Rocket Readers

Congratulations to Milo Baff who was awarded his 100, 120, 140 and 160 nights Reading awards last Thursday.

Hernani Combined Schools Day

On Friday we travelled to Hernani PS to join with them for a combined schools day. Students participated in a mixed martial arts lesson with Sensei Dave and a creative arts printing lesson with Min from Grafton Regional Art Gallery. In the afternoon we all enjoyed an incredibly hilarious anti bullying performance which taught us about what bullying is and what we should do if it’s happening to us.
**Kindergarten Orientation**

Our Term 4 Kindergarten orientation full days will be:

- Monday 27th October
- Monday 10th November
- Monday 1st December
- Monday 8th December

**Yr6 Orientation – Dorrigo High School**

Term 4 DHS Orientation Dates for Yr 6 students are as follows:

- Thursday 30th October – 8.45am to 1pm
  Year meeting / reading timetables / peer support activity / normal lessons period 3 & 4
- Tuesday 11th November – All day
  Normal lessons all day
- Wednesday 26th November – All day
  Normal lessons for periods 1 to 4 / swimming test during sport time
- Wednesday 3rd December – All day
  Period 1 – Parents & students (Parents Orientation Day 9.05am to 10.45am)
  Period 2 – Parents to stay with year advisor for questions and discussion. Students participate in peer support activities / remainder of day normal lessons.
- Monday 8th December – All day
  Normal lessons all day

Consent notes will be sent home as dates approach.

**Jack Newton Junior Golf Foundation Sponsored Plateau Schools’ Golf Tournament – this Friday 17th October – YEARS 3 to 6 ONLY**

This Friday 17th October, Dorrigo RSL Golf Club will host the inaugural Plateau Schools Wombat Golf Tournament. The day will be sponsored by the Jack Newton Junior Golf Foundation and will give our Year 3 to 6 students an opportunity to participate in a sport which caters for all ages and ability levels. Wombat Golf embraces the team concept and emphasises fun, participation and good sportsmanship. Students must come to school as per
normal in the morning and we will leave school at 9.15am and return to school by 2.15pm. A BBQ sausage sizzle will be provided for lunch at approximately 12:30. Please ensure students have fruit and recess, hats/sunscreen and plenty of water with them for the day. Additional water will be available at the Club. Tea/coffee will be available for volunteers. There is no cost for students.

Transport Details are as follows:
Abby Not – Lucy Not / Jazmin Horwood
Graeme Radcliffe – Bonnie Radcliffe
Fred & Marj Scott – Scott Weardon
Darren Wykes – Joe Wykes / Jack Horwood

Preschoolers Morning – Monday 27th October
Our next preschoolers morning is Monday 27th October. Join us for a morning of kids craft, stories and games from 10am to 11.30am.

Year 3-6 Cyber Safety Video Conference – Monday 27th October
On Monday 27th October 2014, students in Years 3 to 6 will be participating in a Video Conference about Cyber Safety. Students will need to return the attached permission note (if attached) in order to participate in the conference.

Thank you
Thankyou to Julie Connor and Gail who came in on Friday did some gardening, also thank you to Leonie Pankhurst who kindly donated a deep fryer to the school.

P&C News & Community Notices

P&C Meeting – Friday 24th October – 9.30am
Our next P&C meeting will be held on Friday 24th October at 9.30am. Items on the agenda include: Christmas carols catering, overnight excursion and presentation evening.

Parent Direct, Chalk & educational Experience

Toy Catalogue Fundraisers.
The P&C are participating in Parent Direct, Chalk and Educational Experience Toy catalogue fundraiser again this year. Three catalogues are being sent home today for you to browse through. If you would like to purchase anything from these catalogues, please return your order form and payment to school by Monday 3rd November. Once orders are returned to school we will send them off. The orders will be processed, packed and delivered to school (all orders will be individually labelled with the purchaser’s name) and then can be collected. Alternatively, you can choose to have your order delivered directly to your home. The school will receive a voucher for 20% of our total value for all orders, which can then be used to purchase educational material. This is a great way to do some stress free Christmas shopping!!!

P&C Wood Raffle Tickets
First Prize: Trailer of split Firewood (Delivered locally)
Drawn: Friday 31st October
Tickets: $1.00 each
Raffle Tickets will be sent home tomorrow. Please have all tickets sold/unsold and money returned to school by Thursday 30th October.

BookClub Issue 7 – Sent home last Week
If you wish to place an order from this issue, please have your order forms and money (cash/cheque made to Scholastic) back at school by Wednesday 22nd October.

Mixed Martial Arts Sessions
Mixed Martial Arts with Sensei Dave Campbell.
Sessions will be held at Hernani Public School most Wednesday Nights from 5.15pm to 6pm for adults and children. For more information please phone Dave Campbell on 0427 711 381.

