

Dungog High School News



Prosperitati Specto : I Strive for Success

Find us at: Eloiza Street Dungog 2420 T: 49923022 F: 49923125 E: dungog-h.school@det.nsw.edu.au
Website: <http://www.dungog-h.schools.nsw.edu.au>

Term 4 Week 9

5th December 2011



Relieving Principal Peer Support

I had the great pleasure of visiting our students during their Peer Support training at Shoal Bay on Thursday last week. I was blown away by the enthusiasm and excitement of both the students and teachers involved.

Both were engaged at the task at hand which is providing the best environment we can for our Year 7 students next year.

The most valuable resource in schools is the students. The Peer Support Program at Dungog High School has tapped this resource and used it to improve the quality of life in the school environment. Peer Support is based on the principle that at every level and in every age group in society, people absorb information and values from each other. The information can be valuable or harmful. If Peer Support is used to transmit sound ideas it can be a useful and powerful educational tool.

The Peer Support Program trains students in Years 9 and 10 to help Year 7 students integrate into high school. It develops a feeling of caring in the school community and reinforces the supportive school environment by providing more personal contact between younger and older students. It gives senior students opportunities to develop their leadership skills. It gives them the challenge that only responsibility can give, teaches them to look at the world realistically and find practical answers to personal and social problems. It provides junior students with a safe and friendly environment in which to develop their individuality.

How does it work?

Selected volunteer senior students are trained to act as group leaders for junior students. Peer Support groups meet weekly for the first term, during sport time.

The Year 7 groups are led by 2 senior students, but teachers trained for the Peer Support Program are at hand to monitor and evaluate the groups' activities.

The group leader training course includes communication, relationships, social and peer pressures on adolescents, and exercises in self-awareness. It also includes training in group discussion techniques and knowledge about the overall needs of Year 7 students.

The Peer Support activities, used by the group leaders, include personal and social responsibility, peer group pressure, assertiveness training and personal goals. The exercises used can be a lot of fun and include listening and hearing skills, role-playing to help empathise with the feelings of others, and trust and self-awareness games.

I need to thank Ms. Rowley, Ms. McLarty, Ms. Daffy, Mrs. Trappel and Mr. Francey for giving up their own personal time to run the training. They all are passionate about this program and this is reflected in the comments we receive each year about the program.

Reminders:

Presentation Day is on this Wednesday 7th December and will start at 10.30am and should conclude at approximately 12 noon. This is a wonderful opportunity for the school to highlight the successes we have had during the year. All parents are welcome to attend.

Year 10 School Certificate Assembly is on next Monday 12th December and will start at 10am and should conclude at approximately 11am. All Year 10 will receive their School Certificates as well as their end of Year 10 report.

Each student in Year 10 will need to be in full school uniform to walk across the stage to receive their School Certificate. All Year 10 parents are welcome and encouraged to attend the assembly and light refreshments will be served at the conclusion of the assembly. At the end of the assembly all Year 10 will be able to go home with their parents.

Brad Dives

Year 9 Melbourne Excursion 2011

It was 3:20 in the morning on the 21st of November and there was a large group of tired, excited and restless teenagers standing in the school bus bays, all of us waiting to get on our buses and drive to the airport. Finally 3:30am came around and we all jumped onto the bus and started our trip to Melbourne. Even though it was still dark in the morning you could still see the concentrating faces of everyone as they updated their Facebook statuses about how



excited they were and how early they had to get up.

After arriving in Melbourne we went to a lot of different places like: the Eureka Skydeck, Queen Victoria markets, St Kilda beach, The Chinese Museum, The Tutankhamen Exhibition at Melbourne Museum, ScienceWorks, Etihad Stadium, the MCG, old Melbourne Gaol and more. We went shopping for hours and had a scavenger hunt and trivia night, with every activity filled with running around everyone was so tired by the end of each day.

After arriving in Melbourne there were many highlights. The best highlights were when Mr Curran was giggling uncontrollably at the Chinese Museum because he saw a funny sign, shopping at the massive DFO at Southbank, the awesome activities at ScienceWorks, standing on the glass "edge" at Eureka skydeck and Imogen Waters fascination with what a council worker was eating near the MCG.

The whole week was amazing and if you ask anyone who went on the excursion I'm sure they would say that it was one of the best weeks of their life so far. Thanks to Mr Papworth, Mrs Bowen, Mrs McKinna, Mr Young and particularly Mr Curran who put up with us for a week, it was great.

By Sophie Graham.



Sports Report

Not much sport to report on unfortunately from last Thursday as the storms rolled in and most water sports had to be cancelled. It should be a bit better this Thursday so keep your fingers crossed. Some students did their personal best at sport and we congratulate the following students: Tom Morris, Maeve Shumack, Olivia O'Sullivan, Lucinda Wright, Jade Eyb, Shonah Lancaster, David Taylor and Egan Mastin.

Congratulations also to Ramsey Vane-Wood who has once again been selected in the Hunter Regional cricket team to contest the State championships early next term. Good luck Ramsey we hear there may be a vacancy opening for Australia coming up soon!

Just a reminder that this Wednesday is of course Presentation Day so our annual sports awards will be given out and it would be great to see as many parents there as possible.

F.Fardell (Sports Co-Ordinator)

Coming events

Dec

- 7 Annual Presentation Day, 10.30am, MPC
- 7 Support Class to James Theatre
- 8 DHS Film on location – Wallarobba
Flash Mob Dance to Newcastle
- 12 Yr 10 Certificate Assembly
Support Class – travel training
- 14 MADD Night performance 7pm
- 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

Feb

- 7-10 Drama excursion to Sydney

DUNGOG HIGH SCHOOL CANTEEN

Roster

Week 9 : 5th to 9th December

- Mon T Schumacher, M Gibbs, J Holmes,
- Tues R Arkinstall, T Cushway
- Wed A Howton
- Thurs K Falconer, K Eyb, J Saunders
- Fri J Wilkinson, A Endersby, S Biesler

Week 10 : 12th to 16th December

- Mon L Lovegrove, J Chant, M Chen, M Herbert
- Tues G Edwards, C Everett, S Hooke
- Wed L Wand
- Thurs S Murray, G Magno, A Pace, L Tull
- Fri D Legge, R Warland, S Crouch, C Easdown, R Kirkby

Dungog High School Uniform Shop – Special Opening Hours

December 2011

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

REGISTRATION DAYS 2012 SEASON



Under 6's to All Age

Interested players (male and female) are invited to register on the following days:

Beginners are most welcome!

PATERSON Monday, 6th Feb, 2012

St Paul's Church Hall 3:15 – 6:00 p.m.

VACY Wednesday, 8th Feb, 2012

Vacy School of Arts Hall 3:15 – 6:00 p.m.

GRESFORD Friday, 10th Feb, 2012

Gresford Sporting Complex 3:15 – 6:00 p.m.

2011 registered players will be notified by post.

Bring along:

- Birth Certificate copy (*new players only*)
- Doctor's name and phone number
- Registration fees to be advised

~SPECIAL LIMITED OFFER~

Under 6's & Under 7's play for free

No registration fee – save over \$60.00
 Includes free training ball and shin pads
 Sign up early as numbers are limited



Meet & Greet Wednesday, 7th March at 5 p.m.

First session, *all teams* meet at Gresford Sporting Complex.
 Session includes team allocation meeting, free training ball and sausage sizzle BBQ.

Competition starts 28th April.

More information: Contact our Player Registrar, Tammy Crouch, on 49 389 101 (**after hours**).

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: