



Principals Message

Mr. Paul Karbon (Rel)

As we reach the end of Term 3, it's a pleasure to reflect on another wonderful term at DTHS. Our Principal, Mr Campbell, has been on some well-earned leave with his family during much of this term, and we look forward to welcoming him back early in Term 4. In his absence, I am proud to share with you the many achievements of our school community.

This term, DTHS undertook the Department of Education's External Validation process. The external panel judged our school to be excelling in 13 of the 14 elements of the School Excellence Framework. This is an outstanding result and a true testament to the hard work, commitment and passion of our staff and students.

We are also very proud that DTHS has been recognised as having the highest growth in average HSC scores of any NSW public school over the past decade. This remarkable achievement reflects the quality of teaching and the dedication of our students in striving for their personal best. On top of this, DTHS has been acknowledged by the Department of Education and the Centre for Education Statistics and Evaluation for our outstanding work in explicit teaching. We are now recognised as an Illustration of Practice school, meaning our teaching practices are being shared across NSW as an example of best practice.

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Principals Message Cont.

Our students have continued to shine both in and beyond the classroom. This term, they coordinated three extremely successful social justice days; RUOK Day, Wear It Purple Day, and Jersey Day. Each of these student-led initiatives helped raised awareness of important causes and demonstrated the compassion, leadership and initiative of our students.

We have also commenced our Year 7 2026 transition program. A number of teachers and student leaders have been visiting our local primary schools to welcome and support our next cohort of students. We know the move into high school can feel daunting, but our team is committed to ensuring every student feels prepared, supported and excited about the opportunities ahead.

I would also like to take this opportunity to thank our 2025 school leadership team: Zainab Abbas, Zakariya Akhtar, Kirsten Salonga, Timaleti Lawaniasana, Andrew Patrick, and Nikita Tuivaga. Each of these students has done an outstanding job representing their peers, creating positive change within our school and inspiring future leaders. They have performed their duties with diligence and are incredible role models for their peers.

We are particularly proud of the extra-curricular opportunities that continue to help our students grow as leaders. Our HPGE programs, such as GenConnect, have given students the chance to volunteer at the local nursing home, building meaningful connections with the elderly. This term, we also had a group of students and staff, led by Mr Gerard and Ms Takache, complete the 10km run as part of the Sydney Marathon. Their dedication in training and preparation has been truly inspiring.

Many of you would have also seen in the Sydney Morning Herald the incredible work led by Mr Culhane and our Year 10 students through the 50 Degree Climate, Heat and Resilience Project. This initiative has provided real-world opportunities for our students and we are excited to see their greening projects come to life over the next term.

Finally, I would like to wish our Year 12 students the very best as they prepare for their upcoming HSC exams. We are so proud of the resilient, thoughtful, and capable young men and women they have become, and we look forward to seeing the exciting pathways they will pursue in the years ahead.

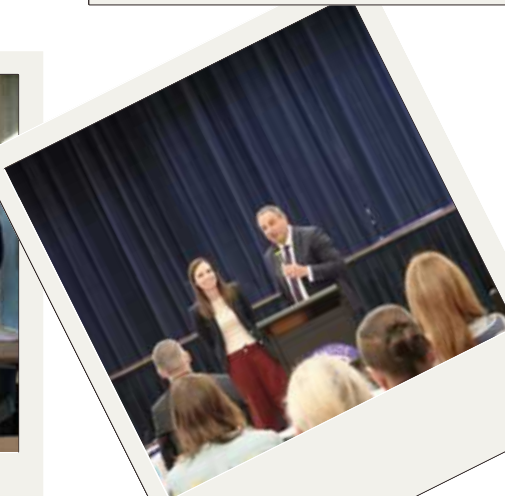
DTHS continues to go from strength to strength, and these achievements are only possible thanks to the combined efforts of our students, staff and families. I look forward to celebrating more success with you in Term 4.

Mr. Paul Karbon

Rel. Principal



Murat Dizdar & Courtney Houssos Visit



DTHS Celebrates Book Week 2025

Doonside Technology High School celebrated Book Week this year with the theme Book an Adventure, transforming the library into a hub of colour, balloons, and excitement. It was a true celebration of books and reading.

Students sampled new stories in our Year 7 Book Tasting lessons, where tables were set up like a restaurant and each "course" was a different book to explore before moving to the next. The lunchtime Book Bingo and Trivia Challenge tested both literary knowledge and general fun facts, creating plenty of enthusiasm and team spirit.

The Escape Room Challenge was a standout favourite, with teams following cryptic clues hidden in books to unlock puzzles and "escape" the library. Teacher Shelfies invited students to guess which teacher was "hiding" behind a photo of their bookshelf – some were easier than others! The Short Story and Book Cover Design competitions also attracted plenty of attention, with many students tapping into their creativity to produce imaginative entries. Throughout the week, students won coveted DTHS Library Golden Tickets, earning them entry to a special Rewards Party. Congratulations to all the winning students.

It was a wonderful week that brought students and staff together and inspired many enjoyable conversations about books. Thank you to everyone who joined in and helped make Book Week 2025 such a memorable adventure.

Ms. King

Teacher Librarian





What Has Been Happening In Science

Year 7

This term, students studied the concepts of contact and non-contact forces and how they interact with objects on an ongoing basis. They participated in experiments, including tug of war, measuring using a spring balance, and designing their own toy car for use in their investigations.

Year 8

In Term 3, our Year 8 students learned about living systems, focusing on the organs that make up the systems in our bodies. During practical lessons, students performed dissections on a variety of organs (heart, kidney, and joint).

Year 9

This term, students explored the fascinating concepts of Pangea and the Theory of Plate Tectonics, gaining insights into how natural disasters like volcanoes, cyclones, and tsunamis occur. They also conducted a depth study to research ways in which the impacts of climate change can be mitigated on both small and large scales.

Year 10

In Term 3, Year 10 students at DTHS delved into Evolution and Genetics, focusing on genetically inherited diseases. Through a depth study, students explored research questions about current and future scientific challenges, developing their critical thinking and research skills. As they prepare for the HSC, these skills are crucial in shaping their ability to independently gather, analyse, and present scientific information.

Senior Biology

In Biology this term, Year 11 students analysed ecosystems and how various living and non-living pressures can impact the environment. Year 12 continued their study of Genetic Change, focusing on biotechnology, genetic mutations, and their effects on humans, animals, and plants. We wish Year 12 all the best in their final HSC examinations and beyond!

Year 9 and 10 iSTEM

In Year 9 iSTEM, students have been learning about aeronautical engineering and constructing planes out of balsa wood. These planes were tested to determine how wing design affects the distance travelled.

In Year 10 iSTEM, students investigated medical technologies by constructing prosthetic hands using cardboard, foam, and electronic components to better understand how these technologies assist those in need.

Agriculture

Year 10 and Support 9/10 Agriculture students have been learning about egg production through engaging, hands-on activities. Students tested eggs for freshness to understand food safety, used candling techniques to observe the inside of an egg, and set up an incubator to learn how chicks are raised. These experiences not only made learning fun and practical but also helped students develop important skills in animal husbandry.

The Year 12 Agriculture class took on a bigger challenge—learning how to dismantle and rebuild a fence, a real-world skill. Students worked through measuring, planning, and safely using tools, while developing teamwork and problem-solving skills.

What Has Been Happening In Science

Continued





What Has Been Happening In TAS

The TAS faculty hit the ground running this term, with our Hospitality students catering for a major event during Murat's visit with Mrs Malouf. They prepared morning tea, lunch, and coffee for 70 Department of Education staff, delivering professional service under real-world conditions. The students worked brilliantly as a team, managing the pressure of a large-scale event with confidence and skill. Of course, achievements like these could not happen without the behind-the-scenes work and dedication of Mrs Pratt who prepares everything, provides guidance, and adds creative flair to ensure our students shine.

Our Certificate I in Baking students have also been making fantastic progress in their after-school course. Each week, the kitchens come alive as students learn to bake breads, cakes, and biscuits. Their growing skills, creativity, and enthusiasm have been a joy to watch, and the delicious results speak for themselves. This course has given students a real taste of industry-level baking while also building confidence in their abilities.

Year 10 Engineering students have reached an exciting milestone with Mr Navarro, completing the construction of their go-kart. The project has demanded persistence, problem-solving, and a lot of teamwork, but the finished product is a real testament to their hard work. The group is now preparing for the thrilling moment when they get to test drive the go-kart they designed and built themselves.

