

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 7

29th August 2016



Principal (Rel.)

Bringing NAPLAN home:

All students in Years 7 and 9 will bring home a sealed envelope containing their 2016 NAPLAN results this week. NAPLAN results provide additional information, which can be used along with school assessment and testing. It allows you to compare your child's achievement with other children across Australia. By itself, NAPLAN does not improve the quality of education, but it gives us a national snapshot of how our children are doing in those important skills of literacy and numeracy.

I encourage you to read the report in the context of what you already know about your child's academic performance and in conjunction with other assessment information and reports you would have already received from our school. Further information on how to read the report is found on the NAP website: www.nap.edu.au/results-and-reports/studentreports.html.

Your child's results will be indicated by a black dot. The black triangle shows the national average for children in that year level. This means you can compare your child's performance to children in the same year level. As with all tests, small differences between students' NAPLAN scores do not reflect real achievement differences. Using this information, you can then take the time to celebrate the success that you see and/or identify areas for improvement. If your child is concerned with their results, remind them that NAPLAN isn't a pass or fail test and the information provided is only a snapshot in time.

Time management - Part-time employment

For many high school students working part-time is a normal aspect of their hectic lives, which needs to fit in amongst school, study, sporting activities and family commitments.

For parents/caregivers, it is important to guide students about how to balance commitments and help them prioritise so that studying doesn't suffer.

Establishing limits on the number of hours they work in their job and being able to discuss this with the employer if there are concerns, is important. I would also encourage parents to prepare their students for the busier periods so they can communicate this time with their employers about that busy week or fortnight for exams or assessments.

Ask your child to do a Sanity Check: Can they fit in a job? Before your child commits to a part-time job, can they answer yes to all of these questions:

1. Can you fit work in and still do all of your study and maintain your grades?
2. If you work will you still have time left over for recreation?
3. Will the job be flexible around your study and exam commitments?

Year 12 Graduation (Save the date – 23rd September)

The highlight of the final week is the Year 12 Graduation Assembly. This will be held on Friday 23rd September in the MPC. It will commence at 10am and usually lasts for 1 ½ hours. There will be a morning tea for year 12 and their parents afterward. Students are expected to be in full school uniform as they will be presented with their portfolio on stage. All year 12 parents and friends are invited to attend the graduation. If any student does not have any item of uniform, they must contact the Year Advisor, Jessica Kemp, to ensure that this item can be organised well in advance of the ceremony. The school still has a number of uniform items that people generously donated during the floods. However, I suggest if you have any concerns that this issue is addressed well before the day.

Brad Dives

Rel. Principal

Dungog High School

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.

Student Achiever of the Week Award

Recipients for this week are:

Sarah McKinna and Elaina Black

Sarah and Elaina are exemplary students who always work well in class and strive for their best. They are both involved in activities outside of class such as sporting and community events and are excellent role models for other students. Sarah and Elaina are also skilled rap artists who wowed and entertained Year 9 at the Shakespeare rap battle.

Sarah and Elaina will receive a certificate and \$25 voucher.



Positive Behaviour for Learning (PBL)

Purpose

How often have you rushed out the door and into your day without even thinking about how you'd like things to go? Before you know it, something or someone has rubbed you the wrong way, and you've reacted automatically with frustration, impatience, or rage—in other words, you've found yourself acting in a way you never intended.

Intention refers to the underlying motivation for everything we think, say, or do. From the brain's perspective, when we act in unintended ways, there's a disconnect between the faster, unconscious impulses of the lower brain centers and the slower, conscious, wiser abilities of the higher centers like the pre-frontal cortex.

Setting an intention helps strengthen this connection between the lower and higher centers. Doing so can change your day, making it more likely that your words, actions and responses—especially during moments of difficulty—will be more mindful and compassionate.

This practice is best done first thing in the morning, before checking phones or email.

