**District Swimming Carnival**

**Congratulations to Jazmin Horwood** who represented our school at the District Swimming carnival at Macksville on Monday 16th February.

**Schools Clean Up Australia Day**

On Friday we participated in Schools Clean Up Day. Students collected rubbish in the school grounds as well as out the front of the school.
**SAKG Gardening & Cooking – Week 4 & 5**

**Week 4** - Due to the wet weather we participated in some inside activities. We harvested cucumbers, spinach, lettuce, shallots, tomatoes, vitamin green beans, leeks, parsnips, carrots, herbs and apples. In the kitchen we cooked golden beans, end of Summer soup, seedy bread rolls and rhubarb/apple/blueberry compote. We also froze beans, tomatoes, rhubarb and apples. **Thank you to Colleen and Julie who volunteered in the garden and kitchen.**

**Week 5** – In the garden we planted onion, shallot and kale seedlings. We also planted carrot, leek and shallot seeds. We weeded under the apple trees and the berry patch, as well as cleaned up the tomato beds. We harvested cucumbers, spinach, lettuce, shallots, tomatoes, vitamin green beans, leeks, parsnips, carrots, herbs and apples. In the kitchen we cooked bountiful stir fry, spicy lentils with caramelised onions and carrots, oriental beans and rhubarb and apple crumble. **Thank you to Gail and Carol who volunteered in the garden and kitchen.**

**Welcome Robert and Cassie**

Last week we welcomed 2 new students to our school, Robert in Kinder and Cassie in Year 3. They’ve both made an excellent start transitioning into our school routines and are enjoying their new friendships.

**PLP Meetings – Personalised Learning Plans**

Thank you to families who attended their PLP meetings last week. If you cannot make your time, please let us know before hand and we can arrange a new time.

<table>
<thead>
<tr>
<th>Time</th>
<th>Wed 4th March</th>
<th>Thurs 5th March</th>
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<tbody>
<tr>
<td>8.15am</td>
<td>Emily O’Brien</td>
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<tr>
<td>8.30am</td>
<td>Lucas O’Brien</td>
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<tr>
<td>3.30pm</td>
<td>Jarvis Pankhurst</td>
<td>Jazmin Horwood</td>
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<tr>
<td>3.45pm</td>
<td>Tyrie McLennan</td>
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<tr>
<td>4pm</td>
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<td>4.15pm</td>
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**Special Canteen Lunches – this Friday 6th March**

This Friday 6th March we will have another special canteen lunch. Please see the attached order form and return it with money back to school by this Wednesday 4th March. **Next canteen day will be Friday 20th March.**

**Wood Splitting Working Bee – this Saturday 7th March**

In preparation for the upcoming wood raffles our P&C need your help at our wood splitting working bee this 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 every volunteer to pay our local P&C a $2 donation for insurance purposes – in case of an accident.
Preschoolers Morning – Monday 9th March
Join us for our next preschool morning on Monday 9th March from 10am to 12 noon. There will be educational activities that help develop gross and fine motor skills as well as art and craft. All preschool children aged 1-5 are welcome.

Fruit & Vege Sense Workshop
There will be a free Fruit & Vege Sense workshop here at school during our Preschoolers morning on 9th March from 10am to 11.30am. See the flyer below for more information. Registration is essential.

Year 6 Pre-Excursion Brisbane Leadership Meeting
Monday 9th March
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 at 1.30pm. Students will need to be collected from Dundurrabin PS at 12noon and driven to Bellingen PS. The meeting should finish at approximately 2.30pm and parents will need to collect their child. Students will need to wear full school uniform and have a packed lunch and water for the trip. Thank you Jo Horwood who has volunteered to drive the students to Bellingen and back.

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 obstacle courses, activities and road safety lessons. If your child does not have a functioning bike or helmet, please let us know so that extras can be organised. Bikes 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.

Trash Free Tuesdays – Starting Tuesday 10th March
Beginning Tuesday March 10 we are going to try to create less rubbish at school. On Tuesday every week, our school will have a low waste lunch box day where we will try to have no rubbish in our lunch boxes. Food packaging can be left at home or taken home for reuse or recycling. Class bins will remain available for non-food/packaging waste and wwe can feed our food scraps to the chooks.

