On Saturday, Jazmin, Joe, Tyrie, John, Elsie, Izabellah, Caleb and Cooper represented our school at the Dorrigo ANZAC March. This year’s March was...
particularly special as we celebrated the centenary of ANZAC, marking 100 years since the leading of Australian and New Zealand Army Corps at Gallipoli during World War One. Our students were enthralled by the marching re-enactment and choral performance presented by students from Dorrigo High School. Jazmin Horwood and Joe Wykes laid a wreath of flowers on the monument on behalf our school community. Well done all marchers, your interest in this occasion and behaviour was impressive.

Stepping Back in Time- our excursion to Dorrigo.

Students and teachers took a step back in time last Thursday when we visited the Dorrigo Museum and the Dorrigo Memorial RSL. Our first stop for the day was our garbage bin where Vivian Hoskins took a number of photos of our students with the bin in preparation for a write up in the Bellingen Courier Sun in the coming weeks. Following this we met Kate and Lynn at the Dorrigo Museum to take part in a number of interesting activities where we were had be investigators and identify objects from the past. Lynn showed us lots of photos of Dorrigo dating back to the early 1900’s. Once refuelled with recess, we were all excited to observe the Dorrigo town centre from the balcony of the Heritage Hotel. Kate gave us a variety of photos of the main street as it has developed over the past 100 years and it was our job to investigate the changes and identify the several buildings still present today.

Students enjoyed a well-earned brain break for lunch and a quick game of cricket before meeting Bernie Fell at the Memorial RSL. Bernie spoke to us about World War One, the significance of ANZAC Day and her role with the Australian Defence Force. It was exciting to look at old memorabilia and artefacts on display, with some students identifying photos of known local servicemen and servicewomen. Just before departing for home, Mr Denner announced the results from the ANZAC shop window display competition. 1st Hernani PS, 2nd Mt St. John’s, 3rd Dundurrabin PS and Dorrigo PS received a highly commended certificate.
SAKG Gardening & Cooking – Week 1 – Term 2
In the garden we planted broadbeans and sweet peas. We cut down the Jerusalem artichoke stems for composting and the asparagus to ground level. We tied up the amaranth plants and weeded the carrot and parsnip beds as well as fertilised some garden beds. We built frost protection for our sandpaper fig. We harvested soy beans, snake beans, snow peas, snap peas, parsnip, pak choy, spinach, rhubarb, lettuce, tomatoes, leeks, shallots, chillies, capsicum and carrots. In the kitchen we cooked hearty vegetable soup, flat bread with oriental vegetables, mixed garden leaf salad with toasted sunflower seeds, rhubarb cookie bars and ANZAC biscuits. Thank you to Gail, Julie and Colleen who volunteered in the garden and kitchen.
11am. If your child is 8 years old and above and interested in participating, please talk to Mrs Keough for more information. **Parents will need to provide supervision and transport for this event.**

**NAPLAN 2015 – Yr 3 and 5- Tuesday 12th to Thursday 14th May**

NAPLAN (National Assessment Program- Literacy and Numeracy) testing for all students in Years 3 and 5 will be held at school in week 3.

*The dates and tests are as follows*

**Tuesday 12th May**- Language Conventions & Writing

**Wednesday 13th May**- Reading

**Thursday 14th May**- Numeracy

If you have any questions regarding NAPLAN please speak with Mrs Keough.

**Hernani Combined Schools Day – Tuesday 19th May**

We will be attending a Combined Small Schools Day at Hernani Public on Tuesday 19th May. Travel will be by Jim’s bus. More details and consent note next newsletter.

**National Walk Safely to School Day – Friday 22nd May**

Walk Safely to School Day is an annual, national event when all primary school children will be encouraged to walk and commute safely to school. It is a Community event seeking to promote Road Safety, Health, Public Transport and the Environment. Jim will be transporting students to the Community Centre where we will all walk safely back to school accompanied by a teacher. We will then have breakfast provided by the P&C. Parents/carers are welcome to join us to walk and enjoy breakfast, if they wish.

**National Simultaneous Storytime – Wednesday 27th May – 11am**

National Simultaneous Storytime is an important annual campaign that aims to encourage more young Australians to read and enjoy books. Now in its 15th successful year it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children’s book that explores age appropriate themes, and addresses key learning areas of the National Curriculum for Grades K to 6 and the pre-school Early Learning Years Framework. Every year a picture book, written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. The chosen book for 2015 is “The Brothers Quibble” written by Aaron Blabey.

**Jump Rope for Heart and Morning Fitness**

Morning fitness will kick off again this week. This term teachers are planning on facilitating fitness activities with a circus skills theme as well as skipping as part of the Jump Rope for Heart program. Once again we will be part of the Heart Foundation Outreach program which gives all schools and students in NSW the opportunity to access and be involved in a health and exercise program to learn the benefits of keeping your heart healthy. We look forward to learning new skipping techniques to demonstrate at our Jump Off at the end of the term assembly.

