

Dungog High School News

Prosperitati Specto : I Strive for Success



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WEBSITES: DHS - <http://www.dungog-h.schools.nsw.edu.au> DHS Careers - <http://www.dungoghhighcareers.com/>

FACEBOOK PAGES: [Dungog High School](#) and [Dungog High School Careers](#)

School Hours: 8.58am-3.20pm; Office Hours: 8.30am-3.30pm during school terms

Term 4 Week 7

16th November 2015



Principal.

Concert Thanks

The many local people who were able to attend the Mumford and Sons concert at the Domain in Sydney on Saturday night have had a wonderful experience – even though a wet one. The bus pick-up used the bus bays at school and the meeting point was the MPC. It was a good choice, allowing people to be inside when the rain started.

Everyone I spoke to at the concert was excited to be there, enjoyed a great experience and was grateful to have been nominated. Thanks to the many people who nominated others for this event – it was a generous thought that has allowed many local people to enjoy a world class musical experience.

Thanks also to Telstra who managed the process for us and our trip to and from the event. The organisation was very smooth and efficient.

New front gate and fence

The DoE has decided to have a front fence and gate built at the front entrance to the school. This will happen during the Christmas school holidays, ready for the 2016 school year.

The purpose of the fencing is to limit access to the school after hours. Staff who need to work late or come in on weekends will have keys, but these will not be given to any groups outside the school. The rear entrance will remain available to sporting groups who use Barnes oval.

End of year

We are now in the second half of the last term of the year. This final phase is a very busy time and I ask that you note important dates and events before we complete the year and staff are unavailable.

Reports for year 7 to 10 are usually available in the last school week. If you know that your child will not be at school in that week, please provide a stamped, self-addressed A4 size envelope to the school office before you leave. If this does not happen, the report will be available at the start of the next school year.

Presentation Day will be held on December 9th, starting at 9.30am in the MPC. The last day for student attendance is Wednesday December 16th.

Maureen Jarvis

Student Achiever of the Week Award

This week's recipient is: Emma Field Year: 7

Emma recently completed an exemplary project based on the short story "There Will Come Soft Rains". Emma's mature and detailed response was above the standard I expect to see from a year 7 student. Emma is a hardworking and conscientious student in all her subjects.

M Jarvis



Emma will receive a certificate and \$25 voucher.

From the Office:

> Want to make a payment?

Parents Online Payments

Go to the schools website, <http://www.dungog-h.schools.nsw.edu.au/> and the \$ **Make a Payment** link will be on the front page. By selecting the link you will be taken to a secure Westpac Quickweb payment page.

There is an instruction manual on the website <http://www.dungog-h.schools.nsw.edu.au/our-school/schooling-costs>

Please cease depositing directly into the school's bank account.

> Parent Portal (Sentral)

Sentral's parent portal provides parents with 24/7 access to important information about their child/children.

To use the Parent portal, you will need to register as a parent user. Each parent has been sent a letter from the school by Mr Curran, our Sentral Coordinator, explaining this simple process and providing you with a unique access code. You cannot register without this code. If you did not receive a letter, or if you lose your registration access code, you can contact the school for a new one.

You will be able to register for the Parent Portal at any time after receiving the letter.

> Student Letterbox

To save students lining up and waiting to hand in notes or pay for excursions, fees, etc we have started a new system with a 'Student Letterbox'. Students can drop the following in the Letterbox:

- permission notes,
- absence notes,
- correct monies with permission note in a **sealed envelope**, and
- early leaver requests – (**note** all Thursday early leaver requests must FIRST be signed by the Deputy).

If a student does need change and/or a receipt to take home they will need to stay in line, or come back later to collect it.

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.*

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

- We respond to our local, national and international contexts and student needs
- We provide a range of experiences that challenge individuals to explore and interact with the world.
- We provide a broad, responsive curriculum focussed on excellence.

CAREERS NEWS

RSA & RCG

Dungog Community College will be running a Responsible Service of Alcohol course on Friday 4 December and a Responsible Conduct of Gambling course on Friday 11 December, at the Dungog Bowling Club - 8.45am-3.15pm.

The cost for RSA is \$170, but for DHS students including those who've just finished Year 12 it is \$150. The cost for RCG is \$125, and combined RSA & RCG is \$230. Note that this fee includes the \$70 cost for the photo card.

For further information and to book go to www.dungogcommunitycollege.org.au

The Dungog Show.

On Friday the 13th Dungog High School Support Class went to the Dungog Show. We had good weather and a wonderful day seeing the different events at the Showground and taking part in the activities of the day.

We entered a few exhibits to be judged in the Pavilion and did really well.

In the Garden produce we received:

- 2nd 3 Tomatoes any variety
 - 1st Plate 8 strawberries
 - 1st 6 eggs
 - 1st 1 lettuce any variety
 - 1st best collection of veg (Jnr exhibitor)
 - 1st 3 large onions
 - 1st 3 potatoes any variety
- and
- Champion 3 potatoes (Jnr exhibitor)



On top of this there was an unexpected prize. The

Judge said that our large onions were the best he's cut in many years. As a result, the Dungog Evening Branch of the CWA has donated us an additional prize of \$10.

We also put in entries into the Cupcake competition. The results were:

- 1st Octavia Went
- 2nd Sarah Moss
- Highly Commended - Branden West, Acelyn Towers-Brown, Adam Moss, Aidan Thompson, Tristan Giddey and Jasmine Bates

The students in the Support Class would like to thank Mrs Francey, Mrs Garland, Mrs Nelson, Mr Young, Mrs Dives and Mrs Flynn for all your help in the garden, in the classroom and on the day of the show.

What to do if your teenager insults you in a conversation

Monday, November 02, 2015

Let's say that the time has come for you to have a tough conversation with your teenager about behaviour that has *crossed the line*. But, then, from out of nowhere, they get so frustrated that they insult you to your face. Of course, you will need to respond, but how?

This kind of event can be shocking when your teenager resorts to this type of behaviour - and it's often hard to know what to say *at that moment*. Sure, you might take umbrage, and tell them off. But, I want to put it to you, that there are other ways to regain control of a situation. Keep in mind that most teenagers spit insults at others like this when they are feeling pretty miserable in themselves or backed into corner - and they lash out. You might be tempted to lash back at them however a handy all-purpose come back can be useful. Look them straight in the eye and say,

You must have had a pretty bad day to feel the need to say something that nasty to me when we are trying to work out solution to a problem. I hope you feel better.

In her book on everyday manners, Amy Alkon says that by expressing sympathy for a spiteful insulter in this way, you've accomplished three things:

- You've refused to accept their turning you into their victim.
- You've come off classy and bigger than they are and,
- You've managed to send the message that what you talking about is not about you, it's about a real life problem that you need to sort out with them.

One of the main challenges for parents of teenagers is holding them *in* the conversation, by not spooking them so they run off. That said, you should go into these types of conversations with the reasonable expectation that the older they are, the better-able their mind is - at not flipping out. Most of what we see in teenagers who behave badly is because it's become a habit and not because they are not capable of containing their frustration. By assuming that they bring a degree of self-control to any encounter, you can ask them to give what is

reasonable and legitimate – that when you ask them, they can exert some self-control. What you can do by challenging them like we have seen here, is to manoeuvre the conversation in such a way that they will put their best foot forward. Sometimes we need the people who love us, to help us to do our best and this is not the least at times when we look ugly. As a parent, you can help them assume greater self-control.

- Michael Hawton, MAPS

http://www.parentshop.com.au/blog/Parent_resources_articles_and_research/

SOME CALENDAR DATES FOR Term 4					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
7	16 November Yr 8 Medieval Show, MPC	17 November Uniform Shop 8am-4pm	18 November Sp Ed Swim Prog C'Town Year 12 Formal	19 November Yr 8 SRE	20 November Country & Culture Small Schools Transition Day
8	23 November Yr9 Melbourne Excursion	24 November Yr9 Melbourne Excursion	25 November Yr9 Melbourne Excursion Sp Ed Swim Prog C'Town	26 November Yr9 Melbourne Excursion	27 November Yr9 Melbourne Excursion Yr10 SRE Country and Culture
9	30 November	1 December	2 December Sp Ed Swim Prog C'Town	3 December Y6 Orientation Day Uniform Shop 8am-4pm Flash Mob Dance Group to Charlestown	4 December Country and Culture
10	7 December	8 December Yr9/10 Music Performances MPC	9 December Annual Presentation Day MADD Night MPC	10 December Orientation Day (Back Up Day) Uniform Shop 8am-4pm	11 December Country and Culture

DUNGOG HIGH SCHOOL CANTEEN

Roster

Week 7 : 16th to 20th November

Mon K McDonald, J Chant, K Ross
Tues A Field, C Briggs, M Gibbs
Wed F Pike,
Thurs M Muddle, K Rowe, S Simmonds
Fri N Pearce, K Watson, K Fisher



Week 8 : 23rd to 27th November

Mon S Hallett, L Hunt, N Robinson
Tues C Bridges, K Nairn, A Ellicott, J Vasic
Wed M Milburn, K Mitchell, J Holmes,
Thurs K Eyb, K Hudson
Fri J Wilkinson, A Endersby, S O'Sullivan



Due to the change in the structure of the school day could Canteen helpers please be here by 9.30am. If you are unable to be here by that time could you please let Margaret Edwards know, by phoning the school on 49923022.

Canteen Volunteers' Christmas Party will be held at the Bank Hotel, Dungog on Thursday 26th November, 6.30 for 7.00pm.

A two course meal will cost \$15 and 3 course meal \$25.

Menu details are available from the Canteen.

Names in by the Friday, 20th November, please.

Please come along and enjoy a Christmas dinner as the Canteen Committee and school acknowledge all the work of our volunteers in supporting us throughout the year.



Country Women's Association NSW Educational Grants


The Hunter River Group of the Country Women's Association of NSW has available two (2) Educational Grants for 2015. They are as follows:

- Hunter River Group Educational Grant:** to the value of \$500.00 is awarded to a student(s) entering tertiary education, whether TAFE College or University, and must reside within the bounds of the Hunter River Group (Murrurundi in the north, Belmont in the south, Merriwa to the west and Nelson Bay to the east). Mature age students may also apply.
- Jean Latham Educational Grant.** To the value of \$300.00 is awarded to a Year 11 student(s) entering Year 12 and residing within the bounds of the Hunter River Group.

Every application will be reviewed by a panel of CWA, Hunter River Group Executive.

Application forms are available from your local Dungog-Clarence Town CWA Branch Secretary, Sandy White, Phone No. 0418237949.

Applications must be returned to that Branch no later than 11th December 2015. Late applications will not be accepted.



safeTALK

Suicide Prevention Awareness Program

LivingWorks safeTALK is a half-day presentation to increase suicide awareness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked.

safeTALK participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helps contribute to a suicide safer community. It is intended that safeTALK participants will be better prepared to:

- Recognise that invitations to help are often overlooked
- Move beyond common tendencies to miss, dismiss and avoid conversations around suicide
- Notice and respond to situations in which thoughts of suicide may be present
- Apply basic TALK steps (Tell, Ask, Listen, and KeepSafe)
- Connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting people at risk with further help.


safeTALK is designed to complement the LivingWorks ASIST workshop (Applied Suicide Intervention Skills Training). The programs share the same beliefs about suicide and preventing suicide. However, each presentation has a specific role.

LivingWorks safeTALK suicide prevention presentation

Dungog High School Library
Eloiza Street Dungog

Wednesday 2 December 2015
5.00-8.30pm
(nibbles 4.30-5.00pm)


This training is sponsored by the National Suicide prevention Program and the department of health for teaching and support staff at Newcastle and Hunter Secondary Schools. There is no charge for places at this presentation.