1. On waking, sit in your bed in a relaxed posture. Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight, but not rigid.
2. Take three long, deep, nourishing breaths—breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.
3. Ask yourself: "What is my intention for today?" Use these prompts to help answer that question, as you think about the people and activities you will face. Ask yourself: How might I show up today to have the best impact? What quality of mind do I want to strengthen and develop? What do I need to take better care of myself? During difficult moments, how might I be more compassionate to others and myself? How might I feel more connected and fulfilled?
4. Set your intention for the day. For example, "Today, I will be kind to myself; be patient with others; give generously; stay grounded; persevere; have fun; eat well," or anything else you feel is important.
5. Throughout the day, check in with yourself. Pause, take a breath, and revisit your intention. Notice, as you become more and more conscious of your intentions for each day, how the quality of your communications, relationships, and mood shifts.

Understanding Autism

Here are ten things every child with autism wishes you knew:

10. I am a child.

My autism is part of who I am, not all of who I am. I am still unfolding. Neither you nor I yet know what I may be capable of. If you think of me as just one thing, you run the danger of setting up an expectation that may be too low. And if I get a sense that you don't think I "can do it," my natural response will be, why try?

9. My senses are out of sync.

This means that ordinary sights, sounds, smells, tastes, and touches that you may not even notice can be downright painful for me. My environment often feels hostile. I may appear withdrawn or belligerent or mean to you, but I'm just trying to defend myself. Here's why a simple trip to the grocery store may be agonizing for me.

8. Distinguish between won't (I choose not to) and can't (I am not able to).

It isn't that I don't listen to instructions. It's that I can't understand you. When you call to me from across the room, I hear "Jordan, put your book in your desk. It's time to go to lunch." This tells me what you want me to do and what is going to happen next. Now it's much easier for me to comply.

7. I'm a concrete thinker. I interpret language literally.

You confuse me by saying, "Hold your horses, cowboy!" when what you mean is, "Stop running." Don't tell me something is "a piece of cake" when there's no dessert in sight and what you mean is, "This will be easy for you to do." When you say, "It's pouring cats and dogs," I see pets coming out of a pitcher. Tell me, "It's raining hard." Idioms, puns, nuances, inferences, metaphors, allusions, and sarcasm are lost on me.

6. Listen to all the ways I'm trying to communicate.

It's hard for me to tell you what I need when I don't have a way to describe my feelings. I may be hungry, frustrated, frightened, or confused but right now I can't find those words. Be alert for body language, withdrawal, agitation or other signs that tell you something is wrong. They're there.

5. Picture this! I'm visually oriented.

Show me how to do something rather than just telling me. And be prepared to show me many times. Lots of patient practice helps me learn.

4. Focus and build on what I can do rather than what I can't do.

Like any person, I can't learn in an environment where I'm constantly made to feel that I'm not good enough and that I need fixing. I avoid trying anything new when I'm sure all I'll get is criticism, no matter how "constructive" you think you're being. Look for my strengths and you will find them. There is more than one right way to do most things.

3. Help me with social interactions.

It may look like I don't want to play with the other kids on the playground, but it may be that I simply do not know how to start a conversation or join their play. Teach me how to play with others. Encourage other children to invite me to play along. I might be delighted to be included.

2. Identify what triggers my meltdowns.

Meltdowns and blow-ups are more horrid for me than they are for you. They occur because one or more of my senses has gone into overload, or because I've been pushed past the limit of my social abilities.

1. Love me unconditionally.

Throw away thoughts like, "If you would just—" and "Why can't you—?" You didn't fulfil every expectation your parents had for you and you wouldn't like being constantly reminded of it. I didn't choose to have autism. Remember that it's happening to me, not you. Without your support, my chances of growing up to be successful and independent are slim. With your support and guidance, the possibilities are broader than you might think.

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

Selling flavoured milkshakes and cupcakes

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.

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



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.....





