

# Dorrigo High School

Contact us

P O Box 156

DORRIGO

NSW 2453

Ph: 66572001

Email: [dorrigo-h.school@det.nsw.edu.au](mailto:dorrigo-h.school@det.nsw.edu.au)

Web: [dorrigo-h.schools.nsw.edu.au](http://dorrigo-h.schools.nsw.edu.au)

Term 4 Week 6

Wednesday 18 November 2020

## Graduation Assembly



Last Thursday 12 November 2020 we farewelled our Year 12 students at their Graduation Ceremony. Ben Ridge, Levi Court and Anastasia Longbow, siblings of the Year 12 students, ran the assembly. Annie Sibanda prepared an entertaining video with lots of memories from both this year and many other years.

## Important Dates

1 December

- Year 6 full day transition visit  
8.50am - 3.15pm

14 - 16 December

- Canteen closed

15 December

- Awards Presentation

16 December

- Last day Term 4

27 & 28 January 2021

- School development days - pupil free

29 January

- Students return to school



Due to COVID-19 restrictions parents were unable to stay back and have a cup of tea with staff and their child. This year instead we provided each family with a beautiful grazing box with homemade goodies baked by Pat Atkins and the Year 11 hospitality students and lovingly put together by Charlotte Lennon and Pat.

**Miss Fraser - Year Adviser**



## Year 12 Awards

The following awards were presented at the Graduation Assembly:

- **Libby Waugh** - *The Ministers Award for Excellence in Student Achievement* - a prestigious award presented to students who have demonstrated high achievement in academic excellence, leadership and commitment to the school community.
- **Emma Webster** - *Caltex Best All Rounder Medallion* - for a student who has excelled in all areas of endeavour; academic, sporting and social.
- **Sophie Ridge** - *Reuben F Scarf Award for Commitment* - for a student who has shown commitment to his or her studies.



- **Ally Menzies** - *Dorrigo Visual Arts Group Encouragement Award* - sponsored by the Dorrigo Visual Arts Group.
- **Jude Court** - *Coastal Wardrobes & Kitchens Excellence in Work Placement* - awarded to a student who is enrolled in a VET course, has completed work placement and exhibited outstanding employability skills while at work placement.

- **Georgi Boutell** - *Dorrigo Rotary Club Prize for Senior Citizenship* - in recognition of supporting student wellbeing - sponsored by Dorrigo Rotary Club.
- **Libby Waugh** - *Australian Defence Force Long Tan Leadership and Teamwork Award* - recognising emerging leaders who have demonstrated leadership qualities and values which align to those of the Australian Defence Force.
- **Jude Court** - *Perpetual Trophy for Application & Endeavour in Year 12* - acknowledging a student's involvement in school and community activities and engagement in their schooling - sponsored by Lodge the Raleigh and Coffs Coast Freemasons.

- **Sophie Ridge** - *University of Newcastle Vice Chancellors Award for Academic Excellence in Year 12* - support for academically excellent Year 12 students who intend to enrol at the University of Newcastle in the year following their HSC, the award includes a scholarship of \$2000.
- **Libby Waugh** - *The Australian Defence Force Innovators Award* - recognising and celebrating Australian students' science, mathematics, engineering and technology abilities and encourage the development of these skills.

- **Emma Webster and Leo Bosshard** - *The Viggo Knackstredt Award for Outstanding Academic Achievement* - in memory of Viggo Knackstredt. who had a strong belief that you get out of life what you put in. It was also his belief that, although education is not always necessary to get ahead in life, it is almost always necessary. That this is true is illustrated by the life of Viggo, who was the first in his family to achieve university qualifications, and ended up designing high-rise buildings in Sydney - sponsored by his son Joshua, a past student of Dorrigo High School.



- **Rekkii Byrne** - *Senior Sportswoman of the Year.*
- **Jude Court** - *Senior Sportsman of the Year.*
- **Josh Miller** - *NSW Premiers Sporting Challenge Medal* - for fair play and commitment to sport.

## Year 12 Formal

Last Saturday night the school hall turned into a spring garden setting for the Year 12 formal. Many Year 11 students were involved in setting up the hall with particular thanks to Liam Clements who prepared the light wall and all the lighting around the stage, to Kain Cook who did all of the window and stage decorating, to Joey Courtice, Ellie Thornhill, Jonah Colburn, Annie Sibanda who did much of the preparation work.



Many teachers were also involved in making the night extra special. Mr Glyde made the name card holders and prepared the wooden table rounds, Ms McKell and Ms Atwal decorated the tables, Ms Marden bought in the beautiful flowers. Ms Salisbury was an amazing photographer and set up a beautiful studio in Room 8.

On the night Jonah Colburn, Kain Cook, Liam Clements, Ben Ridge, Annie Sibanda, Joey Courtice and Kahlia Reeves acted as waiters and did a first class job.

I would also like to thank Vicki Lawrence for the meals they were so filling.

Congratulations Year 12, we all hope it was an amazing night for you to remember all your years of schooling at Dorrigo High School, we will certainly miss you.

