Welcome Back

Welcome back to the second school term for 2015. All students started back at school today refreshed and ready for another exciting term at DPS. Many of you have noticed our decorated bin as part of the SPUD project situated on the NAB corner in Dorrigo. We have been overwhelmed with numerous positive comments, phone calls and social media posts about the bin, expressing how fantastic it looks. When we visit Dorrigo on Thursday we will take the opportunity to have a whole school photo taken with our bin as requested by the Dorrigo Chamber of Commerce. How exciting- a great little pump for our small school. Our ANZAC display has also reeled in positive feedback from our local community. Our display was due to be set up in the old computer store although plans changed on the last day of term. Thank you to
Noble Auto Repairs for allowing us some window space for our display. Students artwork, photographs, poppies, ANZAC information and our mosaic pavers has all come together as a way of showing our respect and appreciation for the soldiers who fought for our country.

Easter Hat Parade & Term 1 Assembly
It was fantastic to see so many parents, carers and families here for our Term 1 Assembly. Congratulations to our award recipients. All students presented themselves and their work wonderfully at the assembly. Well done to Jadon Broadhurst, Lucy Not and Joe Wykes who all presented their first assembly.
Amart Sports Community Kickbacks program
We have recently signed up for the Amart Sports Community Kickbacks program. Being part of this program entitles us to receive 5% of sales made by our school community. It's simple, when purchasing from Amart Sports state our school name and they'll do the rest. Any funds received through the program will allow us to purchase sporting equipment or update our sporting facilities.

School Plan 2015-2017
Our school plan for 2015-2017 has been uploaded onto our school website. We have three strategic directions to guide our school over the coming three years.

1. Dynamic Teaching Team - Ensuring learning for students is based on quality educational delivery, high expectations and the implementation of innovative and creative practices.

2. Strong Well-being - Our students have the right to be empowered to make positive choices, to be confident and emotionally strong. They need to be able to manage their emotional well-being and develop personal attributes such as honesty, resilience, empathy and respect for others.

3. Community Partnerships (Dorrigo Plateau Community of Schools project) - Enhancing teacher quality and capacity in a culture where teachers actively pursue quality professional learning and leadership opportunities to drive best practice teaching across our community of schools.

The school plan along with our vision statement and school context can be viewed on our school website under the "Our School" tab at http://www.dundurrabi-p.schools.nsw.edu.au/our-school

ANZAC Excursion – this Thursday 23rd April
We will be travelling into Dorrigo this Thursday, 23rd April. **We will be leaving school at 9:00am.** We will visit the Dorrigo Museum for a History of The Plateau. We will then walk to Dorrigo Rec Grounds for Recess at 11.30am followed by a sport session with Mr K at the stadium. At 1.30pm we will visit Dorrigo Memorial RSL for an ANZAC session with Mr Bob Denner. We will leave town at 2.30pm and return to school for normal bus/home routine.

Students need to pack their own lunch and recess, hat, water and wear sports uniform.

No cost to students. Thanks P&C for paying for the bus. **Please fill out the consent note (if attached) and return to school by tomorrow.**

DORRIGO RSL SUB BRANCH- CENTENARY OF ANZAC
This Year’s ANZAC Day will commemorate the Centenary of the Landing at Gallipoli on the 25th April 1915.

Our ANZAC Day is on this coming Saturday.

The Dawn Service will commence at 5.30am at the Dorrigo Monument.

The March & Wreath laying Service will commence at 11.00am with the march from the Dorrigo memorial RSL Club.

There are some changes to the Order of March this year and the Dorrigo Schools contingents will be towards the head of the march, and the Schools will end up in Cudgery Street behind the Veterans Group near the bus shelter.

A feature of this years’ Service will be a re-enactment of a World War 1 Recruiting March with Dorrigo High School students taking part with vintage vehicles and horse drawn vehicles. Families and members of the public are invited to dress in period costume and line Cudgery Street and welcome these Marchers to the Monument. Dorrigo Dramatic Club has items of period clothing for hire.

After the March, young marchers are invited for refreshments at the Dorrigo Recreation Pavilion, NOT the Girl Guide Hall as in previous years.

For further information contact Bob Denner on 6657 1145 or rdenner@bigpond.net.au.