LivingWorks

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information contact
Robyn Lawrence
Phone 02 4940 2999
Email robyn@lifelinehunter.org.au
www.lifelinehunter.org.au



Winner of Suicide Prevention Australia's 2013 LIFE Award for Service Delivery
In recognition of Lifeline Newcastle & Hunter's quality of service, innovation in delivery of service and distinguishable results produced.

2016 AUSTRALIA DAY AWARDS



Nominations are now being received for the following AUSTRALIA DAY AWARDS for the Dungog Shire.

- Citizen of the Year**
- Young Citizen of the Year**
- Senior Sports Award** (over 18 years of age)
- Junior Sports Award** (18 years of age and under)
- Volunteer Service to Sport**

Nominations forms are available at the Dungog Shire Council office, Dungog Chronicle office, Dungog Licensed Post Office, Gresford Foodworks, Gresford PO Store, Vacy Cafe, Paterson Country Cafe and Clarence Town Licensed Post Office and other locations within the Dungog Shire.

A form can also be emailed to you by contacting the Dungog Chronicle via email: janelle.oneill@fairfaxmedia.com.au

Completed nominations need to be lodged with the Dungog Chronicle office no later than 4pm on Friday, December 4, 2015.

Persons who have been nominated previously but who have not won an award are eligible for re-nomination.

The Australia Day awards provide the opportunity for recognition for the many residents who enrich the Dungog Shire through community service and outstanding achievement. Achievements can be a single outstanding achievement in the last year, or numerous achievements over many years.



Bridge of Spies (M) Saturday, 21 November, 7 pm
The Dressmaker (M) Saturday, 28 November, 4 pm and 7 pm
Macbeth (MA15+) Sunday, 13 December, 7 pm

In **Bridge of Spies**, Tom Hanks stars as the American lawyer recruited by the CIA on a near-impossible mission to negotiate the release of a captured U-2 pilot shot down over Russia at the height of the Cold War. This much anticipated historical drama from DreamWorks Studios marks the return of Steven Spielberg to the director's chair. One screening only, on Saturday November 21 at 7pm.

The Dressmaker is the story of glamorous femme fatale Tilly (Kate Winslet) who returns to her home town in the bush after many years in Europe to right the wrongs of the past. With her sewing machine and high style, she transforms the women of her small town and exacts sweet revenge on those who did her wrong. Directed by Jocelyn Moorhouse (Proof, How to make an American Quilt) it has a stellar Australian cast including Liam Hemsworth, Hugo Weaving, Judy Davis and Sarah Snook. See it at both 4pm and 7pm on Saturday 28 November.

And in December we'll have a special screening of the modern masterpiece **Macbeth**, from the director of Snowtown, Australian director Justin Kurzel. This critically acclaimed adaptation of William Shakespeare's play stars Michael Fassbender and Marion Cotillard. This is a special bonus for Dungog Film Society subscribers – it's been a good year, so this film is only \$10, if you've hung on to your subscription pass. (Others welcome to see this classic at the normal price of \$12). It screens at 7pm on Sunday 13 December. And if you've been volunteering or supporting the James Theatre during the year, watch out for details of a thank you barbecue before the film.

For any other details, go to our website. www.jamestheatre.com.au

High Tea INDULGENCE



DESTINY HAVEN FUNDRAISER

HELPING WOMEN STEP INTO THEIR DESTINY

SATURDAY 21ST NOVEMBER 2015

AT
DUNGOG CWA HALL

INDULGENCES:
Special guest speaker
inspirational Michelle Barnett,
co-founder of Girl Friday,
a charity committed to helping raise funds to
help women in refugees prepare for employment.

A selection of prizes to be won
through raffle tickets sold
& a live auction on the day

TIME: 2pm - 5pm | **DRESS:** Semi - Formal attire
COST: \$45 per person **RSVP:** Friday 16th Nov 2015

**FOR ENQUIRIES OR BOOKINGS
PLEASE CONTACT JULIA ON
(02) 4996 5558**

www.destinyhaven.org.au