

Dungog High School News

Prosperitati Specto : I Strive for Success



Eloiza Street Dungog 2420 T: 49923022 F: 49923125 E: dungog-h.school@det.nsw.edu.au

WEBSITES: DHS - <http://www.dungog-h.schools.nsw.edu.au> DHS Careers - <http://www.dungoghcareers.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 3 Week 5

15th August 2016



Principal (Rel.)

Principal Report

Year 12 Trial Exams

Can I take this opportunity to wish Year 12 all the best with their upcoming Trial Exams that will be occurring over next two weeks. This is a pressure time for them and the school community is thinking of them during this time.

CAPA Showcase

Last Wednesday night I had the opportunity to attend the CAPA showcase that occurred in the staff common room at school. The passion, energy and skill that I witnessed was outstanding. I watched Drama and Music performances and enjoyed an excellent 3 course meal that was also provided on the night by Ms Gavin and a Year 12 hospitality student Anna Gehrig. I take my hat off to all the performers on the night who gave everything they had. I also need to highlight the dedication and passion of Ms Rowley, Mrs Danvers, Mrs Knight and Ms Gavin who have worked tirelessly alongside the Yr 12 students to prepare for their various practical exams.

Update on Uniform

As you are aware we are a very proud uniform school. Over the last few months I have been communicating with the uniform provider Daylight. The feedback that I have received by both students and parents is that we need to address the girls long grey pants and shorts. As a result new samples were taken to last week's P&C meeting for their feedback. Essentially the samples we have received are a more modern cut which girls will be happier to wear. I am hoping to have both of these options in stock before the beginning of next term.

Newsletter

We are in the process of updating and modernising our newsletter. After much discussion at a staff meeting and with the P&C we are considering making it monthly. We would look to give it a face lift and include more detailed feedback from all areas of the school as well as more photos of the students and staff participating in school activities. In the interim our newsletter will go fortnightly until a decision is made.

Student Achiever of the Week Award

Recipients for this week are:

Ian Brockwell Year 11

Ian demonstrated outstanding leadership and consideration for his peers during the recent Crossroads excursion to Jindabyne. Ian's mature approach also extends into the classroom where he contributes enthusiastically to the learning process. Well done Ian.



Bethany McLoughlin Year 8



Bethany consistently demonstrates the school core values of Respect, Responsibility and Personal Best. She goes above and beyond on a regular basis and contributes to many areas of the school. An example of this was demonstrated at the end of the Education Week presentation. Bethany took the initiative to clean up rubbish that was left in the MPC in her own time.

Ian and Bethany 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. New parents have 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 do 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.

Positive Behaviour for Learning (PBL)

Helping a young person you are worried about!

When someone in your family has a mental health problem:

- **Keep communication open**, show empathy and don't rush into judgments
- **Be available** without being intrusive or 'pushy'
- **Spend time with the person**. Take an interest in their activities and encourage them to talk about what's happening in their life.
- **Take the person's feelings seriously**
- **Encourage and support positive friendships**
- **Encourage activities that promote mental health**, such as exercise, healthy eating, regular sleep and doing things the person enjoys
- **Give positive feedback**
- **Let the person know that you love them**. They may not always admit it, but this is likely to be very important to them.

Parents and Carers also have the opportunity to attend safeTALK on Monday 15th August at 5.30pm. safeTALK is an alertness workshop that prepares anyone over the age of 18, regardless of prior experience or training, to become a suicide-alert helper. 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, such as caregivers trained in ASIST.

At DHS we have several staff trained in ASIST. They are Mrs Neilson, Mr Kelly, Miss Redman, Ms Gavin, Mrs Kemp and Ms Dibley. We have a number of staff who have also completed the safeTALK training.

mindful
mindful.org

THOUGHTS are **NOT** FACTS PRACTICE

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as facts.

If you're stuck on a negative thought, ask yourself:

1
Is it true?

Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.

2
Is it **absolutely** true?

Is this thought 100% accurate? Can you see the thought in a different way?

3
How does this thought **make me feel**?

Notice any storylines you're holding onto, and name your feelings: *sad, angry, jealous, hurt*.

4
What would things be like if **I didn't hold this belief**?

Imagine possible benefits to your relationships, energy levels, and motivation.

Excerpt from *Uncovering Happiness* by Elisha Goldstein, Ph.D., adapted from *Loving What Is* by Byron Katie.

Support Unit – Hospitality task

The students in the support unit have been participating in a Hospitality class designed to provide these students with skills they can use when they leave school. The 5 senior students participated in an assessment task on Friday. They had to cook skewers and wedges and present them for marking.



