



Dundurrabin Public School  
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Principal, Mrs Robyn Beauchamp

"Living and Learning Together"

**Newsletter: Monday, Week 5, Term 4, 2010**

#### What's on for TERM 4

##### Week 5

Mon 8/11 AASC Cricket session - 2.30-3.30pm  
CPR Refresher course – 1.30pm \$30  
Wed 10/11 Coffs Coast Beach School Excursion  
to Fri 12/11

##### Week 6

Mon 15/11 AASC Cricket session - 2.30-3.30pm  
Tue 16/11 Dorrigo National Park - Welcome Wall 1-3pm  
Wed 17/11 Zoo mobile (no cost) / Football Session at 1.30pm  
Pie Canteen

##### Week 7

Mon 22/11 Life Education at Ebor PS  
Wed 24/11 Football Session at 1.30pm - Pie Canteen  
Thurs 25/11 Yr 6 Orientation at DHS – all day  
Sat & Sun 27- 28/11 Dorrigo show

##### Week 8

Wed 1/12 Football Session at 1.30pm – Joanne's Canteen

##### Week 9

Mon 6/12 **End of Year Presentation (time to be confirmed)**  
Tues 7/12 Intensive Swimming Program at Dorrigo Pool  
to Fri 10/12

##### Week 10

Wed 15/12 End of Year Excursion - Last day of Term 4

#### Notes due: IF ATTACHED

- Coffs Excursion consent notes & payment
- Life Ed. consent notes, Lunch order & payment
- Yr 6 Orientation to DHS consent note
- Welcome Wall consent note & transport details

#### **Coffs Coast Beach School Excursion - this Wednesday 10<sup>th</sup> and Friday 12<sup>th</sup> November**



Our excursion to the Coffs Coast Beach School is only 3 days away. Thanks to the P&C and School subsidies, the full cost of the 3 day excursion is

only \$120 per student. Thanks to families who have paid all or part of the excursion cost.

**Full payment is expected by tomorrow.** An invoice with the amount owing is attached.

A number of permission notes are attached (specifically for the excursion) for families

who have not returned theirs. **THESE NOTES MUST BE RETURNED BY TOMORROW.**

We will be departing school at 9am on Jim's Bus on Wednesday and returning by 3pm on Friday. If you have an emergency and need to get in touch with us the school mobile number is 0400475673 or Coffs Coast Conference and Camping Centre where we are staying is 66535311. A map is attached for parents accompanying the excursion.

#### **Welcome Wall Mosaic - Dorrigo Rainforest Centre - Tuesday 16<sup>th</sup> November**



Last term students made clay tiles for the Welcome Wall at the Rainforest Centre. On the 16<sup>th</sup> November, the students will be able to complete the next stage of their tiles for the Welcome Wall Mosaic with artist Guy Crossley. As the students need to be at the Rainforest Centre at 1pm, for a maximum of 2 hours, parental transport will be required. Students will attend school in the morning then be transported into the rainforest at 12.30pm.. **Please sign the**

**travel consent at the bottom of the newsletter and return it ASAP.**

#### **Parents Surveys Attached**

Last week's newsletter had a survey attached. This is a part of our ongoing School evaluations and we are asking that you assist us by filling in the survey attached about school planning and return it to school as soon as possible. We value all your comments and appreciate your time in completing the survey.



#### **Taronga Zoo Mobile here at School**

We are fortunate to have the Taronga Zoo mobile calling at our school on **Wednesday**

**17<sup>th</sup> November.** All students will get to know and understand the special animals "on tour". **There is no cost** to the students and younger siblings are welcomed to come along and join in.



### Football (League) Development Clinic

Students will be participating in three Football Development Clinics here at school on Wednesdays 17<sup>th</sup>, 24<sup>th</sup> November and 1<sup>st</sup> December from 1.30pm to 2.30pm. The clinics will be held by a qualified Football development officer who will provide a fun introduction to football and a healthy lifestyle. There is no cost for the clinic and it is available to all students.



### Life Education Day 2010 at Ebor Public School

Students will join Hernani, Ebor and Chandler Public Schools on Monday 22<sup>nd</sup> November to participate in a fun and educational day with Healthy Harold. We will be taking the bus to Ebor PS for this educational day. The bus will depart school at 8.50am and return at approximately 3.20pm.

The cost of the bus will be \$7.50 per student and lunch for the day will be provided by Ebor P&C for \$6 per student. If you wish for your child to order, a lunch order form was attached last week. All prepaid lunch orders need to be back at school by next Monday 15<sup>th</sup> November, so we can fax off orders.



Please sign the consent note and return it to school. **CHECK NOTES ATTACH WHO HAS NOT RETURNED THEIRS**



### Year 6 All Day Orientation at Dorrigo High School

Our Year 6 boys, D'arcy, Flynn and Griffin will be attending Dorrigo High School for Orientation day on Thursday 25<sup>th</sup> November, which will be organised by their Year Adviser, Ms Hogan. They will meet various school staff (Principal, DP, Counsellor, etc.), learn about various school procedures, tour of the school etc..

