

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 9

30th November 2015



Principal.

Reminder of important dates for last three weeks of this year and the first week of 2016.

1. December 9th: Presentation Day 9.30am
2. Dec 9th: MADD night 7.00pm
3. Dec 3rd and 10th: uniform shop is open
4. Dec 11th: student reports issued, years 7 to 10
5. Dec 16th: students' last day
6. Dec 18th: staff last day

2016

7. Wed Jan 27th: staff return
8. Thurs Jan 28th: years 7, 11, 12 return
9. Fri Jan 29th: all students at school

Student Achiever of the Week Award

This week's recipient is: Daniel Holmes Year: 11

Daniel has been tireless in his efforts to support junior volleyball players, develop their skills. He volunteered to support a fundraising BBQ and in doing so cooked sausages for 8 hours straight. Daniel is respectful of others and consistently aims to achieve new personal bests.



Daniel will receive a certificate and \$25 voucher.

2016 European Study Tour

A reminder that the Meet and Greet is being held this Wednesday night, 2nd December, at Billabongs Restaurant East Maitland Bowling Club at 6.30pm.

All travellers and a parent are requested to attend.

Please bring your passports with you.

Premiers Reading Challenge 2015

This year we are very proud to have 6 students who have completed this challenge; Edan Ruddy, Ellabelle Mayenschein, Zoe Hopson, Emma Field, Sara Mudryk and Declan O'Sullivan.

Each year students from around NSW in Years 3-9 are asked to record what they have read from September-August. This record is validated by the school's librarian when students have read 20 books.

This is a fabulous programme, which encourages students to read and allows them to keep up to date with what their peers are reading as well. We are very fortunate to have such a wonderful variety of Young Adult Fiction in our school library and in our local library from which the students can select their reading.

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.

Special mention must go to Edan Ruddy who has participated in this challenge since Year 3! Edan has been awarded a **Premier's Reading Challenge Medal of Honour** for his outstanding efforts. Congratulations Edan!

Thank you also to Mrs Angela Cull who has co-ordinated this programme throughout the year. If parents would like to find out more about the challenge they can visit the PRC website which details the books and rules of the challenge. Mrs Shumack



MELBOURNE CAMP REPORT

Last week, 76 Year 9 students and six teachers headed off for a fun filled time in Melbourne. The week was jam packed with activities such as Eureka Skydeck, the MCG, Melbourne Aquarium, Scienceworks, Sovereign Hill, Old Melbourne Gaol and a little bit of DFO shopping just to name a few. The students enjoyed exploring the city and navigating their way around on trains and trams in groups. They had to learn very quickly that a 'red man' means 'Don't Walk' and that the Dungog main street walking pace is not practical for a large city! We were blessed with dry weather; however, we were subjected to the extremes of heat and cold that Melbourne is famous for. Wednesday was a very hot and windy 33 degrees followed up by a freezing cold 13 degrees on Thursday.

All of the staff had a wonderful time and I was extremely impressed with the conduct and social skills of our students. Many venues complimented our students on their behaviour and friendly dispositions. They are an amazing group of students and a credit to their families and our school. I feel very privileged to be their year advisor. It was a long and tiring week (we walked over 63kms), but I'm sure that all of the students enjoyed their escape from the country and will cherish the memories they shared.



I would like to thank all of the students who attended the excursion for helping to make our week away a wonderful time for all involved. I would also like to send out a huge thank you to Mrs McKinna, Mr Dives, Mrs Joy, Mr Curran and Mr Rees (especially Mr Rees who found out two days before that he was coming on the excursion!) who gave up their time and accompanied me on the excursion. They were fantastic to work with and went above and beyond their duty.

Mrs Vanessa van de Scheur ☺
Year 9 Advisor

MUSIC NEWS.

STARSTRUCK AUDITIONS 2016.

Once again the auditions for a place in Starstruck begin with the Choir and Dance groups already nominating for their place in the show. Audition recordings will be due early first Term 2016 so it will be a busy start to the year.

TWO STUDENTS SUCCESSFULLY MAKE THE SECOND ROUND.

Our congratulations also go to Mia Quirk from Year 9 and Ronnie Piper Year 11 who have made it through to the Backing Vocal Workshop. It is a great to be involved in this as not only are they part of the featured artist group but also they are able to sing many more songs and have a great experience in singing harmonies and working with other students in the group much more closely. Good luck to both of you.



FLASH MOB DANCE.

This Thursday the Flash Mob group are travelling into Newcastle to perform at Charlestown Square. The girls are very excited and it should be a lot of fun with many Christmas shoppers around. The performance times and performing space of course will be a well kept secret but if you are around and want to see them 'strut their stuff' be there!!! You might even get some Christmas shopping done as well.

MUSIC CONCERT. Wednesday night 9th December.

We are hoping that as many students as possible will be available to perform at this concert which will be a variety performance with both singers and instrumentalists from all years. The concert will begin at 7pm and will not be a late night. Donation entry will be \$5 Adults and \$2 Concession. Tea and coffee will also be available.

YEAR 9 and 10 CONCERT FOR YEAR 7.

At the moment we are organising a short concert during class time for our Year 9 and 10 Elective Music classes to perform for a small and invited audience. The aim of this is to give students who have not as yet had much performance experience to play in front of an audience. Every performance is important and the more you do, the better you get. We are hoping that many of our Year 9's and 10's are keen to have a go.....it will be fun!!!

Aliens Invade Again

Aliens and photographs by second semester Year 8 Visual Arts students are currently on display in the library.




Dear Parents and Guardians,

Lifeline Hunter has kindly offered to deliver **safeTALK training** to the Dungog Community on **Wednesday 2nd December 2015 at 5pm - 8.30pm** (refreshments offered from 4.30 to 5pm) in the Dungog High School Library.

If you would like to attend, please RSVP by email to hayley.dibley@det.nsw.edu.au by **Tuesday 1st December, 2015** with your name and number of people attending. Numbers are limited to 30 due to the requirements of this program. We ask that all participants are over the age of 15 for this program. We will be offering a suitable Teen Program to students early in 2016. Please read on for more information.

Research shows that most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. **safeTALK-trained helpers** can recognize these invitations and take action by connecting them with life-saving intervention resources. **safeTALK** offers valuable skills to everyone 15 and older and requires no formal training or prior experience in suicide prevention. Because it only takes a few hours to learn, **safeTALK** is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe. Although formal caregivers such as social workers and counsellors employ **safeTALK skills**, the program is also used by students, teachers, community volunteers, first responders, military personnel, police, public and private employees, and professional athletes—among many others. By providing a universal model with adaptable components, **safeTALK** offers useful skills to every audience.



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 helpers 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


**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.

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



Lifeline
Newcastle & Hunter

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.

Since its development in 2006, **safeTALK** has been used in over 20 countries around the world. **safeTALK** helps expand the reach of suicide intervention skills in communities around the world. Suicide alert helpers 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 with 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. Please RSVP to hayley.dibley@det.nsw.edu.au by Tuesday 1st December.

The National Suicide Prevention Program and the department of health for teaching and support staff at Newcastle and Hunter Secondary Schools have sponsored this training making it a free event.

Hayley Dibley
Head Teacher Welfare

SOME CALENDAR DATES FOR Term 4					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
9	30 November Murrook Cultural Camp	1 December Murrook Cultural Camp	2 December Sp Ed Swim Prog C'Town Murrook Cultural Camp	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 9.30am MPC Volleyball teams to Wollongong MADD Night MPC	10 December Orientation Day (Back Up Day) Uniform Shop 8am-4pm Volleyball teams to Wollongong	11 December Country and Culture Volleyball teams to Wollongong Yr 11 Drama Performance
11	14 December PBL Rewards Day, Y7, 8, 9	15 December PBL Rewards Day Yr10,11	16 December STUDENTS LAST DAY.	17 December Staff Development Day	18 December Staff Development Day
2016 Term 1 Wk 1	25 January	26 January AUSTRALIA DAY	27 January Staff Development Day Staff only attend.	28 January Years 7, 11, 12 attend Uniform Shop 8am- 4pm	29 January All Students attend.

DUNGOG HIGH SCHOOL CANTEEN

Roster

Week 9 : 30th November to 4th December

Mon C Butler, F Hack
Tues G Edwards, C Everett, S Hooke, L Kearney
Wed H Williams, P Williams, S Hitchens
Thurs L Tull, M Ince, M Hughes
Fri S Crouch, R Kirkby, J Ross



Week 10 : 7th to 11th December

Mon P Garrett, J Hipwell
Tues J Kellner, A Moss, N Paterson, J Huntress
Wed C Wheeler, L Lovegrove
Thurs J Czapski, R Rolfe, K Flannery
Fri D Marquet, L Dries, L McInnes, M Townsend



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.



The Hunger Games: Mockingjay- Part 2 (M)

Saturday, 12 December, 7 pm

With the nation of Panem in a full scale war, Katniss confronts President Snow in the final showdown. Teamed with a group of her closest friends - including Gale, Finnick and Peeta - Katniss goes off on a mission with the unit from District 13 as they risk their lives to liberate the citizens of Panem, and stage an assassination attempt on President Snow who has become obsessed with destroying her. The mortal traps, enemies and moral choices that await Katniss will challenge her more than any arena she faced in the Hunger Games.

Starring Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth, Woody Harrelson, Elizabeth Banks, Julianne Moore, Philip Seymour Hoffman (in his final film role), and Donald Sutherland, *Mockingjay Part 2* brings *The Hunger Games* film series to an exciting, poignant, and satisfying conclusion.

Screening at the James Theatre, Saturday, 12 December, 7 pm.

Macbeth (MA15+) Sunday, 13 December, 7 pm

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



Education Dungog Community College

Are you 18 or very nearly, and would like to work in bars or pubs? Responsible Service of Alcohol is on this Friday 4 December, from 8.45 am: special price for Dungog High School students. Responsible Conduct of Gambling is on Friday 11 December. Booking essential for both classes. Book on-line at www.dungogcommunitycollege.org.au or ring 0427 290 209.

This course is also open to any adult.

Interested in Aged Care, Home & Community Care, Disability, Child Youth & Family Intervention? All four of these courses are looking likely for next year. **We need expressions of interest to make sure they run.** Please email us at education@dscc.net.au to get your name on the list and find out more. Or check out the website for details.

Christmas Giving Tree

It seems only yesterday that we were writing to invite you to participate in our annual Community Christmas Tree event. Time flies by so fast and each year we are called on to assist an increasing number of people enduring economic and social stress. The past year has brought not only many joys but also its fair share of challenges and hardship.

Perhaps our greatest test came in the form of April's storm event which wreaked havoc across the Hunter and our community was hit particularly hard. I don't need to remind you that three precious lives were lost, but what is not widely known is that eighty families lost everything. It's been a long and often hard road back and for many who have struggled to replace furniture and belongings, the upcoming Christmas season will be anything but festive.

With this in mind we are seeking to expand our Community Christmas Tree event. Previously we have asked that a gift be left under the tree located in McElwaine's office. This year, not only are we grateful to receive individual gifts, we are also seeking contributions of Christmas kits, packages containing decorations and perhaps even a small Christmas tree that would be distributed to those people for whom the budget simply doesn't stretch that far.

The Dungog community is known for its generosity; for pulling together when times are hard. Your previous support has been overwhelming and we again call on you to open your hearts and make Christmas 2015 a happy one for others less fortunate.

*Gifts welcomed under the tree at
McElwaine Hunter Valley
1/119 Dowling Street, Dungog
Please leave your new gift unwrapped*

Christmas Food Donations

SUGGESTED ITEMS

Non-perishable food items and groceries urgently required this Christmas

Tinned Foods

- Tinned fruit/fruit salad
- Tinned vegetables (eg. peas, carrots, corn, beetroot)
- Packet and tinned soups
- Tinned spaghetti and baked beans
- Tinned tuna and other fish, tinned ham, pre-canned meals, etc

Beverages

- UHT milk
- Tea, coffee, sugar
- Milo, Quik
- Cordial, soft drink
- Long-life juice

Cereals and Carbohydrates

- Breakfast cereals and muesli
- Instant noodles, two-minute noodles, instant pasta packs
- Rice, pasta/spaghetti, pasta sauce (eg. Dolmio)
- Rice sauce (eg. Kan Tong, Chicken Tonight)
- Muesli bars

Treats

- Chocolate, bags of lollies
- Sweet and chocolate biscuits (eg. Tim Tams, Mint Slice)
- Savoury biscuits (eg. Barbecue Shapes, Sakata, Saladas)
- Potato chips
- Popcorn (pre-popped or microwavable)
- Fruit cups (eg. SPC), jelly crystals, Ice Magic, cake mix, Shake 'n' Bake pancake mix, jam, honey, Vegemite

Extras for Christmas

- Bonbons
- Santa sacks (eg. Cadbury)
- Christmas puddings
- Long-life or boxed custard

HANDY HINTS

Ring-pull tins are preferred!

Tins with ring-pull lids are most helpful, as not all people receiving the food will necessarily have access to a can opener.

Long expiry dates please

Please ensure foods donated are non perishable and their expiry dates are well into next year.