Mr Griffiths Year 9 and 10 Support Timber class has also achieved excellent progress on their mini house project. After completing the roof earlier this term, students are now moving on to building the walls. This project has been an incredible opportunity for them to develop real-world trade skills while learning to work collaboratively, and the results so far have been impressive.

In Food Technology, Mrs Dickson's, Year 10 students demonstrated creativity and precision in their grazing box assessment task. They carefully planned, prepared, and styled grazing boxes that looked as good as they tasted, before sharing a class picnic to enjoy their hard work. It was a wonderful way to combine skill development with a sense of celebration, again made possible by the careful organisation and support behind the scenes that ensured students had everything they needed to succeed.

Mrs Dickson's *Food Technology Support* class added a splash of fun and colour to the kitchens with their "crazy shake" practical. Students loved designing and decorating over-the-top milkshakes, experimenting with toppings and presentation. The activity was a highlight of the term, blending practical skills with plenty of laughter and creativity.

Year 7 Textiles students have been exploring fabric decoration techniques and finished the term with an Aboriginal-inspired hand painting project with Mr Smith. These activities gave students the chance to experiment, express their individuality, and develop new design skills while connecting their work to culture and creativity.

What Has Been Happening In TAS

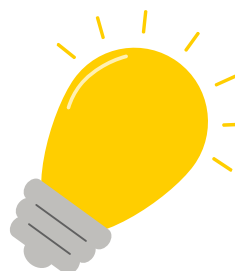
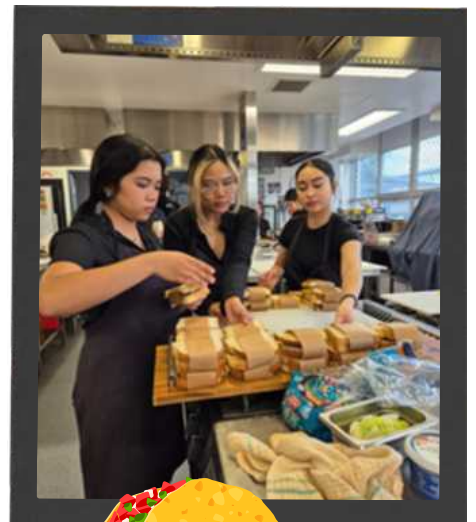
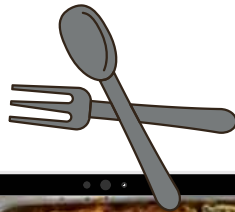
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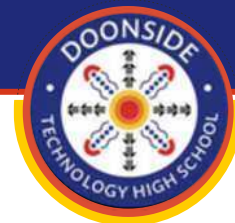
This term also included exciting opportunities beyond the classroom, with Mr Yu supporting the *Amazon HPGE Mentoring Days* and HPGE mentoring at Doonside Primary. Our students enjoyed engaging with computers and robotics, sharing their skills, and inspiring younger learners. These experiences encouraged them to think about future pathways in technology while also building leadership and mentoring abilities.

As the term draws to a close, we are proud of everything our students have achieved across the TAS faculty. We especially extend our very best wishes to our Year 12 students as they prepare for the HSC and step into the next chapter of their journeys.

Ms. Malouf

Head Teacher TAS



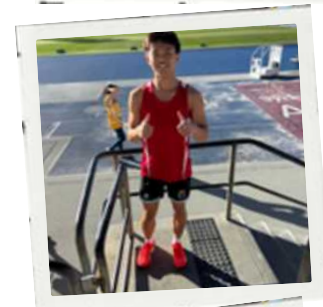


Sports Report

CHS CROSS COUNTRY CARNIVAL

On the very first day of Term 3, a group of determined athletes from Doonside Technology High School took on the challenge of the CHS Cross Country Carnival at the Sydney International Equestrian Centre.

Congratulations to Lilly Calder, Zahra Calder, Josh Guballa, Anjellica Miller, Esoufa Saibou, Jasmine Woolard, and Shaylah-Jaide Gauci for proudly representing our school on the big stage. Each student showed fantastic effort, commitment, and resilience as they tackled the tough course against strong competition from across the state. We are extremely proud of the way our students gave their best and carried themselves with pride throughout the day. Their participation reflects not only their sporting ability but also their determination and school spirit. Well done to all competitors, you are an inspiration to our school community!



SYDNEY WEST ATHLETICS CARNIVAL

Doonside Technology High School proudly represented the Colebee Zone at the Sydney West Athletics Carnival, held over two exciting days at the Sydney Olympic Park Athletics Centre. This year, our school had 12 students compete across a range of events, with an outstanding contribution from our Support Unit, who made up half of the team. Their dedication, determination, and commitment to pushing through each race were truly inspiring and a credit to their hard work.

We are incredibly proud of every student who took part, showcasing not only their athletic skills but also their school spirit. A big thank you goes to Miss Harrison and Mrs Awad, who supported our students across the two days and ensured the experience was such a positive one. Congratulations to all involved, you have done Doonside Technology High School and the Colebee Zone proud!



CHS ATHLETICS CARNIVAL

Doonside Technology High School is proud to cheer on three of our talented athletes, Esoufa Saibou, Anjellica Miller, and Blake Krauss, as they compete at the CHS Athletics Carnival at Sydney Olympic Park on the 10th & 11th of September.

Qualifying for this prestigious event is an outstanding achievement, and it reflects the dedication, training, and perseverance each of these students has put into their sport. Competing against some of the best athletes in the state, they are not only representing our school but also demonstrating the spirit and determination that make DTHS proud. We wish Esoufa, Anjellica, and Blake the very best of luck across their events. Go Team DTHS!





After School Basketball Club



This term, we were able to start our new *After School Basketball Club*.

The purpose of this club is to promote lifelong physical activity, develop students' basketball skills, and provide opportunities for students to build friendships and teamwork.

So far, the club has had a fantastic start! We've had a great turnout of students from Years 7–11, and it has been wonderful to see not only their basketball skills improving but also the friendships forming across different year groups. The enthusiasm, energy, and sportsmanship on display each week have been inspiring.

Student Marco Jacob said: "I go there for my friends and my skills..."

The club has plenty of room to grow, and everyone is welcome. Whether you are an experienced player or just curious to give basketball a try, this is the perfect place to stay active, have fun, and meet new people.

A big thank you goes out to the students who have already joined and made the club such a positive space. I look forward to seeing even more of you on the court in the weeks ahead!

Regards
Mr. Bueno





Term 3 In The CAPA Corner

This term has been an exciting and rewarding one for our Creative and Performing Arts (CAPA) faculty, with many achievements to celebrate.

First, we extend our heartfelt congratulations to our HSC students who have completed their Body of Works, HSC Music performances, Visual Design projects, and Entertainment industry placements, including supporting our events in school. Their commitment and creativity have been outstanding, and we are incredibly proud of all they have accomplished. We also thank and congratulate our HSC teachers, Mr Thackray, Ms Outridge, Mr Pilason, and Mrs Atai, for their guidance and support. These works and performances will be showcased at Artbeats next term, and we wish our students every success as they prepare for their written examinations in October.

We also celebrate the achievements of two of our Year 10 students, Mikaela Barnes and Sakina Adeli, who were accepted into an Artist-in-Residence program at Hawkesbury Regional Gallery. Over two days, they worked alongside a professional artist to explore screen printing and other printmaking techniques. Their workshop concluded with a mini pop-up exhibition attended by Mr Karbon and Ms Saywell, who were delighted to see the high calibre of work produced. The artists involved spoke highly of both students, recognising their talent and dedication.

A special congratulations also goes to our Year 9 band, Siapao (Maxwell, Chanci, Ronaldo, and Aaron), who performed their first live paid gig at the Sydney Fringe Festival at Lane Cove Canopy on Father's Day. Their performance captivated the audience and was a proud moment for our school community. The band was supported by their teacher, Mr Thackray, who also performed with his acoustic duo, and afforded them this incredible opportunity.

We also give a huge shout-out to our Dance Ensemble and Miss Maher, who represented the school with pride at the Blacktown Festival of Performing Arts this term. Performing to a large crowd at Wyndham College, the ensemble delivered an incredible routine that showcased both their hard work and their talent. Their professionalism and energy on stage made us very proud.

Another highlight this term was the work of our Curatorial Team, who presented a fantastic exhibition for Department Secretary Murat Disdar and visiting guests attending a Professional Learning Day at our school. The students also led a gallery walk, speaking with visitors about the artworks with confidence and insight. Complementing this event, our talented student musicians performed beautifully throughout the day, providing background music in the morning and live performances during lunch. Both the curators and performers showcased the very best of our students' skills and represented our school with excellence.