Students are to meet at the High School in the quadrangle outside the front office at 9.00 a.m. As this is a whole day for students, they will be able to catch the high school bus to and from the high school for the day (\$1.00 each way). Please sign and return the consent note.

### End of Year Presentation - Monday 6<sup>th</sup> December

Our end of year Presentation will be held on Monday 6<sup>th</sup> December, Week 9. Time to be confirmed.



### AASC Cricket Sessions - 8<sup>th</sup> & 15<sup>th</sup> November

The students all had a fun time with Jaxen Heward, who ran our Active After-School Communities cricket session last Monday. The next two sessions will be today and Monday 15<sup>th</sup> November from 2:30pm to 3:30pm.



### Bellinger - Dorrigo Learning Community Student Leadership Training Day

6 students attended the Leadership Training Day at Dorrigo Ps last Wednesday. All students enjoyed spending time with their peers, making friends and participating in team building and leadership activities. The favourite activity was making a Cinderella dress out of newspaper, and having spoken to other principals in attendance on the day, our students

### HOW WAS IT DO WE NEED TO WRITE ANYTHING

Our Yr 6 and some of our Yr 4 students will be participating in student leadership training at Dorrigo Public School this Wednesday 3<sup>rd</sup> November from 9.30am to 2pm. Students will need to bring their own morning tea, lunch and drink bottles. They must wear full school uniform and hat, bring great ideas and will have a folder to take with them for writing.



### Last EVER Community Software Plan! All titles \$10! Last Chance!

If you wish to order any software from the catalogue sent home last week please have your order into school by tomorrow. The software is fully Australian made, directly correlated with the school curriculum and helps prepare children for the NAPLAN tests.



### Woodchip Mulch for Sale - \$5.00 per Trailer load

We have some surplus woodchip mulch for sale here at school, perfect for the gardens. Cost will be \$5.00 per trailer load. Please phone the school if interested.



### **Coles Sports for Schools Program - FINISHED**

If you have any vouchers at home - please send them into school tomorrow as we will be handing them in this Wednesday at Coles. Thank you to the families and community members who have been sending in their vouchers so far. So far we have received approximately 700 vouchers.

### **Dorrigo & Guy Fawkes Ag. Assoc. Annual Show - 27<sup>th</sup> & 28<sup>th</sup> November**



The Dorrigo Show is fast approaching, now's the time to start collecting and creating the artwork you wish to enter.. All the usual categories are available. See the schedule that was attached last newsletter".

This year is an added **Special Themed Exhibit** where students are asked to depict "The Dorrigo Show" as a coloured painting or mixed media.. two dimensional on A4 size paper (see category No 73 on the schedule attached).

Any students who wish to enter artworks in the students section in the show need to hand their entries into school by **Friday 19<sup>th</sup> November**. Make sure you print your name, school, school year and class category clearly on the back of your artwork. Cost is 50c per entry and there is a limited of 2 entries per student per category.

### **P&C News & Community Notices**

#### **Surplus Supplies for Sale**

We have left over from the campdraft some bacon and cans of soft drinks for sale. If you are interested in buying any items, please send your money into school and will send them home with your child. We have available: 2 x 1kg packets of Bacon at \$8.00 each  
2 boxes of mixed soft cans (27 can per box) at \$18.00 each



#### **Custom Framing**

Have your School Photos framed locally. Contact Abby Not on 66578058. Discounts given to local schools, and for multiple orders. Specialising in local timbers. **\*\*\*Why not frame a family photo to give to a loved one this Christmas\*\*\***

### **Dundurrabin Community Centre News and Upcoming Event & Dates for October & November**

- Sat 13 November - Tip Cleanup from 10am on
- Sun 14 November - Singing Group 11am Dundurrabin Com Centre
- Fri 26 November - RFS BBQ 6pm Shelter Shed - Tyringham Shop
- Sat 27 & Sun 28 November - Mt Hyland Wilderness Retreat - Wild on Earth
- Sun 28 November - Singing Group 11am Dundurrabin Com Centre
- Sun 28 November - DCC C'ttee Meeting 1pm
- Sun 5 December - RFS Training 10am Fire Shed, Tyringham
- Tue 7 December - Dunny Paper Issue delivered around now.
- Sat 11 December - Tip Cleanup from 10am on
- Sun 12 December - Singing Group 11am Dundurrabin Com Centre



#### **YOGA with Shakti Mundra**

**DUNDURRABIN Community Centre**

Tuesdays 9.30 - 11am

**DORRIGO CWA Hall**

Tuesdays 5 - 6.30pm

**Classes start 12 October - Bring mat, blanket and cushion  
\$105 for 7 weeks or \$20 casual**

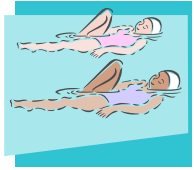


### **Dorrigo Dramatic Club - KIDS ON STAGE in A Ghostly Fashion Parade & Alice in Wonderland**

SHOWING AT THE OLD GAZETTE THEATRE

**Saturday 13th & 20th November 7pm & Sunday 14th & 21st November 2pm**  
Adults \$20 Members \$15 Children \$12. BOOKINGS-Tel 66571002

