**FORTNIGHTLY AWARDS**

**Week 4 - Term 2, 2015**

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
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<tbody>
<tr>
<td>Student of the Week</td>
<td>Lucas O’Brien</td>
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<td>Sports / Value Person</td>
<td>Robert Maddern</td>
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<td>Mathlete of the Week</td>
<td>John Wykes</td>
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<td>Class Awards</td>
<td>Isabelle Cartmill</td>
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<td>Outstanding reading ability</td>
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<td>Being an attentive listener</td>
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**Well Done!**

**GRIP Leadership Report**

Our Year 5 and 6 students were highly engaged at last week’s GRIP Leadership Conference held at Coffs Harbour Racing Club. They enjoyed activities that helped them feel equipped to stand up and be a good leader at school. Particular focus was given to being a good role model for younger students, being a responsible learner and identifying ways in which they could support themselves to achieve. Thank you to Becky Wykes and Ken Lettice for transporting the children to and from Coffs Harbour and well done to our senior students for giving 110% effort in all activities and games.
SAKG Gardening & Cooking

Week 2
In the garden we planted broad beans, snap peas, snow peas and garlic. We pulled up our leeks and carrots, weeded and cleaned up our garden beds, fertilised and re-soiled some beds as well as mulched our garlic. We harvested leeks, carrots, beetroot, parsnips, shallots, snow peas, snap peas, pak choi, lettuce, sorrel and herbs. In the kitchen we cooked roasted winter vegetables with rosemary and garlic, mixed lentil patties with lemon dressing, garden salad with pearl barley and sweet sorrel tart. Thank you to Carol, Gail, and Julie who volunteered in the garden and kitchen.

Week 3
In the garden we planted crocus bulbs, kohlrabi, lettuce, pak choi, cabbage, broccoli and cauliflower seedling and pea, snow pea, lettuce, parsnip, carrot and Asian green seeds. Students also weeded and tidied up garden beds. We harvested potatoes, lettuce, herbs, pak choi, spinach, capsicum, carrots, parsnips, shallots, leeks and fennel. Thank you to Gigi for some Asian green seed packets, Di Freeman for the tamarillos, Gail for eggs, Bridget for crocus bulbs and seedlings, the Freeman’s for horse manure and an anonymous person for the garlic left at Tyringham Store. In the kitchen we cooked tamarillo, pear and fennel salad, leek and garlic tart, Asian greens with noodles, angel cake with fresh rockmelon and ginger syrup. Thank you to Gail who volunteered in the garden and kitchen.

Preschoolers Morning
We had Bailey, Henry and Lucy join us for our Preschool morning last Monday. They all had fun playing together, making a kangaroo with a pouch and a joey, a woolly koala, free drawing and construction games. Thank you to Emily, Lucy and Joe for setting up the equipment for the gross motor activities. Our next Preschoolers morning will be 1st June from 10am to 12 noon.
NAPLAN 2015 – Yr 3 and 5 - this 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 this week.
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
On Tuesday 19th May we will be attending a combined schools day at Hernani Public School. Mrs Winkel has planned an exciting day for our students including a special visit from the children’s book author John Heffernan. Students will engage in writing activities with Mr Heffernan as well as sporting activities with Mr K. Travel will be by Jim’s bus departing school at 9am and returning for normal bus routine in the afternoon. Please see attached the permission note for the day, the lunch order form from the Hernani PS P&C association and a book order form from Mr Heffernan if families would like to order any of his books. Please return permission notes with lunch orders and money by this WEDNESDAY 13th MAY. There will be no cost to families for this excursion, thank you to our P&C for paying for the bus and the school is funding the cost of the activities for the day.

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.

Special Canteen Lunches –Friday 22nd May
Friday 22nd May we will have a special canteen lunch. Lunch orders are attached; please return them by this Friday.

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.
Combined Sport Afternoons - CHANGE OF DATES
We have had to alter the dates for this term's combined sport afternoons with Hernani PS. The new dates for this term are as follows:
Friday 29th May - Sport at Hernani PS and Music Trio (morning visit) leaving school at 9:30am and returning at approximately 1:30pm.
Friday 5th June - Sport at Dundurrabin PS
Friday 19th June - Sport at Hernani PS
Please sign the new consent note and return to school by Monday 18th May. Payment for the two trips to Hernani PS has already been received by some families.

New England Conservatorium Music Trio – Friday 29th May
On Friday 29th May we will travel to Hernani Public School to attend a Music Trio performance and our fortnightly sports session. Students will depart school at 9:30am and return to school by 1:30pm in time for lunch and afternoon activities. The cost for the music trio is $4 per student. Travel will be by Jim bus. Please send money into school by Friday 22nd May.

Newspaper Request
We'd love your old newspapers. Please send in any unwanted newspapers to school over the coming weeks for use during art and craft activities. Thank you.

P&C News & Community Notices
P&C Wood Raffle My Winner
Congratulations to Tyrie McLennan who was our first wood winner of the year. The P&C raised $249.00.