All money raised from our stall on the day will be donated to the Men in League foundation.

The Men in League Foundation is an Australian rugby league charity that provides support and assistance to men, women and children from the rugby league community who have fallen on hard times.



Cake Haven

Join us on **Monday 29th August** in the schools quad to purchase our delicious cupcakes and milkshakes.

This is week 7 of term 3 2016.

Selling flavoured milkshakes and cupcakes

SOME CALENDAR DATES FOR 2016					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
5	15 August Trial HSC Exams Yr11 PI Work Placement Yr11 Metals & Eng Work Placement Safe Talk 5.30pm	16 August Trial HSC Exams Yr11 PI Work Placement Yr11 Metals & Eng Work Placement Uniform Shop 8am-4pm Jnr Girls B Ball UNSW Rural High School Visit	17 August Trial HSC Exams Yr11 PI Work Placement Yr11 Metals & Eng Work Placement AG Quip Exc.	18 August Trial HSC Exams Yr11 PI Work Placement Yr11 Metals & Eng Work Placement	19 August Trial HSC Exams Yr11 PI Work Placement Yr11 Metals & Eng Work Placement A Midsummer Night's Dream Exc.
6	22 August Trial HSC Exams	23 August Trial HSC Exams	24 August Trial HSC Exams Adopt a Resident Formal Assembly	25 August Trial HSC Exams	26 August Trial HSC Exams
7	29 August Yr11 BS Enterprise Day	30 August Uniform Shop 8am-4pm Yr7 Japanese Restaurant Exc.	31 August Yr7 Japanese Restaurant Exc Yr12 Legal Studies Exc.	1 September	2 September Local Primary Schools in MPC 9am-3pm Science & Eng. Discovery Day
8	5 September Yr 11 Bus. St. Enterprise Day IOTAS Athletics	6 September Adopt a Resident	7 September State Athletics	8 September State Athletics P&C Meeting 7.30pm	9 September State Athletics

DUNOGG HIGH SCHOOL CANTEEN

Roster



Week 5: 15th to 19th August

Mon S Hallett, N Eyb
 Tues C Briggs, Y Barrell
 Wed M Milburn
 Thurs K Eyb, K Hudson, S Lawrence
 Fri N Pearce, K Watson, K Fisher



Week 6: 22nd to 26th August

Mon C Butler, F Hack, E Maslin
 Tues K Nairn, A Ellicott
 Wed H Williams, P Williams, S Hitchens
 Thurs L Tull, M Ince, A Tighe, L Stewart, T Ney
 Fri A Endersby, R Hancock

If you are unable to be here by 9.30am could you please let Margaret Edwards know, by phoning the school on 49923022.

Expression of interest for Assisted Travel Support Officer (ATSO) position

The Assisted School Travel Program (ASTP) often provides additional support to students with disabilities on transport. Assisted Travel Support Officers (ATSOs) support students with complex health or behaviour needs to ensure their safe travel to and from school. If you are interested in temporary part-time work as an ATSO the following website contains information on how to apply for the position.

www.schools.nsw.edu.au/studentsupport/programs/astp/index.php

For further information please contact ASTP on 1300 338 278 or email ASTP at atso.astp@det.nsw.edu.au

5th of September

Sugar Rush Menu =

!! SUPPORT KIDS WITH CANCER !!

Macaroons	\$2.00
Donuts	\$3.00
Brownies	\$2.00
Caramel slice	\$2.00
Cookies	\$1.50
Cupcakes	\$2.50
Rocky Road	\$2.00
Chocolate cake	\$2.00
Mars Bar Slice	\$2.00
Choc Spiders	\$2.00
Milkshakes % Oreo, Mars Bar	\$4.00

DEAL = Milkshake + Sweet = \$4.50



Australiana Mexicana

Come along to AUSTRALIANA MEXICANA to enjoy great Mexican food!!

Try your luck with our lolly jar raffle.

Selling:
Nachos: \$4.00
Drinks: \$1.50
Brownies: \$1.00
Nachos + Drink: \$5.00

Come to the DHS Quad, Lunch and Recess on the 29th August to experience the best Mexican food in Dungog.

Raising funds for the World Wildlife Foundation





Three Chocolatiers

- Fudge: Chocolate, Cookies & cream, Caramel & White chocolate **\$2 each**
- Truffles: Oreo cheesecake, white chocolate, salted caramel **\$2 each**
 - Caramel slice **\$2 a piece**
 - Chocolate chip cookies **\$1 each**
 - Fudgy chocolate brownies **\$1.50 each**
- Chocolate dipped marshmallows with banana & strawberries **\$3 for 5**

Monday 5th September

Mixed bag of everything for \$15 (\$23 worth)

In support of the.....



