Small Schools’ Swimming Carnival
On Thursday 5\textsuperscript{th} February I went to the swimming carnival at Bellingen. I came 3\textsuperscript{rd} in freestyle, 2\textsuperscript{nd} in backstroke, 2\textsuperscript{nd} in breastroke and 1\textsuperscript{st} in the 200mtr medley. I spent the day with Hernani Public School students and had lots and lots of fun. 
By Jazmin Horwood

District Swimming Carnival
Congratulations and good luck to Jazmin Horwood who qualified to go to the District Swimming carnival at Macksville today.
Preschoolers Morning
We had Quill, Jackson and Nikita join us for our Preschool morning last Monday. They all had fun playing together, singing and making a bus with passengers. Thank you to Jazmin, Emily and Lucy for setting up the equipment for the gross motor activities. Our next Preschoolers morning will be 9th March

SAKG Gardening & Cooking – Week 2 & 3
Week 2 - In the garden we planted beans, cabbages, broccoli, beetroot, snow peas, sugar snap peas and mixed dried beans. We harvested cucumbers, tomatoes, beans, leeks, parsnip, rhubarb, celery, carrots, herbs and apples. In the kitchen we cooked carrot and parsnip rosti, thai cucumber and carrot salad, summer beans, fast tomato sauce, rhubarb and raspberry summer tart and bottled tomato sauce.
Thank you to Gail, Julie and Colleen who volunteered today in the garden and kitchen.

Week 3 – Due to the wet weather we participated in another herb activity indoors and made some posters. We harvested cucumbers, tomatoes, beans, leeks, parsnip, rhubarb, celery, carrots, shallots, spinach herbs and apples. In the kitchen we cooked garden pasties, stuffed Mediterranean vegetables, spicy rice, our own garden salad and three berry muffins.
Thank you to Gigi, Quill, 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.

K-2 Students
K to 2 students have been studying “The Gingerbread Man” in English and then had fun making gingerbread men on Friday.
Combined Schools Sport Afternoons
We travelled to Hernani Public School on Friday for our first combined sport afternoon. The children all enjoyed parachute games followed by duck, duck, goose for the younger children and cricket for the older children. Our next visit to Hernani will be on Friday 13th March.

Term 1 dates will be: Friday 20th February
Friday 6th March
Friday 20th March
That means our first special canteen day will be this Friday 20th February. Please see the attached order form and return it with money back to school by this Wednesday 18th February.

Schools Clean Up Australia Day – Friday 27th February
On Friday 27th February the students will be participating in Schools Clean Up Day. They will be cleaning up in the school grounds as well as out the front of the school. Inspiring children to care for the environment is a vital part of Clean Up Australia Day. If any parents or community members would like to volunteer to come and help us, we will be starting at 9.20am.

Wood Splitting Working Bee – Saturday 7th March
In preparation for the upcoming wood raffles our P&C need your help at our wood splitting working bee on Saturday 7th March from 10am. Fred has done a wonderful job in the past years organising all aspects of our wood raffles but it would be appreciated if someone could step up and help share the loading and delivery if possible. So if you are available on this day, please come along as many hands make light work for everyone. Please bring along a blockbuster, chainsaw, block splitters if you have one and safety equipment needed. The P&C Association requires that every volunteer must give our local P&C $2 donation for insurance purposes in case of an accident.

Year 6 Pre-Excursion Brisbane Leadership Meeting
Monday 9th March – Parental Transport Needed
Year 6 students attending the Brisbane Leadership Conference will be attending a group meeting to go over arrangements, meet the accompanying teachers, students and answer questions. The meeting will be on Monday 9th March at Bellingen Public School - time to be confirmed. Students will need to be collected from Dundurrabin PS and driven to Bellingen PS. After the meeting parents will need to collect their child. Parents may attend the meeting as well to find out more information about the excursion. Students will need to wear full school uniform and have a packed lunch and water for the trip. Please sign and return the consent note attached.

