

Principal's Message

Congratulations to Michele Kellett who was re-elected as the President of the Dorrigo High School P&C for 2022. Michele has done a superb job as President ensuring the ongoing support of our students through the operation of the school canteen, the availability and distribution of our school uniform and the ongoing, generous provision of P&C funds to purchase school resources. The most recent purchase was for equipment that will be used in our TAS workshop to support teaching and learning in practical classes.

Allan Kedzlie has been elected Vice President. Allan is a long-standing member of the P&C and has made a valuable contribution to our school including participating in the staff merit selection process. Congratulations Allan.

Stefanie Eppler was re-elected as the P&C Treasurer. Stefanie has done a brilliant job managing the P&C's finances, responding to student, teacher and parent enquiries and requests and sourcing school uniform. Congratulations Stefanie. Thank you to our 2022 P&C for their ongoing and unwavering support of our school.

It is great to return to 'normal' school operations this week. Thank you to our school community for your support and patience during the mountain closure. We are excited to be delivering face to face learning to all our students.

We are also excited about the lifting of several COVID restrictions which will enable us to resume activities that we have been unable to offer for what seems like an eternity, including excursions, sporting competitions and parent/teacher activities. Stay tuned!

Finally, Ms Hutton has asked that we advise our school community that her contract at Coffs Harbour Senior College, which was to end this term, has been extended until the end of Week 3 Term 2. We look forward to seeing her when she returns.

Ms Marden

Important Dates

28 March - 8 April

- Canteen closed

7 April

- Coffs Coast Rugby 10's Gala Day

8 April

- Last day of Term 1

25 April

- ANZAC Day - Public Holiday

26 April

- School development day - pupil free

27 April

- Students return to school

5 May

- Yr 7 & Yr 10 vaccinations, Yr 8 catch up



Year 7 'archaeologists' - using biscuits to excavate choc chip 'artifacts' from biscuit crumb 'dirt'.





P&C AGM

The Dorrigo High School P&C Annual General Meeting was held last Wednesday and pleasingly, was able to be held on site. We only just met the numbers required to hold our

AGM with 4 parents, 2 staff and 1 community member attending. This wasn't enough to fill all our positions. Our 2022 P&C Executive is Michele Kellett - President, Allan Kedzlie - Vice President and Stefanie Eppler - Treasurer.

We need extra members of our school community to step forward. The role of Secretary (assists with attendance list and meeting notes) was not filled and no general committee members were added. It takes the input, ideas, opinions and suggestions of many to make any committee work but at P&C this is vital. Four parents and one community member can't represent the whole of school – male and female students, juniors, seniors, academics, artists and sports minded students. Get a pen and mark the 3rd Wednesday of each month on the calendar, if it's not holidays, it's P&C – come along and get involved.

Canteen

Our canteen service continues. Katrina Tornow remains in the role of Canteen Co-ordinator which is filled by the P&C in line with the school year. Thank you to our returning volunteers and welcome to Gigi, Amii and Susan. There is always room for more at any time during the Terms.

Funding

The purchase of three major pieces of equipment for the timber and metal workshops is progressing. This is being funded from canteen income which was invested over a number of years and totals almost \$10,000. Don't forget that all those lunch orders and canteen purchases make a difference.

Winter Uniform

Thanks Steffi for continuing to update uniform stock and sizes. The next delivery of uniform items will include extra sizes in the heavier Winter jacket and a new ladies track pant. This track pant has a slightly shaped, lower leg with an ankle zip. The straight leg, microfibre track pants will still be available. Please take advantage of department store/online purchases for black track pants if that suits your family.

Michele Kellett

President - Dorrigo High School P&C Committee
dorrigohigh.pandc@gmail.com



Wellbeing Toolkit

Dr Carolyn Ryan is our Wellbeing Teacher who is an expert in Emotional Intelligence and Learning. She works proactively with students on an individual basis using social and emotional

learning programs designed to assist students to manage their emotions and navigate social situations more effectively.

Here she provides us with some advice for "back to 'face-to-face' school":

Emotional Intelligence: Managing Emotions, Empathy and Kindness

Emotional Intelligence includes the ability to read and manage your own emotions and emotions in others. Remember ... kids learn by watching ... often not by listening. Kindness to oneself leads to kindness to others.

Resilience

Resilience is ability to bounce back after failure. Mistakes are often seen as 'bad'. However, the only way to learn something is to practise it and that comes with inevitable errors. Perseverance in the face of difficulty is a key attribute of emotional intelligence.

A sense of gratitude

Cultivating a positive perspective or a sense of gratitude. 'What was the best thing that happened today?' leads to a sense of optimism, improved emotional intelligence and wellbeing.

Positive Habits

Plenty of fruit and vegetables, exercise, a team activity and around 9 hours of sleep each night!

Mindfulness – An antidote to 'Overload'

In our society, overwhelmed by information, being driven to distraction is a daily occurrence. Learning some 'Mindfulness' techniques can be beneficial for students (and for parents/carers too) to be fully engaged, present and aware in each moment.

