

Food Technology

Food Technology kicked off for all year groups last week, with Year 7 Purple making fruit salad with yoghurt and coconut! The first cook for Year 7 where they were able to practice and show off their knife skills.

Year 8 Purple made Chicken Quesadillas, which were a tasty triumph, with Annabell Finlayson winning the onion dicing competition.

Year 9/10 are studying Food Trends and focusing on presentation this term. In Week 3 they prepared and mastered several plating and garnishing techniques that they can incorporate into their upcoming cooks. Last week we made Loaded Fries; student's tested and refined their knife skills by making their own hot chips from scratch, Yum!

Year 11 Hospitality have started a sandwich preparation unit. Every week they are to prepare and serve various sandwiches to demonstrate technical and presentation skills. Last week they made beautifully layered Club sandwiches.

Whilst Year 12 Hospitality, refined technical skills by making notoriously difficult Chocolate Souffles, which they all excelled at!

Looking forward to all the delicious food to be made this term!

Miss Barcala

University Roadshow

The University Roadshow had a pretty good attendance this year. As always, UNE, Southern Cross, Charles Sturt and Newcastle uni's were represented. Lots of valuable information for our seniors about everything 'university'. From how to choose one to how to pay for your course and especially what life at uni is like.

Mrs McQueen

Careers Advisor

Important Dates

Week 6

- 4 March Yr 7 Immunisations
- 5 March North Coast Hockey trials
- 6 March Swimming Carnival

Week 8

- 25 March Walcha
- 26 March Walcha
- 27 March Walcha

EFTPOS

The school has EFTPOS available for the payment of school excursions and school purchases.

Payment to the P&C for uniform and aprons may be made at the office or canteen by cash, EFTPOS or electronic funds transfer.

Dorrigo High School SENTRAL Parent Portal

We encourage parents/carers of enrolled students to download the free Sentral for Parents app to your mobile phone or device.

Dorrigo High School will use the Sentral Parent Portal to communicate messages and important information to our school community. Through the app, parents are also able to notify the school regarding student absences, access student timetables and reports.

Today an email has been sent to families with their unique access key and instructions for logging on. If you have not received the email or are having trouble logging in please contact the school for assistance.

House Captains 2025

Captains	Drummond Aim High	Laws One for All	Page All Ready and Strong
	Teegan Smith	Ava Mila	Tully Gibson
	Jack Dawson Weatherall	Hunter Stafford	Seth Gray
Vice Captains	Brydi Fittock	Jasmine Francis	Emi Gibson
	Cooper Colley	Jarvis Pankhurst	Jamison Dawes

Principal's Message

Congratulations Myra!

We are so proud of our senior student, Myra, who is a delegate on the Minister's DOVES council. Myra recently chaired a senior leader's event in Sydney, along with three other student council members. She chaired and hosted the Public Schools Wellbeing Summit co-hosted by Deputy Secretary, Public Schools, Deb Summerhayes and Deputy Secretary, Teaching, Learning and Student Wellbeing, Martin Graham. Myra has been recognised by the DOVES directorate as a hard-working delegate and is highly respected within the organisation. Myra will return to Sydney in March for the DOVES AGM. This is an outstanding achievement for Myra and places Dorrigo High School at the forefront of student voice in the state's public schools.



Year 7 Transition Camp

Our Year 7 cohort attended the transition camp at Scotts Head in Week 3 and enjoyed a surf program coupled with wellbeing and empowerment learning that was supported by outstanding Year 10 peer leaders. I was privileged to attend this camp and was impressed with the 'can do' attitude of our students in challenging themselves with new activities and new situations. Students worked hard to build positive relationships and to learn about how to proactively solve problems. I witnessed first-hand acts of kindness, helpfulness and good manners.

Thank you to our wonderful staff who organised this camp and provided supervision and support for students; Ms Atkins, Ms Connor, Mr Rodgers, Mr Horan and Mrs Lean.



Voluntary School and Elective Subject Contributions

Information on voluntary contributions and how to pay will be sent out to families next week.

