Principal’s Message
This week I have been addressing a number of concerns about the inappropriate use of mobile phones by students at our school. This has prompted me to remind parents and carers of the many things that you can do to support your children and students in the online domain. It is important that you:

- Limit their exposure to inappropriate content by supervising their online time where possible.
- Talk to them about online content that has made them feel upset, disturbed or distressing.
- Encourage them to tell you about inappropriate content they have come across and make a complaint about specific content.
- Install filters, labels and safe zones that enable you to reduce their risk of exposure to unsuitable or illegal sites.
- If you are worried or your child or student is vulnerable, please seek professional support.
- Keep them connected to trusted friends and family online and offline.

We work closely with our School Police Liaison Officer and the Department of Education’s Safety and Security Directorate to help our students learn about staying safe and healthy while using digital technologies. This involves an understanding of appropriate and inappropriate online behaviour and of being a positive contributor in an online world.

There are a number of resources to help parents to support their child’s online safety. Some of them are listed below:

- www.digitalcitizenship.nsw.edu.au
- http://tinyurl.com/DC-for-parents/

Important Dates
November
2 - 6....... Yr 10 Gold Coast excursion
.............. Canteen closed
3 ............ HSC examinations finish at DHS
5.......... Yr 7, 8, 9 Science in the Bush
6........... Yr 7 & 8 to the Big Banana
............. Yr 12 Formal
9.......... Rollover to new timetable
10 - 12 .. Yr 9 boys camp
.............. Yr 9 girls program
11.......... Remembrance Day
18.......... P&C meeting, 5.00pm

Cells
Year 7 have finished studying a unit on cells. For their assignment they had to construct a 3D model of either a plant or an animal cell. The following photos are samples from the 7C science class. Students chose different mediums to use from cakes to jelly and Styrofoam to sponges. Students had to identify and label the organelles inside each of the cells and include a short explanation of what each part of cell did.
Cells, Cells and More Cells

Food Technology Requirements

| Week 2 |  
|--------|--------------------------------------------------|
| **7T** | **Mango Tiramisu**  
Between two Students need to bring 1 ripe mango and 250g cream chese  
Monday 2 November P5 & P6 |
| **8N** | **Monster Cakes**  
Individual work Students need to bring lollies etc for decorating  
Thursday 5 November P5 & P6 |
| **9A** | **Cake Decorating**  
Individual work Students need to bring their fruit cake, cake board and money for fondant  
Week 2 to Week 5 |
| **9D** | **Cake Decorating**  
Individual work Students need to bring their fruit cake, cake board and money for fondant  
Week 2 to Week 5 |

Under 15’s CHS Netball Knockout Gala Day

On Friday 23 October the Under 15s netball team travelled to Coffs Harbour to play in the CHS Knockout Gala Day at Sportz Central. The following students played on the day: Georgia Kelly, Lucy Shaw, Alex Cranston, Alice Capps, Maddison Dickings, Zoe Webster, Izabelle Hansen, Jorden Cochran and Nakia Colburn.

In their first game the girls played against Toormina High School. Dorrigo got off to a good start with Nakia and Zoe scoring well and Alex and Jorden minimising the impact of Toormina’s strong centre court players by defending well in the circle. At the end of the first half Dorrigo were trailing by only 3 points. Unfortunately, Dorrigo became rattled by a few poor calls and growing frustration with the umpiring saw a number of girls lose their game. Despite this Dorrigo displayed excellent sportsmanship under difficult circumstances and regained their composure in the final quarter.
Having lost their first game Dorrigo then moved on to play Orara. Buoyed by more confident umpiring the girls’ spirits were much higher during this game and the passage of play was more fluid and well executed. The girls enjoyed the opportunity to experiment with new positions and the more light hearted nature of this game provided a nice conclusion to the day. Despite losing both games the girls played very well. The stand out performance was provided by Alex Cranston, who defended extremely well and controlled much of the game for Dorrigo. Zoe, Lucy, Georgia and Alice all shot well throughout the day, while Izzy, Maddie, Lucy and Jorden all played well through the mid court.

I would like to especially thank Heidi Kelly for assisting with transport on the day.

**Ladies Only League Tag Bellingen**

A social competition of League Tag for high school girls and ladies has started in Bellingen. We are non competitive, just about getting out there having some fun, fitness and learning new skills.

**When:** Tuesdays 6pm till 7pm  
**Where:** Bellingen Park (where the grandstand is)  
**Cost:** $2  
Please see Mr Glyde if you have any questions.

**All Saints Day**

Sunday 1 November at 10.00am is our All Age service for all the family.

Oh when the saints! - a look at what it means to be a saint as the church celebrates All Saints Day. All welcome!

**RRISK - Free Presentation**

Southern Cross University is a proud sponsor of RRISK, Reduce Risk Increase Student Knowledge, and would like to invite parents and the wider community to attend the free Alcohol and Other Drugs session presented by key-note speaker, Paul Dillon, the Director of Drug and Alcohol Research and Training Australia (DARTA). RRISK is a health promotion program that addresses risk-taking behaviour amongst teenagers, in particular Year 11 students in the North Coast of NSW.

Two Seminars are available: Coffs Harbour Education Campus, Thursday 19 November at 4.00pm and Kempsey Council Chambers, Council Committee Room, Tuesday 3 November at 4.00pm.


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**Year 8 Boys Camp**