Meanwhile, some of our Year 7 and 8 High Potential and Gifted Education (HPGE) students participated in an innovative program with the Department of Education Curriculum Team. Across two intensive days, students trialled a brand-new Visual Arts unit of work and provided valuable feedback. Their artworks and reflections will now be used as models and examples for teachers across NSW – an incredible opportunity to have their voices and talents shape the future curriculum.



Term 3 In The CAPA Corner

Continued

This term also saw the success of our Senior Artbeats Showcase Evening, where HSC students proudly shared their Body of Works and performances (supported by two of our VET Entertainment students) with family and friends. Thank you to all staff who supported the evening; it was a wonderful celebration of student achievement.

Looking ahead, the Doonside Portrait Prize exhibition for Year 11 Visual Arts will open for community voting early next term, leading into our major annual event, Artbeats. The date will be announced soon, and tickets will be available for families and friends to purchase.

Across Visual Arts, Visual Design, Music, Dance, and Entertainment, students have demonstrated incredible commitment and talent this term. We are so proud of their efforts and the way they continue to showcase their skills, determination, and creativity while representing our school's core values and strengths. We look forward to sharing even more achievements with you in Term 4.

Ms. Saywell

Head Teacher CAPA



Keeping Up With PDHPE

SPORT

Year 7 PDHPE

This term, Year 7 have explored how physical activity supports health and wellbeing across the body, mind, and social connections. For their assessment, they designed or adapted games to encourage young people to participate more in sport and physical activity. In practical lessons, they enjoyed dodgeball and a variety of modified games, demonstrating teamwork, inclusivity, and creativity.



Year 8 PDHPE

This term, Year 8 have investigated diversity and discrimination, learning how to promote equality and respectful relationships in their communities. For their assessment, they created websites to raise awareness and offer strategies for making communities #strongertogether. In practical lessons, they participated in basketball, European handball, and yoga, building teamwork, confidence, and skills in an engaging, active environment.



Year 9 PDHPE

This term, Year 9 have focused on mental health and wellbeing, learning how to recognise early warning signs, manage stress, and support others. For their assessment, students designed self-care packages and informative brochures to raise awareness about depression and anxiety, reduce stigma, and promote positive coping strategies. In practical lessons, they enjoyed aerobics, kickball, and a variety of winter sports, developing teamwork, fitness, and coordination in an energetic and inclusive environment.



Keeping Up With PDHPE

Continued

Year 10 PDHPE



This term, Year 10 have been learning about risk-taking and safety, with a focus on alcohol and drug use, road safety, harm minimisation, and first aid. For their assessment, students worked on a Health Expo, completing a collaborative investigation into the driving question: How might we create public awareness of road safety? They designed proposals, researched issues, and prepared to present their findings to share practical strategies for keeping young people safe. In practical lessons, Year 10 developed their skills and fitness through field hockey and gym sessions.



PASS

This term, PASS students developed their coaching skills and applied them in real-life contexts, culminating in a class-run tournament that was collaboratively planned, professionally organised, and a great success. They also explored event management, taking on roles to plan, promote, conduct, and evaluate the competition. To finish the term, students investigated sport for specific groups, using case studies such as Aboriginal and Torres Strait Islander peoples and the elderly to examine participation challenges and advocate for more inclusive opportunities in physical activity and sport.

HMS

This term, HMS students examined health from multiple perspectives, exploring the factors that influence health and the ways it can be measured. They investigated health issues affecting young people and analysed the skills needed to support their own wellbeing and that of others. Students also studied the role of government and non-government organisations in health promotion and were introduced to the United Nations Sustainable Development Goals as a global framework for improving health outcomes.



Keeping Up With PDHPE

CAFS

The Year 12 CAFS class have been studying hard in preparation for their upcoming HSC examination. Their trial exam has come and gone and the 3 girls are ready for their next challenge. This term, they explored all concepts around 'Individuals and Work' and look forward to utilising the skills, concepts and ideas learnt in their future employment opportunities. The girls should be proud of their hard work and are encouraged to continue into next Term.



STAGE 6





Year 10: Stepping Up in Term 3!