Based on feedback from parents, carers and students and to streamline how we operate our food-based classes, we have made a change to how we organise our mandatory technology - food course for Year 7 and 8 and our elective food technology course for Year 9 and 10.

From this year, we will no longer request students to bring base ingredients for their practical cooking classes. Families will be asked to contribute \$40 per year per student to replace the bringing of ingredients system.

Where recipes have optional ingredients above the basic recipe, students may choose to bring these extras. It will be communicated to the class if there are optional ingredients that can be brought. This is completely optional and will not prevent any student from being able to cook the basic recipe in class, which is the focus of the lesson.

The mandatory technology - food and/or the elective food technology contribution will appear on the voluntary contributions information for families with students in Stage 4 and Stage 5 (where applicable).

Please contact the school if you need more information about voluntary school and elective subject contributions.

Mrs Cameron
Principal

Year 12 SLR Golf

This term, our Year 12 SLR class are completing units exploring Healthy Lifestyles and Individual Games and Sports. As part of these units students will be engaging in golf, a wonderful lifelong physical activity. We have had the pleasure of using the beautiful Dorrigo Golf Course for weekly games. It has been wonderful to watch our fine young men share their love (and frustration) of the game and to forge strong connections and build camaraderie.

Ms Dawson



Embracing our new school values – RESPECTFUL, RESPONSIBLE AND RESILIENT

Our school community is working together to foster and support an environment that is reflective of our school values. Dorrigo High School has the following school-wide expectations and rules around our values to be respectful, responsible, resilient learners.

Respectful	Responsible	Resilient
Be kind and value others	Be safe	Seek help, accept advice
Use appropriate language	Be equipment ready	Recognise harm and restore relationships
Work co-operatively	Be on time	Overcome challenges
Accept differences	Be ready to learn	Be aspirational, be your best

Scotts Head Camp

In Week 3, Year 7 went to Scotts Head for three days for their Year 7 Transition Camp. During the camp, students participated in many exciting activities, learning new skills, and growing as a team, all the while getting to know each other and enjoying the time spent with their classmates and their Year 10 peer leaders.

One of the most exciting highlights for many at the camp was the surfing lessons where both beginners and more experienced surfers caught some waves under the guidance of Trent Munro's Surf Academy and DHS staff. With the surfboards beneath their feet and the sea breeze in their hair, students experienced the thrill of riding the waves. The surf was terrific and everybody made great progress, with many successfully standing up on the surfboards and everyone sharing plenty of laughs along the way.

In addition to the water activities, students participated in a variety of team-building and wellbeing activities that encouraged collaboration, trust, and communication skills. Creativity skills were tested when students worked together to create their team mascot uniforms out of nothing but newspaper and masking tape. Some student highlights from the camp were:

Mia G-	It was the first time I stood up on a surfboard
Finn -	I enjoyed surfing the most and the food was yummy
Nikita –	I liked walking along the beach
Colby –	body surfing the big waves
Ellie -	I liked spending time with my friends
Chelsea –	surfing and swimming at the beach
Cooper –	surfing and the food
Harper -	I liked boot camp

Thank you to our wonderful Year 10 peer leaders, Cooper, Hanna, Josie and Macgyver and the staff who attended the camp.

Mrs Atkins

Yr 7 Blue - Fruit Salad



Food Technology Requirements

Term 1 - Week 5		
Year 9/10	Poke Bowl	Friday 28 February P1 & P2
Hosp Year 11	Deluxe Steak Sandwich Students to supply 100g minute steak 1/2 tomato	Friday 28 February P3 & P4
Hosp Year 12	Potato, Bacon & Egg Salad Students to supply 100g bacon 1 x lemon 500g chat potatoes	Friday 28 February P3 & P4
Term 1 - Week 6		
Year 7 Purple	Tacos	Wednesday 5 March P3 & P4
Year 8	Mod Oz Brownie	Wednesday 5 March P5 & P6
Year 9/10	Zoodles	Friday 7 March P1 & P2
Hosp Year 11	Banh Mi Students to supply 1 x small cucumber 1 x small carrot 100g chicken thigh	Friday 7 March P3 & P4
Hosp Year 12	Chocolate Wontons & Orange Syrup Students to supply 15g dark chocolate 1 x egg 150g ricotta 1 x orange	Friday 7 March P3 & P4

NAPLAN 2025

Information for parents and carers



Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it is important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national proficiency standards.

