**FORTNIGHTLY AWARDS**

**Week 4 - Term 3, 2014**

<table>
<thead>
<tr>
<th>Category</th>
<th>Recipient</th>
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<tbody>
<tr>
<td>Student of the Week</td>
<td>Milo Baff</td>
</tr>
<tr>
<td>Sports / Value Person</td>
<td>Scott Weedon</td>
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<td>Mathlete of the Week</td>
<td>Elsie-Leigh Coombe</td>
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<td>Class Awards</td>
<td>Tyrie McLennan</td>
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<td></td>
<td>Persistence in all tasks</td>
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<td></td>
<td>Jazmin Horwood</td>
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<td></td>
<td>Improved maths mental computation</td>
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</tbody>
</table>

**Well Done!**

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**WHAT’S ON FOR TERM 3**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>WEEK 5</td>
<td>Thursday, August 14th</td>
<td>Boat Safety Presentation – 10.30am</td>
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<tr>
<td>WEEK 6</td>
<td>Monday, August 18th</td>
<td>Kindergarten Orientation 9am-12noon</td>
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<td></td>
<td>Tuesday, August 19th</td>
<td>Electric Leaves Video Conference</td>
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<td></td>
<td>Wednesday, August 20th</td>
<td>Bookweek Parade – 9.30am</td>
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<td>Combined Small Schools Day - Here</td>
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<tr>
<td>WEEK 7</td>
<td>Monday, August 25th</td>
<td>Preschoolers Morning 10am-11.30am</td>
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<td>Friday, August 29th</td>
<td>Who’s Scat is that? Video Conference</td>
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<tr>
<td>WEEK 8</td>
<td>Monday, September 1st</td>
<td>Kindergarten Orientation 9am-12noon</td>
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<td>WEEK 9</td>
<td>Wednesday, September 10th</td>
<td>Dorrigo High School “Jungle Fantasy” Play for Small Schools</td>
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<td>Thursday, September 11th</td>
<td>School Planning Session – 2.30pm</td>
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<td>WEEK 10</td>
<td>Monday, September 15th</td>
<td>Kindergarten Orientation 9am-12noon</td>
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<td>Wednesday, August 17th</td>
<td>Term 3 Assembly - 2pm</td>
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<td></td>
<td>Thursday, September 18th</td>
<td>3-6 Milo T20 Blast Cricket Gala Day at Bellingen</td>
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<td></td>
<td>Friday, September 19th</td>
<td>P&amp;C Meeting 9.30am</td>
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**Notes and Money due:**
- Term 3 SAKG Contribution
- Science Day Lunch Orders
- Video Conference Consent Note

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**Success at the Sustainability Awards**

Earlier this term we welcomed a panel of judges from the Clarence Valley Council to Dundurrabin PS where we showcased the wonderful work we do to contribute to a sustainable future. On Wednesday we...
were announced the **winners of the Clarence Valley Council’s Sustainability Awards for Education**, 2014. Particular highlights for the judges included our Stephanie Alexander Kitchen Garden, recycling procedures, composting, our participation in the Waterwise program and the Climate Clever Energy Savers program. What a tremendous achievement for our small school!

**Ebor PS - Heart Day**
We travelled to Ebor PS last Thursday to combine with Ebor, Chandler and Hernani Public Schools for a “Heart Day”. Kane from the Heart Foundation spoke with us about having a healthy heart and demonstrated his terrific skipping talent. The students then rotated through a number of skipping workshops to develop their own skipping abilities. We thoroughly enjoyed the healthy lunch of chicken stir-fry and chow mein cooked by the Ebor PS P&C.

**SAKG Gardening & Cooking**
In gardening we planted peas, sugar snap peas, snow peas, broad beans, carrots and wheat. We also gave our lemon tree a good haircut and feed. We harvested spring onions, lemons, herbs, carrots and leeks. In the kitchen we cooked carrot and orange soup, herb scones and lemon meringue tarts. Thank you to Gail, Gigi and Quill Pankhurst for volunteering in the garden and kitchen.

**Parent / Teacher Interviews**
Thank you to students and Parents who have already attended their PLP meetings. If you have not arranged a time yet, please phone us and we can organise a suitable time.

| Parent Interview Times – Term 3 2014 |
|-------------------------------|-------------------|
| Tuesday 12/8                  | Friday 15/8       |
| 8.30am                        |                   |
| 9.00am                        |                   |
| 10.30am                      | Lucy Not          |
| 3.30pm                       | Bonnie Radcliffe |
| 3.45pm                       |                   |
| 4pm                          |                   |
| 4.15pm                       |                   |

**Boat Safety – this Thursday 14th August – 10.30am**
We will be having a visitor come and talk to students this Thursday 14th August about boat safety.