Annual School Report
Our Annual School Report for 2014 is complete and available for families to read on the school website under the "Our School" tab. On the website you'll also find our fortnightly newsletters, photos from special events, the 2015 school information book and dates for our 2015 preschooler mornings. Check it all out at http://www.dundurrabi-p.schools.nsw.edu.au

Combined Schools Sport Afternoons
We will be travelling to Hernani Public School on Friday 13th March for another sports afternoon. We will depart Dundurrabin Public School at 12.30pm. We will have lunch (packed from home), a sport session and fruit at Hernani Public School before returning to school in time for normal bus routine. Transport will be by Jim’s bus. Thank you to those families who have already paid for the term. If not please send your child’s $16.00 per student ($8.00 each trip) into school as soon as possible.
Combined Schools Day – Samba Experience - Monday 16th March
On Monday March 16th we will welcome Hernani, Ebor, Chandler and Nymboida Public Schools to Dundurrabin 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 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 are attached; please return orders and money back to school by Monday 9th March.

Our P&C is catering and we will need volunteers on the day as well as all families to provide cakes / slices. Please phone Becky Wykes on 66578 280 if you can help out on the day.

Year 6 Brisbane Leadership Excursion – Thursday 19th & Friday 20th March
Year 6 students will 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 NEXT Monday 9th March, 2015.

Harmony Day Feast – Wednesday 25th March
We will be participating in Harmony Day on Wednesday 25th March. Students can come to school dressed in multi (non-uniform) in orange clothes – the official colour for Harmony Day. The theme for Harmony Day this year is “Thank you for celebrating 15 years”. To celebrate the day we would like to invite parents, carers and community members to come and join us for a Special luncheon at 1.30pm. This is an open invitation to the community to come along and celebrate the diversity of our community. If you want to be involved, come along and help the students prepare the feast.

Finlayson Cup Sports Day – Thursday 26th March
We will be attending Finlayson Cup Sports Day at Chandler Public School on Thursday 26th March. The day will begin at 9:30am, and is due to finish by 2:30pm. We will be travelling by bus at a cost of $15 per student. Cup days are always enjoyed by all as they are about participation, giving it your best and socialising with other students. Everyone has the opportunity to try each event, and points earned throughout the day will go towards our school’s total score. Students will need to catch Jim’s high school bus run in the morning and will return home on the high school bus – unless otherwise arranged with Jim. Students who do not catch the bus will need to be at the shop at 7.50am in the morning and will need to be picked up at 3.45pm in the afternoon. This is a whole school excursion. Please return the consent note attached and money as soon as possible. There will be room on the bus for some parents ($5 each), please see Melissa.

Easter Hat Parade & Term 1 Assembly – Thursday 2nd April – 2.00pm
We will have our Term 1 Assembly, annual Easter Hat Parade and egg hunt on Thursday 2nd April at 2.00pm.

Request for Juice Bottles, Cardboard Rolls and Tins
We are requesting students to collect small pop top juice bottles, tins (all sizes) and cardboard rolls from gladwrap / foil etc... (no toilet rolls). This will help us with three exciting projects coming up soon.

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 to those families who 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 Wednesday per child or $10 for term 1.

P&C News & Community Notices
Easter Raffle Donations - Easter Eggs Needed
The P&C is asking families if they could kindly donate some Easter Eggs or “something Easterly” for our raffle that will be drawn on Thursday 2nd April at our School Easter Hat Parade. Tickets are attached to the newsletter, please have them back at school by Wednesday 1st April.

P&C Catering – Thursday 12th March
Our P&C will be catering for a Fire Management Workshop at 9.30am on Thursday 12 March 2015 at the Dundurrabin Community Centre. Becky and Colleen will be helping on the day. If all families could
supply a cake/slice on the day. Thank you to those who have already committed to baking.

**BookClub Issue 2 – Due back Monday 16th March**

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 March.

**Soccer News - Counting down to kick off!**

Dorrigo Highlanders FC has nominated six junior teams in the North Coast Football competition for this season, but we are still looking for players to fill a few remaining spots. We’ve nominated both a 14 and a 16 years girls team and invite all girls between 12 and 16 years to come and try a soccer training session with renowned girls football coach Kim Preece on Thursday afternoon (5 March) at the Rec from 3:30pm. We’re confident if you try it, you’ll love it and want to register immediately. Bring a friend and give it a go.

