SAKG
Gardening & Cooking
In the garden we continued trimming the grevillea’s on the bottom field, planted onions and shallots, a green manure crop and pulled out beans. We planted broccoli seeds as part the Yates Junior Landcare Challenge “Winter Vegie Growing Journey”. We harvested borlotti beans, soya beans, leeks, herbs, lettuce, carrots, parsnips, beetroot, radishes, shallots, turnip, cherry tomatoes, sweet potatoes and large but disappointing watermelons. In the kitchen we cooked leek pie, mountain vegetable soup, garden salad with sweet potato chips, zucchini and lentil fritters and rosemary and polenta bread. Thank you to Julie Connor and Gail who volunteered this week.
Papermaking
K-2 Students had fun learning how to make recycled paper last week, ready to use for their Mother’s Day cards. They learnt the process from start to finish. We hope all mums / carers / grandmothers had a wonderful Mother’s Day on Sunday.

Interview- Homework
This week students will be given a set of interview questions to complete for homework. The questions are based around life in the past and are intended to give students an insight into how people and the way we do things can change over time. Please return interview sheets to school by Friday May 23.

P&C Catering – Push Bikes – this Thursday 15th May
This Thursday 15th May, our P&C will be catering for approximately 30 cyclists travelling through Dundurrabin. They plan on arriving at our school at 10am in time for morning tea. Please contact the school if you can come in at about 9am and help us get morning tea organised.

We also kindly ask all families to send in biscuits and slices for the cyclists to take with them when they leave.

NAPLAN 2014 – Yr 3 and 5 – This Tuesday 13th to Thursday 15th May
NAPLAN (National Assessment Program – Literacy and Numeracy) testing for students in Years 3 and 5 will be this Tuesday 14th May (Language/writing), Wednesday 15th May (Reading) and Thursday 16th May (Numeracy).

National Simultaneous Storytime – Wednesday 21st May – 11am
National Simultaneous Storytime is an important annual campaign that aims to encourage more young Australians to read and enjoy books. Now in its 14th successful year it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children’s book that explores age appropriate themes, and addresses key learning areas of the National Curriculum for Grades K to 6 and the pre-school Early Learning Years Framework. Every year a picture book, written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. The chosen book for 2014 is “Too Many Elephants in this House” written by Ursula Dubosarsky and illustrated by Andrew Joyner.

Biggest Morning Tea – Thursday 22nd May
We will be holding a Biggest Morning Tea at school on Thursday 22nd May at 11.30am. Everyone is welcome to join us for a cuppa and morning tea. Please bring a plate to share and a donation for the Cancer Council.
National Walk Safely to School Day – Friday 23rd May

Walk Safely to School Day is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community event seeking to promote Road Safety, Health, Public Transport and the Environment. Jim will be transporting students to the Community Centre where we will all walk safely back to school accompanied by a teacher. We will then have breakfast provided by the P&C. Parents/carers are welcome to join us to walk and enjoy breakfast, if they wish. Thank you to Charlene McKevitt who has volunteered to cook pancakes for the students, we could still use another couple of volunteers to help out on the morning.

Preschoolers Morning – Monday 26th May

Join us for our pre-schoolers visit on Monday 26th May here at school from 10am to 11.30am. There will be educational activities that help develop gross and fine motor skills as well as art and craft. All preschool children aged 1-5 are welcome.

Waterwatch Day – Wednesday 28th May

On Wednesday 28th May, all students will take part in Waterwatch activities here at school and down at Chinamen’s Creek. We will begin the day as normal at school before making our way down to the creek to complete our Waterwatch activities. Our participation in this important learning experience will be valuable for everyone as well as contribute to renewing our schools Waterwise registration. The Variation to School Routine permission note signed at the beginning of the year by all families will cover this excursion.

Jump Rope for Heart

The Heart Foundation has a new and exciting Health Program that our school is participating in. It is a version of Jump Rope for Heart but with a twist. It is FREE for our school and involves NO fundraising commitment! It is called Heart Foundation Outreach and is designed to give all schools and students in NSW the opportunity to access and be involved in a health and exercise program to learn the benefits of keeping your heart healthy. Our students are enjoying skipping sessions each morning and are already developing very clever techniques. In Term 3, we hope to attend a Heart Day at Ebor Public School to share what we’ve learnt.

Rewarding Good Values

Late last term our teachers implemented a values reward system where all students can be rewarded for displaying good values. In particular teachers are looking for confidence, honesty, co-operation, patience, thoughtfulness, courteousness, kindness, generosity and self-discipline. Each student has a sticker chart including the stickers rewarded for displaying these values. Sticker charts will be included in student portfolios at the end of the term.

Term 2 SAKG Weekly Contributions - 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... Thank you those families that have paid already.

Make an Offer – LAST CHANCE

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

BookClub Issue 3 – Due back 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 Friday 13rd June. The mobile unit will be visiting Dorrigo between 26th May and 5th June 2014. The mobile breast x-ray unit will be located in Hickory Street, near the spar Supermarket. Screening is also available at the permanent clinic in Coffs Harbour, at the Health Campus, all year round. The service is free and women in the target age group, between 50 and 74 years, are actively encouraged to attend for their two yearly mammograms. However all women over the age of 40 years are eligible for the service. A doctor’s referral is not necessary; just make an appointment by phoning 13 20 50. “Early Detection is Vital”
FOR SALE - Sat 24th & Sun 25th May
Near new electric 250Litre hot water system, antique gas copper boiler excellent condition, 4 cylinder diesel scat in working order good for farm beast, digital and twin tub washing machine, small to medium fridge, 4 bronze glass sliding doors in frames ready to go in (with screens), rayburn combustion stove in good condition, various windows and doors, 2 wood heaters 1 heats water, small kero and gas heater, toilet and cisterns, header tank, bits of various size flues, claw foot bath tub, chemical toilet, tallowood tongue and groove flooring, 1 sheet of gyprock, roller doors, sinks (laundry, kitchen & bathroom), calf or dog pen, roofing iron long and medium lengths excellent to good also some for shed walls, carry all for tractor good condition, some guttering good condition, various other goods. Pam Barber’s property Lot 8 Cemetery Bend Road Tyringham - Phone Pam or Matt on 6644 8407 0402 698 821

Ayurveda and Yoga
Join me for
- a discussion of simple Ayurvedic principles for physical and mental well being
- a restorative yoga practice
- and a delightful lunch

Sunday 18 May
9am to 1pm
Dorrigo Recreation Grounds
$60 or $50 concession

Charlene has practised Yoga and Ayurveda for over 20 years. She has a Diploma in Maharishi Ayurveda and is a Certified teacher of Iyengar Yoga.

Call 0403 036 020 for bookings or details

Indoor Cricket for the Coffs Coast Starts Soon
Indoor cricket is an action packed version of the game for players of all ages, genders and abilities that can be played year round no matter what the weather. The indoor cricket season is almost here and the friendly staff at Coffs Harbour Indoor Cricket Centre are offering the following programs during term 2 to anyone on the Coffs Coast who is keen to play the game they love now that the outdoor season has wrapped up.

MILo in2CRICKET for 5-10 year olds, 4pm to 5pm on Mondays
Indoor Big Bash for 10-16 year olds, 4pm to 5pm on Tuesdays
Coffs Harbour DJCA Winter Blast for 10-16 year olds, 4pm to 5pm on Wednesdays
Evening Competitions for men and women, Monday and Tuesday nights
Superleague (representing Coffs Harbour) for Mens 1, Mens 2, Mens 3 and Over 40’s

To sign up simply visit the Coffs Harbour Indoor Cricket Centre at 32 Industrial Drive, Coffs Harbour or contact Peter Rode on 0412 907 928. For more information please check out http://www.playcricket.com.au/types-of-cricket/indoor-cricket.
Kids and teens are spending more time than ever participating in ‘small screen’ entertainment – such as watching TV, going online or playing computer games. It is recommended that small screen activities be limited to no more than 2 hours a day.

**Ways to help kids Unplug and Play**

1. Making the decision to limit screen time can be a big change in many households. Hold a family meeting and discuss why you are doing this and let everyone have their say in setting the rules.

2. Remove any TVs or computers from kids’ bedrooms. It will help them socialise more with the family and let you keep an eye on what they are watching.

3. Try taking your reading or work outside. This will entice the kids to move outside too where they are bound to find an active activity.

4. Find out just how much time you and your kids spend on TV, computer and electronic games. Get everyone to note down how much time they spend on screen-based activities. Chances are you’ll be surprised!

5. It’s important to get the kids motivated about limiting their screen time. Set a weekly reward for following the rules such as a family trip out to dinner or a trip somewhere fun such as tenpin bowling or the beach.

Chicken Vegetable Soup with Cheese Stick

Ingredients
2 skinless chicken breast fillets
1 litre reduced salt chicken stock
1 tablespoon canola oil
2 leeks, washed and thinly sliced
2 carrots, diced
2 sticks celery, diced
3 cloves garlic, crushed
6 cups young green leaves (watercress, rocket, sorrel, baby spinach), washed
3 tablespoons fresh pesto
Cracked pepper to taste

Cheese sticks
1 sheet canola puff pastry, thawed
3 tablespoons finely grated reduced fat cheese

Method
1. Put the chicken in a pot, add just enough chicken stock to cover and poach gently for about 10 minutes or until just cooked. Set aside to cool.
2. Heat the oil in a large pot, add the leeks and cook gently for about 2 minutes until soft. Add the carrot, celery and garlic, strain the chicken poaching stock through a fine sieve and add to the vegetables with the rest of the stock. Simmer for 10 minutes. Chop the greens finely, add to the soup and cook for a further 10 minutes.
3. Tear the chicken breasts into fine shreds and add them to the soup. Stir in the pesto and season with plenty of cracked black pepper.
4. To make cheese sticks preheat oven to 220C. Cut the puff pastry into 2cm thick strips and place on a paper lined baking tray. Sprinkle with the cheese and bake for 20 minutes or until crisp and golden.
5. Serve the soup in wide bowls with cheese sticks.

Source: www.healthykids.gov.nsw.au/recipes

Live Life Well @ School

Keeping kids active during winter –

Walk in the rain – don’t forget the inside dance-a-thon
Notice when children are being active and join in
Ten minute bursts of exercise, like star jumps, running on the spot and hopping
Escape to the park and play some ball games
Rug up and go for a walk on the beach

Live Life Well @ School

Finding it difficult to fit in 60 minutes of physical activity a day with your children? Then consider the following three areas –

Transport
Try some active ways to get to places with your children, for example, walk to school, ride to the park together on weekends or scooter to the shops.

Play
Encourage your child to be active through play, for example, make an obstacle course in the back yard that includes running, jumping, skipping, throwing and hopping.

Sport
Find an organised sport that your child is interested in and encourage their involvement, for example, swimming, soccer, netball or dance.