

Dungog High School News



Prosperitati Specto : I Strive for Success

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Term 4 Week 7

21st November 2011



Relieving Principal

SRC Trivia Night

What a great night our Trivia Night was last Wednesday in the MPC. We had a packed house with over 100 people attending a night of fun, laughter and friendly rivalry. Most people went to the effort of dressing up and everyone looked fantastic.

Thanks must go to the individuals who donated goods, the SRC members and Ms Daffy who helped organize the evening and to everyone who came along. The support that everyone gave made the evening the success it was. I am not sure how we will top it next year!

SCHOOL SHOES and UNIFORM

Overall, student compliance with the school dress code is fantastic. There are many positive comments by visitors, parents and community members about the way our school presents to the community.

However, there are a large number of students who do not wear the correct shoes. We have been encouraging students each day about this matter. Students seem to have some fascination with wearing canvas shoes or slip on shoes and go to great lengths to hide this. If you are buying footwear for school it needs to be leather (suede will do). This is both for regular school and sport. Please don't allow your child to talk you out of this for some fashionable look-a-like item. Generally you will get twice the length of wear out of the more sturdier shoe and meet all safety requirements that the school has to demand of students on the school site. We seek your cooperation on this matter please.

HOT WEATHER AND SCHOOL

We seem to be in for a few hot days as we head to the end of the school term. We have adequate shade for students who wish to use it. However, hot weather can be uncomfortable and quite debilitating for young children. We do allow students to have water bottles in class and students do get short breaks between lessons to assist with the situation. We do encourage students to wear a hat and adequate sun protection. If a hat or cap is not 'cool' to wear, (quite often the case with teenagers) then we encourage students to stay in the shade. Can parents please encourage students to bring their own water bottle, wear a hat or cap and adopt a more passive approach to activities in hot weather? This may assist students to build a capacity to handle the hot weather a little better while at school.

Out of Uniform 'Mufti' Days

When the school has a **mufti day** it means that the children do not have to wear their school uniform. They may wear smart casual clothing to school. Occasionally we have a mufti day as a fundraising event, as a special celebration or as a reward. As a fundraiser mufti day each child is asked to bring along a gold coin for the privilege of wearing ordinary clothes. Smart casual clothing must be tasteful and **does not** include tops or pants that reveal extensive parts of the body, t-shirt or tops displaying inappropriate logos, the promotion of inappropriate products or displaying rude,

explicit or offensive language or phrases. Footwear must protect the whole foot and will not include rubber thongs.

Brad Dives

CAREERS NEWS

SCHOOL BASED APPRENTICESHIPS & TRAINEESHIPS

There is a new website for School Based Apprenticeships & Traineeships (SBAT) in 2012 for students who will be in Year 11. This has been designed and implemented by Department of Education and Communities.

This website has SBAT jobs advertised on it and students are able to apply for SBATS through the website.

Once jobs are advertised it will show in the Hunter, Newcastle and Central Coast Regions. The site is www.sbatjobs.info/

If students wish to apply for these jobs they need to register and then they are able to apply. Contact the Careers Adviser if you have any questions.

SPORTS REPORT

Well we finally got washed out with the wet weather last week after so many near misses. Indoor sports did go ahead as normal however and we say "well done" to the following students for their personal best efforts: Tyra Hayden, Maddison Brown, Robyn Hoddle, Ben Levick, Alana Peacock, Brooke McDonald, Madeline Chippendale, Amanda Clarke, Rachael Pace and Tyron Moore.

Our first XI cricketers played Muswellbrook last Wednesday on a stormy and wet day which produced lots of action on the wicket. Unfortunately our boys went down 90 to 97 runs but they can hold their heads up high as they did not descend to the level of poor sportsmanship that was displayed by some of the opposition players.

