SAKG Gardening & Cooking
In the garden we continued working on a new herb garden, planted beans, lettuce, peas, onions, beetroot, carrots and parsnips. We harvested lemons, herbs, turnips, leeks, carrots, lettuce, celery, eggs and spinach. **Thanks to Gail who donated mandarins, Fred and Marg Scott for a dozen eggs and Susan Freeman for a dozen eggs too.** In the kitchen we made lemon curd which the students took home for father’s day, mini Moroccan omelettes with grated turnip, spring picking salad with mandarin and angel cake. **Thanks to Gail, Julie Connor and Hayley McLennan, our volunteers.**
Holiday Break
The last day for Term 3 will be Friday 29th September. Staff and students will return on Tuesday 7th October. We wish everyone a safe and enjoyable holiday.

Dorrigo High School Musical Play Performance – Dorrigo – this Wednesday 10th September
We will be travelling to Dorrigo this 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 packed 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 – this 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.

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

Electricity (Power) Interruption – Tuesday 16th September
Essential Energy has a planned interruption of electricity supply on Tuesday 16th September that will affect the school between 9am – 3pm (all day). 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 and bring extra drinking water. We will not be able to heat food throughout the day.

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, skilful, 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).**

Combined Schools Day – Hernani PS – Friday 10th October (Week 1, Term 4)
On Friday 10th October, we will travel to Hernani Public School for a Combined Schools Day. Mrs Winkel has organised an anti-bullying performance for all students, a visit from Grafton Regional Art Gallery and a variety of sporting activities. **Travel will be by Jim’s bus. There will be no cost to students** (thanks to our P&C). More information regarding lunch orders will be sent home shortly. **Please sign the attached consent note and return to school before the end of term.**

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.** 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.

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**NSW Education & Communities**
**Public Schools NSW**
POSTPONED UNTIL NEXT TERM – NEW DATE

Jack Newton Junior Golf Foundation Sponsored Plateau Schools’ Golf Tournament – Friday 17th October – YEARS 3 to 6 ONLY

On Friday 17th October 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 our Year 3 to 6 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. We will need parental transport for this excursion to and from Dorrigo Golf Course on the day. 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. For the day to run smoothly we need at least two parent 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. Please sign the new consent note attached.

Combined Smalls Schools Excursion – Thalgarrah Environmental Education Centre – 24th & 25th November (Term 4)

We have planned an overnight excursion with Hernani Public School to Thalgarrah Environmental Education Centre. Students and teachers will travel on Jim’s bus to Thalgarrah on Monday 24th November and return on Tuesday 25th November. Thalgarrah EEC is situated 19kms North-east of Armidale on the Rockvale Road. This is a whole school excursion for all students. During our visit we will participate in activities around environmental education and before leaving on Tuesday morning we will visit the Armidale Gymnastics Centre. The total cost per student including travel, accommodation and food will be approximately $60.00. Please sign the attached expression of interest note and return to school by this Friday 12th September. Full payment is not required until 14th November, part payments can be made beforehand. If you would like to access financial assistance or have any questions please don’t hesitate to contact the school. More information including what to bring and an excursion program will be sent home early next term.

Daylight Savings – start in the Holidays

Remember Daylight Savings will begin again in NSW on Sunday, 5 October 2014, when clocks will go forward one hour at 2:00 am. So don’t forget to reset your clocks before students return for term 4.

P&C News & Community Notices

P&C Wood Raffle Tickets

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 next Monday 15th September. This is could possibly be our last wood raffle for the year, depending on the coldness next term.

P&C Meeting – 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. Items on the agenda include: Christmas carols catering, overnight excursion and presentation evening. Please try hard to come along and get involved.

Dorrigo Youth Centre – Bus trip to Coffs Harbour

Dorrigo Youth Centre has organised a free bus for any young people aged between 12 and 18 years of age to travel to Coffs Harbour to the Brelsford Skate Park and to watch some of the Buskers Festival on Friday 26th September (during the holidays). Dorrigo Youth Worker, Tammy, will be attending on the bus. Jim’s bus will be the transport for the day and will be leaving Tyringham Store at 8.00am and returning at Tyringham Store by 5.00pm. Please contact Nicky McDonald (bus driver) on 66578172 for more information.
Establish healthy family habits
Children are more likely to eat well and be active if they are surrounded by family members working to do this together.

Talk together as a family – decide on some healthy goals you would like to try as a family.

Start slowly – start with small changes that are achievable and will give your family success.

Include children – ask younger children for their ideas and let older children make some decisions about what family activities to try.

Get going – choose a family activity for a week and have a go e.g. turn off the TV for one night and play a game together or go for a walk after dinner.

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
I will be away 11th-17th September so leave a message and I will return your call to confirm your place.

Kids’ Fishing Workshop
Kids 8-14 years old are invited to learn to fish safely and responsibly. Instructors are experienced volunteers and staff from Industry and Investment NSW. The day runs from 10am-2 pm and involves fishing techniques, bag and size limits, fish handling for catch and release. The workshop consists of some theory in which the children learn how to tie knots and rigs, handle and identify fishing and learn how to cast. This is followed by a lunch, then fishing. $40 per child and includes rod and reel combination, shirt, hat, tackle box and show bag – all to take home!

Bookings are essential – Maximum 25 participants

Location: Dutton Trout Hatchery Point Lookout Road Ebor
Date: 19 October 2014
Bookings close 16 October 2014
Contact: Milan Duwenhogger-Lange 0458 274 876 (please leave a message) Milan,duwenhogger@dpi.nsw.gov.au

Become A Volunteer Host Family
Enrich Your Home With A WEP Exchange Student. World Education Program (WEP) is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. Choose a student from Italy, Belgium, France, Switzerland, The Netherlands or South America and get a glimpse into the life of another culture without having to leave the comfort of your home! Our exchange students are just as excited about sharing their own culture and life experiences as they are about becoming a member of an Australian family. Find out more! Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact WEP today to receive a full information pack for your family, including student profiles.
Sylvia Kelly - Manager - Inbound Exchange Programs
Phone: 1300 884 733 Email: info@wep.org.au
Online: www.wep.org.au

Live Life Well @ School

Establish healthy family habits
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Talk together as a family – decide on some healthy goals you would like to try as a family.

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Get going – choose a family activity for a week and have a go e.g. turn off the TV for one night and play a game together or go for a walk after dinner.

The simplest way
...to increase your fruit and veg intake

Myth:
Frozen and canned fruit and vegetables don’t count towards your daily intake of fruit and vegetables.

Fact:
- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt.)

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