NAPLAN is just one aspect of a school's assessment and reporting process. It does not replace ongoing assessments made by teachers about student performance, but it can provide teachers with more information about students' educational progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working, and whether young Australians are achieving important educational outcomes in literacy and numeracy.

Your child will do the NAPLAN tests online

Online NAPLAN tests are designed to provide precise results and are engaging for students. The tests are tailored (or adaptive), which means that each test presents questions that may be more or less difficult depending on a student's responses. This helps students remain engaged with the assessment.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

All Year 3 students will continue to complete the writing assessment on paper.

What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities contribute to the development of NAPLAN test materials.

To find out more about NAPLAN, visit nap.edu.au.

Participation in NAPLAN

NAPLAN is for all Year 3, 5, 7 and 9 students. ACARA supports inclusive testing, so all students have the opportunity to participate in the National Assessment Program.

Information on adjustments available for students with disability who have diverse functional abilities and needs is provided in the **National protocols for test administration**.

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN.

To help inform these decisions, you may consult the National protocols for test administration (linked above), **NAPLAN public demonstration site**, the **Guide for schools to assist students with disability to access NAPLAN**, and our **series of videos** where parents/carers, teachers and students share their experiences in using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.

What if my child is absent from school on NAPLAN test days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

What can I do to support my child?

Students are not expected to study for NAPLAN. You can support your child by letting them know that NAPLAN is a part of their school program and reminding them to simply do their best. Some explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests; however, it is not necessary for parents/carers to do this. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See the types of questions and tools available in the online NAPLAN assessments at [NAP – Public demonstration site](#).

How is my child's performance reported?

From 2023, NAPLAN results are reported against proficiency standards. There is a standard for each assessment area at each year level. Proficiency standards provide clear information on student achievement. They are set at a challenging but reasonable level expected of the child at the time of NAPLAN testing, based mainly

on what has been taught in previous years of schooling. Student achievement is shown against 4 levels of proficiency: Exceeding, Strong, Developing and Needs additional support.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

How are NAPLAN results used?

- Students and parents/carers use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review the effectiveness of programs and support offered to schools.
- The community can see information about the performance of schools over time at myschool.edu.au.

Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at nap.edu.au/TAA
- visit nap.edu.au

To learn how ACARA manages personal information for NAPLAN, visit nap.edu.au/naplan/privacy.

NAPLAN timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may not have the capacity to complete the tests in a shorter time frame. **The NAPLAN test window starts on Wednesday 12 March 2025 and finishes on Monday 24 March 2025.** Schools will schedule the tests as soon as possible within the testing window, prioritising the first week.

Test	Scheduling requirements	Duration	Test description
Writing	Year 3 students do the writing test on paper on day 1 only. Years 5, 7 and 9 writing must start on day 1 (schools must prioritise completion of writing on day 1, with day 2 only used where there are technical/logistical limitations).	Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min	Students are provided with an idea or topic called a writing stimulus (or prompt) and asked to write a response in a particular genre (narrative or persuasive writing).
Reading	To be completed after the writing test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students read a range of informative, imaginative and persuasive texts, and then answer related questions.
Conventions of language	To be completed after the reading test.	Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min	Students are assessed on spelling, grammar and punctuation.
Numeracy	To be completed after the conventions of language test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students are assessed on number and algebra, measurement and geometry, and statistics and probability.

Vaccinations

In 2025 the following vaccines will be offered:

In Year 7, students are offered free vaccines for diphtheria-tetanus-pertussis (whooping cough), (dTpa) and human papillomavirus (HPV).