**Miss Fraser**



## Principal's Message

Congratulations to all of Year 12 and Year 11 students who have completed courses. The Year 12 Graduation was held on 12 November. It is here, at this valedictory assembly that we acknowledged their achievements after 13 years of schooling. A big thank you to all of Year 12 and to Year Adviser Miss Fraser who has spent a lot of time ensuring their preparedness for life after school. It was great to see family being able to celebrate this milestone with them.

The school has rolled over to the new academic year. Students will need to ensure that they have the right material and books for their new classes. I have been pleased to see many students looking forward to starting their new electives.

Year 10, in lieu of their trip to the Gold Coast, went to The Cascade Environmental Centre for an overnight excursion. A report about their trip follows in this Bulletin.

**Ms Hutton**

## EI Pulse Gets Additional Funding!!



**Neighbourhood Centres of Bellingen Shire Inc**  
ABN: 46 636 213 835  
Incorporation no: INC1901679

**Community-based Suicide Prevention – Bellingen Shire  
Community Grants**

An initiative of the Dorrigo Urunga Bellingen Suicide Prevention Action Network



Ms Dawson is proud to announce that Dorrigo High School has been successful in securing a grant from the Neighbourhood Centres of Bellingen Shire Inc (NCOBS). The Community-based Suicide Prevention Grant supports programs which are developed to promote positive mental health and reduce the stigma associated with mental illness.

### Program aims

Dorrigo High School proposed a program which “aims to build upon the existing student wellbeing data collection platform used at Dorrigo High School to enable students to connect with appropriate support services and networks. The EI Pulse Student Wellbeing and Engagement check-in platform enables students to reach out for support when needed. Used as a whole school system, it reduces the stigma involved with seeking help and ‘normalises’ the need to complete ‘check-ins’ on our emotional wellbeing. The program will enable school-based personnel to help connect young people with external support services and programs offered through the Dorrigo Youth Centre and Bellingen Shire Youth Services” (Ms Dawson, 2020).

The grant has enabled Dorrigo High School to secure \$3000 to continue with the use of the EI Pulse Student Wellbeing and Engagement check-in platform. Wellbeing staff at Dorrigo High will use check-in data to help connect students with appropriate school and community services when required. The school also hopes to build stronger connections with families in supporting the wellbeing of our students.

### What can families do to help?

Encourage your child to complete their weekly Pulse ‘check-in’. Students can check-in via the web-based application accessible through their school email. They can check-in as many times as they wish during the week. Start a conversation with your child regarding their emotional wellbeing. Encourage them to use EI Pulse as a platform to help monitor their emotional wellbeing.

If you have concerns about your students’ wellbeing, contact your child’s year adviser or wellbeing support staff. Together we can use our pulse data to develop appropriate support systems for your child. The school can also provide a range of resources and information to help assist you in supporting your young person at home.

### Do you have any questions?

If you have any questions about the Community-based Suicide Prevention Grant or the EI Pulse platform, please contact Ms Dawson or your child’s year adviser.

## Love Bites Program

On Monday 16 November, Year 11 and Year 12 students participated in the Love Bites program. This one-day program included two interactive sessions discussing and learning about respectful relationships, their rights and responsibilities in relationships and looking at ways to access support when needed. These sessions were followed by creative workshops where students worked in groups to create their own campaign posters to promote respectful relationships in our community.

As Year Adviser, I would like to acknowledge and thank the team of presenters, led by Senior Constable Snow (aka 'Snowi'), who ensured that the sessions and activities on the day were engaging, informative and relevant to the students. The students also are to be congratulated on their participation in this program, with presenters commenting on their high level of engagement and thoughtful contributions to the discussions and activities on the day.

A great day for all.  
Mrs Atkins



## Year 10 PDHPE Mental Health Campaigns

As part of their assessment task in Terms 3 and 4, Year 10 students worked in small groups to develop a new mental health campaign. The campaigns were aimed at raising awareness and understanding of mental health issues facing young Australians.

Each group developed a unique and innovative campaign. The campaigns included a range of elements including; slogan/catchphrase, mental health information, events, services and merchandise.

Below are some screen clippings of elements of each of the mental health campaigns

Ms Dawson

### Snail racing....broom, broom! - developed by Abigail, Annie and Lucy.

OVERCOMING MENTAL ILLNESS ONE SNAIL AT A TIME...

- Snails are one of the slowest land animals in the world, with an average speed of **0.047 km/h**
- When snails feel threatened they retreat into their shell
- If a snail moved without stopping, it would take it more than one week to complete **one km**.



"Snails don't hurry...Because they know someday they'll make it."

-Meshach Reins

### Why snails?

One of the most common questions this program receives is... why snails?

Just like snails, getting over a mental illness takes time. The false belief that mental illness is a temporary and brisk burden compl that, in fact, having a mental illness is completely normal. Snails are completely content with the fact that they are one of the slow Taking ones time and personal pace to feel more secure is completely natural...just like snails.

