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## NEWSLETTER | TERM 2 | WEEK 10

### News from the Principal

It was confirmed last Tuesday that Mrs Sangster was the successful applicant and will now be Relieving Principal until the end of Term 4. Miss Atkins will be the Teacher on 4-6 for the same period of time.

### Holiday Break

The last day for Term 2 will be this Friday 30 June. Staff will return on Monday 17 July for a Staff Development Day. **Students will return on Tuesday 18 July 2017.** We hope all families have a relaxed and safe holiday break. See you all back at school in Term 3.

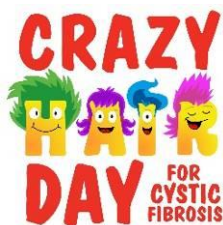
### Term 2 Assembly and Jump Rope for Heart Exhibition This Thursday 29 June

We will be holding our Assembly and Jump Rope for Heart exhibition this Thursday 29 June at 2.30pm. Parents and community members are welcome – so please come along and enjoy watching the children perform.



### Student Reports – this Thursday 29 June

Student Reports will be sent home this Thursday 29 June after the Assembly. If you have any concerns regarding your child's report, please contact the school.



### Crazy Hair Day & Mufti Day

#### This Wednesday 28 June

This Wednesday 28 June we will have a Crazy Hair Day **gold coin fundraiser for Cystic Fibrosis**. In Australia, a child is born with Cystic Fibrosis (CF) every four

days. There is no cure for this mortal disease which affects the lungs and digestive system. Cystic Fibrosis NSW is there to support children and young adults with CF. **Students may come to school with the craziest hair they can think of: teased, coloured, gelled, twisted,**

### WHAT'S ON FOR TERM 2

#### WEEK 10

Wednesday, June 28  
Thursday, June 29  
Friday, June 30

Crazy Hair Day  
Term 2 Assembly & Jump Rope for Heart  
NAIDOC Day at Dorrig HS

#### Term 2 School Holidays

Saturday 1 July – Monday 17 July

### WHAT'S ON FOR TERM 3

#### WEEK 1

Monday, July 17  
Tuesday, July 18  
Thursday, July 20  
Friday, July 21

Staff Development Day  
Students Return for Term 3  
Sports Carnival at Urunga  
UNE Voyager Bus - Here

#### WEEK 2

Friday, July 28

Schools Tree Day  
District Athletics Carnival

#### WEEK 3

#### EDUCATION WEEK

Thursday, August 3 Education on Show Performance – Bellingen High School

#### WEEK 6 BOOKWEEK – “ESCAPE TO EVERYWHERE”

Monday, August 4

Preschoolers Morning – 10am to 12noon

#### WEEK 9

Monday, September 11

Preschoolers Morning – 10am to 12noon

#### WEEK 10

Friday, September 22

Term 3 Assembly

**twigs and scarves, punk or just plain messy!** This will also be a mufti day (non- uniform). Students can have their hair colour sprayed at school for a gold coin donation on the day.



Education  
Public Schools



## SAKG Gardening & Cooking



### Week 8

There was no gardening due to the weather. We harvested rhubarb, Chinese greens, shallots and herbs. In the kitchen we cooked honey soy chicken wings, sweet and hot eggplant with red capsicum rice noodles, Asian coleslaw, bread rolls and rhubarb,



apple and berry crumble. **Thank you to Julie, Gail and Brendan who volunteered in the garden and kitchen and Melissa for a dozen eggs.**

### Week 9

Students were busy in the classroom with



other learning this week, but we harvested parsnip, carrots, spinach, rhubarb, Jerusalem artichokes and a variety of herbs. In the kitchen we cooked Jerusalem artichoke, potato

and bacon soup, pasta with arrabiata sauce, winter vegetable fritters, bread rolls and chocolate and rhubarb brownies. **Thank you to the McGuire's for donating 3 dozen eggs and to the Freemans for sheep manure, also to Gail and Julie who volunteered in the garden and kitchen.**



## Clear Minded for Life

Students are enjoying participating in our "Clear Minded for Life" journey with Kath Betts. We will be continuing this journey next term.