F.Fardell (Sports Co-Ordinator)

Year 11 SLR Outdoor Education Excursion

In week 5, the Year 11 Sport, Lifestyle and Recreation classes, led by Mr Papworth and Mrs Wilson headed off on a great adventure to conquer the 25.6 km section of the Great North Walk between



Teralba and Newcastle, complete with our tents, food, clothing and other miscellaneous items all packed expertly in our back packs. Thankfully, the weather was a bit kinder to us than earlier in the week. We were lucky as the Year 11 PDHPE class and Mr Wilson had explored the terrain earlier in the term, so armed with their advice (of where to get off the bus, how to pack a pack, and definitely not to

take cans of food) we trekked down to the Dungog train station and then enjoyed the beautiful train ride to Fassifern and then bus to the start of our trek.

An easy beginning to the walk allowed us to familiarise ourselves with and adjust our packs with a short lunch break at Warners Bay, before heading off through the bush and up and over the hills to Charlestown. A fair hike wove in and out of bushland and suburbia, with taps a welcome break to fill up drink bottles as we came to rest in Charlestown...not for long though, we had to heave on our packs again, forget about the aching bones and muscles and soldier on to the Fernleigh Track, with thoughts of our camp 'just around the corner' and 'over the creek' and 'just up this little track' we eventually made it to the Glenrock Scout Camp where we pitched our tents, cooked and ate our gourmet delights for dinner (and some



who brought enough for all 16 of us offloaded the food which had made their packs so heavy), forgot about how tired we were and relaxed in the peaceful surroundings and local wildlife, complete with toasted marshmallows and stories around the campfire.

On Friday, after a good night's sleep we headed off along the beachfront and around the rocks – where we successfully managed to balance with our packs and negotiate our way around to Merewether, Bar Beach and then up to Fort Scratchley where we observed a minutes silence and contemplated all those who fought and died in past and present wars and their families.



We got to have a look at the Bogey Hole and be amazed at the efforts of the convicts who carved out the pool, all those many years ago and admire the beautiful coastline of Newcastle, appreciating the wonderful place we live so close to. Some of the students took

the opportunity when arriving at Newcastle Baths to take a well deserved dip and cool down before making our way to the train station to get tickets and grab some lunch before our trip home.

Thank you to all students who made this a memorable experience, where we all learnt a lot about ourselves, each other and how to enjoy camping and hiking safely. I hope that this is the beginning of a lifetime of adventures in the great outdoors.

Mrs Wilson and Mr Papworth
Year 11 SLR Teachers

Year 11 News

Last Tuesday was the Motivation and Wellness Day, held at the Dungog Golf Club. Thank you to all students who were very organized and had their notes in and those who helped with equipment and setting up on the day.

Students began the day with a talk from Natasha McElwaine, who spoke about how important it was for everyone to take time out by themselves to think about what they love doing, what makes them happy and how they can use this to help them achieve their goals.

After a delicious morning tea organized by Mrs Trappel there were sessions on study techniques, finding a balance in our lives and the importance of relaxation and recreation (with some yoga, juggling and ultimate Frisbee!). A well deserved lunch, prepared by Mrs Trappel, Olivia Dries and Imogen Waters, cooked up by Sarah Williams-Gray, Bruce Medcalf-Pommer and the expert pattie cooker Jordan Thomas was enjoyed by all students and staff.

After lunch we had the opportunity to hear stories from seven ex-students who took a variety of paths after they finished Year 12, listen to some information about Headspace and the support it offers and evaluate the day.

Ideas from the evaluations will be used in future years for motivation day organization and to pinpoint particular areas of need for this group. I believe that there are already a number of study groups forming with various teachers as mentors, which is a great outcome from the day.

I would like to thank Dungog Golf Club for allowing us to use the club as our venue, it was perfect for what we needed (and we appreciated the air-conditioning!), the past students who gave their time to come and speak, Mrs Robyn Trappel, Imogen Waters and Olivia Dries for organising and preparing the food for the day, Ms Glenda Smith who once again shared her study techniques with our seniors and Mrs Wendy McAlpine who played an integral part in the organization of the day and run study techniques sessions. Thank you also to James Butler, Maitland and Dungog Community Youth Development Officer, who provided funding which allowed us to run the day at no cost to the students.