Christmas Toy Donations

SUGGESTED TOYS

GIFT IDEAS FOR ALL AGES

Gift Vouchers

- Surf shops
- Clothing shops
- CD/DVD shops
- Kmart, Myer, Target
- Cinemas/movie tickets
- Diva Jewellery

Clothing

- Clothing and accessories
- Shoes and socks
- Baseball caps

Outdoor/Sporting Equipment

- Kites
- Bat and ball games
- Beach towels, sunglasses, body boards
- Jogger radios
- Netballs, footballs, cricket sets Tennis racquets and balls

Hair and Beauty

- Make-up, beauty cases
- Perfume/aftershave
- Hair dryers
- Jewellery (eg. from Diva)
- Trendy toiletry bags
- Toiletries (lip balm, glitter gels, hair accessories, nail polishes)

Miscellaneous

- CDs and DVDs
- Meccano, Lego
- Puzzles and games (eg. board games, card games, pinball machines)
- Bags (eg. back-packs, teen handbags, wallets, purses)
- Books, diaries, photo albums
- Art and craft packs (eg. stationery, art pencils and paints, sketch books, coloured paper)
- Toy cars (eg. Hot Wheels, Matchbox etc.)

HANDY HINTS

Why we request unwrapped gifts

This allows us personally select suitable gifts for their children. This is a more dignified way of allocating gifts and for this reason we do not supply children's names. You may wish to include some wrapping paper and sticky tape to allow us to wrap the gifts.

Gift vouchers – what a great idea!

Gift vouchers really are a great gift idea, because of their flexibility. They're an ideal gift for older children, teenagers and adults. Alternatively, a gift voucher means a parent who is struggling to make ends meet doesn't have to miss out on the joy of purchasing their child a gift direct from the store.

Why we request 'brand new' toys

Sadly, the gift you donate might be the only present a child receives this Christmas, and so we try our best to ensure each child receives a gift that is 'brand new'. We know Christmas isn't only about receiving gifts, but this is one way we can help families feel special at Christmas and enjoy its wonders like everybody else.

Thank you for your very kind donation.

Your generosity will make an immediate difference in the lives of many local residents this Christmas.



Summer fun in nature around Port Stephens

Join our *Discovery Rangers* to experience a different side to Port Stephens and Tomaree National Park this summer holiday. There's something for everyone.

Tomaree's WilderQuest treasure trail

Thursday 7 January 2016, 9am–11.30am

Discover the sights, sounds and heritage of Tomaree as you step back to the time of World War II.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-tomaree-treasure-trail

WilderQuest wild world of rockpools

Friday 8 January 2016, 1.30pm–3.30pm

Explore amazing rockpool creatures on Boat Harbour's headland.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-wild-world-of-rockpools

Spooky night walk

Wednesday 13 January 2016, 6.30pm–8.30pm

Experience stories by dusk, the haunting ambience 'behind the scenes' of Tomaree's World War II gun emplacements, and then return by dark.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/spookynight-walk

WilderQuest bush to beach family discovery

Thursday 14 January 2016, 3pm–5pm

Enjoy nature with fantastic family activities. For the young and young at heart.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-bush-to-beach-familydiscovery

Bookings and information

Bookings for all NPWS Discovery Tours are essential.

Book online following the links above, or phone 13000 PARKS (13000 72757).

All tours between \$12 and \$15 per person and families between \$36 and \$45.

For more information on tours, such as meeting points, please follow the web links or ask on booking. For general enquiries, phone Sue Olsson on (02) 4984 8210 (after 7 December 2015), or email

suzanne.olsson@environment.nsw.gov.au



Waves of inclusion is a new group for people with and without disabilities who would like to come together to socialise and increase a sense of belonging. Everyone is welcome!

Come and have
some fun this
Summer!



IF YOU ARE SOMEONE WITH A DISABILITY OR KNOW SOMEONE AND YOU WOULD LIKE TO MAKE NEW FRIENDS, THIS IS FOR YOU! MEET NEW PEOPLE, LEARN ABOUT RELATIONSHIPS, HOW TO USE SOCIAL NETWORKING TOOLS, AND BUILD YOUR CONFIDENCE WHEN TALKING TO OTHERS.

IF YOU WOULD LIKE TO VOLUNTEER THEN WE WOULD LOVE YOUR SUPPORT. THIS PROGRAM RELIES ON VOLUNTEERS TO ENGAGE IN THE ACTIVITIES, HAVE SOME FUN AND HELP THIS GROUP TO LEARN ABOUT FRIENDSHIPS.

Once a month the group meet and do activities in and around Newcastle and Nobbys beach. After this, we head to restaurants/pubs and socialise.

Want to get involved?

Email us at Jemima.macdonald@sydney.edu.au



Proudly supported by the SLSNSW

COMMUNITY INCLUSION PROJECT

Funded by the Department of Family and Community Services

CDS
Centre for
Disability
Studies