SAKG Gardening & Cooking

In the garden we potted up azaleas for our Made in Dorrigo Day stall as well as our tomato seedlings. Students also washed more rocks for our path. We harvested herbs, spinach, silver beet, celery, spring onions, asparagus, rhubarb, lettuce, broad beans and eggs. Thank you to Fred and Marj Scott for extra broad beans. In the kitchen we cooked asparagus quiche, Dundurrabin green vegetable patties, broad bean salad, banana, rhubarb and ginger meringue. Thank you to Colleen, Matthew and Gail for volunteering in the garden and kitchen.

Well Done!

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

Week 7
- Saturday, November 22nd & Sunday, November 23rd: Dorrigo Show Weekend

Week 8
- Monday, November 24th & Tuesday, November 25th: Thalgarrah Overnight Excursion
- Wednesday, November 26th: Yr 6 DHS Orientation – All Day
- Friday, November 28th: Yr 6 Bellingen HS Orientation Day

Week 9
- Monday, December 1st: Preschoolers Morning 10am-11.30am
- Kindergarten Orientation (Full Day)
- Kindergarten Parent Information 9.30am
- K-2 & Transition Vision Check
- Yr 6 DHS Orientation - All Day
- 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)
- Swimming Scheme at Dorrigo Pool 9.30am to 12noon
- Made in Dorrigo Day

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
- Yr 6 DHS Orientation Consent Note
Heirloom Tomato Seedlings

We have lots of excess tomato seedlings to go home free to caring families. Varieties available include mixed currant, mixed heirloom, brown grape kumato, green zebra, black Russian, roma, Amish paste and large, Limit 4 per family. Please let us know which varieties you would like and we will send them home with your child.

Old Clothes

Next Friday 7th November students will need to bring old clothes for gardening. They may bring them in a plastic bag during this week and leave them at school for Friday if they wish.

Science – Keeping in Touch

The students made paper and papyrus on Thursday as part of our term unit of work. We have been learning how people kept in touch in the past. This week we will be sending postcards overseas and starting a design and make task.

Milo in2Cricket Skills Program

We will be participating in the Milo in2Cricket Skills program starting at 2pm this Friday 7th November. The program will run for four consecutive Fridays here at school during our sport afternoons. Mr Kovacevic will be running the sessions which will teach the students fundamental cricket skills. There is no cost to students as the school is paying for the program.

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 the children will participate in on the day is as follows:

Kinder, Year 1 & 2 - “Harold’s Surprise”
Years 3 & 4 - “Mind your Medicine
Years 5 & 6 - “On the Case

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. 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.

Travel Timetable is as follows:

<table>
<thead>
<tr>
<th>PICK UP</th>
<th>DROP OFF</th>
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</thead>
<tbody>
<tr>
<td>Lucy / Jarvis / Orli – 8.15am</td>
<td>normal</td>
</tr>
<tr>
<td>Elsie (Billy’s Creek mailboxes) – 8.20am</td>
<td>normal</td>
</tr>
<tr>
<td>Scott / Izy / Teachers – School – 8.30am</td>
<td>normal</td>
</tr>
<tr>
<td>Horwood – 8.32am</td>
<td>3.10pm</td>
</tr>
<tr>
<td>Tyrie (at Shop) – 8.34am</td>
<td>3.08pm</td>
</tr>
<tr>
<td>Bonnie – 8.38am</td>
<td>3.04pm</td>
</tr>
<tr>
<td>Wykes – 8.40am</td>
<td>3.02pm</td>
</tr>
<tr>
<td>Baffs – 8.42am</td>
<td>3pm</td>
</tr>
</tbody>
</table>

If you do not wish for your child/ren to be dropped off home along the way, please let us know before the day.

Please sign and return consent note if attached.

Yr6 Orientation – Dorrigo High School –Friday 14th November

Year 6 students will be attending an orientation day at Dorrigo High School next Friday 14th November for a full day of normal lessons. Students may catch the High School bus to and from the High School (cost $2.00 to be paid to the bus driver on the day). Students will need to take recess, lunch and water on the day. The next orientation day will be Wednesday 26th November for a full day with swimming during sport. Please sign the consent note attached.
Dorrigo Show – November 22nd & 23rd November

Start collecting art work for the show!!!!

Students who wish to enter artwork for the show must have it at school by Friday 14th November at the latest.

Students are asked to write on the back of their work: Students School / Student’s Name / Section and subcategory. Cost per entry is 50c per item. The school will enter and pay for two pieces of artwork from school for each student. Attached is the category list and Indemnity and Waiver form that every student must have signed by a parent/guardian. Please return the consent that was attached to last week’s newsletter as soon as possible.

Reminder – Thalgarrah Overnight Excursion
Monday 24th & Tuesday 25th November

Only 3 weeks to go! Please fill out, sign and return all paperwork sent home last newsletter by this Wednesday 5th November. Please ensure excursion cost is paid in full by Thursday 20th November. More information about the itinerary and what to bring will be attached next week.

Year 5-6 Leadership day – Dorrigo Public School

Year 5-6 students will be travelling to Dorrigo Public School on Thursday 27th November for a Leadership Day with students from other schools in our Learning Community. Students will be able to catch the High School bus into Dorrigo PS and home again in the afternoon. Mrs Keough will meet the students at Dorrigo PS. More information and consent note next week.

Preschoolers Morning

Our last preschool morning of the year will be Monday 1st December, which will be focused on Christmas craft, stories and games from 10am to 11.30am.

Yr6 Orientation – Bellingen High School – Friday 28th November

Some Year 6 students will be attending an orientation day at Bellingen High School on Friday 28th November for the full day. Students will meet the teachers and participate in a range of activities, tour the school and mini lessons. Students will need to arrive at 8.45am and be collected at 3.14pm. Parental transport is necessary for this event. Students will need to take recess, lunch, water and must wear full school uniform. There will be a Parent Information Evening on Monday 8th December from 5pm to 6pm. Consent note will be attached next week.

Career Expo – Dorrigo High School – Thursday 4th December

We will be attending a Careers Expo at Dorrigo High School on Thursday 4th December in the morning. We then walk from Dorrigo High School to Dorrigo Swimming Pool at lunch to participate in the first day of our swimming program. More information next newsletter.

Small Schools 2014 ‘Learn to Swim’ in Weeks 9 & 10

2014 Swimming will be $10.00 per student, which includes daily pool entry and 10 hours of lessons. The School Swimming Scheme begins on Thursday 4th December and finishes on Friday 12th December (5 days in total - not including Friday 5th and Monday 8th December). Please advise the school if you are a season ticket holder for the Dorrigo Swimming Pool and show your ticket pass for a reduction in your swimming costs. Thank you to our P&C who are kindly paying for Jim’s bus for the five days.

Times and dates in table below.

<table>
<thead>
<tr>
<th>Tuesday 9/12/14</th>
<th>Wednesday 10/12/14</th>
<th>Thursday 11/12/14</th>
<th>Friday 12/12/14</th>
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<tbody>
<tr>
<td>9.30am to 12noon</td>
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More information and consent notes next week.

P&C News & Community Notices

P&C Wood Raffle Tickets

Congratulations to Orli McKevitt who won our last firewood raffle for 2014. A big thank you to Fred, Tony, Ben and Daren for all their wood splitting and also to Melissa and Gigi for organising the tickets throughout the wood season.

BookClub Issue 8 – Attached

Attached is Issue 8, 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 Monday 17th November.

Parent Direct, Chalk & educational Experience Toy Catalogue fundraisers – Due TOMORROW

The P&C are participating in Parent Direct, Chalk and Educational Experience Toy catalogue fundraiser again this year. Three catalogues were sent home previously 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 TOMORROW.
The simplest way

...to add fruit and veg to brekky

Try our winning breakfast ideas at home:

• Serve your toast with a sliced avocado and/or tomato

• Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped vegies and melted cheese

• Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie

• Simply slice some banana or strawberries onto your regular breakfast cereal

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

The simplest way

...to healthier afternoon snacks

Choose these simple, tasty + healthy snack ideas to give your kids an after-school energy boost.

• Swap full fat ice-cream for reduced-fat yogurt with fresh fruit pieces

• Swap a tin of fruit in syrup for a tin of fruit in natural juice

• Swap flavoured milk for a reduced-fat fruit smoothie (try bananas or frozen berries)

• Swap a chocolate muffin for a fruit muffin

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

The simplest way

...to increase your fruit and veg intake

Myth:
Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.

Fact:
• Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.

• Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.

• Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt.)

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

The simplest way

...to use leftovers in the lunch box

Leftovers are an easy way to pack your kids a healthy lunch whilst clearing out the fridge. Simply prepare a little bit extra the night before! Your kids will love the tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

• Spaghetti bolognese tastes great on a wholemeal bread roll

• Healthy fried rice or stir-fries are a fun alternative to a sandwich

• Turn leftover vegies into a frittata...they taste great cold!

• Simply add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (add your favourite salad)