

Agriculture Activities

Year 8 students have been busy dismantling old cattle yards to make way for new sheep yards on the bottom section of the school farm.



Important Dates

3 August

- School photos have been postponed until further notice

5 August

- Gold Assembly - unfortunately parents are not permitted to attend

9 - 13 August

- Stage 6 non assessment period

16 - 20 August

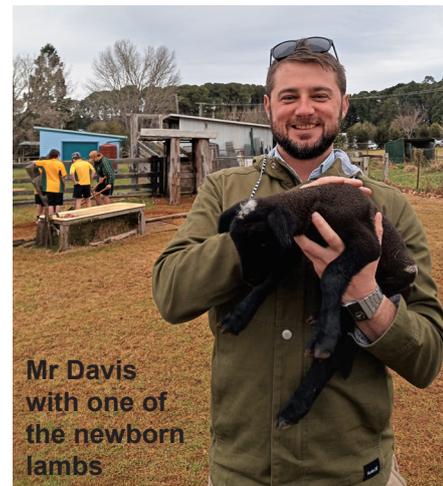
- Trial HSC and end of Preliminary Course examinations

24 August

- Book Week Parade

Triplets!

A recent highlight at the school farm has been the birth of lamb triplets which Year 8 students were able to observe. Students are seen here bonding with the new arrivals.



Mr Davis
with one of
the newborn
lambs



Thank You

A huge thank you to the following members of the Dorrigo community who continue to support Agriculture at Dorrigo High School:

David Gibson and Darren Beaumont for the donation of silage.

David Campell for shearing the school sheep.

Principal's Message

In recognition of the evolving COVID-19 situation and in line with health advice, the NESAs COVID Response Committee has made additional changes to the 2021 HSC timetable to give students certainty in the lead up to performance, practical and written examinations. NESAs will:

- Extend the hand-in date for all major projects by two weeks. The hand-in date for Industrial Technology has been extended by four weeks
- Reschedule Drama performance exams to run from 6 to 17 September
- Music performance exam continue as scheduled, running from 30 August to 10 September
- Reschedule the written exams to begin one week later; on 19 October with HSC results out on 17 December

These changes mean that all students will have some additional time to prepare for HSC examinations, and/or complete HSC projects, and still receive their results this year. The decision aims to give students as much clarity as possible so they can focus on their studies, their wellbeing and their plans for the future.

Revised timetables for the HSC language oral, practical, performance and written exams will be published on the NESAs website and Students Online by next Friday. As more information is made available, we will inform students. Class teachers will communicate changes and will be available to assist students. The school's Trial HSC examinations will run as originally scheduled in Week 6.

All students are expected to be at school unless they have even the mildest of COVID-19 symptoms. Under the current health orders, there is nothing to restrict students and staff attending Dorrigo High School. Students and staff should reduce traveling to geographical areas with higher levels of COVID-19 restrictions in place.

Students should not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms should be sent home and should not return until they have received a negative test result and are symptom-free. In circumstances where children have other medical reasons for recurrent symptoms a letter from their GP is sufficient to negate the requirement for a negative test.

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received. Local testing clinics are:

- Bellingen Drive through clinic
9.00am to 9.30am Monday to Friday
Register on 66550663
15 – 23 Watson Street Bellingen

- Coffs Harbour Testing Clinic
8.00am to 4.30pm Monday to Friday
8.00am to 2.00pm Saturday and Sunday
220 Pacific Highway Coffs Harbour (opposite the Clog Barn)

While at school, masks are recommended in all indoor settings for:

- all students in Year 7 and above
- all staff in school settings.

Finally, I would like to encourage parents and carers to support us in ensuring all students are wearing school uniform. I was impressed with the level of uniform compliance in the lead up to Walcha. However, a few students are now wearing non uniform jackets, hoodies and pants. It would be good to see them wearing their uniform with pride and fostering a strong sense of Dorrigo High School community spirit.

Ms Marden

Canteen Roster

The canteen is now closed every Tuesday and Wednesday

Thursday 29 July	Leonie Wright
Friday 30 July	Brendan McKeivitt
Monday 2 August	Tanya Winkler
Tuesday 3 August	Canteen closed
Wednesday 4 August	Canteen closed
Thursday 5 August	Michele Kellett
Friday 6 August	Steffi Eppler
Monday 9 August	Korina Colburn
Tuesday 10 August	Canteen closed
Wednesday 11 August	Canteen closed
Thursday 12 August	Leonie Wright
Friday 13 August	Brendan McKeivitt

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

Support for the Canteen

Our school canteen is operated by the P&C and parent volunteers. It is the major fundraiser for the P&C who provide support our students in a variety of ways through their efforts.

