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NEWSLETTER | TERM 2 | WEEK 6

FORTNIGHTLY AWARDS Week 6 - Term 2 2018

Student of the Fortnight **Isabelle Cartmill**
 Sports / Value Person **Hunter McGuire**
 Mathlete of the Fortnight **Quill Pankhurst**
 Class Awards **Tyson Shipman**
 Displaying good learner qualities
Milo Baff
 Improved reading and spelling



Well Done!

WHAT'S ON FOR TERM 2

WEEK 6

Thursday, June 7 Yr 5 & 6 Grip Leadership – Coffs Harbour

WEEK 7

Monday, June 11 Queen's Birthday Public Holiday
 Friday, June 15 P&C Potato Night

WEEK 8

Monday, June 18 Kindy & Year 2 Dental Visit
 Tuesday, June 19 P&C Meeting – 3.30pm
 Crazy Hair Day

WEEK 9

Monday, June 25 Preschoolers Morning 10am - 12noon
 Wednesday, June 27 Combined Small Schools STEM Day

WEEK 10

Thursday, July 5 Term 2 Assembly
 Friday, July 6 NAIDOC Day



National Walk Safely to School Day

Students participated in Walk Safely to School Day on Friday 25 May. Thank you to Darren who drove them to the Community Centre where Ms Atkins and Mrs William accompanied them on their walk to school. Everyone enjoyed a delicious breakfast of raisin toast, pancakes, fresh fruit salad, yoghurt and a cup of milo. Thank you to Becky, Darren, Susie and Nickey for cooking a wonderful breakfast for us all. It was delish!



SAKG Gardening & Cooking - Week 4

In the garden we collected more autumn leaves for our compost. We harvested herbs, radishes and spinach. In the kitchen we cooked Gigi's fabulous fried rice, Asian crispy noodle salad, vegetable spring rolls as well as biscuits and cakes for the Biggest Morning Tea and pickled radishes. **Thank you to Gigi, Maria, Nickey, Julie and Marlene who volunteered in the kitchen garden program this week.**



SAKG Gardening & Cooking -Week 5

In the garden we did lot of weeding in our garden beds. We harvested herbs, kale, spinach, carrots, parsnips, sweet potato and celery tops. In the kitchen we cooked mild creamy vegetable curry, curried potato and pea puffs, red lentil dahl, Indian flat breads and squeezed lemon juice to put in the freezer. Thank you to McGuire's for the lemons.

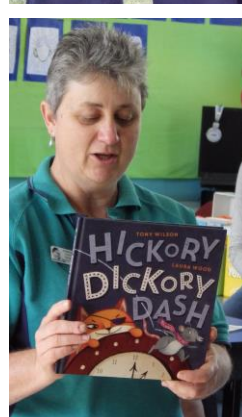


Biggest Morning Tea

Thank you to our families and community members who joined us on Thursday 24 May for our Cancer Council Biggest Morning Tea. Congratulations to Wren McKevitt-Emmerson for winning the raffle that was generously donated by Katrina Sangster and Nickey McDowell. We raised a total of \$234.05 for the Cancer Council. Well done!!

Year 6 Jumpers

Congratulations to our Year 6 students who received their personalised jumpers last week. These were kindly paid for by the school as a gift for our Year 6.



National Simultaneous Storytime

On Wednesday 23 May we participated in National Simultaneous Storytime by reading the chosen book for 2018 "Hickory Dickory Dash" written by Tony Wilson and Illustrated by Laura Wood. This event is in its 18th year. Students enjoyed listening to



Mrs Sangster read the story. We were among half a million other people who were all reading the same book at the same time on the same day from all around the world.



Clear Minded for Life

Last week we sadly said good bye to Kat Betts who has been taking us on our "Clear Minded for Life" journey for the past two years. We wish her all the best for her next adventure. We will be continuing with the program once we meet our new instructor.



Years 4, 5 & 6 - GRIP Student Leadership Conference Coffs Harbour – This Thursday 7 June 2018



Year 4-6 students will be attending a Student leadership Conference at Coffs Harbour Racing Club this Thursday 7 June. The conference will be very worthwhile and informative for our school leaders. The school is paying the cost of each student - \$35.00. Students must wear full school uniform on the day and bring a packed recess, lunch, drinks, hat and

jumper. Students will need to arrive at Coffs Harbour by 8.45am and the day should finish approximately at 2.30pm.

Travel arrangements are as follows:

Ben Bennett – Elsie Coombe / Izy Bennett

Tik Baff - John Wykes / Milo & Ronny Baff

Hayley McLennan – Tyrie McLennan / Jarvis Pankhurst / Leroy & Cooper McGuire

Jasmin Quirk – Rowan Quirk

Long Weekend – Queen's Birthday Public Holiday

Next Monday 11 June

Next Monday 11 June is the Queen's Birthday long weekend (Public Holiday). School will resume Tuesday 12 June as normal. We hope all families have a safe and enjoyable long weekend.

