SAKG Gardening & Cooking
We did not garden this week due to the wet weather. Instead, some students got their wheelbarrow licence after a rigorous obstacle course including shovelling, tipping and weaving in and out of cones. Hopefully the other students will get their wheelbarrow licence next week. We harvested leeks, coriander, thyme, parsley, beans, zucchini, tomatoes, eggs and used potatoes, onions and raspberries from storage. In the kitchen we cooked leek and tomato tart, zucchini chips, leek and potato soup, asian salad with dressing and raspberry and chocolate muffins. Thank you to Colleen Chambeyron and Gail who volunteered this week.
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.

K-6 proudly wearing their handmade Balinese Hats

Orli and Jarvis enjoying experimenting during Science.

Special Canteen Ordering Day - Tomorrow
We will be holding a special canteen lunch day tomorrow. Your child/ren may still order if they have not already done so. A big thank you to Leonie and Gigi Pankhurst who will be organising and cooking the special lunches.

Year 6 Students – Old clothes – this Friday 4th April
Could Year 6 students please bring old clothing this Friday 4th April as they will be oiling our school fence during gardening, weather permitting.

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 as possible to come along to watch the student’s parade and enjoy afternoon tea together.

Holiday Dates
The last day for Term 1 will be Friday 11th April 2014. Staff will return on Monday 28th April for a Development Day. Students will return on Tuesday 29th April 2014. We hope all families have a nice, relaxed and safe holiday break.
Easter Weekend is during the holidays this year. Friday 18th April is Good Friday Public Holiday and Monday 21st April is Easter Monday Public Holiday. Anzac Day is Friday 25th April.

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.

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.

**Term 1 SAKG Weekly Contribution - Due Now**
If you have a payment slip attached for Term 1, please pay the amount before the end of term.

**2014 Workbook Fees**
Workbook fees for 2014 remain the same - $30.00 per student. These fees help towards the costs of student items provided by our school e.g. exercise books, pens, pencils, glue etc... Invoices attached. Thank you those families that have paid already.

**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.

**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/rens 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.

**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!

**P&C News & Community Notices**

**Easter Raffle Donations**
The P&C is asking families if they could kindly donate some Easter Eggs or something Eastery for our raffle that will be drawn on Thursday 10th April at our School Easter Hat Parade. Please return tickets sold or unsold to school by next Monday 7th April. Thank you to everyone who has kindly donated Easter Eggs already.

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

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Printed on 100% Recycled Paper
The simplest way

**to eat more fruit and veg.**

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:

- Canned and frozen fruit count. Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- Legumes are vegetables too. Try adding dried peas, beans and lentils to meals.
- Juice only counts once. 125ml of 100% fruit or vegetable juice is 1 serve, but doesn’t contain the fibre of chopped fruit and veg. Water is the ideal drink.
- Dried fruit only counts once. A small box of sultanas or 4 dried apricot halves equals one serve – but don’t go overboard on dried fruit.
- A little and often. Children may eat more if you offer smaller serves more times a day.

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

The simplest way

...to increase your vegies

90% of adults in your area don’t eat enough vegies! We should aim for 5 serves each and every day!

Here’s some easy tips to help you out...

Eat vegetables as a snack throughout the day

- Try vegie sticks with low-fat dip like guacamole or salsa, or vegie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.
- Decrease the meat in your meals + add more vegies
  - For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with extra veg. Hint: chick peas, lentils + beans are great fillers!

Add vegies to all your meals

- Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

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

The simplest way

...to grow your own mandarins

- Mandarins are a small growing tree to around 3-4m in height + width, perfect for smaller backyards.
- They are hardy + easy to grow, great for kids.
- Prefer sheltered areas but tolerate windy sites.
- Ideal in full sun for maximum fruit production.
- Need regular watering when young + when fruit is forming.

It’s Springtime!

Get into your gardens + start planting fruit, veg + herbs to grow yourself.

If you don’t have room for a tree, try planting punnets of vegies into large pots... getting your kids involved will make them happier to eat what they’ve grown!

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

The simplest way

...to create a healthier lunch box

Choose these simple, tasty options for your child’s lunchbox to give them the energy to get through the day.

When you next pack their lunches, have a think about healthier options.

<table>
<thead>
<tr>
<th>Snacks</th>
<th>Healthier Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small packets of savoury bikkies</td>
<td>Wholemeal rice crackers with cheese + fruit slices</td>
</tr>
<tr>
<td>Buttered popcorn</td>
<td>Unbuttered popcorn with sultanas</td>
</tr>
<tr>
<td>Packet of potato or corn chips</td>
<td>Vegie sticks: carrots, beans, celery with a hummus or guacamole dip</td>
</tr>
</tbody>
</table>

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