Breast Cancer

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

Sizzling prices with a bring deal



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



SOME CALENDAR DATES FOR 2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday
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
9	12 September	13 September Uniform Shop 8am-4pm	14 September 16y Boys Rugby League Raymond Terrace	15 September	16 September

DUNOGG HIGH SCHOOL CANTEEN

Roster

**Week 7: 29th August to 2nd September**

Mon J Hipwell
Tues G Edwards, C Everett, S Hooke, L Kearney
Wed L Lovegrove, J Vasic, K Flannery

SEPTEMBER

Thurs J Czaplowski, L Dries, M Townsend
Fri J Ross, T Kennedy

Week 8: 5th September to 9th September

Mon K McDonald, J Chant,
Tues J Kellner, S O ' Sullivan
Wed F Pike, R Rolfe
Thurs M Muddle, K Rowe
Fri D Marquet

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



20% off SALE — including jumpers.

The Uniform Shop will be open on Tuesday 13th September and Tuesday 20th September for a 20% off sale. 2 days only. 8am-4pm

NO EXCHANGES **NO RAIN CHECKS**
SHOP STOCK ONLY **NO LAY BY**
NO REFUNDS

CASH OR CREDIT CARD – NO EFTPOS OR CHEQUES

JAMES THEATRE - COMING EVENTS

Absolutely Fabulous The Movie (CTC)

Saturday, 10 September, 4 pm and 7 pm

London publicist Edina Monsoon (Jennifer Saunders) and best friend Patsy Stone (Joanna Lumley) are still oozing glitz and glamour, living the high life they are accustomed to, as they shop, drink and club their way around London's trendiest hot-spots. But after they are blamed for a major incident at an uber fashionable launch party, when they accidentally knock supermodel Kate Moss into the River Thames, Eddie and Patsy become entangled in a media storm and are relentlessly pursued by the paparazzi. Fleeing penniless to the glamorous playground of the super-rich, the French Riviera, they hatch a plan to make their escape permanent and live the high life forever more! Starring Jennifer Saunders, Joanna Lumley and names, names, names darling!

Due to popular demand, we've scheduled an extra screening, so now there will be two sessions of Ab Fab, on **Saturday, 10 September**, at **4 pm and 7 pm**. Join us for the party!

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 REGISTRATIONS

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

Registration are being taken for all forms of cricket
including

Milo in2cricket 5-7 years

T20 Blast 8-9 years

Kookaburra Cup Up to 11 years

Juniors from 12 – 16 years

Seniors teams

Registrations can be taken at

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

Contacts for further information

Michael – 0417498370 vikkijordan@bigpond.com

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

Uniform Shop Manager Position

This position will be available from the start of Term 4 2017.

The Manager is responsible for

- Opening and closing
- Ordering stock
- Managing the proceeds of sales
- Liaising with Daylight Sportswear company and DHS
- Other responsibilities as required by Daylight and DHS
- Laptop supplied

Position description:

- Hours of business - alternate Tuesdays 8am to 4pm; additional times e.g. start of summer and winter seasons, orientation days
- Banking of monies
- Managing stock levels
- Salary is paid by Daylight
- Processing online orders

Application for the position is by presentation of CV to Principal, DHS, at close of business on Monday 12th September 2016.

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.