Oral Health Program Kindergarten and Year 2 Monday 18 June

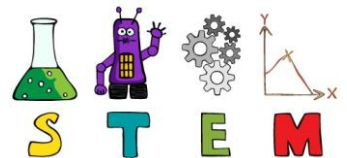
Attached to the last newsletter was a consent form for an upcoming dental check for students in Kindergarten and Year 2. This is a free, assessment only visit with parents receiving a letter outlining any future dental work required. We encourage all students in Kindergarten and Year 2 to make use of this valuable service visiting our school.

Preschoolers Morning

Our next Preschool morning will be held on Monday 25 June from 10am to 12noon. All preschool children aged 1-5 are welcome.

Combined Schools Day Wednesday 27 June

We will be hosting a Combined Schools Day here on Wednesday 27



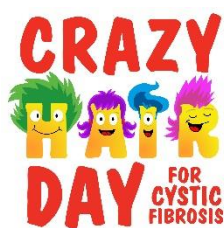
June where we will welcome Hernani, Ebor and Chandler Public Schools. On the day students will be engaging in a variety of STEM activities (Science, Technology, Engineering and Mathematical). Our P&C will be catering on the day. Lunch order forms will be sent home soon. **All students are asked to bring a cake/slice/biscuits to be shared for recess.** We are looking forward to an enjoyable day.



Small School's Athletics Carnival at Urunga – Tuesday 3 July (Week 10)

Our annual Small School's Athletics Carnival is on **Tuesday 3 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 will be taking Darren'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 Darren'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 the Tyringham Store at 4pm. **There will be a limited (pre-ordered) canteen sent home shortly and must be returned to school with money before the day.** We will also need 2-3 parent volunteers to do a shift in the canteen on the day (time to be allocated). **Please sign and return the consent note attached as soon as possible.**



Crazy Hair Day & Mufti Day – Tuesday 19 June

On Tuesday 19 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, wigs and scarves, punk or just plain messy!** This will also be a mufti day (non- uniform).

Year 5 & 6 Lake Ainsworth Excursion

Planning for the Lake Ainsworth Excursion is well underway. The excursion will be Week 3, Term 3, 6-10 August 2018, departing Dorriggo on Monday and returning on Friday. Travel will be by private bus. The full cost is \$400 per person. The cost will cover bus travel, accommodation, meals and activities. **Full payment must be finalised by Monday 2 July (Week 10) this term.** You can make payment either in full or by instalments. It is possible to make payment by cash, cheque made out to "Dorriggo Public School", or online by accessing the "Make a Payment" option on the Dorriggo Public School website. Please use Invoice No. 610082018 if making payment online.


Term 2 SAKG Weekly Contribution Due

Our SAKG program has ongoing costs each week, such as cooking ingredients, seeds and seedlings. Learning Contribution fees for 2018 remain the same - \$30.00 per student. An invoice is attached if you have outstanding amounts. **Thank you those families that have already paid.**

BookClub Issue 4 - Due back Wednesday 13 June

Bookclub Issue#4 is attached. If you wish to place an order, please have your order forms and money (cash or cheque made to Scholastic) or your LOOP order finalised on line by Wednesday 13 June.


Book Club LOOP
The EASIEST way for parents to order and pay for Book Club!




Parents: Are you registered for LOOP?


LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to scholastic.com.au/LOOP and register today!





P&C News & Community Notices

Dundurrabin P & C Fundraiser Pie Drive

As part of our fundraising efforts for 2018 we will be holding a Pie Drive, **all orders and money to be received by 14th June** with a delivery date of 21st June. Collection will be at the school with a time to be confirmed. We will contact you in regard to times and alternate collection points. Additional order forms are available for nearby family and friends. If you would like to pay via Direct Deposit please contact Hayley and we can provide details and reference. Please drop forms to School or Tyringham Store. If you have any questions please speak to Hayley McLennan on 66578277 or alternatively at the shop at any time. **Order forms are attached.**



P&C Wood Raffle Tickets



First Prize: Trailer of split Firewood (Delivered locally)
Drawn: Friday 15 June at P&C Potato Night
Tickets: \$1.00 each
Please have all tickets

sold/unsold and money Tuesday 12 June.

Volunteers Needed - Friday 29 June

The P&C will be catering for a Bull Sale on the 29th June. We will need volunteers on the day to help cook and serve. All families could also help by providing some baked goods. More information soon.

HAVE A VOICE!



SPEAKUP

Plus enter the draw to WIN 1 of 5 \$200 grocery vouchers

COMMUNITY SURVEY 4 – 17 JUNE 2018
 2018 LOCAL HEALTH NEEDS ASSESSMENT
www.ncphn.org.au/speakup

What you tell us today, can improve local health tomorrow...
 Complete the survey online today – anywhere, anytime.