Canteen Roster

**The canteen will be closed
Monday 28 March to Friday 8 April**

National Day of Action Against Bullying 2022 – Kindness culture.



Dorrigo High School Supports the

National Day of Action against Bullying and Violence



Students were reminded that although not all ‘mean’ interactions or ‘conflict’ situations constitute bullying, they can be just as hurtful.

The overall theme of the presentation was to remember that each of us plays a vital role in combating bullying. When we stand by and watch unkind actions occur, we are saying these actions are okay.

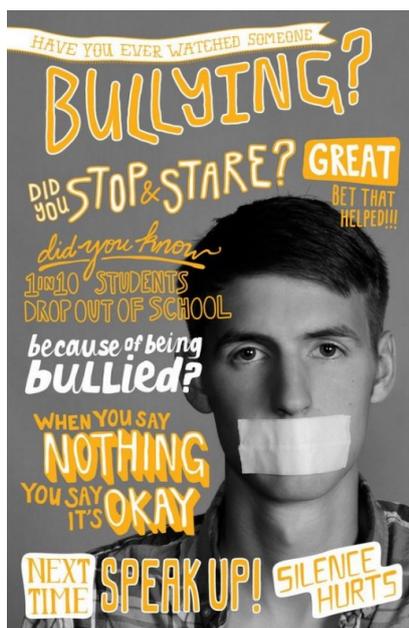
Students were encouraged to sign up to the Dorrigo High School Kindness Pledge via the link emailed to their school accounts. Students were also asked to focus on performing acts of kindness more often, and to stand-up and step-in when they see unkindness occurring.

At our assembly in Week 8, Ms Dawson presented information related to the 2022 National Day of Action against Bullying. The presentation reminded students what constitutes bullying according to the national definition:

We all know what bullying is ...



Bullying is an **ongoing and deliberate misuse of power** in relationships through **repeated verbal, physical and/or social behaviour** that intends to cause physical, social and/or psychological harm. It can involve an **individual or a group** misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening. Bullying can happen **in person or online**, via various digital platforms and devices and it can be **obvious** (overt) or **hidden** (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records). Bullying of any form or for any reason can have **immediate, medium and long-term effects** on those involved, including **bystanders**. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.



The DHS Kindness Challenge.....

In recognition of the role you play in stamping out bullying at DHS and in the broader community, you are asked to undertake the Kindness Pledge and complete a random act of kindness today.

Dorrigo High School Kindness Pledge

In recognition of the 2022 'National Day of Action against Bullying', you are asked to add your name to the following kindness pledge.

Dorrigo High School 2022 Kindness Pledge



Dorrigo RSL Sub Branch ANZAC Day

ANZAC Day is on Monday 25 April 2022.

The Dawn Service will commence at 5.30am at the Dorrigo Monument, breakfast will be served in the Dorrigo Memorial RSL Club after the Service.

The March and Wreath Laying Service will commence at 11.00am with the march from the Dorrigo Memorial RSL Club, assembly is at 10.40am.

The Dorrigo RSL Sub Branch wishes to invite staff and students from Dorrigo High School to march as a school group in the March and Wreath Laying Service on Monday 25 April, 2022. As with last year the Order of March will have the Dorrigo School contingents near the head of the march, and the schools will finish up in Cudgery Street behind the Veterans Group near the bus shelter.

For further information contact Phillip Corlis on 6657 1326 or 0408 033 141 or email phillipcorlis@bigpond.com.



Jobs for local electricians are available at our school now!

The LED Lighting Upgrade Program needs local electricians to install upgraded lighting at our school and potentially others in our local area. The Department is hiring electricians to do this work right now.

Electricians in our school community, may register for the Local Trades Scheme, which is where jobs are posted. Registration is free.

To find out more visit Local Trades Scheme at <https://hipages.com.au/tradie/about-nsw-department-of-education-maintenance-scheme/>

Food Technology Requirements		
Term 1 - Week 10		
7 Purple	Soft Tacos Between two Students need to bring 120g mince and ¼ cup grated cheese	Wednesday 30 March P3 & P4
8	Chicken Dumplings Between two All ingredients supplied	Thursday 31 March P5 & P6
9/10	Veggie Burger Individual work Students need to bring 1 burger bun and 1 slice of cheese of choice	Friday 1 April P1 & P2
Senior Hosp	Mini Fish Tacos Individual work All ingredients supplied	Thursday 31 March P1 & P2
Term 1 - Week 11		
7	Fruit Crumble with Custard Between two Each student needs to bring 1 apple	Tuesday 5 April P1 & P2
8	Sticky Date Cupcakes Between two Students need to bring 1½ cups (210g) dates and 410g butter	Tuesday 5 April P3 & P4
9/10	Bubble Tea Individual work All ingredients supplied	Friday 8 April P1 & P2
Senior Hosp	Mini Beef Sliders Individual work Students need to bring 100g mince, 2 slices cheese and 1 rasher bacon	Wednesday 6 April P1 & P2



Soccer Training Each Wednesday

Quolls - Under 12 - 5:15pm
Wallabies - Under 10 - 4:00pm
Sugargliders - Under 8 - 4:00pm
Miniroos - 3:30pm - from 30 March

NSW Health – New Vaping Information website

NSW health has recently released a new information platform to provide up-to-date information regarding vaping. The key message behind the information package is **“Do you know what you’re vaping?”**

“Vapes are not water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol. Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.

