

Dungog High School News



Prosperitati Specto : I Strive for Success

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Term 4 Week 10

9th December 2013



Principal.

Vale David Hopson

It was with deep sadness that we learned of the untimely death of David Hopson. David had been a well loved and respected member of DHS staff as

Farm Assistant until illness lead to his retirement in 2012. He was also a driver on Sheltons buses for many years, driving many of our students to and from school.

David was a man of integrity, self- motivation and had the strongest work ethic I have ever seen. He also had a delightful sense of humour that endeared him to all the staff and students who knew him well.



David holds a place in our hearts and will be missed. Our thoughts and prayers are with his family at this sad time.

Student Reports

Academic Reports for students in years 7 to 10 will be available next week, in the final week of school. It is the expectation of the NSW Department of Education that all students attend school until the last day of term, Wednesday 18th December.

Reports will be distributed to students from Monday next week. If a student will not be at school during that week, reports can be collected at the beginning of next school year from the school office. If the report is required this year, students need to provide an **A4 stamped, self-addressed envelope** to the office **before Friday** this week. Reports will be posted home **only** if the stamped envelope is provided.

Presentation day

Our Presentation day will be held on Wednesday this week in the MPC, commencing at 10.30am. All community members are invited to attend.

Students must be in full uniform to be allowed to take part in this very special assembly.

Black Shoes

Students were reminded at assembly last week that the expectation for black leather school shoes will be enforced from term 2 next year. Shoes must cover the instep and provide a safe barrier to any object that may fall on them during a lesson or in the playground.

Any student who is not wearing correct shoes will not be allowed in the playground or in any practical classroom.

It would be appreciated if parents purchase acceptable footwear for all students.

Dates for 2014

School finishes for all students on Wednesday 18th December.
School resumes for staff on 28th January 2014
Years 7, 11 and 12 return on Wednesday 29th January 2014
All students return on Thursday 30th January 2014

Dungog High School Vision : *Dungog High School educates individuals to be contributing members of a modern global society. It provides a positive working and learning environment where people feel valued and are responsible, knowledgeable citizens.*

Last 2013 newsletter

This is the last newsletter for 2013. On behalf of all the staff of DHS, I wish you and your family a safe and happy Christmas and New Year season. We look forward to seeing all our students on their first day of school in 2014.

Maureen Jarvis

DEC - Attendance of students in Term 4, 2013

All students in Kindergarten to Year 11 will be required to attend school up until the last day of teaching, Wednesday 18 December 2013. Prior to this date, students in all year groups should be engaged in meaningful work based on the curriculum and syllabus requirements.

Where parents are seeking permission for their child not to be at school for a period of time the matter should be dealt with using the [Exemption from School - Procedures](#).

STUDENT ACHIEVER OF THE WEEK AWARD

This week's recipients are:

Thomas Everett of Year 10

Thomas has shown outstanding abilities and consistent dedication towards PDHPE, Mathematics, Physical Activity and Sports Studies. He strives for excellence in all areas of his education. He encapsulates the Dungog High School core values of respect, responsibility and personal best.



Zac Van Dam of Year 9

Zac is an individual who has given so much to Dungog High School. He has demonstrated leadership skills by being part of the Sound Crew who supports Assemblies. Also, Zac has performed musically on several occasions in recent assemblies. He is a valued member of the school community.



Thomas and Zac will be receiving a certificate and a \$25 voucher.

Direct deposit bank details

BSB: 032-001 Account No. 140079

Reference: please quote **student** name and name of excursion or subject name. e.g. J Citizen Melb exc; Wood fees

- We focus on respect, responsibility and personal best
- We encourage initiative, innovation and leadership
- We value individual differences

Special Education Faculty

Sailing and Gymnastics Open Day

The special Education students participated in an Open day on Thursday 28th November. A large number of family and friends joined us to watch the students exhibit the knowledge and skills they have developed in our sailing and gymnastics program.

Our students shone bright impressing everyone with their amazing abilities – rigging boats, sailing independently and in teams and performing all sorts of moves across a variety of gymnastic apparatus.

A great day was had by everyone. A big thanks to Port Stephens Sailability and Maitland PCYC, who support these programs and coach our students to their full potential helping them grow in self-confidence and independence.



Special Education Sailing/Gymnastics Open Day

ICAS Science Competition

On Wednesday 5th June, 16 students from years 7 and 10 sat the 1 hour long ICAS Science Competition which is run by the University of NSW. The ICAS Science competition assesses students' skills in the key scientific areas of: Interpreting data, including observing, measuring and interpreting diagrams, tables and graphs; Applying data, including inferring, predicting and concluding; and higher order skills, including investigating, reasoning and problem solving.

Over one million students from over 6,300 schools in countries such as Australia, Hong Kong, India, Malaysia, Singapore, South Africa, the USA and New Zealand participate in the ICAS Science Competition annually.

A special mention must go to Eloise Hitchens, Henry Wheeler, Monique Kerr and Shannon Smith who achieved a credit for this competition. This means they were in the top 25% of all students in their year who competed in this competition, an outstanding result considering the number of students worldwide who participated.



Australian National Chemistry Quiz

On Thursday 25th May, 21 students from years 11 and 12 sat the 1 hour long Australian National Chemistry Quiz (ANCQ) which is run by the Royal Australian Chemistry Institute. It provides a major focus for secondary school students on the relevance of chemistry in an

exciting and stimulating way. The ANCQ aims to promote interest in chemistry and the role of chemists in our society. Approximately 120,000 students from over 18 countries participate in the ANCQ annually.

Special mention must go to Thomas Morris and Imogen Waters in year 11 who achieved a credit in the ANCQ. This means they were in the top 25-40% of students who sat the quiz.

Emily Muddle in year 12, and Nicholas Hart and Benjamin Levick in year 11, who achieved a distinction in the ANCQ. This means they were in the top 10-25% of students who sat the quiz.



Steven Bridges in year 11, and Thomas Murray and Liam Norris in year 12, who achieved a high distinction in the ANCQ, meaning they were in the top 10% of students who sat the quiz worldwide.

CREST Awards

Students in the Year 8, Science One class over the last 2 months have been working towards earning a bronze CSIRO CREST award. The Creativity in Science and Technology (CREST) is a non-competitive awards program supporting students to design and carry out their own open-ended science investigation or technology project. The ideas that were tested for this award were numerous, some of which included: the growth rate of lambs on different feed, the hardness of different brands of nail polish, the freshness of different brands of milk, and the effect of different feeds on chicken egg size.



Australian Mathematics Competition

Each year Dungog High School (DHS), along with many other schools across the Asia Pacific region enter the Australian Mathematics Trust Competition.

It is held on the first Thursday of August and each year DHS has a substantial number of students enter the competition from year seven to 11. This year, as with previous years, the students have achieved some pleasing results.

The distinction is awarded to students who have achieved results in the top 15 per cent of the competition. Credit is for those in the top 50 per cent.



Year 7 proficiency award: Ziz O'Brien Cavanagh, Elizabeth Parish, Tara Tolhurst. Credit: Shannon Smith, Emma Turner, Henry Wheeler.

Year 8 proficiency: Hayley Boon, Harry Boorer, Jacob Ney, Ian Parsons.

Credit: Melissa Bridges and Nelson Eyb.

Year 9 proficiency: Ryan Maginnity and credit Tristan Beisler, Molly Wallace.

Year 10 proficiency: Claire Ince, credit Sam Neilson

Year 11 credit: Annemieke Boland, Thomas Morris, Oliver Wheeler and distinction Steven Bridges.

School Sport

Sport will start Term 1 next year on Thursday, 30th January, which is first day for Years 8,9,10

Sport list for 2014 will be placed on the PE noticeboard Wednesday this week.

Thursday, Week 2, 6th February, will be the school swimming carnival. All students are expected to attend the carnival. Details of the swimming carnival will be in the first newsletter for 2014.

Western Volleyball Cup

The Dungog High School Volleyball teams travelled to Bathurst to participate in a two day tournament for new and developing schools in the sport of Volleyball.

After a 4 a.m. start the teams were ready to have a go at the best teams from the Western Region. The under 16's boys played 5 games winning three sets in their matches and were very tired by the end of the day. They played two more games the following day and finished third in their pool, just missing out on a spot in the finals.



The open girls played 5 matches over the two days, playing some excellent Volleyball over the course of their matches. They finished fourth in their pool but learnt some valuable volleyball lessons during the tournament.

The junior girls made outstanding progress over the two days, winning some excellent sets with clever volleyball. The girls look like they will have more wins in future tournaments with the skills they have learnt.

Coaches' medals were awarded to the player who made valuable contributions to the enjoyment and performance of their team. These medals were presented by Kurt Fearnley, wheelchair racing legend, of whom many of the Year 10s present recognised as he features in the Overcoming Adversity unit studied in PD/H/PE earlier in the year. These awards went to Rhys Beaumont, Alyssa Pustolla and Rachael Somerville who consistently performed to a high standard.

Sporting events of this nature require the cooperation and assistance of parents and community members. The students involved would like to thank Mrs 'Tamarz' Somerville who accompanied the team and to rest of the Somerville family who travelled down to Bathurst to support the kids. Well done to all Volleyballers who attended and did their best at all times.

Mr Corcoran and Mr Francey

STUDY SKILLS TIP FOR DECEMBER – SWOT ANALYSIS

Reflection on Triumphs and Tribulations

With the end of the year fast approaching it is a good time for students to reflect on their approach to school this year. If you wait until next year you will have forgotten what you did this year and what you need to change for next year. So as the holidays approach, take a moment to do a short SWOT analysis on your personal approach to school and learning. Students may like to discuss these questions with a teacher, parent or friend.

STRENGTHS:

- What did you do well at school this year?
- What subjects or topics were you good at?
- What worked for you in your approach to learning?
- What are you proud of achieving?
- What new skills did you develop?

WEAKNESSES:

- What were your greatest challenges in achieving your personal best at school?
- What did you find difficult this year?
- What skills do you feel needed more work?
- What areas of your approach did you struggle with?
- When did you feel not confident about your ability to succeed?

OPPORTUNITIES:

- What could you do to build your strengths and deal with your weaknesses?
- Who did you encounter this year that might be able to help you on this journey?
- What will be different about next year that will create opportunities to change?
- What could you personally do differently in your approach to school next year?
- What one thing could you change that would make the biggest difference to you being a more effective learner?

THREATS:

- What are the biggest obstacles to you making changes in your approach?

- Are there other students you sit with who make learning difficult?
- What is stopping you from achieving the top marks you are capable of achieving?
- What challenges do you face in staying motivated to do your work for school?
- What challenges do you face in managing distractions and procrastination?

A note to Parents: In these school holidays it is important for students to have a decent break, recharge and spend time with friends and family doing things they enjoy. Certainly if students are weak in areas such as literacy or numeracy, some practice on a regular basis over the holidays would not go astray. There are many apps listed on the study skills handbook site that are useful (android apps now available too!) and bookshops and libraries also have workbooks. It is essential however that Year 11 students spend some time these school holidays consolidating the work from Year 11, ensuring study notes are up to date and they are organised and prepared for the challenges ahead in Year 12.

Our school's subscription details to www.studyskillshandbook.com.au are -

Username: dungoghs

Password: 50success

Students may find it useful to complete some of the study skills units over the holidays, particularly on their areas of weakness.

Coming Events

Dec

- 10 Uniform Shop open 8am – 4pm (Tues)
- 11 Annual Presentation Day, MPC, 10.30am – 12.00pm
Yrs 7-8 Rewards Day
- 13 Yrs 9-10 Rewards Day
- 18 Last day of Term for students
- 19 Staff Development Day
- 20 Staff Development Day

Jan

- 20-21 Uniform Shop Open, 8am – 4pm
- 28 Term 1 begins - Staff only attend
- 29 Year 7, 11, 12 students attend
- 29 Uniform Shop Open, 8am – 4pm
- 30 All students attend.

DUNGOG HIGH SCHOOL CANTEEN

Roster

Week 10 : 9th to 13th December 2013

- Mon P Garrett,
- Tues R Arkinstall, R Rolfe
- Wed C Wheeler, M Dew, L Lovegrove
- Thurs L Tull, M Herbert
- Fri N Pearce, R Nicholson, Y Lowrey

Week 11 : 16th to 18th December

- Mon K McDonald, J Chant
- Tues G Edwards, C Everett, S Hooke, L Kearney
- Wed L Wand, H Williams, P Williams

HAPPY HOLIDAYS

Christmas Giving Tree

Every year Dungog Shire Community Centre has Christmas hampers which they distribute to local families doing it a bit tough. This season Dungog High School is asking you to contribute to the hamper with in-date items of non perishable goods.



This is a great cause which you can involve the whole family in and we are inviting everyone to participate. Let's all have a Merry Christmas this year!

Hamper donations are welcomed under the tree in the foyer at Dungog HS. Items need to be left at the school by Wednesday 18th December.