### Amazing Ants Video Conference

K-3 students enthusiastically shared with another school what they found out about ants when we did an experiment at school. They also learnt lots of interesting ant facts, drew scientific drawings and participated in a quiz to test their knowledge.



### Preschoolers Morning

On a cool winter morning three preschoolers joined us for a jam packed morning of activities including parachute fun, a windy story, making snakes, magic painting and cooperative play. Our dates for term 3 will be Monday 21 August and Monday 11 September from 10am to 12noon. All preschool children aged 1-5 are welcome.



### "Game On" Rugby Sessions

Students have been enjoying rugby training sessions for sport with Tim throughout this term.



### NAIDOC on the Plateau This Friday 30 June

All school students on the Plateau will be participating in



**Our Languages  
Matter**



**Education  
Public Schools**

NAIDOC celebrations at Dorrig High School this Friday 30 June. The 2017 theme "Our Languages Matter" aims to emphasis and celebrate the unique and essential role that Indigenous languages play in cultural identity, linking people to their land and water and in the transmission of Aboriginal and Torres Strait Islander history, spirituality and rites, through story and song. We will catch the town bus to Dorrig High School and home from Dorrig High School in the afternoon. The total cost will be \$2.00 per student for the bus (\$1 each way). **There will be no cost for the activities on the day. Students who normally catch Jim's bus will need to catch the High School bus run and will return home on the High School bus run. All other students will need to be at Tyringham Store at 7.45am and be collected at Tyringham Store at 4pm. Students will need to wear full school uniform (sport shirts), appropriate footwear, hat, water bottles, packed recess and lunch. Families are also invited to attend our NAIDOC celebrations if they wish. Please sign and return the consent note if attached.**

### PLEASE NOTE CHANGE OF DATE

#### Small School's Athletics Carnival - Urunga Thursday 20 July – (Week 1, Term 3)

Due to the wet weather our annual Small School's Athletics Carnival is rescheduled for **Thursday 20 July at Urunga Recreational Grounds** starting at 9.30am and finishing at approximately 2.30pm. This is a great day for all students to showcase their athletic abilities and more importantly socialise with many of their peers from other small schools. **We are taking Jim's bus to Urunga on the day.** Our P&C are kindly paying for the bus so there is no cost to students. This is a whole school excursion, teaching staff will be at the carnival on the day. Students who normally catch Jim's bus will need to catch the High School bus run in the morning and will return home on the High School bus run in the afternoon. All other students will need to be at Tyringham Store at 7.50am and be collected at Tyringham Store at 4pm. We will also need 2-3 parent volunteers to do a shift in the canteen on the day between 10.15am to 10.45am. **Please sign and return the consent note if attached as soon as possible.**



### UNE Voyager Bus

On Friday 21 July (Week 1, Term 3) the UNE Voyager Bus is coming to our school to deliver interactive and transformative experiences in STEAM (Science, Technology, Engineering, Arts and Maths). They aim to inspire students to think outside the box, get involved with their surroundings and tinker with problems. Students really enjoyed last year's visit. There is no cost for this event.



## Education on Show – Thursday 3 August – Bellingen High School

Week 3 next Term will be Education Week. We will be performing at Bellingen High School on Thursday 3 August, as part of a Community of Schools Performance, "Education on Show". This is our major celebration for Education Week with the performances showcasing the talent in our schools.

Students will be travelling down to Bellingen on Jim's bus in time to rehearse and prepare for the performance. **There will be no cost to students.** Students will need to bring a packed lunch, water and extra snacks.

**Students need to wear black long pants (track pants, jeans, tights etc.) and running shoes/joggers with their school sports shirt during the day as well as bring a plain black top/t-shirt or long sleeved (with no logos etc..) to change into in the evening.**

All children will be participating in a mass choir. The performance and collection times are still to be advised. Students will need to return home with their parent/carer or organise a lift. **All students are expected to attend this performance.** This is a whole school performance, and it's great to see your children perform in front of a large audience. **Consent note will be sent home next term.**

## 2017 NSW PREMIER'S SPORTING CHALLENGE

### Premier's Sporting Challenge

We have started the Premier's Sporting Challenge. Students are recording any sport and physical activity they participate in over the next 10 week period. The challenge is taking place in class time and is an easy task for all students as we are currently practicing skipping techniques daily. Students may accumulate time spent in a broad range of sports and recreational pursuits during lunchtime, in school sport programs, class time, after school or in weekend physical activity. The program encourages students to lead healthy, active lifestyles. The Staff v Parents Stepathon is on again this year. If any other parents would like to participate, please contact Katrina and we will organise a pedometer for you. Could Parents participating please let Melissa know their step totals each week. Thank you

### Woolworths Earn & Learn Program 2017



We are taking part in the 2017 Woolworths Earn & Learn program. **It runs from Wednesday 26 July to Tuesday 19 September.** For every \$10 you spend at Woolworths you will receive a sticker. These stickers can

then be dropped at the school. The more points we earn, the more we can redeem from a choice of over

7,000 educational resources. **We are grateful for your support and look forward to a successful program.**

### P&C News & Community Notices

#### P&C Wood Raffle Tickets

**First Prize:** Trailer of split Firewood (Delivered locally)

**Drawn:** Thursday 29 June

**Tickets:** \$1.00 each **Please have all tickets sold/unsold**

**and money by this Wednesday 28 June.**



#### P&C Pizza Night this Thursday

The P&C Pizza Night is this Thursday 29th June, contact Hayley McLennan at the Tyringham Store 66578164 for orders and more information.

### Kids Club

Kids Club coming to Dundurrabin School in July on Saturday afternoons. Contact Leonie Wright for more information 66578258.

### Community Luncheon - Sunday 2<sup>nd</sup> July - 12.00 noon at the Dundurrabin Community Centre

This community luncheon has been organised on behalf of Peter & Di Clark, to thank them for all their enormous support and hard work in our community. As you all know Pete recently retired as Chair of our community centre after seven years and Di served on the committee for many years as well. We look forward to everyone's company at this community event. Please bring a plate of food to share (savory or sweet). Tea, coffee and water will be freely available.

Dundurrabin Community Centre Committee

### Winter Social Tennis at Dundurrabin Community Centre

Please come and join us on 25 June, 16 July, 6 and 27 August at 12 noon. Everyone is welcome. Bring your racquet, snacks, water and friends. For further information phone Becky on 66578280.



### July School Holiday Activities at Dorrigo Library

- NAIDOC week stories and craft - Wednesday 5 July from 10:30am to 11:30
- WIRES: Wildlife Rescue information session and craft - Wednesday 12 July from 10:30am to 11:30. Meet local Wildlife Rescue volunteer Jamilla.

Library activities are free and open to all. No need to book ahead, just turn up to enjoy the fun!

For enquiries, call Dorrigo Library on 66572234.



BOOK NOW CONTACT US ON 6652 8111 *payment on booking please*  
All workshops held at Coffs Harbour Women's Health Centre, 45-53 Little Street, Coffs Harbour

### Hula hoop Making

#### TWO SESSIONS

Tuesday, 4th July & Tuesday 11th July

Time: 9:30-11:30 am

For Children 6 years old and onwards

Cost: \$20 per pair (Mother & Daughter)

Freea, the group facilitator, of Freeflow Hoop dance is passionate about hoop dance and sharing the many benefits with others. She has been hooping and performing with fire in performance troops around Australia and overseas for the last 4 years.

Freea is ready to invoke the magic and fun with an exciting workshop in which participants will enjoy making a hula hoop together and learning some new tricks.

*Materials have been hand selected and will be supplied. (included in cost)*

### Mother & Daughters Zumba

#### TWO SESSIONS

Wednesday 5th July from 9:15 - 10:15 am

Monday 10th July from 12:15 - 1:15 pm

For Children 10 years and older

Cost: \$10 per pair (Mother & Daughter)

Join Mandy, the group facilitator, for some Zumba fun. Mandy is passionate about encouraging everyone to keep moving to improve their quality of life. Mandy has her Certificate III and IV in fitness and is a licensed Zumba® Gold instructor.

The session uses easy-to-follow Zumba® choreography. Come ready to sweat a little, and prepare to leave smiling and feeling strong. The emphasis is on fun, not "getting it right". There is no right, we all have our own style. In Zumba® we call this "flavour!"

For further details on all services phone 0434 775 559 or  
email [rvaschak@genhealth.org.au](mailto:rvaschak@genhealth.org.au)



## holiday activities *july*

### @ grafton library

tue 4<sup>th</sup> 10:30am-12pm

**boomerang painting workshop**

NAIDOC inspired craft  
bookings essential (age 8+)

5:30pm-8pm

**hsc study night**

Yr 12 only

wed 5<sup>th</sup> 10am-12pm

**boomerang sand art**

bookings essential (ages 8+)

thu 6<sup>th</sup> 10:30am

**storytime: NAIDOC theme**

includes craft

fri 7<sup>th</sup> 9:30am- 5:30pm

**hsc seminars: 3 separate sessions**

Yr 12 only: 9:30am, 12pm & 2:30pm

sat 8<sup>th</sup> 1pm-6pm

**dungeons & dragons**

beginners welcome (ages 12+)

tue 11<sup>th</sup> 10am-12pm

**board games morning**

All ages

thu 13<sup>th</sup> 10:30am

**storytime: hats**

wear a hat or a fascinator!

board games are available to play throughout the holidays

### @ mobile library

tue 11<sup>th</sup> 11:15am-12:15pm

**scratchboard carvings**

wooli (north st)

2pm-3pm

**scratchboard carvings**

minnie water (firestation)



graffon library [graffonlib@crl.nsw.gov.au](mailto:graffonlib@crl.nsw.gov.au) (02) 66410100 [www.crl.nsw.gov.au](http://www.crl.nsw.gov.au)



### Nutrition Snippet

## The simplest way

...to make overnight oats.

Make this simple recipe the night before, then rise and shine to a healthy breakfast.

#### Overnight oats

Preparation time: 5 minutes

Serves: 1



#### Ingredients:

- ¼ cup oats (raw, unprocessed or toasted)
- 4-6 cubes of frozen mango
- ¼ cup natural yoghurt
- ¼ cup muesli
- ½ cup berries (whole or puréed)

#### Method:

Layer ingredients in to a clean jar (salsa dip or coffee jars are ideal or use a plastic jar if you want a portable breakfast on the go). Store in the fridge overnight. Add some milk in the morning to get the consistency you like. Enjoy straight from the jar.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



### Nutrition Snippet

## The simplest way

...to bake a healthy lunch box treat.

Homemade muffins are a great way to add a fruit or veg-filled treat to lunch boxes.



#### Apple and date muffins

**Ingredients:** 3 apples, chopped; 1 cup boiling water; 200g dates, chopped; 50g butter; 2/3 cup brown sugar; 2 tsps mixed spice; 1 egg; 1 tsp baking soda; 1 tsp baking powder; 2 cups wholemeal flour.

**Method:** Preheat oven (180°C). Chop apples and dates. Add boiling water, butter and sugar. Mix until butter melts and sugar dissolves. Add spice and allow to cool. When fruit mixture is warm, not hot, add spice and egg. Mix well. Add baking soda, baking powder and flour. Mix, but do not overbeat. If mixture is too dry, add a little milk. Spoon into the prepared muffin tin. Bake for about 15 minutes.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)





# BAMBOO

## HARVEST WORKSHOP

Saturday 1<sup>st</sup> July 2017 – Nymboida Village



One day workshop learning bamboo growing, species ID, selection, harvest, curing and trimming techniques.