**Read More in May Challenge**

May is National Family Reading Month. Attached to this weeks newsletter all students will find a "Read More in May Challenge" sheet. Students are encouraged to keep a record of the time spent reading each day for the month of May. Once complete return the challenge sheet to school and teachers will assist students to enter the competition online. Reading time at home could include home readers, library books or reading material/books already at home. By reading more in May students could win $250 worth of book vouchers and books for our classrooms.

**School Website**

Our school website is regularly updated with weekly newsletters and photos of the highlights for each term. Be sure to check it out at http://www.dundurrabi-p.schools.nsw.edu.au

**Attendance**

Please remember that your child/ren needs to arrive at school before 9:20am each morning. A short note of explanation or a phone call to the school is required if your child is absent from school.
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 Wood Raffle Tickets – Please Return
First Prize: Trailer of split Firewood (Delivered locally)
Drawn: Friday 8th May.
Tickets: $1.00 each (book 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
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.

Dorrigo Fuji Karate Club
Dorrigo Fuji Karate Club invites you to discover the rewards of traditional Japanese Shotokan Karate. Increase your fitness, flexibility and coordination while learning self-defence. Studying a martial art promotes discipline and respect, focus, listening and memory skills. Phone Hazel Buchanan for further information.

Where: Dorrigo Public School Hall
When: Mondays Kids 5-6pm Adults 5:30-6:30pm
Phone: Hazel 0458 572525

GFS Kidsplus
Every Wednesday during the school term 3.00pm to 5.00pm in the Anglican Church Hall. Food, fun, games, worship and craft. Kindy through to Year 9. All welcome. Contact Rev Mike 66572015.

Dorrigo Drama Club Kids on Stage
Dorrigo Drama Club Kids on Stage is happening in 2015 and there is a whole lot of song and dance about it!! A Magical Mystery Tour by Pene Charles an all age production, so if you would like to sing, dance, act or be a part of the show in any other way be at the Old Gazette Theatre on Monday 27 April from 3.30 pm. All encouraged to come and be part of a great show. Any questions please ring Dina Luciani 66572243 in the evening is best.

Become a Volunteer Host Family
this July!
World Education Program (WEP) Australia is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2015. Our exchange students from Belgium, Denmark, Ecuador, Chile, Italy and the USA are young people like Matteo and Amelle, who look forward to experiencing a different culture and becoming a member of an Australian family soon. Request a Full Information Pack Now! Contact WEP Australia to request detailed program information and student profiles.
Contact Sylvia Kelly - www.wep.org.au
info@wep.org.au 1300 884 733
A not-for-profit student exchange organisation registered with the Education Departments in QLD, NSW and VIC.

Screen Free Week 4th – 10th May 2015

Screen Free Week is an annual international celebration when families, schools and communities swap digital entertainment for the joys of life beyond the screen.
Instead of watching TV, using a computer or playing video games, ideas for activities to do include:

- Go for a walk as a family
- Play a board game or cards
- Make dinner as a family
- Read a book to your children
- Volunteer in your community
- Paint a picture

For a FREE family guide and resources go to www.screenfree.org
The simplest way
...to add fruit at brekky

This delish recipe will give your kids a great start to their day!

Ingredients
2 eggs
1 tbsp honey
2 1/2 cups reduced-fat milk
3 bananas, sliced
2 cups self-raising flour
2 tbsp sugar
2 tbsp margarine, melted
3 medium apples, peeled, cored and grated

Method

Adding fruit in fun ways can make it more appealing to fussy eaters – for more ideas, visit our website today!

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

The simplest way
...to understand Health Star Ratings.

You may have noticed Health Star Ratings on the front of many packaged foods.

What do they mean?
Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier the product.

Why?
63 percent of adult Australians, and 1/4 children are now classed as overweight or obese. The Health Star Ratings help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars because we want healthy eating to be easier for everyone. Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!

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

The simplest way
...to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child’s lunch box:

- Plain air-popped popcorn (without salt or butter) mixed with sultanas + 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 + make your own!
- Crackers + veg: Slice up some avocado or tomato + send with some rice crackers
- Little veggie bags: cherry tomatoes, capsicum, carrot and celery sticks
- Frozen fruit bags: freeze grapes, orange quarters or strawberries + then send to school!

Remember: kids love small portions, so cutting up fruit + veg will help make sure they don’t bring it home at the end of the day!

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

The simplest way
...to work out how much fruit + veg you need.

Eating two serves of fruit and five serves of vegetables every day will help keep you and your kids healthy. But what does a serve look like?

A serve of fruit is 150 grams or:
- 1 medium fruit (apple/banana) or
- 1 1/2 tablespoons dried fruit (apricots/sultanas) or
- 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:
- 1/2 cup of cooked veg or
- 1/3 medium potato or
- 1 cup of salad

Pack fruit and veg every day for school lunches – every bit counts towards your child’s daily total – plus healthy food gives them extra strength to concentrate longer.

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