Term 3 has seen our Year 10 students shine once again — showing leadership, teamwork, and school spirit across sport, wellbeing, and community events.

We are incredibly proud of our athletes who represented DTHS at major carnivals this term. Esoufa and Jasmine both competed at the CHS Cross Country and Sydney West Athletics Carnival, with Esoufa taking out an impressive 2nd place in Long Jump. Their dedication and achievements reflect the hard work they've put into training and competition.

This term, our House Captains led the way in organising Jersey Day, with strong support from Mrs Awad. Together, they liaised with local sporting clubs and organisations to secure donations of equipment, jerseys, and game passes, which were raffled off to raise funds for Organ Donors. The day was capped off with a much-anticipated Staff vs. Students Basketball Game at lunch – a close contest that ended with bragging rights going to the students!

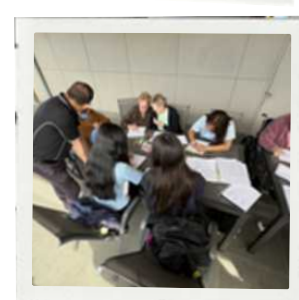
Year 10 leaders also played a key role in several wellbeing initiatives this term. They kicked off Wellbeing Week with a Krispy Kreme fundraiser and a thoughtful surprise for staff – placing KitKats in pigeonholes as a reminder to “have a break and a chit chat with mates.” This was followed by Wellbeing Wednesday, where students worked alongside Year 12s to deliver staff wellbeing workshops, offering activities ranging from pickleball and paint-and-sip (soda edition) to charcuterie and chat. Finally, on RUOK? Day, Year 10 leaders visited Year 7 and 8 classes to deliver lessons on how to check in on mates, with each class creating a colourful paper chain filled with kind messages. They also ran a Pay for Play fundraiser and set up a lunchtime photo booth – making the day both meaningful and fun.

Beyond our school gates, Year 10 have also made a strong impact in the community. Students visited feeder primary schools to lead lessons and physical activities for prospective students, supporting a smooth transition to high school. Meanwhile, our Social Emotional HPGE students spent time at the local nursing home, connecting with the elderly through conversations and craft. Both experiences highlighted the kindness, maturity, and leadership that Year 10 continue to display.

As we move into Term 4, Year 10 students begin their final term of junior school. This is an important milestone – a time to reflect on how far they've come, and to set goals for the transition into the senior years. Our advice for students is simple: stay consistent, be proactive, and enjoy the moment. Attendance and effort now will set the tone for senior school, while friendships and experiences will make these last months of junior school memorable.

We are so proud of the way Year 10 continues to lead with enthusiasm and heart. With one term left before senior school begins, we know they will rise to the challenge and finish their junior years on a high.

Warm regards,
Kimberley Twaddle
 Year 10 Advisor



Wellbeing Wednesday: Students Supporting Staff

As part of RUOK? Day, our school celebrated Wellbeing Wednesday — a student-led initiative where Year 10 and Year 12 students collaborated to design and run wellbeing workshops for staff.

The afternoon offered a wide variety of activities for staff to enjoy, including board games, paint-and-sip (soda edition), pickleball, karaoke, friendship bracelet making, a gym session, and even a “charcuterie and chat” space. These activities created opportunities for teachers to relax, connect with colleagues, and try something new, all while being supported by our students.

For our outgoing Year 12s, this was a meaningful way to show appreciation for the guidance and encouragement their teachers have provided over the years. The initiative not only highlighted the importance of checking in with one another on RUOK? Day, but also celebrated the strong sense of community and gratitude that defines our school.

Kimberley Twaddle

Year 10 Advisor





RUOK? Day: Students Leading the Way

RUOK? Day was celebrated across our school with a strong focus on student leadership and connection. Year 10 student leaders visited Year 7 and 8 classes to deliver lessons on how to check in on mates and start meaningful conversations. Each class created a colourful paper chain filled with kind messages and practical ideas for checking in, symbolising the importance of looking out for one another.

In addition to classroom activities, Year 10 students organised a lively Pay for Play fundraiser. Students purchased tickets for the chance to skip class and get moving with a variety of fun physical activities, with funds supporting mental health initiatives. At lunch, a student-run photo booth brought plenty of smiles and laughter, rounding out a day that was both engaging and purposeful.