ANZAC Day March – this Saturday 25th April
The Dorrigo RSL Sub Branch has invited staff and students to march as a School Group in the Dorrigo ANZAC Day March and Wreath Laying Service this Saturday 25th April. We need to assemble outside the front of the RSL club at 10.40am, ready for step off at 11.00am. Light refreshments will follow the service for our marchers at the Dorrigo Recreation Pavilion.

Young marchers are encouraged to wear their families’ medals and decorations. Parental transport and supervision before and after marching is required. **Please return the consent note (if attached) to indicate if your child/ren will be attending by tomorrow.** To look our best, full school uniform (school sports shirt) and navy hat must be worn on the day. If it is a hot day, students may wish to bring a bottle of water with them to sip from.
**Combined Schools Sport Afternoons**
We will continue to travel to Hernani Public School this term for sport afternoons. When travelling to Hernani Public School for sport 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 for the term at a cost of $16.00 per student ($8.00 each trip). Term 2 consent note will be sent home next term.

**Term 2 dates to visit Hernani will be on Friday**
- 1st May at Hernani PS
- 29th May at Hernani PS

Please fill out the consent note and return to school by this Friday.

**Preschoolers Morning – Monday 4th May**
Join us for our next preschool morning on Monday 4th May 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.

**Years 5 & 6 only - GRIP Student Leadership Conference – Coffs Harbour – Thursday 7th May 2015**
Year 5 & 6 students will be attending a Student leadership Conference at Coffs Harbour Racing Club on Thursday 7th May. The conference will be very worthwhile and informative for our school leaders. The cost for the day will is $35.00 per student, but we will be utilising the Student Assistant Scheme funds to pay. Students will need to wear full school uniform on the day and bring a packed recess, lunch, drinks, hat and jumper on the day. Students will need to arrive at Coffs Harbour by 8.45am and the day should finish approximately at 2.30pm. Parental transport will be needed for this excursion. Please fill out, sign and return the consent note (if attached) by tomorrow.

**Reminder - Trash Free Tuesdays**
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 we can feed our food scraps to the chooks.

**Special Canteen Lunches – Friday 8th May**
Friday 8th May we will have a special canteen lunch. Lunch orders will be attached next newsletter

**Reminder - Change of Bus Routine**
Out of courtesy could families please inform the school and Jim of any changes in your child’s bus pick up or drop off. Jim’s mobile number is 0429 175 122.

**Stewart House Donation Drive – 2014**
This is a very worthwhile charity that supports 1800 public school children a year. Attached is an envelope for donations and a chance to win a $4,000 family holiday. Please return it by Friday 8th May to go in the draw.

**P&C News & Community Notices**

**P&C Meeting – Wednesday 6th May – 3.30pm**
Our next P&C meeting will be held on Wednesday 6th May (Week 3 - Term 2) at 3.30pm. 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. Items on the agenda include student reports and school planning. Please come along and enjoy a relaxed friendly gathering.

**Easter Raffle**
Congratulations to Thane Bird, Di Fahey and Abby Not who were the winners of our Easter Egg raffle last term. The P&C raised $374.55.

**P&C Wood Raffle Tickets – Attached**

First Prize: Trailer of split Firewood (Delivered locally)

Drawn: Friday 8th May.

Tickets: $1.00 each (books sent home last term).

Please have all tickets sold/unsold and money returned to school by Thursday 7th May.

**BookClub Issue 3 – Due back Monday 4th May**
Attached is Issue 3 Bookclub brochures. 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 4th May.

**RFS BBQ at Dundurrabin Community Centre**
This Friday is RFS BBQ night from 5pm not 6pm (daylight saving being over for this year). All welcome. There will be a $2 per ticket raffle with 3 prizes to choose from.
Dundurrabin Community Lunch at the Com.Centre
Our community lunch was a great success. As usual the “bring a plate” food worked out perfectly and we all enjoyed Allen Sisson’s music (accompanied by Charlie on the box drum). We’ll have another one in a few month’s time.