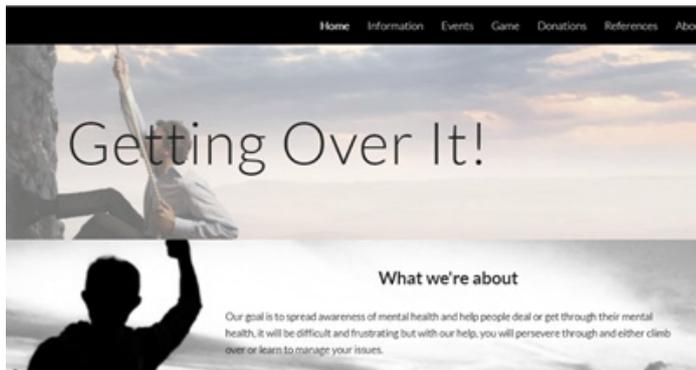


"It's better to move forward pace, than backwards at any"

-Rhonda Begos

### Getting over it!

Developed by Asher, Bowyn and Decklen



### Upcoming events



Getting Over It Obstacle Course

Just a fun obstacle course where you can really test yourself! 18th may, 2021

### Cattle For A Cause – developed by Melyn



For our rural blokes & sheilas



### Who are we?

Cattle for a cause is a passion project to bring attention to the lack of support and services that are available to the men and women that make up the backbone of our country. Over a four day event filled with cattle judging and handling, seminars with mental health advocates and social events we aim to break stigmas around rural mental health.

## Year 10 PDHPE Mental Health Campaigns

A RIDE FOR A MATE!
Home · Further statistic Information · Donations · Merch · Hotlines



# A RIDE FOR A MATE!

**Men across the world suffer from depression and suicidal thoughts. The ongoing issue of men taking their own life is a constant, growing worry on today's society.**

Men make up 6 out of every 8 suicides every year. Australian men are some of the toughest blokes around the world, although some never show their struggles behind closed doors. 2021 is the year for helping your mates through their struggles by raising money to go toward man's mental health. A Ride For A Mate is a campaign to help blokes get out with their mates and talk to each other when they are struggling. The stigma around men's mental health has stopped men from seeking help, which has resulted in higher rates of depression, anxiety and suicide. A Ride for A Mate encourages for blokes to hop on their dirtbike, pushbike, skateboard or even scooter and go have a ride with their mates and talk about their struggles.

Use the hashtag #ARideForAMate on your pictures!

### Ride for a Mate

#### Developed by Paris and Charlotte

#### A RIDE FOR A MATE LOGO HOODIE

UNISEX HOODIE WITH A RIDE FOR A MATE LOGO ON FRONT AND BACK. 3/4 FRONT POCKET. AVAILABLE IN FOUR COLOURS, XXS - XXL

ALL PROCEEDS GO TO HELPING MEN'S MENTAL HEALTH




#### A RIDE FOR A MATE LOGO T-SHIRT

UNISEX HOODIE WITH A RIDE FOR A MATE LOGO ON FRONT AND BACK. AVAILABLE IN FOUR COLOURS, XXS - XXL

ALL PROCEEDS GO TO HELPING MEN'S MENTAL HEALTH

## The Veggie Garden – helping people grow and develop. Created by Tom, Charlie and Hugo

|Helping people grow and develop|

#### Focus:

The Veggie Garden is a mental health campaign designed to help many people grow and adapt to deal with challenges they may face. This program mainly focuses on the idea of a garden, and the components required to help anything grow. This can be anything, from basic water and nutrients (food), or whatever else. This campaign focuses on primarily assisting the disadvantaged to deal with challenges, whatever it may be. As another

#### Services:

Available advice and support for any problems (phone or in person), assistance with contacting or using other mental health or safety services, Many locations with supplied food and more services available.

#### Products:

- T-shirts and wristbands (logos, encouraging phrases)
  - Grow big and strong
  - Anything can grow with enough water
  - Grow up like a carrot
  - Grub supports you
- Seeds and gardening tools (as a therapeutic hobby)
- Salad's (Made from the harvested veggies)
- Pens, fidget spinners (for support, they can help people)

We sell gardening tools and provide assistance for gardening as well, as gardening is therapeutic and helps people. We also grow veggies.





## Dorrigo Dramatic Club Incorporated

We are putting a call out to students at Dorrigo High School to participate in a street production on Saturday 16 January 2021 at 10.30am. This is a once off performance and will involve being part of a flash mob and also part of the skit. Rehearsals will be required as well.

The production is part of Bellingen Arts week which runs from 10 - 17 January 2021. Please call or text Alison Clements on 0417 672 558 if you would like to be involved.

## Featuring Year 12

### Canteen Roster

Friday 20 November	K Cavanagh, L Wright
Monday 23 November	T Winkler
Tuesday 24 November	A Guest
Wednesday 25 November	<b>Canteen closed</b>
Thursday 26 November	M Kellett
Friday 27 November	A Frost
Monday 30 November	C McKeivitt
Tuesday 1 December	S Eppler
Wednesday 2 December	<b>Canteen closed</b>
Thursday 3 December	H Kelly
Friday 4 December	R Burley

**Students are reminded to order their lunch at the office before school or the canteen at recess**

