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
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 1 Week 7  7th March 2016

Principal,

Centenary Celebration
On Friday last week The School Leaders and I were invited to the Centenary celebration of the service and death of Sergeant First Class William Bowen, of the Dungog Police.

The service was organised by one of our local police, Senior Constable Mitchell Parker. He had been researching old files and found mention of the death of Sgt Bowen, whose death occurred after an incident at Dungog Cottage Hospital.

This was a proud day for local police and the Police Force generally – the NSW Police Commissioner, Andrew Scipione, was present and spoke at the ceremony. It was also a moving ceremony as we remembered what other tragedies were happening to many Australians in 1916.

P&C AGM
A further reminder that the P&C meeting will be held on Thursday this week, at 7.30 in the school library. This will be the AGM and the distribution of $30,000 of funding to faculties and programs. It is a very important meeting and I hope many of you will attend.

PBL assembly
The PBL assembly will be held in week 9 this term, to allow all students enough time to give their merit awards to their year advisors.

Excursion to Japan
A meeting will be held on Tuesday evening at 5.00pm for any students and parents who are interested in finding out more information about our proposed excursion to Japan later this year. This will be the second time this excursion has been held and it promises to be very enjoyable and interesting for everyone who participates.

Parent Portal
A reminder that the Parent Portal has been in operation for a number of weeks now. Many parents have taken advantage of it to gain information about their student’s homework requirements, student information, absences, reports, assessment tasks. If you would like to gain access, please contact the school.

Maureen Jarvis

CAREERS NEWS
CAREER GATE TESTING
Career Gate is a testing and recruitment service run by Hunter Valley Training Company. Representatives will be at Dungog High on 15 March to conduct testing for students interested in registering for apprenticeships.

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 permission notes, 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 they will need to stay in line, or come back later to collect it.

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• 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 they will need to stay in line, or come back later to collect it.
The tests take between 20 and 40 minutes and students will receive follow-up advice about which occupations or career pathways are most suited to them. Four sessions will run on the day and each session will take 20 students. Priority will be given to Year 11 & 12 students. Students can collect a Permission Note from the Careers Office.

DEFENCE FORCE RECRUITING
Defence Force Recruiting will be visiting the School on Monday 14 March. Permission notes from the Careers Office. Students who have an assessment task scheduled for that period must go to class and can talk to DFR during Recess.

Student Achiever of the Week Award
This week's recipients are: Jazmine Brown Year 11, Georgia Edwards-Fryer Year 11 and Thomas Lewis Yr 10
For outstanding support of a student in a medical situation on the way to school.
These students kept a level head, were calm and provided first aid to a student in need.

Jazmine, Georgia and Thomas will each receive a certificate and $25 voucher.

Health and Wellbeing News
Resilience is more than the ability to ‘bounce back’. It involves having the ability to work with whatever situation you find yourself. If it is a good situation, then you know how to make the most of it, if it is bad, then you know how to perform above expectations. Being resilient means you can handle stressful situations effectively and efficiently and recover from them quickly while performing at your personal best whether that be in work, sport or relationships.
There is not one strategy that fits all people and all situations. You might need to try a few different strategies a few times before you find what does work for you. The secret is to not give up and keep trying. When you find the strategy that works for you then I can guarantee, it will make a huge difference across your whole life.
You can try:
• Speak to someone you can trust as they may be able to help work through things with you but sometimes it is nice to have someone just listen.
• Write down in a notebook your thoughts, how you feel, what is worrying you, what you have tried to fix things, how it went (did it work or not). These notes can help you work out what works best for you.
• Make some time for ‘you’! Turn off your phone, go somewhere you can be alone and listen to music, do some exercise or meditate. This can help with tackling stress or challenges in your day.
• Walk away from situations that are stressing you out and look like they won’t be resolved anytime soon. Until everyone is calm again before getting back into issues. Try asking “How important is this?” and “will it matter in the long run?”
• Learn to forgive. It doesn’t matter who you are angry with, holding on to negative feelings will add to your stress. Move on from hurt, regret and anger.
• Optimism rules! It is easy to think everything is bad and negative but these feelings make your live more stressful. By consciously making a decision to focus on the good will help you to think more positively.
• If it all seems a bit hard then try talking to a Counsellor to help get you started.
• Download the Happify app. Increase your happiness and feel better about your life! Activities and games that help you create habits for a happier, more fulfilling life. Disrupt your negative thinking, manage stress, and build skills to overcome various life challenges.