◆ Bacon & Egg Sandwiches ◆ Pancakes ◆ Fairy Floss ◆ Beansies ◆ Cheesecake ◆





SIZZLERS

Sizzling prices with a bang!

Breast Cancer

Sausage sizzles- \$2.50
Cans of drinks- \$2
Deal- Sausage sizzle & Can of drink- \$4

JAMES THEATRE - COMING EVENTS

Mustang (M)

Sunday, 21 August, 7 pm

Mustang is a 2015 internationally co-produced drama film directed by Turkish-French film director Deniz Gamze Ergüven. The film tells the story of five young orphaned sisters living in a remote Turkish village, who live under strict rules while members of their family prepare arranged marriages for them. The sisters share a common passion for freedom, and find ways of getting around the constraints imposed on them. Mustang was screened at the 2015 Cannes Film Festival, and won four Cesar awards, including Best First Feature Film, and Best Original Screenplay.

CALLING ALL SHORTS FOR DUNGOG FESTIVAL SHORT FILM COMP!

The 3rd annual Dungog Festival - **FOOD, FILM, FRESH AIR (plus throw in some music, wine, arts and markets!)** - is coming up on 27-30 October 2016. **The Short Film Competition**, with a focus on Aussie-made films, is calling for submissions from **Australian and International** films, with a prize pool of **\$30,000 cash** available across a range of Awards.

Films must be 30 mins or under in length and can be any genre - fiction, drama, comedy, documentary, animation etc. and should have been completed after October 2014. Films made by Australians living or working overseas are encouraged to enter.

Prizes will be awarded for Best Short Film (Fiction), Best Short Film (Documentary), Best Director (Fiction), Best Director (Documentary), Best Indigenous Talent, Best Craft Award.

There is a separate category for student and youth-made films with cash prizes for the winning films and a cash prize for the school!

SUBMISSION CATEGORIES INCLUDE:

- Australian Short Films - Fiction
- Australian Short Films - Documentary
- International Short Films - Fiction and Documentary
- Youth Films (made by filmmakers under 25 years) - Student and Non-Student
- Music Video Films

ENTRIES CAN BE MADE VIA FILM FESTIVAL LIFE and are open now at <http://www.filmfestivallife.com/Dungog-Festival>

The entry deadline is 19th August, with a final cut-off of 31st August. Discounts available for multiple entries from one school, please email for price.

For further enquiries, email films@dungogfestival.com.au or visit the website at <http://www.dungogfestival.com.au>

Jane Richens & John O'Brien

Education Officers . *Dungog Community College*

4992 1133 . education@dsc.net.au

www.dungogcommunitycollege.org.au

a part of the Dungog Shire Community Centre

CLARENCE TOWN CRICKET REGISTRATION

DATE: Thursday 1 September 2016

TIME: 3pm-5.30pm

WHERE: Clarence Town Football Field

CONTACT: Brad Winchester PH: 0448923887

JUNIOR PLAYERS FROM 5-14yrs.

Clarence Town Hoedown

On 22nd October the Clarence Town Community is holding a full day Country Music Event under the name of Clarence Town River Country Hoedown.

The event will begin with a "Bushman's Breakfast" at the Clarence Town School of Arts Hall at 800am which will include bush poetry and ballads, then will move to the Clarence Town Reserve (Football Field in front of the pool) where the event goers will have the opportunity to browse food and market stalls. There will also be opportunity to participate in the walk up open mic and talent quests, join in a range of organized country games, or sit on one of the music workshops which will be held at the Clarence Town Bowling Club. The day will wrap up with an evening concert at Clarence Town Reserve headlining Bill Chambers along with Sharna Burcher and James Van Cooper finishing at 11.00pm.

With that in mind, we are seeking interest by any student, teacher &/or parents who may be interested in taking part in any of the events such as the walk up open mic, Junior & Senior Talent Quest. We would also be very appreciative of anyone who would like to be a Volunteer on the day in helping set up, monitor events through the day & pack up afterwards.

