

## Important Dates

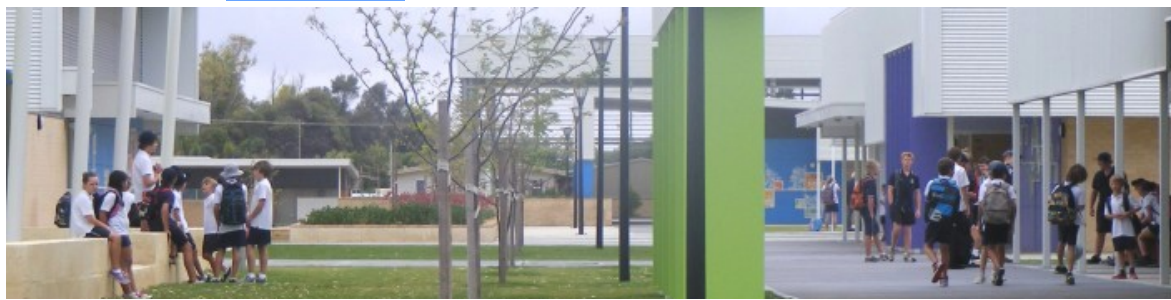
26 February  
Swim Trials

26 February  
School Board Meeting

2 March  
Labour Day Holiday

3 March  
Assembly

6 March  
Surf Carnival



# DONGARA DISTRICT HIGH SCHOOL

*An Independent Public School*

NEWSLETTER 24th February 2020

## A MESSAGE FROM THE PRINCIPAL

We are now into week 4 of term 1 and hasn't time flown? Next **Monday** is a **long weekend** for **Labour Day**. This commemorates the achievements of organised labour to implement the eight-hour day in the middle of the nineteenth century. Previously workers were required to work 10 - 12 hours a day for six days a week. Enjoy the long weekend.

Our year 1-12 **Surf Carnival** will be held at **South Beach** on **Friday 6 March**. Information will be coming home soon. This a **compulsory school day** and all students are expected to **attend and participate**. We provide a range of beach and water events. Unexplained absences will be followed up. The surf carnival is always a great day.

**IRWIN**  
**LEANDER**  
**MILO**  
**NHARGO**

This week we have some **cricket clinics** happening in the school facilitated by **Cricket Australia**.

Last week and this week we have had visits from **SIDE** and **RLS teachers** who have been working with our **Year 11 and 12** General Studies and ATAR students. We are very proud of our **SIDE** students and the way they have started the term off so well.

**Thank you** to the many **local businesses** who have agreed to host students for **work experience**. We have a very large **Year 10** class requiring hosting for **1 week this term**. If you are able to support us, please contact **Ms Caryn Stokes** at school.

The **Year 10-12 OLNA** tests commence next week. **Thank you** to **Mrs Flannery** for providing additional support to students both in class and during after school study session.

At the next whole school **assembly** we will be announcing the **School Captain/s** and the **House Captains**. We will present the **2020 Student Councillors** and **House Captains** with their **badges**. Parents of successful captains will be notified this week.

Our next whole school Assembly for **Year 1-12 students** will be on **Tuesday 3 March** and will be hosted by **60** and **Mrs Owen**.

Kind Regards

## When is it OK to not go to school?

An OK reason is one that *prevents* your child from getting to school. This could include:

- when your child is sick or unwell
- attending cultural or religious observances such as sorry time and funerals
- an unavoidable natural event such as flood waters or a cyclone
- an unavoidable medical appointment
- other reasonable causes. The principal decides if the reason given for your child's absence is acceptable.

## It's NOT OK to miss school if your child:

- is celebrating a birthday
  - is going on a family holiday
  - is visiting family and friends
  - has slept in or had a big weekend
  - is looking after other children
  - has sport or other recreational activities that have not been approved by the school
  - has appointments such as haircuts and minor check ups
- If possible, routine medical and other health appointments should be made either before or after school, or during the school holidays.

*"Achieve with Honour"*

At DDHS we... Choose Respect, Be Responsible, Achieve our Best

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## Support a Reader Program

Over the last few years, Dongara District High School has successfully run our Support-A-Reader Program. We would love for this program to continue helping students with their reading. The program is designed to assist children to develop greater fluency when reading by giving them the opportunity to read regularly to an adult and receive positive feedback. In order to do this, we would like to have a team of volunteers who are part of a roster. The program involves **listening to a student read for approximately 10 minutes**. The books are chosen by the student in collaboration with the classroom teachers so that they are at a suitable level for each student. We ask, if possible that volunteers **read with four students** each session from approximately **9:00-9.45am**.

If you are interested in assisting in this program, please contact the school office on **9927 0100** or fill in the **form below** and leave your details at the **school office**. All volunteers will need a **Working With Children Check (WWCC)** and can be applied for online at: <https://workingwithchildren.wa.gov.au>, or by filling in the forms available at the Post Office. The WWCC **costs \$11.00** and lasts for **3 years**.

We look forward to hearing from you,  
Regards,  
**Nicole Davey** (Literacy coordinator)

## Community Health Nurse

### A healthy lunchbox

Healthy lunches and snacks are important for keeping active kids alert and focused and providing them with the nutrition they need every day. A healthy lunch box should include:

**Fruit** – at least one serve of fresh seasonal fruit. If you don't have fresh fruit, canned (in natural juice) is a good substitute. Dried fruit is high in sugar and should be avoided.

**Vegetables** – vegetable sticks, salads or a mix of raw (with dip) or grilled vegetables.

**Dairy** – one serve of milk, yoghurt or cheese supports optimal growth and development in children. If your child can't tolerate dairy provide a suitable alternative.

**Protein** – lean meat or poultry, fish, eggs, tofu, legumes/beans, or nuts and seeds.

**Grain foods** – wholegrain and high fibre varieties are best.

**Water** – the best drink to keep children hydrated.

Remember, children who help plan and prepare their own lunch are more likely to eat it. Your child might like to try out this fun, 'Interactive Lunchbox' website:

[www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html)

## Kindy Pre-Primary

Well done to all the Kindy and Pre-Primary students for being **Responsible, Respectful** and trying to **Achieve** their best when playing in the playground. This fortnights prize winners were **Thomas Cotton** for being **responsible** by placing the cones back into position, **Maria Manners** for being **responsible** by keeping the juggler bikes away from the fences and barriers, **Cooper Naughton** for being **responsible** by caring for a friend who was feeling

sad and **Lucy Couper** for being **responsible** by taking turns of the bikes. Congratulations.

## Student Council

The next fundraiser is **GREEN Day** on Tuesday **17 March** for the **Starlight Foundation**. Dress in green for **St Patrick's Day**.

## Absentees

**Thank you** to the parents who ring and **notify the office** in the morning when their child/ren are **unwell** or **absent** from school for a particular reason. This avoids having to supply an explanation note

The office phone number is **9927 0100** and there is an answering machine to leave a message if the office is unattended, alternatively you can **SMS** your child/ren's absence to **0437 206 549**, please include your child/ren's name in your message.

Absences can also be sent via our **Skoolbag app**. You can download the app at either the App Store (Apple) or the Play Store (Android).



## Student Details

In order to keep our database of student contact details correct, please notify the office if you have made changes to any of the following details over the holidays:

- . House and/or mobile phone number
- . Address details
- . Emergency contact details
- . Medical details.

I am interested in volunteering to assist with the Support-A Reader Program.

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Days available: M T W Th F