Parents can in turn support the P&C by encouraging their children to purchase recess and lunch from the canteen, rather than up the street, on the three days each week that it is operating,

School photos

School photos scheduled to be taken next Tuesday 3 August have been postponed. Due to the current COVID-19 situation with the QLD border closed and Sydney residents in lock down, the photographers have advised that they are unable to send photographers to Dorrigo next week. We will advise you of the new date as soon as we are able to reschedule.

Walcha Report 2021

Last Term 90 students attended the Walcha Interschool visit. A very chilly 7.00am start greeted us as we prepared for our journey. Upon arriving at Walcha Central School we got down to business.

Highlights from Thursday would have to be the senior and junior boys softball teams who had very convincing wins, thank you Mr Glyde and Mr Wadick for your expert coaching.

Junior boys had a tight game in the netball and played well. Junior girls had good games in the basketball, netball and soccer. Senior girls competed in touch football, softball, netball and volleyball.

Thanks to Ms Atwal and her skillful coaching in basketball, the junior boys game was awesome to watch, especially to see how gracefully Trey Stafford could fly through the air when scoring a basket.

Mr Wadick's soccer teams performed well during the visit. Ms Dawson's touch football teams played strongly over the whole visit and there was some fantastic teamwork.

Friday saw the beginning of our games with the 'special Walcha indoor hockey rules', our senior boys were lucky to come away with a 3 all draw. Mrs Harris, Ms McKell and Ms Francis were a fantastic support crew for these teams, maybe next time we might win a game.

Golf was a success for Dorrigo, although the greens were not what our boys were used to. Thanks to Mr Heaney for his expert coaching.

Chess was close with one game going for over an hour.

Junior boys league was a tough game, stand-outs were Cooper McGuire, Marshall Lowe, Zac Young and Lincoln Kellett, our boys had a good win.

Lawn bowls was a close game with Walcha coming away with the win.

Although we did not win the visit all, our students had an enjoyable time away. As staff, we witnessed excellent sportsmanship among not only our students but also between the two schools. Thank you to all the staff who came away and helped coach teams, cheered on sports, walked around the caravan park at night and helped with the organisation.

Miss Fraser



The Nationally Consistent Collection of Data on School Students with Disability (NCCD) takes place every year. We are currently completing this process for Dorrigo High School.

The NCCD is a collection that counts:

- the number of school students receiving an adjustment or 'help' due to disability
- the level of adjustment they are receiving to access education on the same basis as other students.

Students are counted in the NCCD if they receive ongoing adjustments at school due to disability. This 'help' allows them to access education on the same basis as a child without disability. The NCCD uses the definition of disability in the Disability Discrimination Act 1992. For further information please refer to:

<https://www.nccd.edu.au/tools/fact-sheet-parents-guardians-and-carers>



P&C Report

Thank you Commbank!

The P&C are pleased to have been awarded \$5000 from Commbank after a successful application to the Commbank School Recovery Grants team. The Commonwealth Bank made cash grants available to help schools and communities in NSW and QLD who were impacted by the most recent floods. The grants were available to help schools replace damaged and lost equipment or to support engagement activities. Our application to assist with funding the Walcha Interschool Visit as a whole of school engagement activity after the disruption around road closures earlier in the term was approved by the Grants team. Thank you Commbank!!

Uniform update

It was wonderful to see so much green and gold on show at Walcha. Thank you to all our students and families who added and topped up items, to Steffi Eppler for getting orders completed and to school Administration Staff who managed all the purchases and sizing on the ground.

A new delivery of black track pants is on its way - these are a warm, wash and wear pant in crush resistant microfibre with side zip and drawstring waist. Please leave the leggings, footy shorts and hoodies at home - we enjoy seeing you (looking warm) in uniform.

What does a P&C Association do?

The object of a P&C Association is to promote the interests of the school, assist in providing equipment and resources and to assist staff in establishing school policy and managing school activity. Given the current restrictions our chance to do this "at school" and "at meetings" is not possible but your support, as Parents, Carers and Families is still important.

If you have an idea, a suggestion or a better way of doing things then let us know by leaving a message at the school or contacting the P&C Association at dorrighigh.pandc@gmail.com

Michele Kellett

President - Dorrigo High School P&C Association

Dorrigo High School P&C

WE'RE LOOKING FOR...