Ride 2 School Day – Tuesday 10th March
Students will be participating in a Ride 2 School Day on Tuesday 10th March, where they bring their bikes and helmets to school. The day
will include some obstacle courses and road safety activities. If your child does not have a functioning bike or helmet, please let us know so that extras can be organised. **Bike and helmets can be brought into school ready for this event.** They will be stored in the old Library and can be collected after the day.

**Combined Schools Day – Samba Experience - Monday 16th March**

On Monday March 16th we will welcome Hernani, Ebor, Chandler and Nymboida Public Schools to Dondurrabin for a combined schools day. The focus will be music. Years 1 to 6 students will participate in a percussion workshop “The Samba Experience” while kindergarten students will learn about different percussion instruments, body percussions and play our marimbas. For the afternoon we will divide into groups to have a go at designing and making our very own musical instruments. There will be a cost of $5.00 for Years 1 to 6 students for the workshop.

Our P&C will be organising fruit break, recess and lunch on the day. Lunch orders will be attached next newsletter.

**Year 6 Brisbane Leadership Excursion – Thursday 19th & Friday 20th March**

Year 6 students have been invited to attend the Student Leadership Conference at Brisbane on Thursday 19th March and Friday 20th March along with student leaders from our other small school communities. They will travel by bus to and from Bellingen Public School. Please note that the **cost to students will be around $126 due to a $50 school P&C subsidy. Money is to be paid in full by Monday 9th March, 2015.**

**Request for Beer Bottle Tops and Water Way Rubbish**

We are requesting students to collect beer bottle tops and any litter that may be found around water ways. This will help us with two exciting projects coming up soon.

**Representative Trials – Soccer / Football / Tennis / Cricket etc….**

A number of opportunities are available in a variety of sports for talented students to represent the Mid North Coast. If you are interested in your Year 5 or 6 student attending any of these events please see Melissa or Mrs Keough for information and consent.

**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.

**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.

**P&C News & Community Notices**

**P&C Positions**

Congratulations to our new P&C position holders for 2015. They are:-

- President – Gigi Pankhurst
- Vice President – Abby Not
- Treasurer – Becky Wykes
- Secretary – Leonie Pankhurst

**Easter Raffle Donations - Easter Eggs Needed**

The P&C is asking families if they could kindly donate some Easter Eggs or “something Eastery” for our raffle that will be drawn on Thursday 2nd April at our School Easter Hat Parade. **Tickets will be sent home closer to the date.**

**Club Issue 1 – Due back TOMORROW**

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 tomorrow.

**RU Ready for Rugby?**

Following on from the incredible success over the past 2 seasons, the Dorrigo Rangers are again set to make their presence felt in the Mid North Coast rugby union competition. This year the Rangers will be fielding teams in Under 8’s, Under 10’s, Under 12’s, Under 14’s, Under 16’s & Under 18’s. The age groups relate to the age you are on 31 December 2015.

Registration fees for 2015 include a pair of Rangers’ shorts and socks, and the ARU’s player insurance cover. Fees for 2015 are as follows:

- Under 8’s & Under 10’s: $100, Under 12’s: $115
- Under 14’s, Under 16’s & Under 18’s: $150

Registrations will be held from 3.30pm – 5.00pm on Tuesday 10, Tuesday 17 & Tuesday 24 February at the Dorrigo recreation ground (Southern end).

All new players are very welcome and full instruction will be provided on how to play the game safely. We pride ourselves on the spirit in which we play our
rugby and the teamwork and sportsmanship we display while proudly representing the Dorrigo community. As a club, we have a zero tolerance policy on bad behaviour and foul-play both on and off the field.

