SAKG Gardening & Cooking
In the garden students weeded around the azaleas, planted herbs and seeds for Made in Dorrigo, planted Jerusalem artichokes, beans, climbing spinach, parsnips, radishes, beetroot and a chilli, and weeded in the strawberry patch. We harvested herbs, spinach, silverbeet, Eggs, sorrel, asparagus and broad beans. In the kitchen we cooked sorrel soup, herb bread rolls, pan scorched asparagus, fruit salad as well as flavoured vinegars and oils and preserved asparagus for the Dorrigo Show. Thank you to Julie and Gail for volunteering in the garden and kitchen.
Life Education at Ebor PS
Last Tuesday, we visited Ebor Public School for Life Education. Students participated in sessions with Ruth and Healthy Harold in the Life Ed van, Aboriginal games and craft. Years 4-6 took part in a junior First Aid session learning about helping others who may be hurt or injured.

Science
Last week in science all students made their unique communication devices designed to get a message from one classroom to the other. Nearly all designs were successful.

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.

Kindergarten Orientation
Isabelle and Caleb have been attending school every second Monday. They are learning school routines very quickly and participating in a variety of learning activities. The children are helping Isabelle and Caleb settle into school life. Well done everyone.
Reminder - Drinking water at school
Students are reminded to bring water bottles to school each day as teachers are encouraging them to drink water in the classrooms. These bottles should be filled with water rather than cordial, juice or soft drinks. If needed, they can be refilled with our filtered water at school.

Absences
Don’t forget to let us know why your child is absent from school. It is vital that all absences are explained. You can ring the school or send in a short note. Your assistance with this is greatly appreciated.

Portfolio Reminder (Please Return)
Could all students please return their portfolio folders as soon as possible ready for teachers to add work samples from Semester 2. They will be returned with student progress reports at the end of term.

Library Books to be Returned
Could all library books please be returned by next week, there will be no more borrowing now until next year. If any Year 6 students have books borrowed, please return them before leaving us.

Reminder – Changes to Afternoon Pick-Up
Please advise us of any changes in afternoon pick-up / bus routine. Teachers need to know of different arrangements for student safety.

No Newsletter Next week
Due to the excursion next week there will not be a newsletter.

NEXT WEEK - Thalgarrah Overnight Excursion
Monday 24th & Tuesday 25th November
Only 1 week to go! Please ensure excursion cost is paid in full by this Thursday 20th November. Attached is information about the itinerary and what to pack. Students that catch Jim’s bus may catch the high bus run on the morning or meet at the shop with all other students at 8am. We will arrive back at school on Tuesday for normal bus / pick-up time.

Yr6 Orientation – Dorrigo High School – Wednesday 26th November
Year 6 students will be attending an orientation day at Dorrigo High School on Wednesday 26th November for normal periods 1-4 and then swimming for sport. They will need recess and lunch, as well as swimmers, towel, sunscreen and money for pool entry ($2). A consent note for swimming will be coming home tomorrow from the high school, please return it by

Thursday. 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 3rd December for the full day. Orientation for parents will also be on this day, Wednesday 3rd December, from 9.05am to 10.45am in the DHS Hall. All parents are invited and encouraged to attend the information morning.

The last day for Year 6 Orientation at Dorrigo High School will Monday 8th December for a full day of lessons. Please sign the consent note attached for all these days as soon as possible.

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. Students are to wear full school uniform and bring recess and lunch, as well as a hat for playtime. Mrs Keough will meet the students at Dorrigo PS. Please sign and return the consent if attached.

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.

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

Kindergarten Orientation
Our Term 4 Kindergarten orientation full days will be:
- Monday 1st December & Parent Information Morning at 9.30am.
- Monday 8th December

Statewide Eyesight Preschooler Screening (StEPS)
On Monday 1st December our K-2 students may participate in the StEPS Program here at school. The
Statewide Eyesight Preschooler Screening (StEPS) program is an initiative of the NSW Department of Health and offers all 4 year old (and above) children a free vision screening assessment. Our K-2 students will be tested as well. It is highly recommended all 4-5 year old children participate in the vision screening program as many vision problems remain undetected unless a child’s vision is screened by a trained vision screener. The children’s vision will be screened one eye at a time, one eye will be covered using a patch (for a short period of time only) and no eye drops will be used. All parents/carers of children who have their vision screened will be informed of the results of their child’s vision screening assessment. Should a vision problem be detected parents/carers will receive a letter asking them to have their child’s vision fully tested by an eye health professional. Please return the consent form attached by Friday 21st November.

Careers Expo – Dorrigo High School – Thursday 4th December
We will be attending a Careers Expo at Dorrigo High School on Thursday 4th December at 10.30am. We will travel by Jim’s bus to and from Dorrigo, leaving school at 10am and returning for normal school afternoon pick up time/bus run. We will walk from Dorrigo High School to Bielsdown Park for lunch at 11.30am followed by our first day of swimming scheme at 12.30pm. Students must bring a packed recess, lunch and plenty of water. They must wear full school uniform and bring a hat as well as their swimmers and towel in a plastic bag for swimming.

Supporters Lunch for Parents and Community – Friday 5th December at 1.30pm
On Friday 5th December at 1.30pm we would like everyone to join us for a Christmas lunch so we can thank you for your support this year. Attached is an invitation, please RSVP by 26th November.

Small Schools 2014 ‘Learn to Swim’ in Weeks 9 & 10
2014 Swimming will be $10.00 per student, this 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:
Thursday 4th December - 12.30pm to 2.30pm
Tuesday 9th December - 9.30am to 12noon
Wednesday 10th December – 9.30am to 12noon
Thursday 11th December – 9.30am to 12noon
Friday 12th December – 9.30am to 12noon
Students may come to school dressed in their swimmers (rash shirt and hat) and either sandals or thongs but must have a packed uniform (shirt/shorts/trousers/jumper/underwear/socks & shoes) to change into, as well as a towel (or 2) to dry themselves with. The school will provide sunscreen throughout the day. Students will need to pack a big recess, lunch and plenty of water as swimming can make students extra hungry. Students will only be able to buy from the shop on the last day of swimming, Friday 12th December. More details about bus times next week. Please sign and return the consent note attached.

Dress Rehearsal – Play Costumes – Tuesday 9th December
We will be having a dress rehearsal on Tuesday 9th December. All students will need their dress requirements at school by Friday 5th December. Attached is the costume requirement list.

Non Uniform Day – Monday 15th December
Students may come to school on Monday 15th December in non-uniform for the day, this way uniforms will be clean for presentation night.

End of Year Presentation – Monday 15th December – 5.30pm
We will be holding our End of Year Presentation on Monday 15th December at 5.30pm. Students are to go home after school and then return with parents/carers at 5pm in full school uniform (sport shirt) ready for the presentation to begin at 5.30pm. Our students will be performing a number of theatrical items and receiving awards for their ongoing efforts and achievements. We are asking everyone to please bring a plate of finger food/salad/dessert to share after the presentation. Please be aware that we have students with nut/dairy/gluten allergies and will need to know ingredients in dishes to allow for no reactions. Please indicate on the attached note what your family will bring on the night. Thank you.

Community Christmas Carols – Wednesday 17th December – 6.30pm
We will be holding an evening of Christmas Carols with our local community choir. This will be a wonderful night for our community to get together in good spirits and enjoy each other’s company. The P&C
will be catering for this event with sausage sandwiches, vegie patties, tea, coffee and cordial. Cans of soft drink will be available for purchase or bring along your own picnic. There will also be safe flame candles (battery operated) available to purchase at $2 each. Please remember that the school is a smoke and alcohol free zone.

**P&C News & Community Notices**

**BookClub Issue 8 – Due TOMORROW**
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 TOMORROW.

**P&C Christmas Raffle**
Our P&C is holding a Christmas raffle that will be drawn at our Carols night on Wednesday 17th December. The prize will be a homemade Christmas cake kindly cooked and donated by Marj Scott and a homemade Christmas pudding kindly cooked and donated by Rosie Keough. Tickets are $1.00 each. Could all families have their tickets (sold or unsold) and money returned to school by Monday 15th December please. Tickets will be sent home tomorrow.

**Dorrigo Show – November 22nd & 23rd November**
Don’t forget Dorrigo Show is on this weekend. If you get a chance to go, don’t miss checking out the student’s artwork in the pavilion.

**ICC Cricket World Cup Trophy Tour – Coffs Harbour**
Cricket’s most prestigious global tournament is returning to Australia and New Zealand after 23 years, the ICC Cricket World Cup 2015. The ICC Cricket World Cup is one of the biggest sporting events in the world. In 2015 the tournament will be bigger and better than ever before as the best players from the best nations come together to compete for the ultimate cricketing prize. To celebrate its return, the ICC Cricket World Cup 2015 Trophy Tour will be visiting selected locations across Australia with free family friendly cricket activities for all to enjoy. If you’re a fan of cricket or just want to be part of the action, then there’s only one place to be:

**Date:** Friday 12 December 2014  
**Time:** 10am – 3.00pm  
**Location:** Coffs Harbour  
**Address:** Brelsford Park, Earl Street  
Participants will have the opportunity to get their photo taken with the ICC Cricket World Cup Trophy, test their batting and bowling skills and show their support to the 14 nations competing in the ICC Cricket World Cup 2015. Attendees are encouraged to wear their favourite nation colours or traditional attire. Don’t miss this rare opportunity to be involved. For further information about Trophy Tour locations or the ICC Cricket World Cup 2015, including ticket information please visit [www.cricketworldcup.com](http://www.cricketworldcup.com).
The simplest way
to increase your fruit and veg intake

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

The facts:
- Frozen and canned fruit or vegies 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 few nutrients are lost
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you’re making the best choice!

Hint: Look for tinned fruit in natural juice rather than syrup, and serve with a reduced fat natural yoghurt and honey for a sweet afternoon snack!

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

The simplest way
to see if you’re eating enough fruit & veg.

Take the Fruit & Veg Challenge!
Write down everything you ate and drank yesterday and see if you got the 2 serves of fruit and 5 serves of veg you need:

Here is an example:

Drinks: 2 cups of tea, 2 x 125ml glasses of OJ, 3 glasses of water
Snacks: 1 tub yoghurt, 1 banana, 2 biscuits
Breakfast: 2 slices toast with butter and jam
Lunch: 1 medium potato with tuna and cheese, 1 apple
Dinner: Macaroni cheese, ½ cup peas, 2 slices garlic bread

This person ate 3 serves of fruit (juice only counts as one serve) but only 3 serves of veg. If you’re eating less fruit or veg than you need, have a think now about how you can eat more.

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

The simplest way
to set a healthy example for our kids.

Did you know that in NSW 9 out of 10 parents are not eating the recommended daily amount of veg and half are not eating the recommended daily amount of fruit?

What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:
- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By eating more fruit and veg now you’ll be a healthy role model for your kids and help protect their health in the future.

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

The simplest way
to include 5 food groups in the Lunch Box

It’s really important your kids eat the right amount of fruit and veg, and food from all 5 food groups.

Follow this easy guide to pack the healthiest lunch box:

- Breads and cereals: Try wholemeal bread, wraps and pita.
- Fruit: It’s high in fibre, vitamins and minerals. Serve fruit in funny ways; try fruit kebabs or fruit in jelly, and remember kids are more likely to eat it if it’s cut up into small pieces.
- Vegies: Pack carrot and celery sticks with hummus or salsa, or even a vegie slice.
- Reduced Fat Dairy: A slice of cheese, yoghurts and custards are all great lunchbox items.
- Lean Protein: Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!

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