Proudly hosted by Dungog Shire Community Centre

This is a FREE Christmas lunch for all in our community

Everyone is welcome to join us

- Enjoy some company. Individuals and families are welcome.
- Relish a tasty Christmas lunch
- Join in some Christmas Carols
- Welcome Santa who will bring a little gift for everyone.
- Come along for a while or just drop in and say hello

For more information or for help with transport call 49921133

When? Christmas Day, Wednesday 25th December 11.30am to 2pm

Where? Dungog Primary School

Cnr. Dowling & Chapman Streets, Dungog.

Special thanks to supports of this project:

Dungog Primary School, Dungog Shire Council, Dungog Baptist Church, Dungog Uniting Church, Dungog Loins Club, Lovey's SUPA IGA Dungog, Paterson CWA, Shelton Bus Service, Williams Valley Pharmacy, Barrington Bakers, Rotary Dungog & Cafe Dungog.

Without their support this project would not be possible.

...together a stronger community™

**We will be closing over
Christmas
& New Year**

Sorry for any inconvenience

Mon	Tue	Wed	Thu	Fri	Sat	Sun
23 Dec 13 Open 9am to 1pm	24 Dec 13 Open 9am to 1pm	25 Dec 13 CLOSED XMAS DAY	26 Dec 13 CLOSED BOXING DAY	27 Dec 13 CLOSED	28 Dec 13	29 Dec 13
30 Dec 13	31 Dec 13	1 Jan 14 NEW YEARS DAY	2 Jan 14	3 Jan 14	4 Jan 14	5 Jan 14
6 Jan 14 Open 9am to 1pm	7 Jan 14 Open 9am to 1pm	8 Jan 14 Open 9am to 1pm	9 Jan 14 Open 9am to 1pm	10 Jan 14 Open 9am to 1pm	11 Jan 14	12 Jan 14
13 Jan 14 Open 9am to 1pm	14 Jan 14 Open 9am to 1pm	15 Jan 14 Open 9am to 1pm	16 Jan 14 Open 9am to 1pm	17 Jan 14 Open 9am to 1pm	18 Jan 14	19 Jan 14
20 Jan 14 Open Normal Hours	21 Jan 14 Open Normal Hours	22 Jan 14 Open Normal Hours	23 Jan 14 Open Normal Hours	24 Jan 14 Open Normal Hours	25 Jan 14	26 Jan 14

If you need to report to Centrelink when we are closed, Please see the Centrelink Agent beforehand for alternative arrangements!



ROCK AND WATER SUMMER HOLIDAY CAMP

Master Instructor Brian Hayes will conduct a Rock and Water Summer Holiday Camp for 8 to 14 year olds. January 20th to 24th 2014

Venue: Hunter Valley Martial Arts Centre, Unit 3D/321 Hillsborough rd. Warners Bay Phone 49568876

Time: Commencing 9.00am and concluding at Noon

Clothing: comfortable clothing suitable for exercise. The centre has a high density rubber floor suitable for exercise in bare feet.

Cost: \$190.00 per participant (incl. GST and manual) Morning tea supplied.

Early bird special – Enrol before December 25th and save \$40.00 from your enrolment fee.

ROCK AND WATER

The Rock and Water program uses physical exercises to interact and engage with young people through physical/social teaching. The program has been taught to over 15,000 teachers in Australia.

THE CAMP OFFERS:

- Practical anti-bullying strategies
- Alternatives to aggressive verbal and physical responses
- Better ability to be in control through grounding, centeredness and mental focus
- Increased self respect, self control and self confidence
- Enhanced resilience skills and well-being
- Skills to identify and monitor reactive behaviour patterns

COURSE OUTLINE:

- Standing Strong
- The Rock and Water Attitudes
- Rock and Water in Communication
- Rock and Water in the schoolyard
- Boundaries
- Dealing with a Threatening Group
- Intuition
- Mental strength and developing The Inner Compass
- Participants will do a series of games and exercises, and also some African drumming to facilitate interaction, reflection and communication.

BRIAN HAYES

Brian Hayes is a Rock and Water Master Instructor who has been teaching 3 Day and two Day Rock and Water Workshops on behalf of the family Action Centre since 2007. After 26 years as a high school teacher and deputy principal, Brian is now owner and chief instructor of the Hunter Valley Martial Arts Centres in Newcastle, as well as conducting Rock and water Accreditation in NSW, Tasmania, ACT and Northern Territory.

“I am in total awe of the instructor – absolutely fantastic! If I can instruct others with even half as much skill, patience, awareness and support – I know I will assist others to change their lives. Thankyou!”
Sarah Watson, Mental Health Rehab, SESIAHS

[REGISTRATION FORM](#)