A big thank you to the following local businesses who have already offered to generously sponsor our junior teams for the 2015 & 2016 seasons:

**Major sponsors:**
Juan’s Café del Fuego and Heritage Hotel Motel

**Minor sponsors:**

If you are interested in assisting/coaching, or you need more information please contact the following people:
Under 8’s, 10’s & 12’s, Sim Mila 0412 983 892
Under 14’s, Pete Singleton 02 6657 6061, or email peter@foodsure.com.au
Under 16’s, Paul Sheather 0419 286 962
Under 18’s, Darren Beaumont 0428 574 124

**Soccer rego still open**
Registrations are still open for the 2015 soccer season at www.myfootballclub.com.au. Just select “Register Now” from the home page to complete on-line registration. Payment can be made on-line or select manual payment to pay locally. Players need to be registered by Monday 23 February so teams (for 8 years and over) can be finalised. Please register before the close date to avoid the late fee of $25 (excludes 5-7 years Miniroos). So get together, get online and get registered. Mums, Dads, past players, new players – 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 contact registrar Rosalie Smith on 6657 5255 or treasurer Barbara Webster on 6657 2703.

**Dorrigo Chamber of Commerce**
The Dorrigo Chamber of Commerce provides a free Events Calendar on our local website www.dorrigo.com. For any local business, community group, music group, sporting group, hobby groups, service club, church group or school all you have to do is go to the website, register and then upload your event. You can add photos and information easily. We also have a local directory on the website of businesses, community groups, sporting groups, schools, hobby groups, church groups and service clubs. We provide free listings for all community or not-for-profit groups and schools. If you are involved in a not-for-profit group have a look at www.dorrigo.com to see if your listing needs updating or a photo added. If it does get in touch with us at chambertreasurer@dorrigo.com. Dorrigo Chamber of Commerce is a not-for-profit group interested and keen to promote our great town of Dorrigo and surrounding areas so get on board today!

**Coffs Harbour & District Baseball Association**
Players of all ages and abilities are invited to come and try baseball at the annual sign on days. New and returning players can register at the sign on days to be held at the Bray Street Sports Grounds in Coffs harbour on March 14th, 21st and 28th between 9am and 12pm. The season will commence on Saturday 11 April at the Bray Street grounds and then will shift to the Stadium Drive fields in early May 2015. For further information, please contact Bill Langler on 0421 553 093.
**The simplest way**

to add healthy snacks in lunch boxes

Snacks are an important part of a healthy diet for active children. Kids have little tummies so they need small amounts of food often. Try these simple & healthy snack ideas in your kid’s lunchbox:

- **Popcorn**: plain air-popped popcorn (without salt or butter) mixed with sultanas and dried apple
- **Dried fruit snack packs**: buy them ready made, or make your own at home in reusable containers
- **Fruit salads**: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit and make your own
- **Crackers & veg**: slice up some avocado or tomato with some rice crackers

It’s scientifically proven that kids like smaller portions – so cutting up fruit + veg will ensure it’s eaten every day!

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

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**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 sits in tomato to add raisin eyes, cucumber mouth and antennas

For more information visit
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or join us at facebook.com/eattittobeatit

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**The simplest way**

...stay healthy over Summer.

Summertime = BBQ time in Australia.

Here are five ways to make your barbies as healthy and delicious as possible.

- Limit or avoid processed meat like sausages and bacon.
- Use lean cuts of meat.
- Make sure half your plate is filled with vegies.
- Cook vegies like eggplant, zucchini and capsicum straight on the bbq (or as part of the kebab in picture).
- Make a few salads to serve on the side.
- Freezing fruits like grapes and berries make a delicious treat for a dessert on a hot day.

For more information visit
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or join us at facebook.com/eattittobeatit

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**The simplest way**

...to inspire a healthy breakfast

A healthy breakfast improves energy levels, alertness and concentration. It’s also a good way to get a serve of fruit + veg in.

Here are some quick winter warming breakfast ideas:

- Sliced bananas or avocado make a yummy addition to toast
- Chop and add left-over vegies to an omelette or savoury pancake
- Add fresh or canned fruit to porridge
- Top a wholemeal muffin with cooked tomato, mushrooms, baked beans or creamed corn

For more information visit
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