp
25	U14 Cricket to Forster
29-3/12	Yr 9 Melbourne Excursion
29	Yr10 Commerce & Yr11 Retail to Syd CBD, DFO Homebush

Dec

1	Spec Ed movie morning, James Theatre
6	Open Boys Cricket – Barnes Oval
8	Annual Presentation Day
15	Last day for students
16-17	Staff Development Days

Jan 2011

28	Staff Return
31	Yrs 7, 11, 12 return

Feb

1	All students attend.
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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. This week's hints:

No. 7 Consistency

Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children's well being. It is also important that parents not be open to manipulation and work together as a team.

Life however is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can't come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

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No. 8 Teach the skills of Self-esteem

Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, "yeah Mum" or "yeah Dad" whenever a compliment is made.

Teaching the skills of self-praise is useful. One way of doing this to ask questions extensively about any achievement or accomplishment. Asking questions that like "how did you do that?" "How come you did so well at that test?" "What did you do?" and "have you been doing homework behind my back."
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**DUNGOG SHIRE****COMMUNITY**

Want to keep up with Family and Friends?
Want to see Family and Friends interstate or overseas?
Want to see all your Family and Friends Christmas Photo's?

Dungog Shire Community Centre will be running information sessions on instant messaging and video conferencing on the 3rd of December and Facebook on the 10th with follow up one on one sessions on the 17th.

Book on 4992 1133 numbers limited!

**Christmas Giving Tree**

Make sure every child in our neighbourhood has a present this Christmas

McElwaine Hunter Valley in conjunction with Dungog Shire Community Centre are taking on the role of Santa's helpers this year.

Both are working towards brightening the Christmas of our struggling local families, who may not, without the communities help, have a Merry Christmas. McElwaine Hunter Valley are

requesting those who wish to help, place a new gift of toys or books under their Christmas tree in the office.

Every year the Community Centre have Christmas hampers which they distribute to those doing it a bit tough. This season McElwaine Valley are asking you to make sure the children of those families will have a gift to unwrap on Christmas morning. This is a great cause which you can involve the whole family in and we are inviting everyone to help them to make sure those children who otherwise may not receive a gift this year, will do so. Let's all have a Merry Christmas this year!

**Needed by
12th December**

Gifts for ages from toddlers to teenagers!

**Gifts welcomed
under the tree at
McElwaine Hunter Valley
119 Dowling Street Dungog**

**Please leave your new
gift unwrapped!**

More Information:

Call into 119 Dowling Street Dungog
or call Natasha McElwaine on 0429 308 492



School holiday fun:

12th & 19th January

Youth Drop-in at Doug Walters

Pavilion

10-3pm

**Both days there will be creative
workshops, awesome facilitators or a free
cinema.**

**Thursday 13th January: SHOP til U DROP!
Bus to Sydney' s Factory Outlet shops!
Only \$5 per person, be quick to book your
seat!**

Lucky door prizes and other fun on board!

For More Info call/text Kylie 0428 329 643
Dungog Youth Worker/Dungog Shire Community Centre