If you or someone you know is experiencing difficulty then contact Lifeline on 13 11 14 or Kids Helpline on 1800 551 800.
Hayley Dibley
Head Teacher Welfare

DUNGOG HIGH SCHOOL CANTEEN
Roster
Week 7 : 7th to 11th March
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
Fri S Crouch, R Kirkby, J Ross

Week 8 : 14th to 18th March
Mon P Garrett, J Hipwell, S Hipwell
Tues J Kellner, A Moss, N Paterson, J Huntress
Wed C Wheeler, L Lovegrove
Thurs J Czaplewski, R Rolfe, K Flannery
Fri D Marquet, L Dries, L McInnes, M Townsend

If you are unable to be here by 9.30am could you please let Margaret Edwards know, by phoning the school on 49923022.
For something completely different, Zoolander 2 (M) sees Derek and Hansel modelling again, when a rival company attempts to take them out from the business. Comic mayhem with Ben Stiller, Owen Wilson and Penélope Cruz. Screening at the James Theatre on Saturday 19 March at 4 pm.

Deadpool (MA 15+) is Marvel Comics' most unconventional anti-hero, a Special Forces operative turned mercenary who develops accelerated healing powers after a rogue experiment. Starring Ryan Reynolds, Deadpool is an irreverent, bloody, and riotous twist on the superhero movie. Screening on Saturday, 19 March at 7 pm.

In Brooklyn (M), Nick Hornby tells the captivating story of a young Irish immigrant (Saoirse Ronan) in 1950s New York, who falls for a tough Italian plumber (Emory Cohen), but faces temptation from another man when she makes a return visit to her homeland. This historical drama is directed by John Crowley and written by Nick Hornby, based on Colm Tóibín's novel of the same name. It has been described as the year's best and most beguiling love story. Screening on Sunday, 20 March at 7 pm.

We've got a double bill of drama and comedy for Easter Monday. 45 Years (M) is a drama about a married couple who receive shattering news that promises to change the course of their lives as they celebrate their wedding anniversary. Starring Tom Courtenay and Charlotte Rampling in one of the best British films of the year, this is an intimate, moving and beautiful portrait of a marriage shaken to its core by things left unspoken. Screening on Easter Monday 28 March at 2 pm.

Then to cap things off for the month, Hail Caesar! (PG) is a sparkling comedy from the Coen brothers, about a Hollywood fixer in the 1950s who works to keep a film studio's biggest stars in line. The stellar cast includes George Clooney, Ralph Fiennes, Channing Tatum, Tilda Swinton and Scarlett Johansson. Screening on Easter Monday 28 March at 4.30 pm.
And coming to the James in April, we have Zootopia and Kung Fu Panda 3 for the school holidays, a Steamfest special with The Train Robbers, as well as Steve Jobs, The Lady in the Van, My Big Fat Greek Wedding 2, The Finest Hours, Youth, and other first release films. For details about our shows, visit our website: www.jamestheatre.com.au

**ROUNDAUSTRALIA & NEW ZEALAND STUDENT EXCHANGE**

**2016 PROGRAM EXPRESSIONS OF INTEREST OPEN**

This program is designed for 14-15 year old students (In Year 8 or 9 in 2016) to experience a true ‘exchange’ with a family in New Zealand. Local students are matched with a New Zealand student and the New Zealand student will attend your school during Term 2, 2017. Both students then travel to New Zealand and attend school here for Term 3, 2017. This is an exciting way to experience another culture with the support of Rotary. More information and expression of interest forms can be found at www.ranzse.org or check out our Facebook page – RANZSE District 9670

Expressions of interest close 30 June 2016
Full applications close 31 July 2016

**We Are Listening**

This is an open forum for families to discuss their fears and concerns regarding the NDIS.

This Forum will be lead by you.

What may be discussed includes:

- What is NDIS and how does this look like for me and my family?
- How can we prepare ourselves?
- What tools and resources are available?

9th of March 12pm-2pm & 5:30pm-7:30pm
Information session times (session 1)

14th of March 12pm-2pm & 5:30pm-7:30pm
Workshop session times (session 2)

@ BOORAL PUBLIC SCHOOL

For enquiries or to RSVP for sessions please contact
Booral Public School on 49496266
by Monday 7th March 2016