In Year 10, students are offered the meningococcal ACWY vaccine.

Vaccination will only be provided at school if consent has been received.

If your child is in Year 7 or Year 10, you can give consent online for their routine school vaccinations.

How to Provide Consent:

1. To complete online consent for your child's school vaccinations, visit the School Vaccination Program online consent portal (<https://engage.health.nsw.gov.au/engage>)
2. For detailed steps on how to provide consent, please refer to the NSW Health webpage How to Provide Consent (<https://www.health.nsw.gov.au/immunisation/Pages/onlineconsent-school-vaccination.aspx>).
3. Follow the steps to log in to your existing ServiceNSW account. This is the same account you may already use to renew your driver's licence. If you don't have a ServiceNSW account, refer to <https://www.service.nsw.gov.au/services/myservicensw-account/how-to-createan-account> to create an account.
4. Update or confirm your personal details in ServiceNSW as required.
5. Complete the School Vaccination Consent Form for your child/ren. You will need to:
 - a. enter your child's personal details
 - b. Provide the Medicare card details for you and your child
 - c. Read the linked Parent Information Sheet and privacy statement. Translations are available in 28 languages please refer to the NSW Health webpage

https://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx

- d. Provide consent.
If you or your child do not have a Medicare card, internet access or you are unable to complete the online consent, ask your child's school for a paper consent form.

The benefits of providing consent online:

- SMS notification three days before the clinic to remind you of the vaccination day
- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR).

For more information on routine school vaccinations, please visit www.health.nsw.gov.au/schoolvaccination.

If you require information in your language, please visit www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx





Australian
Air League

NSW Group

JOIN NOW

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR
LEAGUE AND YOUR CLOSEST SQUADRON
PLEASE CONTACT**

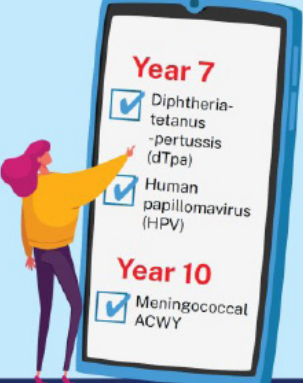
www.airleague.com.au Email: info@airleague.com.au

Free Call: 1800 502 175



Is your child
in year 7
or year 10?

Provide your consent for routine
school vaccinations online




Year 7

- ☒ Diphtheria-tetanus-pertussis (dTpa)
- ☒ Human papillomavirus (HPV)

Year 10

- ☒ Meningococcal ACWY

Scan the QR code to
give your consent now



To provide online consent visit:
<https://engage.health.nsw.gov.au/engage>

For more information visit:
health.nsw.gov.au/schoolvaccination

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SHIPN (HP NSW) 220990.

NSW Health

FILM STUDY

Zac's Ceremony



YEAR 9 PERIOD 1 AND 2
MONDAY 10 MARCH

Parents have been email information regarding
M rating and opt out consent form

Please contact Ms Dawson if you
have any questions or concerns.



DORRIGO HIGH SCHOOL CANTEEN

A NEW TERM NEEDS NEW HANDS.

More Volunteers are needed.

WE CAN'T STAY OPEN WITHOUT YOU.

Email - dorrigohigh.pandc@gmail.com
Or call the Office - 6657 2001

Turn off your phone and put it away during the school day

OFF AND AWAY

All Day


- Switch off your phone when you enter the school.
- Off and away during the day.
- After leaving the school, you can turn your phone back on.

COFFS COAST PHYSIE

JOIN US & LEARN TO DANCE IN 2025!

- ✓ Classes held in **Coffs Harbour & Toormina**
- ✓ Build friendships, fitness & flexibility
- ✓ Classes for **all ages & all abilities**
- ✓ Low, **affordable** term fees
- ✓ Trial classes for **FREE!**

from **\$5 per class**



A blend of dance, aerobics & yoga, **Physie** builds strength, fitness & flexibility - all while having fun & making friends!

SCAN HERE TO ENROL
FOR A FREE TRIAL