We’re also looking for 10, 11 and 12 year old boys and girls to play in the mixed 11 years team. Please register on-line or contact Rosalie Smith on 6657 5255 or Melissa Pitkin on 6657 2032 if you think you might be interested. To register go to [www.myfootballclub.com.au](http://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. It’s really easy and there’s help available. So get together, get online and get registered. Mums, Dads, past players, new players – we need you for the men’s and over 30 women’s team so don’t forget to do your own registration online too. If you need more details contact registrar Rosalie Smith on 6657 5255 or treasurer Barbara Webster on 6657 2703.

**Kids’ fishing workshop**

Kids 8-14 years old are invited to come out to fish safely and responsibly. Instructors are experienced volunteers and staff from Industry Investment NSW. The day runs from 10 am to 2 pm and involves fishing techniques, fly dress making, fish handling for each release.

- $35/ $45 PER CHILD, and includes
- rod & reel combinations & lead, fluo, leader box, and show bag — all for $10! 
- DUNKINGS ARE ESSENTIAL. Maximum 25 participants.

**Location:** The parking lot next to the Yacht Club (closest to the jetty), Coffs Harbour.

**Date:** 15th of April 2015

**Booking Close:** 13th of April 2015

**Contact:** Milan Duwenhoger-Lange
0458 274 876 (please leave a detailed message)
milan.duwenhoger@dpi.nsw.gov.au

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**Did you know all children aged 0-17 years are entitled to free dental care?**

To be eligible all you need is a current Medicare Card.

**No Health Care Card required.**

For an appointment please call:

**1300 651 625**

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**NSW Family Energy Rebate**

2014-2015

S$150 TOWARDS ENERGY BILLS

2 MINUTES TO FILL IN A FORM

https://applications.fer.trade.nsw.gov.au/ *eligibility criteria apply

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Fruity Muesli Bars

2 eggs, beaten  
¼ c honey  
¼ c low fat milk  
1 c dessicated coconut  
1 c wheatgerm  
¼ c wholemeal SR flour  
2 x 200g packets chopped dried fruit medley  
½ c currants  
½ c tropical juice, no added sugar

1. Preheat oven to 180°C. Line rectangular slice tin with baking paper
2. In large bowl combine eggs, honey, milk and juice. Stir with large metal spoon. Add coconut, wheatgerm, flour, dried fruit, and currants. Stir until well combined
3. Press mixture into prepared tin
4. Bake 30-40 mins or until golden brown. Allow slice to cool in tin and then cut into bars. Wrap each bar in greaseproof paper and twist ends like bon bons to seal

Recipe from www.daa.asn.au/recipes

Research tells us that children who master a specific set of fundamental movement skills are more likely to be physically active as they get older, participate and enjoy more sport. These skills are categorised into 3 groups

Stability skills: e.g. balancing, twisting, stretching
Locomotor skills: e.g. running, hopping, jumping, skipping, galloping, leaping
Manipulative skills: e.g. throwing, catching, dribbling a ball or striking an object

Encouraging fundamental movement skills at home and school is easy. Here are some tips:-
• Kick, throw and play ball activities with your children
• Encourage them to run, jump, hop and skip during play
• Encourage kids to be involved in dancing

Nutrition Snippet

...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.eatitobeatit.com.au today!

Nutrition Snippet

The simplest way
to make shopping fun

Grocery shopping is an important time for kids to learn about storage, selection and preparation of fruit and veg.

Try these games next shopping trip to challenge your kids’ fruit & veg knowledge:

1. Play fruit & veg ‘I spy’ - name a colour and get your kids to find all the fruit and veg they can in that colour.
2. Fruit or veg of the week - let your kids select a new fruit or veg to try for that week. Brainstorm together what meals you could create with this new ingredient.
3. If you’re stuck for variety - set your kids a challenge to pick a furry fruit, an odd coloured vegie or a vegie that grows in the ground.

Try different ways of approaching fruit and veg: you’ll be surprised at the difference it makes to your child’s eating habits.

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