Monday night saw 15 parents/guardians come to participate in the workshop run by Wendy Birrell, about supporting your year 12 student through the HSC year. Wendy spoke about many different aspects of parent/student relationships, time management and stress management amongst other things – including asking the parents/guardians about '2 things they were proud of their Year 12er', '2 things they would like for their Year 12er' and '2 things they were worried about for the HSC year'. These provided much discussion; so much that we actually spoke about these the next day with the students. I hope that the parents/guardians found the evening useful and will forward any information I received on to other parents who are interested.

I am currently on long service leave and will be replaced at school by Ms. Judith Smith. I will still be checking my emails, although anything urgent or needed at school can be directed to Ms. Smith. M.Wilson
Year 11 Advisor

Schools combine to create Guinness World Record

In an attempt to create a new [Guinness World Record](#), robots from all over NSW came together at [Macquarie University](#) on October 25 for a huge dance party. The idea was to set the record for the most robots programmed to move and dance to a piece of music. More than 200 students from schools all over NSW were in attendance, including seven students from [Dungog High School](#) and 17 from Gresford Public School.

The Guinness World record attempt had 156 robots dancing for three minutes and 46 seconds, along with over 200 students, jiggling and hip-hopping.

As part of the Dungog Community of Schools middle years writing project, Gresford Public School's year 5/6 students have been working with Dungog High School's Year 10 technology students to explore the exciting world of robotics.

Goals for the project were to support primary students in their transition to high school, for primary and high school teachers to work collaboratively together to teach writing and to facilitate the exchange of professional knowledge between the high school and partner primary schools.

Year 10 students and their teacher Tony Skimmings wrote procedures to assist the younger students in learning to program and use robots.

After exchanges between schools via video conferences and emails, the primary students visited the high school to test the effectiveness of the senior students' tuition.

Mr Skimmings visited the primary school to familiarise children and teachers with the software.

Gresford Principal Pauline Mitchell said after a fun-filled, 'awesome' time learning with their high school buddies." Ms Mitchell said.

"Information was exchanged between schools using the Dungog High School Moodle Link."

As a follow on from this experience, students from both schools travelled to Macquarie University on October 25 where robotics workshops delivered by experts were enjoyed by both groups. Following these workshops, students joined over 200 other students from around NSW to attempt the Guinness World Record to have the most robots dancing at once.

"Projects such as this promote high student engagement with learning basic skills such as writing, through the exciting world of robot technology," Ms Mitchell said.

"Working collaboratively across primary and high school settings allows for excellent exchange of teacher knowledge and skills".

Dungog High School electronics teacher Tony Skimmings with students Gavin Upton, Matthew Risdale, Samuel Rush, Keith Hammond and Eadon Norris, Jesse Kiddle and Taylor Whalen represented Dungog High.

Out of Uniform Day – Tuesday November 29

On Tuesday the 29th of November, or "Movember", an out of uniform day will be held. Money raised will support both Movember and selected student(s) travelling to Gallipoli from Dungog in 2015 as part of a greater group of Hunter region students. As stated in an earlier edition of this newsletter, the Movember campaign aims to raise awareness of the many health issues men of all ages face.

Statistics show that, on average, men die at a younger age than women – the average life expectancy for men is five years less than women (presently 77 compared to 82).

Please support this cause by ensuring your student makes a gold coin donation on the 29th if they are going to be out of uniform. As a reward, specially designed moustaches will be given out to the first 300 donators.

HAVE AN ANNUAL PHYSICAL.

Find a doctor and make a yearly appointment each Movember for a general health check. Getting annual checkups, preventative screening tests, and immunisations are among the most important things you can do to stay healthy.

DON'T SMOKE!

If you do smoke, stop! Compared to non-smokers, men who smoke are about 23 times more likely to develop lung cancer. Smoking causes about 90% of lung cancer death in men.

BE PHYSICALLY ACTIVE.

