SAKG Gardening & Cooking
In the garden we planted beans, tomatoes, pak choi, lots of lettuce and weeded around the apple trees. We harvested asparagus, eggs, spring onions, chives, parsley, lettuce and turnips. In the kitchen we cooked asparagus quiche, turnip and carrot chips, garden salad with ranch dressing, upside down pie with passionfruit syrup and fruit salad. Thank you to Charlene, Colleen, Gail, Gigi, Julie, Quill and Walailuk for volunteering in the garden and to kitchen.

Well Done!

FORTNIGHTLY AWARDS
Week 2 - Term 4, 2014

Student of the Week  Joe Wykes
Sports / Value Person  Tyrie McLennan
Mathlete of the Week  Bonnie Radcliffe
Class Awards  John Wykes
               Improved Writing
               Lucy Not
               Improved Word Attack Skills

WHAT’S ON FOR TERM 4

WEEK 3
Friday, October 24th  P&C Meeting – 9.30am

WEEK 4
Monday, October 27th  Preschoolers Morning 10am-11.30am
Kindergarten Orientation (Full Day)
3-6 Cyber Safety Video Conference
Thursday, October 30th  Yr 6 DHS Orientation Day – 8.45 to 1pm

WEEK 6
Monday, November 10th  Kindergarten Orientation (Full Day)
Tuesday, November 11th  Life Education at Ebor PS
Yr 6 DHS Orientation – All Day

WEEK 8
Monday, November 24th & Tuesday, November 25th  Thalgarrah Overnight Excursion
Wednesday, November 26th  Yr 6 DHS Orientation - All Day
Friday, November 27th  Yr 6 Bellingen HS Orientation Day

WEEK 9
Monday, December 1st  Preschoolers Morning 10am-11.30am
Kindergarten Orientation (Full Day)
Wednesday, December 3rd  Yr 6 DHS Orientation - All Day
Thursday, December 4th  Swimming Scheme at Dorrigo Pool
12.30pm to 2.30pm

WEEK 10
Monday, December 8th  Yr 6 DHS & BHS Orientation - All Day
Kindergarten Orientation (Full Day)
Tuesday, December 9th to Friday, December 12th  Swimming Scheme at Dorrigo Pool
9.30am to 12noon

WEEK 11
Monday, December 15th  End of Year Presentation – 5.30pm
Wednesday, December 17th  Last Day of Term 4
Christmas Carols – 6.30pm

Notes and Money due:
- Term 3 & Term 4 SAKG Contribution
- Life Education Consent Note
Jack Newton Junior Golf Tournament
On Friday, 17th October Years 3-6 travelled to Dorrigo to compete in the Jack Newton Junior Wombat Golf tournament. They competed against students from Orama, Hernani and Mt St Johns Public Schools. Our students were split into two teams. The team of Bonnie, Lucy, Jack, and Scott won the competition overall. In doing so, they have progressed to the next level of competition at Urunga Golf Course against other schools from the Mid-North Coast. All students displayed excellent sportsmanship and represented the school well.

Mid-North Coast Jack Newton Junior Golf Tournament – Urunga – Tuesday 17th October
Tomorrow, 17th October Bonnie, Jazmin, Lucy and Jack will be travelling to Urunga Golf Course to compete in the next level of the golf tournament. These students will come to school as per normal in the morning and leave at 9am. Thank you to Joanne Horwood who has kindly volunteered to drive the students to Urunga and back. Hopefully the students will return to school in time for our normal afternoon bus, but if not, Melissa will notify parents and they will then need to be collect at school later. Mr Kovacevic will be supervising our students on the day. Tee off will be at 10.30am and should finish approximately 1pm. There is no cost for this sporting excursion. Students will need to wear full school uniform (sport shirt), sun hat, joggers and pack recess and lunch. Don’t forget to pack plenty of water as Urunga and walking around the golf course may be very hot.

No Power – Friday 24th October – 12noon to 1pm.
This Friday we will have a short power outage between 12noon and 1pm. We expect lessons to continue with minimum disruption.

Kindergarten Orientation
Our Term 4 Kindergarten orientation full days will be:
- Monday 27th October
- Monday 10th November
- Monday 1st December
- Monday 8th December

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.

Yr6 Orientation – Dorrigo High School
Year 6 students will be attending an orientation day at Dorrigo High School on Thursday 30th October from 8.45am to 1pm. They will participate in a year meeting, reading timetables, peer support activity and normal lessons for period 3 & 4. Students may catch the High School bus to the High School (cost $1.00 to be paid to the bus driver on the day). Students will need to be collected from DHS at 1pm by parents and returned to Dundurrabin PS. The next DHS Orientation for Yr 6 students will be a full day on Tuesday 11th November. Please sign the consent note attached.
**Life Education – Ebor PS – Tuesday 11th November**

Students will join Ebor, Hernani and Chandler Public Schools on Tuesday 11th November at Ebor Public School to participate in a fun and educational day with Healthy Harold. A brief outline of the programs that the children will be participating on the day is as follows:

- **Kinder, Year 1 & 2 – “Harold’s Surprise”** - ways to seek help from trusted adults, the benefits of physical activity, how to spot safe and unsafe behaviours and environments and choosing healthy food options.
- **Years 3 & 4 - “Mind your Medicine”** - medicines as drugs and the consequences of their misuse.
- **Years 5 & 6 - “On the Case”** - what’s in a cigarette, effects of smoking, history and laws, myths and facts, influences and pressures, strategies to reduce harm and will also participate in a "Changing Bodies" session.

Included this year will be first aid training for years 4, 5 & 6 at a cost of $10 per student.

We will be taking Jim’s bus and will depart school at 8.30am sharp and return to school by 3.15pm. Ebor P&C will cater on the day and we will send the lunch order forms home when we receive them. There will be no cost for the bus thanks to our P&C. A big thank you to the Ebor Lions Club who are paying for the students Life Ed lessons. Please sign and return the consent note and the money (Years 4-6 only - $10 for First Aid) to school. Students must wear full uniform, hat and take a packed lunch and recess if not ordering. Extra water is recommended as Ebor PS has limited drinking water available.

**P&C News & Community Notices**

**P&C Meeting – this Friday 24th October – 9.30am**

Our next P&C meeting will be held this 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 have been sent home 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 purchasers 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**

Please have all tickets sold/unsold and money returned to school by Thursday 30th October.

**BookClub Issue 7 – Due this Wednesday**

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 this Wednesday 22nd October.

**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.

**Dorrigo Show 22nd - 23rd November**

With only 5 weeks before the Dorrigo Show now is the time to start getting your entries ready. There is a new look Student Section - check out the website for more details dorrigoshow.org.au

The Model section also has lots of classes for the kids. " Garden Art " is another new section - let the imagination run wild and create something out of metal, wood or mixed media that can take pride of place in your garden and win some great prizes. Membership is now due, we have a new look membership card that comes with lots of added bonuses - stay tuned for more info.

Bring the family out on Sunday for a relaxing and enjoyable day at the Show. We have Troppo Bob, the Reptile Man, and Working Kelpie display, a Tough Spudder competition that all the family can be involved in and also a motor bike gymkhana for young and old. So look us up on the website for more details. dorrigoshow.org.au
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.

Remember when you believed in anything and everything?
Researchers from the University of Western Australia are investigating children’s tendencies to being tricked, fooled and misled by their peers. We are looking to see how this develops in children, and when children outgrow this. We are looking for parents of Kindergarten – Year 6 children (especially 10 and 11 year olds) across Australia to complete an online survey (15 – 20 minutes). Participants will go into a draw to win one of 10 $50 gift certificates to Coles/Myers. To participate go to: http://tinyurl.com/childs&q5
Or for more information please contact Rebecca Seward at (08) 6488 4652 or rebecca.seward@research.uwa.edu.au

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.

The simplest way
to make shopping fun

Grocery shopping is an important time for kids to learn about storage, selection and preparation of fruit and veg.

Try these games next shopping trip to challenge your kids’ fruit & veg knowledge:
1. Play fruit & veg ‘I spy’ - name a colour and get your kids to find all the fruit and veg they can in that colour.
2. Fruit or veg of the week - let your kids select a new fruit or veg to try for that week. Brainstorm together what meals you could create with this new ingredient.
3. If you’re stuck for variety - set your kids a challenge to pick a furry fruit, an odd coloured vegie or a vegie that grows in the ground.

Try different ways of approaching fruit and veg: you’ll be surprised at the difference it makes to your child’s eating habits.