**Dorrigo Swim Centre**



in conjunction with our qualified instructor Ros Rosa will be commencing **AQUAROBICS** classes on **Tuesday 16th November 2010 from 11.30am to 12.30pm at \$8 per 1 hour class**. Please contact the pool on 66572578 if you are interested in attending or would like further information. Extra classes may be available upon demand

**Aboriginal Community Information & Assistance Day**

An Information Day, sponsored by NSW Department of Premier and Cabinet, Ministry of Transport, the Indigenous Coordination Centre & Aboriginal Affairs NSW is to be held in Grafton on **Friday 19 November 2010** at the Grafton Sports Centre, 300 Powell Street, Grafton from 9.30am to 2.00pm

**Combined Small Schools' Life Education & PE/Health/PD  
Focus Day at Ebor Public School  
on Monday 22<sup>nd</sup> November 2010.**

Cost is \$6 each includes recess and lunch.

Thank you to Ebor Lions Club for their long term annual support of Dundurrabin, Hernani and Ebor students' Life Education at \$7 each!

Dundurrabin PS school funds will subsidise our students Christmas craft activities.

*Recess: Your choice of fruit pieces, drink & cakes.*

	<i>Student</i>
<i>Total</i>	
<i>Lunch, to order, your choice of:</i>	
<i>Fresh cold chicken, lettuce &amp; mayo roll</i>	_____
_____	
<i>or</i>	
<i>Egg &amp; lettuce sandwich</i>	_____
_____	
<i>or</i>	
<i>Cheese &amp; tomato sandwich</i>	_____
_____	
<i>or</i>	
<i>Sausage sandwich</i>	_____
_____	

**TOTAL ENCLOSED FOR LUNCHES = \$ \_\_\_\_\_**

**Consent Note - Life Education Small Schools' Day Excursion at Ebor PS**

I give permission for my child/ren \_\_\_\_\_ to participate in the Life Education program and PE/Health/PD Focus day at Ebor PS on Monday, 22<sup>nd</sup> November, 2010, as approved by the Principal.

Students in Years 5 and 6 will be participating in a special Changing Bodies session with a District Nurse where correct anatomical terms will be discussed.

**Transport will be by Jim's bus departing school at 8.50am and returning to school in time for the normal bus run.**

My child/ren will be travelling to and from Ebor PS by Jim's bus.      YES                      NO

**OR,**  
My child/ren will be travelling with me \_\_\_\_\_ in vehicle rego \_\_\_\_\_.

*I understand that the Principal must sight current driver and registration details prior to private transport on any school excursion.*

**Cost of this excursion is \$7.50 per student.**

Signed \_\_\_\_\_  
Parent/Carer

Date: \_\_\_\_\_



**familiesnsw**  
supporting families to raise children



*At Parent Line we are dedicated to helping families develop richer, more rewarding relationships and create safer more nurturing environments for children to grow and develop into happy, healthy, confident, contributing young adults.*

## **Worries**

Worrying is part of life. We all do it. Yet as parents it's often really hard to see your child worrying. We all want them to live a worry free childhood.

When children enter school they are expected to manage many things in their new environment independently. Managing children's worries is one of the top reasons parents call our counsellors when their child is between 6 and 12 years old.

Children in Kindergarten to Year 2 might worry about things like managing their toileting, relationships with their teacher and peers, remembering to bring their readers in, whether their school bag is the right one and managing the school bus. In Years 3 to 6 worry might be about fitting in, how they look, whether they are keeping up in class, able to participate in sporting activities, feeling competent and being 'cool'. There is a lot of worrying going on, which is normal and understandable. It is always challenging to manage a new milestone and a new environment.

It is a given that we will all worry about things from time to time. So the question for parents is – how can we help our children learn how to manage their worries? Here are a few tips from our counselling team:

### **Name the feeling**

It's important to name the cluster of feelings and thoughts as worries for children. Children often don't have words for what they are feeling. Having a word and a way to explain it makes it easier for the child to understand what is happening and to talk about it. It means that it is a real experience, that others have had it too. A parent may respond by listening to the child and naming the feeling, saying something like "Hmm. It sounds like you're worrying about the swimming carnival".

### **Validate the feeling**

A powerful tool parents can use with worries is to validate the child's feelings. We often hear parents say "Oh don't worry about that, it's nothing!" Parents might have forgotten how challenging these "little issues" are for children. An invalidating response can leave the child feeling worse, and without any skills to deal with the issue causing worry.

There are many opportunities for parents to coach their children to manage their feelings of worry. A parent might respond by saying "It sounds like the swimming carnival is really worrying you. I guess it's a big day at your school. What are some of the things about the swimming carnival that worry you?"