There is a Facebook page that people can follow which is "Clarence Town River Country Hoedown" which will be listing items happening along the way. Tickets are available for online purchase through the website www.clarohoedown.com

If you would like further information, please contact either Katie Bagnall, Bronwyn Prentice or Dannielle Jeffery by emailing us at clarohoedown@gmail.com

Bronwyn Prentice
Clarence Town River Country Hoedown
Treasurer

CITY UNITED DCC

100th Year

REGISTRATION

DAYS 2016-17

"Come and play cricket at The Park in 2016-17"

Registration dates

Thursday's 11 and 18 August 4:30pm – 6pm

Saturday 27 August 12pm – 2pm

Where:

Maitland Park Bowling & Sporting Club

- We cater for all ages from Milo in2cricket, T20 Blast to U16's
- Senior Registrations can also be taken on these dates
- All our grounds are based in beautiful Maitland Park
- Come and join us in our 100th year and be a part of the centenary

Contacts for further information

Michael – 0417498370 vikkijordan@bigpond.com

Paul – 0419 294 033 pbrownle@ausgrid.com.au or

kritpaul@bigpond.net.au

<http://cucc.nsw.cricket.com.au/>

Find us on Facebook

Sponsorship Opportunities exist for the 100th year. If you have a business that wants to be a part of the celebrations contact Paul on the number above

NEWCASTLE JUNIOR ROLLER DERBY

LEARN TO ROLLER SKATE
LEARN THE GAME OF ROLLER DERBY

When
Sunday
4pm - 6pm

Where
Kahibah Public School
Entry From Symes Ave, Kahibah

TRAINING FEATURES • Skating skills • Fun Games •
Progressive Levels • Assessment • Strength and Fit-
ness • Team Work • Challenges • Rules • Strategy •
Friendships • Encouragement • World Wide
Family-Safe

NewcastleJuniorRollerDerby@gmail.com

www.NewcastleJuniorRollerDerby.TeamApp.Com

 Newcastle Junior Roller Derby

Ages 7 - 17

**Free trial
sessions**

**Family
Discount**



STROUD ROAD

'Bash 'n Bang'

Family Bonfire & Fireworks

SATURDAY 27TH AUGUST

Entertainment from 6.00pm

Adults / High School \$10.00
Kinder to Year 6 \$3.00

Experience incredible views of planets & the Moon through Dustin's telescope by Gold Coin Donation

Food & Drinks Available **'Random Raffle' Draw**

Bring a chair & say good-bye to Winter with our warm bonfire
As we welcome in Spring with a night's sky filled with colour

A Stroud Road Community Hall Fundraiser
Gratefully supported by :-





BLDGMASTER RESOURCES LTD
Enquiries :- Rod Williams 0439 193288 or Garry Snowden 0427 396745

The Friends of the James Theatre
proudly presents

Agog!

A Feast of Foreign Films

Friday, 26 August

7pm *The Belier Family* (M)
France, 106min

Saturday, 27 August

11am <i>The Crow's Egg</i> (PG) <small>India, 91min</small>	6:15pm <i>Supper Behind the Screen</i>
1:30pm <i>Tanna</i> (M) <small>Vanuatu, 100min</small>	7:30pm <i>Rams</i> (M) <small>Iceland, 93min</small>
3:30pm <i>Leviathan</i> (M) <small>Russia, 141min</small>	


Prepurchase supper and film tickets online at www.jamestheatre.com.au or buy film tickets at door

Friends of



6 Brown St, Dungog
www.jamestheatre.com.au

Get on your bike!



Glen William Public School P & C is proud to host:

Le Tour de Glen William

Sunday, August 28th, 2016



8am—2pm

(Bike rides at 10am)

717 Glen William Road, Glen William

Features include:

- A 27km group bike ride;
- An 10km bike riding option with recovery stop;
- Market stalls;
- Fabulous country food;
- Family entertainment;
- Free face painting
- Free giant slide / jumping castle

For more information about the bike ride phone Donna 0428 255 944 or to book a market stall at a cost of just \$10, please phone Chris 0468 529 383

Application forms are available from the Dungog Rotary Club President. Please phone 65588272 to apply for either or both of these wonderful Rotary youth programs.



APPLICATION FOR RYPEN (Rotary Youth Program of Enrichment)

23rd, 24th & 25th September 2016,
Myuna Bay

RETURN THIS PORTION ONLY STUDENT DETAILS:

I am interested in participating in the Rotary Exchange Program between New Zealand and Australia in 2017. My personal details are:

SURNAME: _____

First Names: _____

Home Address: _____

Phone: (____) _____

Email Address: _____

Gender M F Date of Birth ____ / ____ / ____

School: _____ Form/Year _____

Have you asked the school if they are happy for you to be involved in the Exchange? This approval is required! YES NOT YET

Please send me the 2017 Application Form

FAMILY DETAILS:

Father's name _____ Occupation _____

Mother's name _____ Occupation _____

Contact Phone Number (____) _____

Parents Email _____

Student's signature: _____

Parents' signatures: _____

For more information, or to obtain a Student Application Form, please email Rotary District 9650 Chair – Les Moulds - on lymoulds@bigpond.com or phone 02 6722 1374.