Open to Northern NSW and Mid North Coast residents 15 years and over. Tell us what YOU think about using your local health services. Your feedback helps organisations to plan and make decisions about future local health solutions.



An Australian Government Initiative

Glasshouse Port Macquarie presents
 a **cdp kids** Production

The 78-STOrey TREEHOUSE

LIVE ON STAGE!



"A COOL CLEVER show that all youngsters will LOVE!"
 The Daily Telegraph on The 50-storey Treehouse



a play by **RICHARD TULLOCH** adapted from the book by **ANDY GRIFFITHS & TERRY DENTON**

FOREVER GLASSHOUSE Monday 25 June, 4.30pm & 6.30pm **SEASON 2018**

BOOK NOW!
glasshouse.org.au 02 6581 8888

DC'KC KIDS CLUB

FREE KIDS ALL AGES WELCOME

A fun, interactive Christian based kids program

Saturday 9th June
2–4 pm

70 Mount Street Dundurrabin (School)
 Parents can 'drop and run' or are very welcome to stay for program

SPECIAL GUEST Presenting

be **STRONG** *and* **SHINE**

BRING A FRIEND to JOIN IN THE FUN!
YOU and YOUR FRIEND both receive a gift!

Craft Activities, Game, Story, Songs & afternoon tea provided.



Contact: Leonie
 0408 694 148 / 6657 8258
 or writmich@outlook.com

DAVID HELFGOTT

Bellingen Youth Orchestra

Grieg Piano Concerto first movement
 and
 music from "Far and Away" (John Williams)
 Instrumental and vocal solos by
 Corey Cutler
 Duke Cruikshank

Stockton Hall
 Bellingen High School

Saturday June 9th 2018
 2pm and 7pm



Tickets:
 \$30 adult, \$25 concession, School Age Children Free
 Waterfall Way Visitors Centre
 Online at <https://byohelfgott.eventbrite.com.au>
 At the door (subject to availability)

Small refreshments available for purchase during intermission

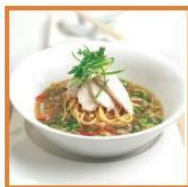
The simplest way

...to warm a winter night with Asian Noodle Soup.

Serves: 4 | Prep time: 10 mins | Cooking time: 5 mins

Ingredients

- 4 cups salt reduced chicken stock
- ¼ Chinese cabbage, finely sliced
- 2 tbs coriander, chopped
- 1 bunch bok choy, shredded
- 1 tsp ginger, finely chopped
- 2 tbs reduced-salt soy sauce
- 1 tbs fish sauce
- 1 small red chilli, finely sliced (optional)
- 125g Hokkien egg noodles, cooked
- 1 cup skinless chicken, cooked and shredded
- 1 cup mung bean sprouts
- 1 spring onion, sliced



Method

Bring stock and cabbage to the boil in a large pot. Simmer over gentle heat for 5 minutes or until tender. Add chilli, coriander, bok choy, ginger and sauces. Divide hot noodles and chicken between 4 deep serving bowls. Ladle soup mixture over noodles, add bean sprouts and garnish with spring onion.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



In our free 60-minute sessions, you will learn:

- How to save money.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- How to save time with easy, family-friendly recipe ideas.
- Strategies to manage fussy eaters.
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



The simplest way

...to keep all the nutrients and minerals.

Here are some useful tips to help keep the nutrients and minerals in your fruit and veg during preparation and cooking.

- Follow storage tips. Not only will your fruit and veg last longer, it will retain more nutrients and taste better too.
- Try not to peel your fruit and vegetables if you can avoid it. The skin is packed with fibre and other nutrients such as vitamins lie close to the skin surface.
- When cooking fruit and veg try not to chop it up too much.
- Heating fruit and boiling vegies loses many of the wonderful vitamins and minerals inside. Fruit and vegies are great fresh and raw. If you prefer them cooked, steaming, blanching, grilling, roasting, stir frying or microwaving retain more nutrients.
- Fresh is great but the nutrient value of food is also retained when snap frozen.
- Use the outer leaves of vegetables unless they are wilted or unpalatable.
- Keep it simple and do what works for you. We agree that eating fruit and veg any way you can is still a win!



For more information visit
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or join us at facebook.com/eatittobeatit



The simplest way

...to know the serves you need.

Eat It To Beat It helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

How many serves a day?	Veg	Fruit
Adults	5+	2+
Breastfeeding women	7½	2
12-18 (boys)	5½	2
12-18 (girls)	5	2
9-11	5	2
4-8	4½	1½
2-3	2½	1

A serve of fruit = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.

A serve of veg = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

For more information visit
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