New this Year Bingleburra Challenge



Rotary



www.pedalfest.org.au

Dungog Pedalfest 2016 - Program

Unless otherwise stated rides will start/finish at the Dungog Show Ground

- Friday 9th September**
 4:00pm **Kids & Cobwebs** Distance - 6km
 \$3.00 Entry Fee (if not pre-registered for the weekend!) be there at 3:30pm for 4:00pm start at the Primary School Chapman St Dungog
- Saturday 10th September**
 7:30 - 9:30am
 Dungog Rotary Club breakfast at the Show Ground
- 9:30am **Fosterlon Loop Ride** Distance - 22km
 Free muffins for morning tea
- 2:00 pm **Scones, Jam and Cream Ride** Distance - 20km
 Historic Thalaba Church Loop
- 1:00pm **Dungog Common MTB Ride** Distance - Good Question
 (This activity is free and will not be supervised by the pedalfest committee) For more information contact Allen on 0438 922 091.
***Remember** - Keep the rubber side down and ride within your own ability.
- 6:00pm til 9:00pm Carb dinner and entertainment.
 Live musicians and Bush Poets
- Sunday 11th September**
 7:30 - 9:30am
 Dungog Rotary Club breakfast at the Show Ground
- 9:00 am **Bingleburra Challenge** Distance - 50km
- 9:30am **Fosterlon Loop Novelty Ride** Distance - 22km
- 9:40am **Dungog Common MTB Ride** Distance - Good Question
 Contact Allen on 0438 922 091.
- 10:00 am **Historical Ride** A fun ride around the town!
- Entertainment, Happenings and Events at Pedalfest**
 All over the weekend, various events and entertainments will be occurring throughout Dungog as the town welcomes the visiting cyclists to Pedalfest
- Shop till you drop at the Dungog Showground markets from 8:30am
 Camping at the Showground. Fees \$15.00 or \$20.00 powered.

NOTE: Riders under 14yrs of age MUST be accompanied by a cycling adult on all rides
 Subject to change without notice

TO ENTER: You may register on-line at www.pedalfest.org.au
 OR Please fill in the Registration Form below and post with a cheque AND A STAMPED SELF-ADDRESSED ENVELOPE to:
 Pedalfest Registration c/- Rotary Club of Dungog
 PO Box 71 Dungog NSW 2420
 Your entry would be appreciated no later than 28th August
 OR Present this form with your late-entry payment at the Registration Desk, Dungog Show Ground, Abelard Street, on Saturday or Sunday morning of Pedalfest from 8.00 to 9.30am.

REGISTRATION FORM (Individual or family)

Family Name: Given Name:.....
 Name:.....
 Family Name: Given Name:.....
 Name:.....
 Children* on family registration, name(s) & age(s)
 Address:.....
 Postcode:.....
 Phone: Home..... Mobile.....
 Email.....

I have read and understand the Pedalfest conditions of entry and declaration and waiver (overleaf) and agree to comply with all elements therein

Signature:..... Name:.....

Signature:..... Name:.....

Fun Rides	Weekend	Saturday	Sunday
Adult	\$50.00	\$35.00	\$20.00
Under 18	\$15.00	\$15.00	* \$15.00
Family	\$80.00	\$55.00	\$35.00
Bingleburra Challenge	Separate event experienced road riders only	Inc. Carb Dinner	\$55.00
Individual Events	Adult	Under 18	
Fosterlon loop	\$20.00	\$10.00	
Scones & Jam	\$15.00	\$5.00	
Historical ride	\$10.00	\$5.00	

PedalFest Entry Total: \$.....

Donation to Rotary Club of Dungog \$.....

GRAND TOTAL \$.....

NOTE: Riders under 14yrs of age MUST be accompanied by a cycling adult on all rides

The Bingleburra Challenge

is a New Ride for this Year
Suited to the experienced rider

WELCOME TO PEDALLERS' PARADISE

Dungog is a classic small country town surrounded by the sort of countryside bicycles are built for. Very scenic, always something interesting around the next corner.... Discerning cyclists love this landscape and flock each year to the weekend celebration that is Dungog PedalFest. It's not a huge event, it's not fast or even competitive; it's just very friendly and a lot of fun. The classic town of Dungog throws in an Art Show, a Saturday Market, and films at the historic Dungog Cinema. Lots of participants camp at the Showground, and the rest find comfortable accommodation in hotels, B&Bs and farm stays, just waiting for the morning's ride to begin.... There are rides suitable for children and rides that might stretch the muscles of the fittest and keenest of adults. There's bitumen for road riders and single-track for mountain-bikers, inclines to exercise the lower gears and some exhilarating downhill rushes.... Best of all, there's precious little traffic.... Get on a bike!!

WHERE'S DUNGOG?

The Barrington Tops, wild country north of Newcastle, is the source of the Williams River, one of the purest and healthiest in NSW. Dungog is nestled along the river an hour or so north of Newcastle and about three hours from Sydney, just a good day's cycle inland from the sea.... This is Gringal Country, land of the Worimi Nation, place of sparsely wooded hills even before the settlers arrived. Dungog.... And you can come by train - both the XPT and CityRail trains stop at Dungog (bikes carried free!).

REGISTRATION

SAVE MONEY BY REGISTERING EARLY

In support of the Dungog Rotary Club your registration fee covers all the weekend's cycling events. Each pre-registered participant will receive a numbered biketag to be displayed as a fashion statement at all PedalFest events.

To register please go to www.pedalfest.org.au OR send a stamped self-addressed business envelope with your registration form on this flyer (see over).

For late entries there will be a Registration Desk each morning under the Grandstand at the Dungog Showground, dealing in notes, coins, credit card and face-to-face good cheer. **ADVANCE REGISTRATIONS CLOSE 21st AUGUST**

ACCOMMODATION

If you would like a bed it's the jolly people at the Dungog Visitor Information Centre (02) 4992 2212 that you need to speak to. They can help with bookings in pubs, motel, B&Bs, home stays, converted dairies, and five-star haystacks.... For the unselfconscious there's one-star camping in superb company at the Dungog Showground. Just roll up, peg out your claim and boil the billy for your neighbours... (and yes, there'll be plenty of hot water!). The Caretaker will come around to collect your fees....

FOOD

Dungog can offer PedalFesters a trendy restaurant or two; but the town is also well served with budget cafes and takeaways, pubs, the Bowling Club and the RSL.



CONDITIONS OF ENTRY

1. Non-web entries must be on this Registration Form or a copy of same.
2. Entries must be fully completed and duly signed by each rider or (if aged under 18) by the rider's parent or guardian.
3. The Rotary Club of Dungog PedalFest Committee reserves the right to reject or cancel any entry at any time.
4. All riders must comply with the instructions of the Police or identified officials at all times.
5. All riders must at all times follow the approved route as set out by The Rotary Club of Dungog PedalFest Committee, and unless directed by Police or an identified official will not undertake any variation of the route at any time.
6. All riders agree that their involvement in Dungog PedalFest is at their own risk.
7. The Rotary Club of Dungog PedalFest Committee will not be responsible for any loss or damage, personal or otherwise, in any event.
8. Riders under 14 years of age, must be accompanied by a cycling adult.

DECLARATION AND WAIVER

I, the undersigned and any family members registered with me, acknowledge and agree that in consideration of and as a condition of acceptance of my/our entry in Dungog PedalFest 2016 ("PedalFest"), for myself/ourselves, my/our heirs, executors, and administrators, I/we hereby waive all and any claim, right or cause of action which I/we or they might otherwise have, arising out of my/our injury or loss of life, damage or loss of any description whatsoever which I/we may suffer or sustain in the course of or consequence upon my/our entry or participation in PedalFest; I/we understand that participation in PedalFest involves cycling on public roads used by other traffic and am/are aware of the hazards involved. I at least that I and any family members registered with me am/are physically fit and that my/our bicycles will be in sound mechanical condition at all times during my/our participation in PedalFest. While riding during PedalFest, I/we agree to: wear a Standards Approved cycling helmet; abide by the road rules; obey the directions of Police officers and identified officials; and ride with care for others on the road. In my judgement I/we have, and any family members registered with me/us have, sufficient confidence and experience to safely participate in PedalFest. This waiver, release and discharge operates separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging PedalFest and the servants, agents, representatives and officers of any of them, and includes but is not limited to the Dungog Rotary Club, the PedalFest Organising Committee and any associated sponsor, any medical and paramedical practitioners and personnel, and the Police Service of New South Wales whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of them. I/we have read the Conditions of Entry and Declaration and I/we agree to conform to all elements of them.

NOTE: If more than one adult is registering for PedalFest on this form, then each adult must sign the form separately. If the proposed PedalFest participant is under 18 years old, then a parent or guardian must sign on their behalf.

Each adult participant is required to confirm that they have read and understand the conditions of entry and declarations and waiver and agree to comply with same by signing the registration from overleaf