RUOK? Day was a wonderful reminder that checking in doesn't have to be complicated – sometimes, it's as simple as starting a conversation and showing you care.

Kimberley Twaddle

Year 10 Advisor



RUOK? Day: Students Leading the Way

Continued





Sleep Well, Arrive Ready: Level Up Your Attendance in Term 4!

Last term, we focused on sleep hygiene, and now it's time to take it a step further by making mornings smoother and arriving at school on time. Tiredness can make mornings tricky, so in Term 4, we're setting a clear, achievable goal:

Arrive on time every day, refreshed and ready to learn.

To achieve this goal, here are some practical strategies:

- **Plan your sleep:** Aim for 8–10 hours of quality sleep each night.
- **Set a consistent routine:** Go to bed and wake up at the same time every day, even on weekends.
- **Prepare the night before:** Lay out your uniform, pack your bag, and plan breakfast to make mornings smoother.
- **Track your progress:** Each week, note your arrival time and celebrate improvements.

By linking good sleep habits directly to punctuality, students can see the real benefits: less stress in the morning, more energy for learning, and stronger attendance overall. Together, we can turn last term's small gains into consistent success this term!

We'd also like to give a big shout-out to our **Attendance Champions of the Week**, who have demonstrated commitment and consistency:

- Ayesha Chand (Year 8) – being on time every day!
- Giovanni German Delgado (Year 9) – being on time every day!
- Julia Ayoub (Year 10) – maintaining 100% attendance
- Dante Blaxland (Year 7) – maintaining 100% attendance
- Jaysen Walzak (Year 11) – maintaining 100% attendance
- Moto Nyuar (Year 8) – maintaining 100% attendance
- Tim Vassallo (Year 12) – maintaining 100% attendance
- Syeda Abbas (Year 9) – maintaining 100% attendance

Well done to these students; your efforts are noticed and celebrated!

Let's all make Term 4 our best yet by showing up, staying rested, and being ready to learn. Whether you are aiming to improve your attendance or maintain the great habits you've built, remember: **every day counts.**

If you need support building a better routine or getting to school on time, do not hesitate to speak with your Year Advisor, the Wellbeing Team, or a trusted teacher—we are here to help.

Kimberley Twaddle

Attendance Coordinator



Snooze Smarter, Not Longer

A Student's Guide to Good Sleep Hygiene

THE IMPORTANCE OF SLEEP HYGIENE:

Did you know? Poor sleep habits can affect your mood, memory, focus, energy, and even your attendance at school.

If you're often late, tired, or skipping school because you're exhausted, you're not alone. The good news? You can turn it around by following these simple sleep hygiene tips.

Why It Matters

- Lack of sleep makes it harder to concentrate and remember things.
- Tired students are more likely to miss school or arrive late.
- A regular sleep routine can improve your mental health and energy levels.

Quick Fact:

- Teens need more sleep than adults—around 8 to 10 hours a night. Sleeping in on weekends doesn't "make up" for lost sleep!

Try This:

- Challenge: Stick to a regular sleep schedule for 7 days.
- Goal: Sleep and wake at the same time—even on Saturday!

SLEEP HYGIENE CHECKLIST:

Set a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day—even on weekends.
- Aim for 8-10 hours of sleep every night.

Create a Sleep-Friendly Environment

- Keep your bedroom cool, dark, and quiet.
- Use your bed only for sleep (not for gaming or scrolling).

Unplug Before Bed

- Turn off devices at least 30-60 minutes before sleep.
- Avoid TikTok, YouTube, or Netflix marathons at night.

Wind Down and Relax

- Do a calming activity like reading or deep breathing before bed.
- Avoid caffeine, energy drinks, or heavy snacks in the evening.

Be Smart During the Day

- Get outside and move your body—sunlight helps your sleep cycle.
- Try not to nap for more than 20 minutes during the day.





School Information

Stay Connected with DTHS



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highschool



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High School



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Email:

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Office Hours:

Monday – Friday (Excl. School Holidays) 8:00am – 3:30pm

Dates for your Calendar

Friday 26th September 2025, Week 10 – **Last Day of Term 3 2025**

Monday 12th October 2025, Week 1 – **Staff Development Day**

Tuesday 13th October 2025, Week 1 – **First day of Term 2 (All Students Return)**