Do you know the best time to harvest bamboo? How to stop rot and borers? Which species are best for building and which for weaving? How to tell the age of bamboo sticks?

Spend a day with acclaimed Bamboo Architect Jaye Irving (B. Arch Sc.) from Barefoot Sustainable Design working on local Nymboida bamboo clumps. Bamboo will be cured over winter for a follow-up workshop in Spring/Summer where Jaye will teach bamboo weaving, working and building techniques.

Local participants may be able to harvest from their own clumps. Workshop venue in Nymboida area (to be advised). Followed by a shared dinner at the Nymboida Hall.

One Day Workshop \$35/person (over 16 yrs only)

Limited places- Book Now!!! All Welcome!!!

Contact Tommy 0266 494 975 / 0467337318 tomus.27@hotmail.com



Nutrition Snippet

## The simplest way

...to help prevent bowel cancer.

The month of June is Bowel Cancer Awareness Month, an annual initiative of Bowel Cancer Australia to raise public awareness of the disease that claims the lives of 80 Australians every week.

Boosting the amount of fruit and veg the family eats is one way you can help reduce your risk. You should aim for at least five serves of veg and two serves of fruit every day.

Quick and easy tips include adding fruit or veg to your breakfast, swapping a muesli bar for a piece of fruit, mixing fruit or veg into your baking or adding mixed vegies to your favourite family dinner.

For more ideas and inspiration visit:  
[eatittobeatit.com.au](http://eatittobeatit.com.au)



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



SUNDAY 3  
SEPTEMBER  
2017



doctoronduty  
1300 CALL GP  
1300 2255 47  
100% BULK BILLED

**\$3000 to be won**  
on sporting equipment for your school\*



The Doctor on Duty Schools Challenge is on again with cash prizes for the schools with the largest number of participants to spend on sporting equipment. The aim of the Doctor on Duty Schools Challenge is to encourage participation from local primary and high school students.

### How it works

When students enter the event they are asked to select their school from a dropdown menu. The schools are broken up into categories based on size and the school with the highest percentage of participants in each category will receive cash to spend on sporting equipment.

The more students who participate, the more chance their school has of winning.

\*See website for more details

**enter now!** [villagesports.com.au](http://villagesports.com.au)



**CYCLE CHALLENGE**  
**COFFS HARBOUR**  
**6 AUGUST 2017**

COFFS CITY ROTARY INVITES CYCLISTS OF ALL AGES AND ABILITIES TO JOIN THE C.ex McDONALD'S CYCLE CHALLENGE

ALL RIDERS GO IN THE DRAW  
TO WIN OVER \$12,000 IN PRIZES!  
ALL PROCEEDS GO TO LOCAL  
AND ROTARY CHARITIES



**100km**

For experienced cyclists, follows a scenic route past rivers and ocean, through rainforest and farmland, Coffs Harbour to Nambucca return.

**60km**

For experienced cyclists, following a picturesque route through rainforest and farmland, Coffs Harbour to Raleigh return.

**40km**

For recreational cyclists, this route is along safe roads through beautiful countryside. Electric bikes permitted.

**20km**

For beginner cyclists and riders with a disability, this route is along Coffs Harbour cycle paths and dedicated cycle lanes.

**10km**

For families, beginner cyclists and riders with a disability, this route follows Coffs Harbour cycle paths and quiet, well supervised roads.

**KIDS  
RIDE  
FREE**



For more information and to register visit [cexmcdonaldscyclechallenge.com](http://cexmcdonaldscyclechallenge.com)  
All registrations close Friday 4 August 2017. No entries accepted on the day.

C.ex McDonald's Cycle Challenge