Canteen Co-ordinator/s

- To manage rostering & ordering of stock
- Commencing Term 4 (with training)
- Essential to keep our canteen open
- A position for 1 or to share with a friend
- Current Co-ordinators retiring




Are you interested?
Dorrigo High School: 6657 2001
P&C: dorrighigh.pandc@gmail.com



Beware of the potential harms of “Energy Drinks”

At our Week 2 assembly, Mr Heaney spoke with students regarding the potential harms associated with the consumption of energy drinks.

Over the past 10 years, the consumption of caffeinated beverages intended to “energise” has increased significantly. Energy drinks were recently shown to comprise 20% of the total convenience store beverage market, with “Red Bull” and “V” accounting for over 97% of sales in this multimillion-dollar industry (AC Nielsen. Nielsen convenience report, 2008).



How much sugar and caffeine is in energy drinks?



Young adults and adolescents are particularly attracted to energy drinks because of effective product marketing, peer influence and a lack of knowledge of the potential harmful effects. (Attila S, Cakir B. *Nutrition* 2011.) The high sugar content in caffeinated energy drinks is similar to other soft drinks and is known to contribute to obesity (Riddell L, Keast RS. 2007).

Potential harmful effects of energy drinks include:

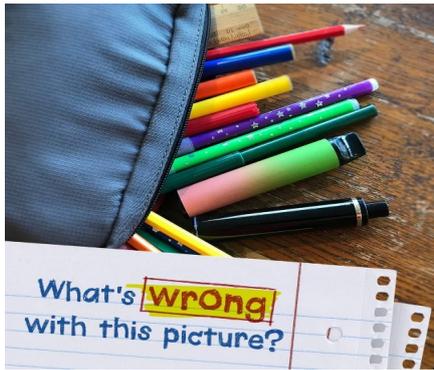
- palpitations
- agitation
- dizziness
- gastro- intestinal upset
- insomnia
- seizures
- psychosis
- addiction
- cardiac arrest (Dr Gina Trapp, 2019)

“We are advocating for a ban on the sale of energy drinks to children under 18 years of age due to negative impacts they can have on health,” Dr Trapp said.

Families are reminded that energy drinks are banned from school. At DHS we will take the following steps to help support your child’s health and wellbeing:

- 1) Confiscate any energy drinks seen on school grounds.
- 2) Dispose of the energy drink.
- 3) Contact families if the child refuses to surrender the energy drink or wants to have the energy drink collected for consumption after school.
- 4) Follow our Welfare and Discipline procedures for repeat offences or failure to follow teacher instructions.

Are you concerned about your child’s consumption of energy drinks? We are here to support you and your child. We encourage you to talk with your child about why they feel they need to consume the energy drinks. Encourage and support healthy sleep and dietary patterns for your child. Investigate any potential underlying medical conditions contributing to tiredness and the ‘need’ to energise via these types of drinks.



Have you heard about Vaping?

Can you spot the Vape in the picture?

There has been a lot of recent media attention around the increased use of Vapes among young people in Australia.

In response to this Ms Dawson will be giving a presentation on our next assembly about vaping and the potential harms associated with vaping.

Parents can register for a free webinar hosted by Paul Dillon, Director and Founder of Drug and Alcohol Research and Training Australia (DARTA). A copy of the flyer has been published on our school Facebook page and is also included in this newsletter.

Stay tuned for a follow up article after the presentation on assembly in Week 4. A few snippets of the presentation are included below. If you have any questions or concerns about vaping, please contact Ms Dawson. She has some additional parent information pamphlets that can be provided. All students will receive an information sheet following the assembly presentation.



As always, our aim is to keep our students safe. We will follow up with any reports of vaping at school with both a wellbeing and disciplinary approach.

Vaping. What do parents need to know?

Northern NSW and Mid North Coast local health districts are hosting a free parent webinar on up-to-date information about vaping, facilitated by drug educator Paul Dillon. Vaping is the use of electronic cigarettes, e-cigarettes or 'vapes' and is a growing concern for parents.

All Northern NSW and Mid North Coast parents and caregivers of students from NSW Education Department schools, Catholic and Independent schools are invited to attend the free online session.



Paul Dillon is the Director and founder of Drug and Alcohol Research and Training Australia (DARTA) and he is passionate about ensuring that the community has access to accurate and up-to-date alcohol and other drug information.

For more information visit www.darta.net.au.

WHEN:
Wednesday 11 August 2021
7-8pm via ZOOM

RSVP BY 6 AUGUST:
Scan QR code or via [link](#)

