National Walk Safely to School Day
On Friday we participated in Walk Safely to School Day. Jim dropped Mrs Keough, Melissa and the students at the community centre and we walked back to school safely, learning important road rules along the way. Students then enjoyed a breakfast of pancakes, berries and yoghurt together. It was an enjoyable way to start the day. Thank you to Charlene, Gigi and Midy for making the yummy breakfast for the students.

National Simultaneous Storytime
On Wednesday we participated in the National Simultaneous Storytime. We read the book titled “Too Many Elephants in this House” written by Ursula Dubosarsky and illustrated by Andrew Joyner. The book was read simultaneously while many other libraries, schools, pre-schools, childcare centres, family homes and bookshops around the country were reading it as well.
Rocket Readers
Well done to Orli, Milo, Ronny, Scott and Bonnie who were awarded their first Rocket Readers certificate last week. They’ve completed the first 20 nights of the challenge.

SAKG Gardening & Cooking
In the garden we continued trimming the grevillea’s and tidied up the berry patch. We harvested zucchinis, tomatoes, orca and more sweet potatoes. In the kitchen we cooked tomato and berlotti bean soup, herb and bacon muffins, sweet potato and leek gratin and pumpkin pie. Thank you to Julie Connor and Gail who volunteered this week.

Biggest Morning Tea
On Thursday we held our Biggest Morning Tea at school. Thank you to the parents who came and supplied a plate of yummy food - it was appreciated and to the staff for purchasing the raffle, which was won by Gigi Pankhurst. We raised a total of $131.90 for the Cancer Council.

Preschoolers Morning
We welcomed three preschoolers today, Arianwen, Isabelle and Jaxon. It was another great morning. They had fun doing activities and making an octopus to take home. Our next preschoolers date is Monday 23rd June.

Chess Tournament
We have started our 2014 Oz Schools Chess Tournament. All students can participate. The tournaments will run on Tuesday and Thursday throughout this term. This is a Championship tournament with the overall champion awarded a trophy at the finals. Good luck to everyone.
Electricity (Power) Interruption – this Wednesday 28th May
Essential Energy has a planned interruption of electricity supply this Wednesday 28th May that will affect the school between 9am – 2:30pm. We have organised to hire a generator and will operate on a limited power supply, although without heating. Activities planned for the day will run as normal and students should be reminded to wear warm clothing.

Waterwatch Day – this Wednesday 28th May
This 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.

Premier’s Sporting Challenge,
The 2014 Premier’s Sporting Challenge will begin this week at school. The challenge requires students to record any sport and physical activity they participate in over the course of a 10 week period. The challenge will take place in class time and should be an easy achievement for all students as we are currently practicing skipping techniques each day. Students may accumulate time spent in a broad range of sports and recreational pursuits during lunchtime, in school sport programs, class time, after school or in weekend physical activity. The program encourages students to lead healthy, active lifestyles. This year Mrs Keough, Mrs Sangster and Melissa will take part in the challenge buy wearing a pedometer to count steps. Keep posted for updates.

Head Lice Reminder
We have had instances of head lice. We are keen to eliminate this problem. 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.

Long Weekend – Queen’s Birthday Public Holiday Monday 9th June (Week 7)
Don’t forget Monday 9th June is the Queen’s Birthday long weekend. School will resume Tuesday as normal.

P&C News & Community Notices
P&C Wood Raffle
The P&C Wood Raffle was won by the Mears family. We raised $124.00. Next week we start our next wood raffle. This will be the last wood raffle before the end of Term 2.

Ebor P&C Pie Drive Fundraiser – Due this Thursday
If you wish to place an order from the Ebor P&C pie drive forms that were attached last newsletter, please make sure your order and money (cash/cheque to Ebor Public School P&C) is back at school by this Thursday 29th May. They will deliver them to school on Wednesday 11th June.

BreastScreen NSW North Coast Mobile Unit – Dorrigo
The Breast Screen 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. A doctor’s referral is not necessary; just make an appointment by phoning 13 20 50. “Early Detection is Vital”

The Paul Muir Pool Competition - 7th & 8th June
Long Weekend
Just a reminder that the June Long Weekend Saturday 7th and Sunday 8th June is the time for Dundurrabin’s unique pool competition – so keep it free! The kid’s comp will be on again this year too for those not yet turned 16 (speed pool and pool) - $2 entry fee. The senior competition runs over 2 days, covering 4 rounds - speed pool, pool, snooker and 9 ball - $5 entry fee. Further details contact Bob Sangster on 6657 8071 or just turn up on Saturday 7th June for a 10.30am start.
Did You Know?
In NSW, close to 60% of children do not eat the recommended amount of vegetables. Eating fruit and vegetables every day helps children to grow and develop, it boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

Some ideas to try:
- Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
- Add chopped or pureed fruit to plain yoghurts.
- Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- Chop up some fruit or vegie sticks for the lunchbox.
- In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

Healthy Recipe

Cheese and Zucchini Scones

Ingredients:
1 zucchini coarsely grated
- 2 cups self-raising flour
- 1 cup tasty cheese, grated
- ¼ cup parmesan cheese, grated
- 2 spring onions (shallots), finely chopped
- 1 cup buttermilk

Method:
- Preheat oven to 200C. Line a baking tray and set aside
- Wrap the grated zucchini in a paper towel and squeeze out all the liquid.
- Place into a bowl with the flour, the tasty and parmesan cheese and spring onion. Mix together well so that all the cheese is well coated in the flour and the strands are separated.
- Pour the buttermilk into the bowl and use a spatula to fold the mixture together.
- Place on a surface that is dusted with flour and lightly knead. Pat out into a 2cm thick circle.
- Take a large scone cutter dipped into flour and cut out scones. Fold the dough together and continue to cut scones until all dough is used.
- Place on tray so that each scone is touching the next and they are all joined up.
- Brush the tops with a little buttermilk and bake for 20-25 minutes.
- Split and fill with fresh leg ham and homemade chutney. ENJOY!