P&C Wood Raffle Tickets
First Prize: Trailer of split Firewood (Delivered locally)
Drawn: Friday 5th June.
Tickets: $1.00 each (book sent home last term).

Please have all tickets sold/unsold and money returned to school by Thursday 4th June.

Dorrigo Show 2015
It's not too early to start:
- Taking photos for the photography section
- Making jams and pickles for the Jams and Preserves Section
- Building a model plane, train or Lego for the Model section

Great prizes to be won or just to show your families your entries in the Pavilion. Get creative kids there's a category for all your great projects.

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

IYENGAR YOGA - DORRIGO
NEW CLASSES
Gently Does It – 1pm to 2.30pm Thursdays
Starts 4 June
For older students, those working with injury or illness, or those who like a gentler practice. This slower class provides personal support and guidance for improved strength, stability, mental well-being and relief from ailsments.

Evening Yoga – 5.30pm to 7pm Thursdays
Starts 4 June
This class focuses on easing the physical and mental strains of the day. Learn how to care for your back and joints and relieve fatigue and stress.

Yoga for Kids – 3.30pm to 4.10pm Tuesdays
Start now!
Iyengar Yoga for Kids is a lively session of yoga postures that build strength, flexibility, emotional stability and concentration in children.

GENERAL CLASSES – on now!
1.00pm Tuesdays & 10.30am Thursdays
Classes are taught by Charlene McKevitt
For more information call 0403 036 020

New Service – Immunisation Clinics
For Babies and Children
First Thursday of the Month
Beginning - THURSDAY 7TH MAY
CWA Rooms
(Child Health Clinic)
10am to 12md
Appointments: Phone 0428101659
A FREE Service conducted by Child Health Nurses
Carbon your world with a fun filled family outing

Lismore's 25th Annual Gemfest

2 Full Days  Saturday 16th May, 9am–5pm
Sunday 17th May, 9am–3pm

Venue  Lismore Showground

Entry  $5 per adult, $1 per child (under 5 yrs free)

Featuring  Gold, Sapphires, Jewellery, Opals
Gemstones, Rare Fossils,

Nutrition Snippet

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 vegie 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.eatittobeatl.com.au

Nutrition Snippet

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
- 1/2 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.eatittobeatl.com.au

See you soon!

Look after your smile!

Call today on 1300 65 16 25

All children under 18 yrs of age can receive FREE DENTAL CARE
through the Mid North Coast Local Health District.

Parents do not need to hold a pension card or health care card
for their child to be eligible.

Please call 1300 65 16 25 if you would like your child to have a check-up.

If they are in pain or have dental problems they will be prioritised
when you call 1300 65 16 25 to be triaged.

Our Mid North Coast Local Health District Dental Clinics are situated in:

Port Macquarie: Morton Street (Old Hospital)  Port Macquarie
Wauchope: Wauchope Community Health Campus  Wauchope
Learmonth: Camden Haven Community Health Campus  Learmonth
Kempsey: Kempsey Community Health Campus (in hospital grounds)  Kempsey
Coffs Harbour: Coffs Harbour Health Campus  Pacific Highway  Coffs Harbour

If you have received a letter indicating you are eligible for the child dental benefit scheme you

Can use this at any of our clinics.
'Connect' is the name of Interrelate's new Family Mental Health Support Service (FMHSS). FMHSS will provide support to children, young people and families in the Coffs Harbour, Nambucca Valley and Kempsey regions where there are children and young people who are affected by, or are at risk of, mental illness (no formal diagnosis is required).

FMHSS will work with children, youth and families to build on what is already working well, while helping to find solutions for any concerns they have. Our goal is to help children; young people and families improve their health and wellbeing, improve relationships and connect them with their community.

FMHSS provides 3 types of support to improve mental health outcomes in the community:

- Groups and community education programs
- Short-term support to resolve immediate issues or concerns
- Intensive and long term case management up to 6-12 months, when families need more extensive support to resolve some of life's difficulties.

FMHSS offers children and young people and their families/supports:

- information
- advice
- referral
- advocacy
- support
- home visiting
- and case management
- access to group programs

**FMHSS Eligibility**

To be eligible for support through FMHSS, the child/young person must:

- be aged between 0-18 years
- have a consenting adult who is willing to work with and support the service
- live in the catchment area of Coffs Harbour SA3 area or Kempsey-Nambucca SA3 area - from Red Rock (Nth) to Crescent Head (Sth) and West as far as Marengo/Hermani and Lower Creek/Carrai
- be affected by, or at risk of mental illness (no formal mental health diagnosis is required)
- not be in the care of the Minister

**Accessing FMHSS**

Individuals can contact FMHSS directly or be referred by a supporting group or agency. For more information, contact the Area Manager initially on 02 6659 4150 or CoffsHarbour@interrelate.org.au

FMHSS will be located at 24 Park Avenue Coffs Harbour with outreach locations in Kempsey, Nambucca & Bowraville. More details will be available shortly.

You can also call your nearest local Interrelate centre on 1300 736 966.