YOGA News from Shakti:
Term 2 starts Monday 20th April
YOGA at Dundurrabin Community Centre
Yoga & Relaxation
Wednesday 4.30pm to 6pm
10 weeks $150, 5 weeks $85, Casual class $20

Chakra Yoga Retreat with Swami Satyadharma
Awaken Joy, Creativity and Intuition at Mt Hyland (near Dorrigo) - 4pm Friday 15th to 2pm Sunday 17th May. Explore the 3 higher chakras – Anahata (heart), Vishuddhi (throat), Ajna (third eye) - to awaken joy, creativity & intuition. Yoga ~ Relaxation ~ Meditation ~ Satsang ~ Havan ~ Kirtan ~ Share Accommodation ~ Delicious Vegetarian Meals ~ in this beautiful, natural & rare forest environment. Early bird: $320 paid by 7th May Full Fee: $360 Contact: shakti.mudra@gmail.com or 0448 87 9642

Dorrigo Football (Soccer) Club News
Games are now underway for all the Dorrigo Highlanders teams playing in the North Coast Football competition. The Dorrigo Club has fielded 6 junior teams and both a women’s team and men’s team in the senior divisions with play across the region from Urunga to Corindi.
All teams will play a mixture of home and away games for the season with plenty of chances to support our Dorrigo teams at home. Call in to cheer if you are out and about for an away game. Please note there are no games scheduled for Anzac Day.
Play for Dorrigo teams on 2 May will be:
8’ Girls Dorrigo Lyrebirds at Urunga; 8’ Boys Dorrigo Quolls at Bellingen; 9’ Dorrigo Dingoes at Dorrigo; 11’ Dorrigo Wallabies at Woolgoolga; 14 Girls Dorrigo Bluegums at Urunga; 16 Girls Dorrigo Waratahs at Urunga; Womens Dorrigo Cedars at Macksville and Mens Dorrigo Highlanders at Bellingen. This will also be the first game day for our upcoming stars, the Miniroos, who will play every Saturday morning in Dorrigo. There is no travel for our Miniroos.
For draw details and field maps visit www.northcoastfootball.com.au and follow your team. Wet weather closures are also posted to this site. Go Highlanders!!
The simplest way
to get kids in the kitchen

Cooking in the kitchen is a great time to catch up with your kids, and get them involved in fruit and veg preparation. Try our top 10 tips for getting kids into the kitchen:

1. Washing vegies
2. Setting the table
3. Mixing the salad
4. Mashing potato
5. Putting toppings on pizzas
6. Choosing and adding fillings to sandwiches
7. Measuring frozen vegies before cooking
8. Picking fruit and veg from the garden
9. Unpacking shopping from the supermarket
10. Get older kids to help peel or chop fruit and vegetables

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

The simplest way
to create a healthier breakfast

Choose these simple, tasty options for your child’s brekkie to give them the energy to get through the day.

When you make their breakfast tomorrow, have a think about healthier alternatives.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Healthier</th>
</tr>
</thead>
<tbody>
<tr>
<td>White toast with vegemite</td>
<td>Wholemeal toast with avocado</td>
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<tr>
<td>Flavoured milk</td>
<td>Fruit smoothie with frozen raspberries, honey + reduced fat milk + yoghurt</td>
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<tr>
<td>Rice bubbles</td>
<td>Porridge topped with banana + honey</td>
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</tbody>
</table>

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

The simplest way
to bust hunger after school

Try these great vegie filled recipes that will top up their tank until dinner time.

Speedy Pizza
A wholegrain English muffin with tomato, corn, capsicum and reduced fat grilled cheese.

Fast Toasty Fingers
A slice of wholegrain toast cut into soldiers served with ‘reduced salt’ or ‘no added salt’ baked beans.

Vegie Kebabs
Kebab skewers with reduced fat cheese, cherry tomatoes & cucumber slices.

Macho Nachos
Corn tortillas and sprinkle with quartered cherry tomatoes, kidney beans and reduced fat cheese. Bake in oven for 15 minutes and serve with mashed avocado.

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

The simplest way
to drink the right amount of water

Summer is rapidly approaching, so we need to remember to keep drinking water regularly.

We should all aim for 2 litres a day, which may sound like a lot – but remember you get water from both drinking and eating the right foods.

Here’s some tips to help you and your family stay hydrated:

- Carry a water bottle with you wherever you go
- Mix 125mL of 100% fruit juice with sparkling water for a treat
- Add tinned or fresh fruit pieces to ice block moulds for a snack

Getting the right amount of water is important all year round, but crucial as it starts heating up!

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