SAKG Gardening & Cooking
In gardening last week we planted carrots, kale, cabbage and spinach. We also had a very industrious team of Joe, Ronny and Copper fencing around our new plantings. We harvested leeks, pak choi, herbs, eggs, sweet potato and jam melon in storage. In the kitchen we cooked hearty cabbage and bacon soup, made ravioli with sweet potato filling, Bonnie’s golden salad and apple and melon cake. Thank you to Julie Connor and Hayley McLennan for volunteering.

WHAT’S ON FOR TERM 3

**WEEK 9**
- **Wednesday, September 10th**: Dorrigo High School ‘Jungle Fantasy’ Play for Small Schools
- **Thursday, September 11th**: School Planning Session – 2.30pm
- **Friday, September 12th**: Golf Day at Dorrigo

**WEEK 10**
- **Monday, September 15th**: Kindergarten Orientation 9am-12noon
- **Tuesday, August 17th**: Term 3 Assembly - 2pm
- **Thursday, September 18th**: 3-6 Milo T20 Blast Cricket Gala Day at Bellingen
- **Friday, September 19th**: Last Day of Term 3

Notes and Money due:
- Term 3 SAKG Contribution
- DHS Play Performance Consent Note (if attached)
- Dorrigo Golf Day Consent Note (if attached)
- 3-6 Cricket Day Consent Note (if attached)
Rocket Readers
Congratulations to Lucy Not who was awarded her 80 nights of Reading award last week.

SASS Recognition Week - Thank you
This week we recognise the valuable work our SAS Staff do at our school. They play such an important role in ensuring our school runs smoothly. Thank you Melissa, Fred, Robyn and Bridget!

Dorrigo High School Musical Play Performance – Dorrigo – Wednesday 10th September
We will be travelling to Dorrigo on Wednesday 10th September to watch the High School “Jungle Fantasy” performance at the Dorrigo Gazette Theatre. We will leave school at 10am and return in time for the normal bus run. We will have lunch from 12.15pm - 1.00pm at Dorrigo Public School, so students will need a pack recess, fruit, lunch, water and hat. Cost will be $2 per student for the Theatre. Thank you to the Dorrigo High School who is funding the bus cost. Please sign and return the consent note if attached.

School Planning Session for Parents – Thursday 11th September
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.

Jack Newton Junior Golf Foundation Sponsored Plateau Schools’ Golf Tournament – Friday 12th September
On Friday 12th September Dorrigo RSL Golf Club will host the inaugural Plateau Schools Wombat Golf Tournament. The day will be sponsored by the Jack Newton Junior Golf Foundation and will give students an opportunity to participate in a sport which caters for all ages and ability levels. Golf is a game which can be played as an individual or in a team format and this tournament – Wombat Golf – embraces the team concept and emphasises fun, participation and good sportsmanship. Transport will be by Jim’s bus to Dorrigo Golf Course and back. We will leave school at 9.15am and return by 2.15pm. A BBQ sausage sizzle will be provided for lunch at approximately 12:30. Please ensure students have fruit and recess, hats/sunscreen and plenty of water with them for the day. Additional water will be available at the Club. Tea/coffee will be available for volunteers. There is no cost for students; the school will pay for Jim’s bus. For the day to run smoothly we need plenty of adult volunteers to help supervise on the course and to act as scorers. NO knowledge of golf is necessary just a need to have fun and help the children have fun on the day. Golf should be an enjoyable experience. When you volunteer you will help this become a reality. Thanks for your support. Please sign and return the consent note if attached.

Kindergarten Orientation Monday 15th September
Our next Kindergarten Orientations for this term will be Monday 15th September from 9am to 12noon.

End of Term Assembly – Wednesday 17th September
Our Term 3 Assembly will be held on Wednesday 17th September at 2pm. Students will be showing work from class and special term awards will be presented. Parents and community members are welcome to attend.

Milo T20 Blast Cricket Gala Day – Bellingen Thursday 18th September
Year 3 to 6 will be travelling to Bellingen on Thursday 18th September to participate in the Milo Cricket Blast School Cup hosted by NSW Cricket at Connell Park in Bellingen.
We will need parental transport for this excursion to and from Bellingen on the day. Parents may drop off students and then return to collect them if they do not wish to stay and watch for the day. There is no cost for this excursion. We will need to be at Connell Park (soccer fields) Bellingen by 9am. The day should finish around 1.30pm. The day will be loads of fun for children to enjoy playing the game of cricket which is non-contact, inclusive, skillful, fun and social! Parents are most welcome to attend. Students are to wear full school uniform (sport shirts) and bring their recess, fruit, lunch, plenty of water, hat and sunscreen. All equipment is supplied. Mrs Keough will meet parents and students at Bellingen. Please fill out the consent note (if attached) and return to school as soon as possible so transport details can be arranged.

ADVANCED DATE - 2014 School Photos Monday 13th October

On Monday 13th October (Week 2, Term 4), all students will need to wear their best school uniform and a big smile for our 2014 school photos. Our photographer will be Donna Davidson, who took our photos last year. Donna takes beautiful photos at a great price. An order form has already been sent home attached to the Week 6 newsletter. Please return it and your money (cash/cheque to Donna Davidson) to school by Wednesday 8th October. A reminder to families that Donna will not take individual or family photos unless you have pre-paid them, however, absolutely everyone here on the day will be in the 2014 school group photo. There will also be a group School Captains photo taken for those in Year 6, if you are interested in purchasing a copy please let Melissa know and she will find out the cost.

P&C News & Community Notices

P&C Wood Raffle Tickets Attached

First Prize: Trailer of split Firewood (Delivered locally)  
Drawn: Wednesday 17th September at our Term Assembly.  
Tickets: $1.00 each

Please have all tickets sold/unsold and money returned to school by Monday 15th September. This is could possibly be our last wood raffle for the year, depending on the coldness next term.

P&C Meeting – Cancelled- New Date: 24th October (Week 3, Term 4)

Due to the postponement of the Tyringham Campdraft which was to happen shortly, we have moved our next P&C meeting to 24th October (Week 3) next term.

Dorrigo Highlanders soccer news - Soccer Season Celebration

The Dorrigo Highlanders Football Club will hold its junior soccer presentation at the Rec. at 12 noon on Saturday 6 September 2014. All junior teams and our Miniroos are invited to come along to celebrate the 2014 season and receive their trophies. The event will literally kick off at 12 with the traditional kids vs parents game, followed by a free sausage sizzle. Hot drinks and snow cones will be available for purchase as well as a wood raffle and DHFC merchandise stall. The trophy presentation for all teams will follow. Last week’s preliminary finals didn’t go to plan with the 12 girls Bluegums bowing out as Minor Premiers after losing 1-3 to Bellingen Bats in wet and slippery conditions. In a gallant display, our youngest Bluegums Ellie Thornhill and Cheyenne Lowe were terrific, taking on their bigger opponents with skill and determination. Our fullbacks Chrissy Woods-Schepis, Justine Cleary and Ally Menzies were outstanding, as was ‘keeper Shellby Osland. Midfielders Lucy Shaw and Emma Webster worked hard all game and striker Indigo Rees scored a cracker of a goal. But it wasn’t enough. Well done Bellingen who go on to meet Woolgoolga in the grand-final. Looking ahead to 2015, DHFC will hold its AGM at 7pm on Monday 20 October at the Rec rooms. Please think about getting involved in the committee this year. It’s a small commitment (a few hours a month) but will make a world of difference for the existing executive to have some support and new ideas. See you on Saturday at the presentation!

Barbara Webster for the DHFC committee

Creative Kids in the School Holidays

Claymaking - 10.00am – 12.30pm
Mondays 22nd and 29th September
Connecting with clay (beginners)
Tuesdays 23rd and 30th September
Exploring and making with clay
Wednesdays 24th September and 1st October
Exploring and making with clay
Thursdays 25th September and 2nd October
Painting fired pieces and glazing

All sessions offer some outdoor playful active time and the opportunity to draw using a variety of mediums.

Small groups $25 per child per session
Contact Jenni Francis on 66572625 or email jennifrancis2453@gmail.com
Diploma of Initiatic Art Therapy
Diploma of Clayfield (Sensorimotor Trauma Release)
(I will be away 11th-17th September so leave a message and I will return your call to confirm your place)
The simplest way
...to use leftovers in the lunchbox

Leftovers are an easy way to pack your kids a nutritious lunch, whilst clearing out the fridge.

Your kids will love these tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

- Cottage pie or spag bol sandwiches - both taste great on wholemeal bread
- Healthy fried rice or stir-fries are a fun alternative to a sandwich
- Turn leftover vegies into a frittata
- Add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (then add your favourite salad).

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

The simplest way
...to manage fussy eating

Kids can get anxious when trying a new fruit or veg, so try providing a smaller serving for the first few times.

This approach is less overwhelming and you might find that they will ask you for more.

*Did you know it may take more than 10 times before your child accepts a new food?*

Give your kids two options that you’re happy with. Rather than saying “Would you like any vegetables?” offer a limited choice, for example “Would you like peas or beans?”

Stay calm + persistent in your approach! Perseverance pays off.

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

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 vegies 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 increase your vegies

Eat vegetables throughout the day
It’s hard to get all your vegies at dinner. 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 and add more vegetables
For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with lots of extra veg.
*Hint: chickpeas, lentils and beans are rich in protein and will help cure big appetites!*

Add vegetables 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 www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit