SAKG Gardening & Cooking
In the garden students planted radish, parsnip, turnip and shallot seeds, continued making creative garden paths, pruned plants hit by frost and weeded several gardens. We harvested leeks, heaps of herbs, turnips, celery and carrots and used garlic and sweet potato in storage. In the kitchen we cooked winter vegetable pot, sweet potato and lentil soup, sweet potato shepherd’s pie, and creamed coconut rice pudding. Thank you to our volunteers; Gail, Julie, Colleen, Midi, GiGi and Wing.

Well Done!
Chess Tournament – Finals
Last week we finished our seven rounds of the chess challenge. All students have shown improvement and many of the games played were tight battles. This week we will have the finals with the players who obtained the highest aggregate scores participating. The champion will be decided from between our finalists, Ronny Baff, Jazmin Horwood, Tyrie McLennan, Scott Weedon, and John Wykes. Good luck!

Electricity (Power) Interruption – tomorrow
Essential Energy has a planned interruption of electricity supply tomorrow, Tuesday 17th June, 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.

Crazy Hair Day & Mufti Day – this Wednesday 18th June – “GOLD COIN”
This Wednesday 18th June we will have a Crazy Hair Day gold coin fundraiser for Cystic Fibrosis. Students are to come with the craziest hair they can think of: teased, coloured, gelled, twisted, wigs and scarves, punk or just plain messy! This will also be a mufti day (non uniform).

Preschoolers Morning – Monday 23rd June
Join us for our pre-schoolers visit on Monday 23rd June 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.

End of Term assembly and Jump Rope for Heart Exhibition – Wednesday 25th June
Our Assembly and Jump Rope for Heart exhibition will be held on Wednesday 25th June at 2pm. We will welcome the Clarence Valley Council Mayor, Mr Richie Williamson to award our school with our Waterwise accreditation renewal. Students will be showing work from class and special term awards will be presented. Parents and community members are welcome to attend.

Jump Rope for Heart 2014
Students have been participating in Jump Rope for Heart this term. If your child is fundraising for this event, please return the sponsorship forms and money to school by next Monday 23rd June. Sponsorship is not compulsory.

NAIDOC on The Plateau – Friday 27th June (last day of Term 2)
All school students on the Plateau will be participating in NAIDOC celebrations at Dorrigo Public School on Friday 27th June. Students will join into a variety of workshops in the morning followed by an indigenous performance in the afternoon. There will be a wide variety of experiences including a smoking ceremony, indigenous dancing, traditional language, storytelling, painting and Indigenous games to name a few! This will be a fantastic, fun packed and very educational day for all students. We will catch the town bus to Dorrigo PS and catch it home from Dorrigo PS in the afternoon. The total cost will be $2.00 per student for the bus ($1 each way). There will be no cost for the activities on the day. Students who normally catch Jim’s bus will need to catch the High School bus run and will return home on the High School bus run. All other students will need to be at Tyringham Store at 7.50am and be collected at the Tyringham Store at 4pm. Students will need to wear full school uniform (sport shirts),...
appropriate footwear, hat, water bottles, packed recess and lunch. **Please fill out and return the consent note and money as soon as possible.**

**Small School’s Athletics Carnival at Urunga**

**Wednesday 16th July (Week 1 – Term 3)**

Our annual Small School’s Athletics Carnival is on Wednesday 16th July at Urunga Recreational Grounds starting at 9.30am and finishing at approximately 2.30pm. This is a great day for all students to showcase their athletic abilities and more importantly socialise with many of their peers from other small schools. **We are taking Jim’s bus to Urunga on the day. Cost will be $10 per student.** We will need to know in advance whether your child will be travelling by bus or not. If we do not get enough students interested, we will have to rely on parental transport. This is a whole school excursion, teaching staff will be at the carnival on the day. Students who normally catch Jim’s bus will need to catch the High School bus run in the morning and will return home on the High School bus run in the afternoon. All other students will need to be at Tyringham Store at 7.50am and be collected at the Tyringham Store at 4pm. **A limited (pre-ordered) canteen list is attached; please return it by Monday 23rd June.** We will also need some parent volunteers to do a shift in the canteen from 11.45am to 12.15pm on the day. **Please fill out and return the consent note if attached as soon as possible, so bus arrangements can be made.**

**Student Reports –Wednesday 26th June**

Students Reports and Portfolios will be sent home on Wednesday 26th June after the Assembly. Please return Portfolios next term so we can add to them throughout the year. If you have any concerns regarding your child’s report, please contact the school. PLP meetings are planned for early Term 3.

**Premier’s Sporting Challenge.**

Students and staff are having fun participating in the 2014 Premier’s Sporting Challenge. Staff have accumulated in last three weeks a total of 176 kilometres walking distance.

**Reminder - Weekly Contribution of $1 per student**

The kitchen garden program has ongoing costs each week, such as cooking ingredients, seeds and seedlings. We are asking that parents help contribute towards these costs by sending in $1 each Friday per child. The cost for Term 2 is $8 per student. **Invoices for amounts owing by students is attached.** It would be appreciated if these could be paid before Monday 25th June. Thank you to all students who have paid in advance.

**P&C News & Community Notices**

**P&C Wood Raffle Tickets**

First Prize: Trailer of split Firewood (Delivered locally)

Drawn: Wednesday 25th June at our Term Assembly.

Tickets: $1.00 each **Please have all tickets sold/unsold and money returned to school by next Monday 23rd June.**

**Fundamental Movement Skills**

There is evidence that children with poor fundamental movement skills such as jumping, skipping, leaping, kicking, throwing and catching are less likely to be active.

Give your kids a head start by practicing these skills with them whenever you can. This can be as simple as kicking the ball together in the back yard or having a game of hopscotch. Teaching them these skills encourages them to be active and you can challenge yourself as well.

**Easy ways to add physical activity to your day:**

- walk to the store, school or the playground instead of using the car
- allow time for children to play outdoors
- park the car away from the shops
- get off the bus one stop earlier
- don’t use the remote control
- plant a veggie garden
- take the stairs instead of escalators or lifts
- schedule regular time each week for your family to be physically active together
- limit television time to no more than two hours per day or 14 hours a week.
Healthy Wraps Recipe

**Ingredients:**
- 1 cup wholemeal self-raising flour
- 1 cup white self-raising flour
- ¼ cup olive oil
- 1 cup warm water
- Pinch of sea salt

**Method:**
- Place flour and salt in a bowl. Make a well in the middle and add olive oil and half the water.
- Mix together until a dough starts to form, add the rest of the water as needed.
- Knead for a few minutes until the dough comes together.
- Split into approximately 8 small balls and leave to rest for 15 minutes.
- Roll out each ball into a round flat shape.
- Heat frypan on medium heat and lightly drizzle some olive oil. When warm place wraps in, one at a time, cooking for approximately two minutes on each side.

The wraps can be eaten warm with healthy fillings, frozen and used to make wraps for lunchboxes or slow baked in the oven to make chips for dips.

For more healthy recipes visit - [www.freshforkids.org.au](http://www.freshforkids.org.au)