**Video Conference Events - 18th & 29th August**
In the coming weeks, all students will be participating in two Science related Video Conferences. The first Video Conference will be on Monday 18th August called “Electric Leaves” from 11.30am to 12.15pm. The second Video Conference will be on Friday 29th August called “Who’s Scat is that?” from 9.30am to 10.15am. Students will need to return the attached permission note in order to participate in the conferences.

**Bookweek Parade – Theme “Connect to Reading” – Tuesday 19th August**
We will be celebrating Book Week on Tuesday 19th August. Children can come dressed as any book character and will take part in a parade at school. Parents are welcome to attend. Parade will start at 9.30am.
**Combined Schools Science Day – here - Wednesday 20th August**

We will be hosting a combined small schools day here on Wednesday 20th August with Hernani, Ebor, Nymboida and Chandler Public Schools. The focus for the day will be on Science “Food for the Future”. This will be an educational and fun day for all students to participate in and also a chance to reconnect with friends and peers from other small schools. Our P&C will be catering on the day. Attached is a lunch order form, please return it with money by Wednesday 13th August.

We need volunteers to help prepare and cook the burgers on the day. If you can help, please let Charlene or Melissa know as soon as possible. We also need dry wood logs for splitting for our P&C wood pile. Please phone the school or just drop in on Thursday’s while Fred is here or any day that suits.

**Volunteers Needed**

The Dorrigo Show Society is looking for an interested parent to organise the Children’s Art section of this year’s Dorrigo Show (22nd & 23rd November). This is a voluntary position requiring the organisation of art work entries, displays put together prior to the show and taken down afterwards. Most likely, 3-4 days work. If you are interested or would like more information please contact Sally Duckett on 66575241.

**School Planning Session for Parents**

Next year we move into a new school planning cycle utilising a framework which encourages schools and communities to work together. All parents are invited to attend a school planning session on Thursday 11th September at 2:30pm. This will be a relaxed gathering having a chat about the direction our school will take in the coming years. Your attendance would be greatly appreciated.

**Cybersmart - Internet Safety Awareness**

With the popularity of social media these days, teaching our children about internet safety has never been so important. Parents and carers can access terrific resources including, brochures, video clips, quizzes and tips to assist with building internet safety for children. This website is definitely worth a look http://www.cybersmart.gov.au

**P&C News & Community Notices**

**P&C Wood Raffle Tickets Attached**

- **First Prize:** Trailer of split firewood (Delivered locally)
- **Drawn:** Tuesday 19th August at our Bookweek Parade.
- **Tickets:** $1.00 each

Please have all tickets sold/unsold and money returned to school by Monday 18th August.

**BookClub Issue 6 – Due back Monday 25th August**

Bookclub Issue#6 is attached. 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 Monday 25th August.

**Save the Bilby “Face the Challenge 2014 Crossword Competition”**

If your child would like to enter the “Face the Challenge 2014 Crossword Competition” this year, please send them in to the office to see Melissa for an entry form. When they have completed their crossword you may either send it yourself or return to the office and we will sent it. All entries must be back at school by Monday 18th August.
WHAT IS FRESH TASTES?
Our school implements the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means our canteen has guidelines to follow when designing the menu. Fresh Tastes @ School uses a coloured spectrum to categorise food based on nutritional value:

**GREEN:** these foods are a good source of nutrients and contain less saturated fat, sugar, salt and excessive kilojoules so **fill the menu with these foods.**

**AMBER:** these foods have some nutritional value, moderate levels of saturated fat, added sugar and salt so **select these foods carefully, avoid large portion sizes and don’t allow them to dominate the menu.**

**RED:** have little to no nutritional value and are high in saturated fat, added sugar, salt and excess kilojoules. **These foods can only be sold on two occasions per term.**

For more information, visit [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

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**LUNCHBOX TIPS**
For a balanced lunchbox we suggest:

- A main meal (sandwich, wrap, salad) containing vegetables and a protein food (meat, fish, chicken, egg, cheese)
- A piece of fruit
- A healthy snack (e.g. veggie sticks)
- A drink (water is the best choice)
- An extra snack can be included once a week. Try to reserve these for days when your child needs more energy

For more ideas visit [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

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**ETC’s Community Support FUND is now OPEN!**
Enterprise & Training Company (ETC) enjoys giving back to the communities where we operate. We do this through the ETC Community Support Fund. The current funding period is now open with $100,000 available in community grants. **The closing date is 31 August 2014.** For more information visit [http://enterpriseandtrainingcompany.com.au/csf/](http://enterpriseandtrainingcompany.com.au/csf/)

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**ETC’s Community Support Fund is NOW OPEN!**
$100,000 Available in community grants
Visit etcld.com.au/csf to apply

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**Oral Health Matters**

**Did you know:** On average, over 50% of Australian children aged 5-12 years have teeth affected by dental caries.²

Oral health is a vital part of overall health and wellbeing. It is important to start dental visits early and attend these regularly as directed by your dentist, rather than waiting for painful and often costly problems to occur.² Children who have regular check-ups and are comfortable with visiting the dentist tend to have fewer dental problems, and are less likely to be afraid of dental treatments.²

All children aged between 0-18 are eligible to receive FREE general dental treatment through the Mid North Coast Local Health District. Parents **do not** need to hold a pension card or health care card for their child to be eligible.

Please call the Oral Health Contact Centre on **1300 651 625** if you would like your child to have a check-up. If they are having problems or pain they will be prioritised – just ring 1300 651 625 to be triaged.

*If you have received a letter indicating you are eligible for the Child Dental Benefit Scheme you can use this at any of our clinics*

2014 Arts Initiatives
Primary Boys Hip Hop Workshops – South Grafton

Are you a boy in Years 4-6 at a public school? Interested in Dance and Hip Hop? Then this experience is for you!!!

The Arts Initiatives Primary Boys Hip Hop Workshops have been developed in response to a large demand for dance experiences for boys in Years 4 – 6 and is new for 2014.

These workshops are an excellent opportunity for primary boys with talent and skills in hip hop to develop in this art form. They can also assist in the development of social interaction, personal development and engagement in school activities.

The workshop aims to develop dance skills with industry professionals and allow students to interact with other male Hip Hop dancers from around the state. This is a highly motivational program that will build students’ skills, knowledge and awareness. The activity is recommended for gifted and talented students as well as those who are at risk of disengaging at school or are disadvantaged in some way. School principals are encouraged to financially support students through their school or wider community avenues.

The workshop is open to individual students as well as student groups from schools, accompanied by teachers.

Workshop date and venue:
Tuesday 26 August
Gillwinga Public School
Hyde St, South Grafton NSW
10.00am – 3.00pm
Cost: $22.00 (inc GST)

Apply online at:
Primary Boys Hip Hop Workshop Application

Applications close 15 August 2014
You don’t want to miss out!

For further information please visit our website at www.artsunit.nsw.edu.au
or contact Kylie Watts – 0437679581 Kylie.watts@det.nsw.edu.au
The simplest way
...to find new recipe ideas

Eat It To Beat It has a jammed packed website, including hundreds of healthy eating recipes that are all Cancer Council NSW approved!

This means you can make them knowing that your family is getting the very best from every meal!

Eating well can help to fight against cancer, so try and aim for at least 2 serves of fruit and 5 serves of veggies every day.

Check out our website for more healthy tips and loads of free new recipes for you to print out and keep.

Visit www.eatittobeatit.com.au today!

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

The simplest way
...to make Australia’s Biggest Morning Tea healthy!

Date & Muesli Slice

Ingredients
- Olive or canola oil spray
- 2 medium apples, skin on, core removed, coarsely grated
- 1/3 cup water
- 1/4 cup margarine
- 2 cups dates, seeded
- 2 cups natural muesli
- 1/4 cup plain flour
- 1/4 cup wholemeal plain flour
- 1 tsp ground cinnamon

Method

Preheat oven to 180°C (160°C fan forced). Lightly spray a slice tin (approx. 25x30cm) with oil. Add apple, water, margarine and dates to a small saucepan and bring to the boil. Reduce heat, cover and simmer for a further 5 minutes until the apple is soft. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency. Meanwhile, place muesli in a large frypan. Stir over low heat until lightly browned. Sift flours into a large bowl, returning husk remaining in the sieve to the bowl. Add cinnamon and muesli to the flours and mix to combine. Stir into the date mixture then spoon into prepared tin. Bake for 20 minutes until firm. Cool in tin before cutting.

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

Driving small business success

Business guidance needed
Skills to grow
A fresh perspective
Marketing insights
Help to start

The Small Biz Bus

Date: Tuesday 28 August
Time: 9am - 3pm
Location: 45-49 High Street (in front of Police Station)
Court House, Bellingen

Come and connect with a business advisor and gain:

Skills to grow
A fresh perspective
Marketing insights
Help to start

Call 1300 134 359 or go to www.smallbusiness.nsw.gov.au and hop-on-the-small-biz-bus to book a business advisory session on the bus, or to meet us.

The Small Biz Bus is a NSW Government initiative. The Office of the Small Business Commissioner would like to thank Council for hosting the East.