Vapes come in a number of flavours such as blueberry or bubble-gum that make them appealing. Many vapes also contain nicotine, the same highly addictive substance found in tobacco cigarettes.

“Testing has shown that vapes labelled 'nicotine-free' can have high nicotine levels. People can think they are using nicotine-free vapes and can unknowingly quickly develop a nicotine addiction.” (NSW Health, 2022)



Vaping facts

- Many vapes contain nicotine making them addictive
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray
- Vapes can leave young people at increased risk of depression and anxiety
- The nicotine in 1 vape can = 50 cigarettes. Depending on the size of the vape and nicotine strength, it can be much higher
- Young people who vape are 3 times more likely to take up smoking cigarettes
- Vape aerosol is not water vapour
- Vaping has been linked to lung disease.
- Vapes can cause long-lasting damaging effects on the brain and physical development.

[Download vaping fact sheet as a PDF](#)

Families can access the full information package at the following link:

<https://www.health.nsw.gov.au/vaping>



FOR YOUNG PEOPLE

THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in.

Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT YOU'RE VAPING?



NICOTINE

Many vapes contain nicotine making them **very addictive**

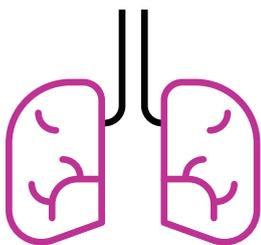


FRUITY

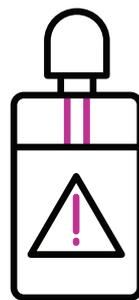
The nicotine in 1 vape can
= 50
cigarettes



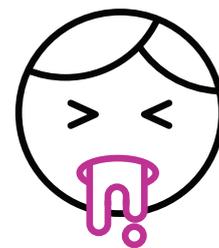
If you vape you are **3 times** more likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



Do you know what you're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

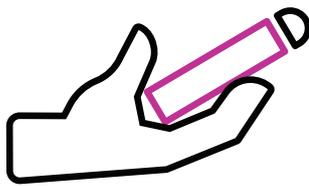
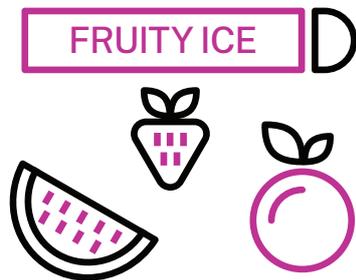
*All statements are backed by evidence which can be found on the website



VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



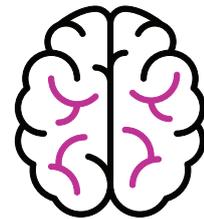
MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that 4 in 5 young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of vaping are just starting to emerge.**

Any take up of vaping by young people is worrying.

NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory.

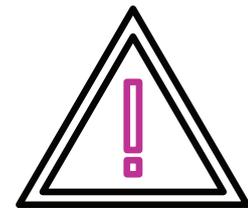
RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



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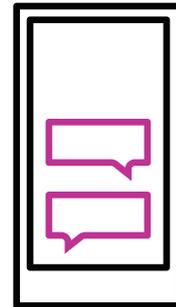


SELLING VAPES TO PEOPLE UNDER 18 IS ILLEGAL

It is illegal for anyone to sell any vape to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. **It is also illegal to sell vapes to friends or contacts under 18 on social media.**

You may have heard that nicotine vapes are available with a prescription from a doctor. This is only for people over 18 years as a tool to help quit smoking. Even then, doctors will explain the risks of using vapes to patients.

There are a number of retailers who might illegally sell you vapes. This is a crime. If you think someone is selling vapes illegally, you can report this to NSW Health via its website or call the Tobacco Information Line on 1800 357 412.



THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

This can mean feeling irritable or anxious, as well as craving to vape.

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.

NICOTINE FREE



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals.

They just don't put it on the pack.



GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

Have a reason or two that you can tell your mates why you don't want to vape.

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



Do you know what you're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website



A FREE EVENT FOR PARENTS, CARERS AND MENTORS OF TEENS.

- Do you want to know the best ways to talk with your teens?
- Do you want to stay out of conflict when you talk with them?

You are not alone, and all of these concerns are completely normal.

We are thrilled to be hosting Peter Slattery, an Australian youth worker and speaker with over 30 years experience working with young people and their families. Bringing creativity, humour and joy back into your connection with your teen.

TALKING TO TEENS

WITH PETER SLATTERY

**TUESDAY APRIL 5TH,
6.30-8.00PM
BELLO YOUTH HUB
BOOKINGS ESSENTIAL**



Alcohol and Drug Foundation



Australian Government

Local Drug Action Team Program

tickets here:

