Responsible Pet Ownership
Last week we welcomed Gina and her dog, Cruze to our school to talk to us about being responsible pet owners. Gina showed us how to approach and pat dogs in a safe way. We also learnt about feeding, watering, dog behaviours and how to behave sensibly around our pets.

Ride2school day
On Thursday, we held Ride 2 School Day. The students enjoyed taking part in a bike and riding safety lesson, number plate craft and a bike course to navigate their bikes around. Any bikes still at school will be kept in the old library until collected.
Preschoolers Morning
We welcomed six preschoolers today, Caleb, Freya, Quill, Tahlia, Tyson, and Zoe. It was another great morning. They created terrific Easter rabbits and eggs. 

Next terms dates are Monday 26th May and Monday 23rd June.

Finlayson Cup Sports
Congratulations to our students who enjoyed a day of athletic competition at the Finlayson Cup last Friday. Everyone displayed great sportsmanship by competing in all events, interacting with the students.
from other small schools and putting the skills they’ve been learning at school into action. Particular highlights from the day include, Leah Ellis being awarded Minor Girl Champion and Joe Wykes awarded Junior Boy Champion as well as overall boy champion. A special thank you to the parents who came with us for your help, encouragement and participation in the parent relay.

Year 6 Students – Old clothes – this Friday 28th March
Could Year 6 students please bring old clothing this Friday 28th March as they will be oiling our school fence during gardening.

Special Canteen Ordering Day - Tuesday 1st April
We will be holding a special canteen lunch day on Tuesday 1st April. If you child/ren would like to order on the day, please complete the order form attached and return it to school with money by this Wednesday 26th March.

Daylight Saving
Daylight Saving Ends this Shortly
Daylight Saving will end in NSW on Sunday 6th April 2014 at 3.00am, when clocks are put back one hour.

Easter Hat Parade & Term 1 Assembly
Thursday 10th April – 2.00pm
We will be holding our Term 1 Assembly, annual Easter Hat Parade and egg hunt on Thursday 10th April at 2.00pm. The students will make their hats at school. We would love as many parents possible to come along to watch the student’s parade and enjoy afternoon tea together.

Premier’s Reading Challenge
It’s time again for us to take on the Premier’s Reading Challenge. The challenge requires K-2 students to read 30 books and 3-6 students to read 20 books by the 22nd August. The K-2 class will complete their reading challenge as a class at school. The 3-6 class will read at school but will be required to read some books at home as their book list contains picture books as well as novels. These books will be sent home this week and can be returned once read and new books will be re-issued. Students can keep track of the books they read by completing their reading log which will be kept at school.

Technology Devices at School
Students are to be reminded that technology devices such as iPods, tablets, gaming devices and mobile phones are not permitted at school or on Jim’s bus unless stated otherwise for an excursion. Your assistance with this matter would be greatly appreciated.
Update of Student Details – Please return ASAP

Student contact details often change throughout the year. Correct records help to ensure the safety and well-being of our students, therefore we ask families to assist us in keeping this information as current as possible. The new model for school funding that commenced this year is based on the educational needs of each student. It is now even more important that our records for all students are correct. Accurate information can lead to increased funding for your child. Sent home last week was a copy of your Student’s Enrolment form for updating. Could all families please review this form and record any changes that need updating on the form. **Could all families please return the form as soon as possible, with changes written on the appropriate pages.** Thank you to families that have done so already.

Attendance - Arriving on Time

It is important for your child to arrive at school before the morning bell at 9:20am. In doing so, they have the time to establish friendships, join into morning play and enjoy breakfast if they need to. It would be wonderful to see all students at school ready for our fundamental movement activities at 9:20am. These 10 minute sessions build basic fundamental movement skills as well as improve gross motor ability. To encourage regular attendance I have attached an attendance information sheet. It includes various tips and strategies that may be of assistance to you.

Headlice Reminder

We have had some instances of head lice last week. We are keen to eliminate this problem and seek the help of all parents to do so. We ask that you regularly check your child’s hair for the presence of head lice and/or eggs. Should you find any, please treat immediately. Please check your child/ren head seven days later in case any eggs were missed. Remember all bedding needs to washed etc... Tying up long hair may help control the spread of the head lice, as well as not sharing hats with peers. Head lice need to be treated before returning to school.

ANZAC Day March – Friday 25th April (During the Holidays)

The Dorrigo RSL Sub Branch has invited staff and students to march as a School Group in the Dorrigo ANZAC Day March and Wreath Laying Service on Friday 25th April, this falls during the holidays. We need to assemble outside the front of the RSL club at 10.40am, ready for step off at 11.00am. Light refreshments will follow the service for our marchers at the Dorrigo Bowling Club. Young marchers are encouraged to wear their families’ medals and decorations. Parental transport and supervision before and after marching is required. **Please return the consent note attached last newsletter to indicate if your child/ren will be attending as soon as possible.** To look our best, full school uniform (school sports shirt) and navy hat must be worn on the day. If it is a hot day, students may wish to bring a bottle of water with them to sip from.

Invitation - Model Railway Display – Sunday 15th June

We have received an invitation from Mr Bruce Block inviting teachers, students and parents to visit his model railway display on Sunday June 15th. The display will take place from 2 to 4pm at Lower Bielsdown Road, 'Tallowood Ridge' and will include a variety of model trains to look at as well as afternoon tea. The Coffs Harbour Model Railway group will also join Mr Block for the afternoon. **Please contact the school for more information or to let us know if you would like to attend.**

Make an Offer

We have a number of used student desks, printers, laminators and photocopiers in storage at school. If you would like any of these items, come in and make an offer. It all has to go!

International Competitions and Assessments for Schools (ICAS)

2014 competition dates for Years 3-6 are as follows:
- Computer Skills - Tuesday 20th May - $8.00
- Science - Wednesday 4th June - $8.00
- Writing - Monday 16th June - $17.00
- Spelling - Tuesday 17th June - $11.00
- English - Tuesday 29th July - $8.00
- Mathematics - Tuesday 12th August - $8.00

If you would like your child to participate in any of these competitions, return your choices and the competition money fee to school by Monday 31st March (Week 10).

P&C News & Community Notices

Easter Raffle Donations

**Easter Eggs Needed**

The P&C is asking families if they could kindly donate some Easter Eggs or something Easterly for our raffle that will be drawn on Thursday 10th April at our School Easter Hat Parade. **Tickets are attached, please return them sold or unsold to school by Monday 7th April.** Thank you to everyone who has kindly donated Easter Eggs already.
Hernani Public School P&C Bulb Fundraiser

Hernani P&C are running a Garden Express bulb fundraiser. If anyone would like to order any items, please have your order form and payment (cash or cheque made out to Hernani PS P&C Assoc.) returned to school by Monday 31st March.

For Sale – Lounge

Blue 3 seater lounge and armchair. Good condition. For sale - $100 Phone Abby Not on 66578 058

Become a Volunteer Host Family

World Education Program (WEP) is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. Choose a student from Italy, Belgium, France, Switzerland, The Netherlands or South America and get a glimpse into the life of another culture.

Find out more! Phone: 1300 884 733
Email: info@wep.org.au Online: www.wep.org.au

Dorrigo Soccer News

Well its almost kick-off time with competitive games due to commence on Saturday 29 March. Teams have been training hard on Thursday afternoons and there’s a sense of keen anticipation in the air! The draw has not been posted yet but check out the Draw/Results tab at www.northcoastfootball.com.au for updates. Registrations must be paid this week, before players take the field, to ensure appropriate insurance cover etc. Pay on-line, bring to training on Thursday or contact Barbara Webster to pay by direct debit on 0459 804 556.

Our Miniroos will start their small-sided games in Dorrigo at 9:30am on Saturday 29 March. Parents will receive a briefing and information about supporting their child and the club’s Miniroos coordinator to ensure both Saturday games and Thursday skills sessions run smoothly. It’s not too late to register online at www.myfootballclub.com.au. For any child turning 5, 6 or 7 this year the cost is $90 which includes a ball and shin pads from sponsors Newcastle Permanent. A few pairs of 2nd hand boots are still available at $5 and playing shirts and bibs will be provided on the day. This year the club will be selling club shirts as well as socks and shorts so look out for new stock arriving soon.

Good luck to all players of the beautiful game this year – a World Cup year. Play with fairness and respect and have fun! Barbara Webster Dorrigo Highlanders FC
Turn off the television and computer and get active.

The National Physical Activity Guidelines for Australian Children (5-12 years) recommend that kids and teens spend no more than two hours each day on small screen activity. This includes television, computers and other devices.

Why reduce screen time?

Children who spend more than two hours watching TV or playing on small screens, generally:
- have less time for physical activity
- are at risk of becoming overweight
- tend to eat more often and more unhealthy snacks

Tips for parents to reduce screen time

- Monitor children’s use of television and small screen devices, set limits and encourage children to play outside during daylight hours.
- Don’t allow television or computers in children’s bedrooms. Keeping televisions and computers in a common room enables you to monitor their use.
- Encourage children to participate in other activities that involve physical activity as well as other indoor and outdoor games.

For more information and ideas on reducing screen time and physical activity to www.healthykids.nsw.gov.au

Physical Activity

Physical activity can greatly benefit kids between 5-12 years old.

Physical activity:
- Promotes healthy growth and development
- Builds strong muscles and bones
- Improves balance, develop skills
- Maintains/develops flexibility
- Improves cardiovascular fitness
- Helps relaxation
- Improves posture
- Provides opportunities to make friends
- Improves self esteem

How much physical activity do children need?

The National Physical Activity Guidelines for Australians recommend at least 60 minutes of moderate to vigorous physical activity each day for children. This can be spread throughout the day. Children do not get enough physical activity at school so encourage your child to be active before and after school.

Some ways to be active with your children:
- Walk to school, the playground or childcare
- Bike ride at the park or on a bike
- Play ball games in the backyard
- Dance to music
- Encourage sport and organised games
- Schedule regular family time for activity