Dorrigo Highlanders Football (Soccer) Club
Meeting - 20 October 2014
7pm Monday at the rec club rooms. All players, parents and supporters are welcome and encouraged to attend. Come along to ensure your soccer club continues to be one of the best little sporting clubs in the region! Agenda items for discussion can be forwarded to DorrigoHighlanders@hotmail.com or phone 02 6657 2703 after hours.

Logan Miller Photography – Dorrigo Pharmacy
Friday 24th October
Logan Miller Photography will be Dorrigo Pharmacy on Friday 24th October to take baby, children and family Portraits. Photo packs available starting at $49.00. Bookings can be taken at the counter or ring the Pharmacy on 66572005 for more information.
October- Mental Health Month
October is Mental Health Month. This month encourages all of us to think about our mental health, whether we may have a lived experience of mental illness or not. It’s important to acknowledge that everybody is different. We all have our strengths and weaknesses. These are what make each individual unique. Self-acceptance is about having a realistic understanding and awareness of oneself. It isn’t about loving everything about ourselves but, rather, considering our own strengths and weaknesses, and nurturing our own ‘unique worth’.

Pride can be thought of as a feeling of pleasure or satisfaction with ones choices, actions or achievements. Our pride may also come from our sense of self, and in acknowledging the things that make us unique. Although maintaining an ongoing sense of self is not always easy, it’s an important aspect of maintaining positive wellbeing and establishing resilience in order to work through life’s challenges.

* Be sure to ask for help when you need it.
* Try not to criticise yourself- recognise that no one is perfect.
* Set yourself some goals that you know you can achieve and stick to them- no matter how small.
* Surround yourself with people and things that inspire you.

To find out more about supporting your mental health and wellbeing call the Mental Health Information Service on 1300 794 991
Sport and Recreation’s Swim and Survive starting soon

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe.

Sport and Recreation’s Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are $67 for school-aged children and $48 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit www.dsr.nsw.gov.au/swimandsurvive or phone 13 13 02

Get out, Get Active!!

Did you know: being physically active is linked to reduced risk of heart disease, some cancers and diabetes?

Being active as a family is a great way to help children be active in as many ways as they can. Here are some ideas for your family:-

- Make playing with your kids part of every day
- Play outside with your kids
- Go for a walk as a family
- Get involved in family sporting activities
- Take the dog for a walk
- Plan an outing at the local beach, pool or river
- Pack a picnic lunch and explore the beautiful coast or hinterland

For ideas and information about bush walks, coastal walks and scenic picnic sites in your local area contact:

National Parks and Wildlife Services

Forestry Corporation NSW

The simplest way to look after your skin with sunscreen!

Did you know?

- Regular sunscreen use has been proven to reduce the risk of skin cancer.

Here are our 5 top tips!

- Make sure your sunscreen is broad spectrum, water resistant and SPF 30+ – Although SPF 50+ is now available, SPF 30+ is still a great product and there is no need to throw it away!
- Apply and re-apply – Apply sunscreen at least 20 minutes before going outside, reapply every 2 hours.
- Apply generously – At least 1 teaspoon for each arm and leg, front and back of the body and half a teaspoon for face, neck and ears.
- Remember – Sunscreen is not a suit of armour. You also need to wear a sun safe hat and clothing, use shade and wear sunglasses.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
Costume Requirements for End of Year Production

Our end of year production is fast approaching. Students will be performing “Flattica” and it would be appreciated if some costume items could be sent in from home. Please see the following list for each character.

<table>
<thead>
<tr>
<th>Student</th>
<th>Character</th>
<th>Costume from School</th>
<th>Costume from home</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bonnie</td>
<td>Narrator</td>
<td></td>
<td>Red and green clothing, school shoes</td>
</tr>
<tr>
<td>Scott</td>
<td>Nick</td>
<td>Santa suit</td>
<td>Gumboots/boots/black shoes.</td>
</tr>
<tr>
<td>Jack</td>
<td>President</td>
<td></td>
<td>Black clothing top and bottom. T-shirt, long pants/shorts. School shoes</td>
</tr>
<tr>
<td>Jazmin</td>
<td>Flatticans</td>
<td>Costume made at school</td>
<td>Black clothing top and bottom. T-shirt, long pants/shorts. School shoes</td>
</tr>
<tr>
<td>Joe</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lucy</td>
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<tr>
<td>John</td>
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<tr>
<td>Izy</td>
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<td></td>
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<tr>
<td>Ronny</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Orli</td>
<td>Elves</td>
<td>Elf hat</td>
<td>Red and green clothing</td>
</tr>
<tr>
<td>Tyrie</td>
<td></td>
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<tr>
<td>Jarvis</td>
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<tr>
<td>Elsie</td>
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<td>Milo</td>
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</tbody>
</table>

Please have your child/s costume from home sent into school by 28th November in a labelled bag. Please label your child’s clothes and belongings so they can be returned.

If you do not have these items at home, contact the school as we are more than happy to help.

Thank you