If you are not already doing some form of exercise, start small and work up to a minimum of 30 minutes of moderate physical activity most days of the week.

EAT A HEART HEALTHY DIET.

Fill up with fruits, vegetables, whole grains; include lean meats, poultry, fish, beans, eggs, and nuts; and eat foods low in saturated fats, trans-fats, cholesterol, salt (sodium), and added sugars.

STAY AT A HEALTHY WEIGHT.

Balance calories from foods and beverages with calories you burn off through physical activities.

MANAGE YOUR STRESS.

Stress, particularly long-term stress, can be a significant factor in the onset or worsening of ill health. Managing your stress is essential to your health and well-being and should be practiced daily.

DRINK ALCOHOL IN MODERATION.

Alcohol can be part of a healthy balanced diet, but only if it's in moderation, which means no more than two drinks a day.

KNOW YOUR FAMILY HEALTH HISTORY.

Start a discussion with your relatives about the health issues they've had in the past. Be sure to learn about relatives that are deceased too.

Coming events**Nov**

- 21-25 Yr 9 Excursion to Melbourne
 22 Yr 8 ESSA (Science) Test
 23 Yr 11 Hospitality catering for Council meeting
 24 Open Day – visits by local primary schools.
 Film students on location
 25 White Ribbon Day
 29 Mufti Day for Movember and Gallipoli
 30-2/12 Peer Support Camp, Shoal Bay

Dec

- 5 Orientation Day
 7 Annual Presentation Day, 10.30am, MPC
 8 Yr 10 – Cyber Bullying talk
 DHS Film on location – Wallarobba
 Flash Mob Dance to Newcastle
 12 Yr 10 Certificate Assembly
 16 Last day for students
 19-20 Staff Development Days

Jan 2012

- 27 Staff return
 30 Yrs 7, 11, 12 attend
 31 All students attend

DUNOGG HIGH SCHOOL CANTEEN**Roster****Week 7 : 21st to 25th November**

- Mon K McDonald, A Redman
 Tues J Kellner, B Reeves, R Wevers
 Wed M Milburn, L Morris, K McDermott, K Edwards
 Thurs M Muddle
 Fri D Marquet, L Dries, L McInnes, M Townsend

Week 8 : 28th November to 2nd December

- Mon S Hallett, J Bambach
 Tues S Benson
 Wed C Wheeler
 Thurs S Kiddle, J Czapiewski
 Fri N Pearce, R Nicholson, J Parkinson, V Sanderson

Dungog High School Uniform Shop – Special Opening Hours**December 2011**

- Monday 5th December (Orientation Day) 8.00 am – 4.00 pm
 Tuesday 6th December 8.00 am – 4.00 pm
 Tuesday 13th December 8.00 am – 4.00 pm

January 2012

- Monday 23rd January 8.00 am – 4.00 pm
 Tuesday 24th January 8.00 am – 4.00 pm
 Friday 27th January 8.00 am – 4.00 pm

Every Tuesday in February 2012 8.00 am – 4.00 pm

Then every 2nd Tuesday from 13th March 2012 8.00 am – 4.00 pm

Private Vehicle Conveyance Subsidy

To be eligible for PVC subsidy -

- A special return journey must be made, each morning and afternoon, between the eligible student's residence and the nearest transport pick up point or school.
- No payment is made when a student drives themselves to school.
- Transport NSW reserves the right to reduce a PVC Subsidy payment where a student is conveyed to or from the transport pick up point or school by a third party provider.

If your circumstances have changed since applying for this subsidy, i.e. change of address, change in distance travelled, student now drives, etc please advise Transport NSW and Dungog High School. PVC Subsidy overpayments are required to be repaid to Transport NSW.

In the event that your child is absent from school, feel free to use the form below. This has all the relevant information we need. This can be copied as many times as necessary.

STUDENT ABSENTEE NOTE - Please return to Roll Teacher

CHILD'S FULL NAME: Year: Roll:

Absence Dates:

Reason for Absence:

Parent Name:

Parent Signature: Date: