Welcome back

A warm welcome back to a new year at Dundurrabin Public School. The staff are looking forward to a great term which started yesterday with a very productive Staff Development Day where we trained in anaphylaxis and first aid.

This year we will continue to operate two small classes. Kinder, 1 and 2 will be with Mrs Sangster and years 3, 4, 5 and 6 with Mrs Keough. Once again classes will combine for afternoon lessons. I have attached our planned timetable for your information, please take note to the change of day for our kitchen garden program. Gardening and cooking lessons will be on Wednesdays rather than Fridays this year. We look forward to having Bridget, Gail, Carol and our parent volunteers continue to work with us each week. As always, teachers welcome parents who wish to assist in the classroom. If you would like to help out with reading, maths or literacy groups or something else please speak with your child's teacher.

Small Schools’ Swimming Carnival – Thursday 5th February, 2015

The Small Schools’ Swimming Carnival will be held on Thursday 5th February 2015 at Bellingen Pool commencing at 9.15am and finishing approx. 1.30pm. Only students from 8 years of age and capable of swimming 50 metres are eligible to compete. School will run as normal for students not attending. Your support will be necessary for the Swimming Carnival by providing parental transport, supervision and support, meaning lots of cheering! Pool entry cost is $2 per person. If you are unable to transport or supervise your child/ren for the Carnival, please organise someone else to act on your behalf and please notify the school of your decision on the permission note. Permission notes need to be returned by this Friday.

Focus on Well-being

As a school there will be a focus on being resilient and maintaining a healthy well-being. Teachers will be using a variety of activities from programs such as "Bounce Back" and "Kids Matter". Students will be taught the skills of doing well and specific social and emotional problem solving skills.
Homework and Online Learning Program’s
As in past years, homework will be negotiated at parent teacher meetings which are planned to be held in the coming weeks. We have continued our online learning subscriptions including, Mathletics, Spellodrome and Reading Eggs. If families have internet access and wish for their child/red to access these subscriptions at home please speak with Mrs Keough or Mrs Sangster.

Early Action for Success
Our school has been selected to participate in the Early Action for Success strategy for 2015 and 2016. The program involves the identification of student’s levels of attainment in literacy and numeracy and tailoring specific learning programs to meet their needs. To do this Mrs Sangster and Mrs Keough will be working with Mr Alan Tonkin in the classrooms as well as participating in training and development. Mr Tonkin is an Instructional Leader, a specialist teacher in literacy and numeracy and will work with us and several other small and isolated schools. We look forward to implementing this program as we continue to focus on student improvement.

Thank you
Thank you to Fred, Laz and Gail for having our school, grounds and gardens looking wonderful to start the new year!

School Shirts Available at School
School or sport shirts are available at the office. School Shirts - $12.00 / Sports Shirts - $16.00 each.

Hat Reminders
Students must bring a broad brimmed or flap hat to school daily to wear outside during playtimes. Unfortunately students without hats will not be able to participate in outdoor activities.

Canteen
There will be no canteen for 2015, unless we have a parent/carer who would like to volunteer to operate the canteen this year, please let us know as soon as possible. It could be once a week, fortnight, month or term.

Variation to School Routine & Media Consents.
Attached to the newsletter is the Permission to Publish and Variation to School Routine (this allows students to walk to venues around the Dundurrabin village for school activities throughout the year) permission notes for 2015. Please sign and returned them to school as soon as possible.

SAKG Gardening & Cooking
Today we had our first kitchen and garden lessons for 2015. In the garden we participated in an herb identification activity. We harvested cucumbers, tomatoes, beans, leeks, parsnip, rhubarb, celery, carrots and herbs. In the kitchen we preserved vegetables and fruits that have grown in the garden during our Christmas holidays. We will be using them in vegetable stock, chicken stock, concentrated tomato sauce, rhubarb puree, nutless basil pesto, blanched beans and stewed apples. We also made a very yummy vegetable soup to share for lunch with everyone.

Thank you to Gail, Julie and Carol who volunteered today in the garden and kitchen. If anyone is interested in helping out and volunteering some time with the students in the garden from 10.40am to 11.20am or in our kitchen from 12noon to 1.30pm on Wednesday, please feel welcome to come along and join in.

Weekly Contribution of $1 per student for SAKG
The 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 or $10 for term 1.
2015 Workbook Fees
Workbook fees for 2015 remain the same - $30.00 per student. These fees help towards the costs of student items provided by our school e.g. exercise books, pens, pencils, glue etc… Thank you those families that have paid already.

P&C News & Community Notices
AGM/P&C Meeting—Wednesday 11th March – 9.30am
Our AGM and first P&C meeting for this year will be held on Wednesday 11th March at 9.30am. We would like to have as many people as possible attend. This is a wonderful opportunity to find out about and get involved with what is happening within the school. Please come along and enjoy a relaxed friendly gathering.

BookClub Issue 1 – Due back Monday 16th February
BookClub Issue#1 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 16th February.

Soccer News
Registrations open on 1 February for the 2015 soccer season. Again, registrations must be completed via the National Online Registration System at www.myfootballclub.com.au. The system allows players to register online, just select “Register Now” from the home page. The club will be holding registration information days at Dorrigo Recreation Ground clubhouse verandah to assist with completion of on-line registration or to accept fees after you have registered on-line. The information days will be held on:

Tuesday 10 February 3:15 to 5:15pm
Thursday 12 February 3:15 to 5:15pm

You can pay on-line or get an invoice emailed to you to pay at an information day. Remember you do need to be registered by Monday 23 February so that we can put teams together (for 8 years and over) for nomination to North Coast Football. Late registration makes team allocation difficult and sometimes leads to players missing out altogether. Please register early as a late fee of $25 applies for any registration made after the 23 February close date (excludes 5-7 years Miniroos). So get together, get online and get ready for another fun season of soccer.

Mums and Dads – we need you for women’s and men’s team so don’t forget to do your own registration online too.

Prompt refunds will be made in the event that players cannot be placed in a suitable team.

If you need more details before one of the information days contact registrar Rosalie Smith on 6657 5255 or treasurer Barbara Webster on 6657 2703.

RFS BBQ – this Friday 30th January
The Tyringham monthly RFS BBQ is on this Friday at 6pm (30th Jan) at the Dundurrabin Community Centre. All welcome.

Light, Landscape and Life from the Dorrigo Plateau Artists.
Five Dorrigo plateau artists are presenting their work at an exhibition at Bellingen Gallery & Framing Studio in Hyde Street from Sunday 18 January for four weeks. The wide range of mediums, styles and subject matter make for very interesting and stimulating viewing as the works range from large watercolours and pastels, intimate ink sketches and etchings to ceramic bas relief and sculpture.

The works of sculptor, Jenny Parkin, and pastellist, Di Clark, explore the human form in two very different mediums. Watercolourist, Connie Crane, specialises in depicting the complexity and beauty of flowers, while Claire Edwards, working chiefly in watercolour, finds inspiration in both the beauty and the quirkiness of nature. Louise Stanton employs pastel, acrylic and pen and ink to interpret water, wind, rocks and trees.

All five women are integral to art in the local area, exhibiting and for many years encouraging other artists through the Creative Mountain Arts Exhibition and the Fine Arts Section of Dorrigo Show. The artists will host the opening of the exhibition on Sunday 18th January at the Bellingen Gallery at 3/44 Hyde Street at 2 pm. Enquiries to Di Clark on 6657 8266 or Louise Stanton on 6657 2328.
The simplest way...to make sandwiches fun

Casey the Caterpillar

Ingredients
- 2 slices wholegrain bread cut into four circles, using a cookie cutter
- 2 slices reduced-fat cheese cut into four circles, using a cookie cutter
- 1 cucumber, sliced
- 1 cherry tomato
- 1 wooden skewer
- 2 raisins/sultanas
- Chives/ toothpicks – for antennas

Method
1. Layer bread, cheese and cucumber
2. Slide onto skewer to create body, with a tomato head
3. Cut slits in tomato to add raisin eyes, cucumber mouth and antennas

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

The simplest way...to add fruit and veg to brekky

Try our winning breakfast ideas at home:
- Serve your toast with a sliced avocado and/or tomato
- Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped vegies and melted cheese
- Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie
- Simply slice some banana or strawberries onto your regular breakfast cereal

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The simplest way...to create a veggie garden at home

This spring all you need to start growing your own vegetable garden is a foam box!

Foam boxes are light and easy for you and your kids to manage.

Step One: Cut six drainage holes in the bottom of the foam box.
Step Two: Elevate foam box by placing it on some old bricks and fill with potting mix.
Step Three: Plant seedlings or seeds, making sure not to over plant (aim to plant around 4-6 seedlings per box).
Step Four: Water and care for your seedlings daily.

Try planting tomato, pumpkin and zucchini seedlings this spring... and watch your kids enjoy eating the results!

For more information visit www.eatittobeatit.com.au
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The simplest way...to food shop on a budget

Here are our 5 top tips for saving money at the checkout:

1. Create a weekly menu plan
2. Write a shopping list according to the menu plan and stick to it!
3. Compare unit pricing - often you will be able to save a lot of money this way
4. Buy fruit and vegetables that are in season- this can save you up to 35% than other times of the year- or buy canned/frozen where fresh is not available
5. Limit your purchases of processed snacks/ meals - these are often unhealthy and expensive

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