**Holiday Break**
The last day for Term 3 will be this Friday 18 September. **Staff and students will return on Tuesday 6 October.** We wish everyone a safe and enjoyable holiday.

**Year 6 Dorrigo High Transition Visit**
Ms Marden, Mrs Atkins and student Julia Sangster from Dorrigo High School visited our Year 6 students today to talk to them about what they may need to know about attending High School next year.

**Milo Cricket - What a blast!**
Last Wednesday our 3-6 class attended the Milo Cricket Gala Day at Bellingen. All students demonstrated the bowling, batting and fielding skills they had been learning at school and displayed impressive sportsmanship towards each other and the opposing teams. Thank you to Nicky McDonald for driving us down in Jim’s bus.
KidzFix Car Rally
Students were amused checking out rally cars and listening to talks from some of the Kidzfix rally participants that were here at school today. KidzFix Rally is held across 8 days in September fundraising each year. This year they are fundraising to help support NETS (Newborn and Paediatric Emergency Transport Service). If you’d like to learn more about this great organisation visit www.kidzfix.com.au
Thank you to our P&C for organising lunch for the drivers and crew today. **A big thank you to all families for providing salads and sweets.**

SAKG Gardening & Cooking
Week 8
In gardening, the students weeded and watered their garden beds. They are also learning about “green” foods. Green foods like vegetables can be eaten all the time. We harvested lettuce to make into a salad and fresh eggs from our chooks. In the kitchen we cooked vegetable, bacon and cheese quiche, honey carrots, zucchini with oyster sauce and choc-chip and banana muffins. Bridget was away sick so Mrs Keough and Mrs Parkin put together some menu ideas, but the students had to figure out how to cook them. They used their previous kitchen experience methods form recipe books to write their own recipes. Great job everyone. **Thank you to Gail, Julie and Robyn who volunteered in the garden and kitchen.**

Week 9
This week with the warming weather the students have been watering the garden and fruit trees often. During scheduled gardening session the K-2 students gave the berry patch a big drink!
We harvested eggs, lettuce and shallots. In the kitchen this week Jarvis, Isabelle, Robert and Caleb with help from Bridget, Julie, Gail and Ms Parkin, cooked up a storm (Year 3-6 were away at Milo Cricket). Using eggs, lettuce and shallots from the garden, they cooked a herb and garden vegetable quiche, garden salad and apple and banana scrolls. The yummy lunchbox idea was cheese, garlic and carrot straws. Thanks to Milo for the left over salad dressing from last week, his dressing was delicious and added great flavour to our salad. We also made up some lemon cordial from the concentrate we had stored in the fridge.

Thank you to Gail and Julie who volunteered in the garden and kitchen.

Kindy Orientation
We welcomed Quill to our third morning of Kindy Orientation. Quill joined the K-2 class for the last orientation day this term. He enjoyed watching “The Magic School Bus” as the class researched information about recycling which they will use in their persuasive writing.

Jack Newton Junior Golf Foundation Sponsored Plateau Schools’ Golf Tournament & Dorrigo Public School’s Matinee Performance TOMORROW – Tuesday 15 September
Due to the cancellation of our Golf Day last week, it is now rescheduled for tomorrow Tuesday 15 September, the same day as the Dorrigo PS Matinee.

Students will come to school as per normal in the morning and we will leave school at 9.30am. We will arrive at the Dorrigo Golf Course at 10am and participate in Golf Tournament. Golf will finish approximately 12.30pm, allowing time for lunch. If any parents/carers would like to come along and help out, it would be appreciated. We will then travel to Dorrigo PS at 1pm to watch the “Cruizin’ through Music” performance by the Dorrigo PS students. Travel will be Jim’s bus to and from Dorrigo. Cost per student is $10.00. We will be back at school for normal afternoon pick up / bus routine. Please ensure students have packed fruit, recess, lunch, hat and plenty of water with them for the day. Additional water will be available at the Club. All students must wear school uniform (sport shirt) and joggers on the day. This is a whole school excursion. Please fill out the new consent note if attached and return to school by tomorrow.

Term 3 Assembly – this Thursday 17 September
Join us this Thursday 17 September for a presentation of term awards and student work. All welcome.

Combined Schools Day – Hernani Public School – Friday 9 October (Week 1 Term 4)
On Friday 9 October, we will travel to Hernani Public School for a Combined Schools Day. Mrs Winkel has organised anti-bullying performances for all students to watch and participate in. Travel will be by Jim’s bus. There will be no cost to students (thanks to our P&C paying for the bus and the school paying for the performances). Please sign the attached consent note and return to school by Wednesday. Lunch orders will be sent home as soon as we receive them.

Year 5 & 6 Leadership Day - Bellingen Public School – Tuesday 13 October (Week 2 – Term 4), 2015
Year 5 & 6 students will be travelling to Bellingen Public School on Tuesday 13 October for a Leadership Day with students from other schools in our Learning Community. Parental transport will be needed to Bellingen and back. Mrs Keough will meet students at Bellingen PS at 9.30am and parents can pick up students approximately 2.15pm. Students are to wear full school uniform and have packed fruit, recess, lunch, water and a hat with them for the day. Please sign and return the consent note if attached and return by Wednesday.

2015 School Photos – Wednesday 14 October (Week 2, Term 4) – 9.30am
On Wednesday 14 October (Week 2), all students will need to wear their best school uniform and a big smile for our 2015 school photos. Our
photographer will be Cathy Duck, a local photographer, who takes beautiful photos at a great price. If an order form is attached; please return it and your money (cash/cheque to Cathy Duck) to school by this Wednesday 16 September. A reminder to families that Cathy will not take individual or family photos unless you have pre-paid them, however, absolutely everyone here on the day will be in the 2015 school group photo. There will also be a group School Captains photo taken for those in Year 6, if you are interested in purchasing a copy please let Melissa know and she will find out the cost.

Kindergarten Transition & Orientation Dates
If your child is turning 5 years of age before 31 July, 2016 they are eligible to enrol in Kindergarten at Dundurrabin P.S for 2016.
Our Term 4 Kindergarten orientation full days will be:-

- **Friday 16th October**
- **Thursday 29th October**
- **Wednesday 11th November**
- **Tuesday 24th November**
- **Monday 7th December**

This will provide your child with the experiences of school and help to prepare them for kindergarten. We look forward to meeting our new Kindergarten students.

Yr6 Orientation – Dorrigo High School Dates
Next term Year 6 students will begin their High School orientation. During these days students will become familiar with Dorrigo High School, participate in lessons and learn how to read timetables. They will get the opportunity to meet the other students from the plateau who will also be attending High School next year. The dates are as follows:

- **Wednesday 7th October** – Parent Information Meeting from 5pm to 6.30pm
- **Friday 16 October** – 9.30am - 11am
- **Thursday 29 October** - 8.45am – 1pm
- **Monday 16 November** – 8.45am - 3.15pm
- **Thursday 3 December** – Students 8.45am – 3.15pm
- **Thursday 3 December** – Parents 9.05am – 10.45am

Preschoolers Morning – Monday 19 October
Join us for our next preschool morning on Monday 19 October 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. Our second date and last Preschoolers morning for term 4 will Monday 16 November.

Daylight Savings – Starts in the Holidays
Remember Daylight Savings will begin again in NSW on Sunday, 4 October 2015, when clocks will go forward one hour at 2:00 am. So don’t forget to reset your clocks before students return for term 4.

Woolworths Earn & Learn Program 2015
Stickers need to be handed in by this Wednesday
As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thank you to everyone who supported our school. We’re now at the important stage of the program where the stickers need to be lodged so we can get some new educational equipment for our school. The more we collect the more we redeem. So by this Wednesday if you have any stickers at home could you please send them into school. Remember to check your glove boxes and handbags. Thanks again for all your support!

SAKG - Weekly Contribution of $1 per student
The kitchen garden 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. The cost for Term 3 is $10 per student. Thank you those families that have paid already.

Reminder - 2015 Hernani Sport & Workbook Fees
Invoices are attached for those families that have not yet paid their workbook fees for 2015 and/or Hernani Sport Afternoon bus costs. Please pay as soon as possible. Remember all excursions should be paid for in full before the event on the day. Thank you those families who have paid already.

Parent Direct, Chalk & Educational Experience Toy Catalogue Fundraisers – Due this Friday 18 September
If you would like to purchase anything from any of the catalogues that were sent home, please return your order form and payment to school by this Friday 18 September. This is a great way to do some stress free Christmas shopping!!!

Tyrringham Campdraft – 10 & 11 October 2015
Tyrringham Campdraft runs at Ebor Showground from the 9-11 October this year and we will be catering breakfast and lunch on the 10th and 11th. This is one of our most important fundraisers for our P&C.
Please keep this weekend free as we need several volunteers to make it a successful weekend. It is a good time now to ask family and friends if they can help out as well. We work on a roster system so each person can do shifts over the weekend. More information attached.

**Creative Kids in the September Holidays**

**Wednesday 23**
Connecting with clay (beginners)

**Friday 25**
Exploring and making with clay

**Tuesday 29**
Exploring and making with clay

**Wednesday 30**
Painting fired pieces and glazing

10.00am – 12.30pm

Small groups $25 per child per session

All sessions offer some outdoor playful active time and the opportunity to draw using a variety of mediums.

Jenni Francis 66572625  jennifrancis2453@gmail.com
I am away until 16/9/15 so leave a message and I will return your call upon return)

**Mountain Top Swap Meet & Car Boot Sale**

Swap meets are community events where people come together to buy swap and sell goods, such as car, truck, tractor and bike parts, general household and personal items, sporting goods and all manner of bric a brac. They are also often referred to as car boot sales. It’s like a giant garage sale.

Dorrigo RSL Sub Branch is holding this swap meet on Sun 4th Oct 2015 at Dorrigo Showground.

Gates open 8.00am, set up from 2.00pm Sat 3rd Oct
Entrance fee: Adults $5.00, Families $15.00, Children under 12 free. Seller sites included in entrance fee
ALL GOODS WELCOME. Buy, swap or sell anything and everything.
Breakfast and lunch available from 7.00am on Sunday 4 October. Sorry no private food or drinks stalls or raffles.

Contact: John Newby 6657 8077 or email jadonoz@bigpond.com or Bob Denner 6657 1145 or 0429 406 535 or email rdenner@bigpond.net.au

**Highlanders Season Awards**

A successful North Coast Football season for the Dorrigo Highlanders Club was celebrated last weekend with senior and junior award presentations. Over 100 players from 5 to 7 year old Miniroos through to senior men and women took part in the season playing across the North Coast region from Macksville to Corindi. The Club’s reputation of strong teams and individual talent was enhanced by the grand final performances of the Women’s Cedars and the 14 girls Bluegums with our junior teams also playing strongly to keep up some great win/loss rates for the season.

The Highlanders Team of the Year and Player of the Year awards were also presented with the Team of the Year awarded unanimously to the 14 Girls Bluegums.

The Player of the Year vote was strongly contested with a popular nomination for Mens Player Ken Lettice. In the end, the Player of the Year could not be separated with the depth of the talent in the Women’s team making it difficult to reach a final decision. The Player of the Year was awarded jointly to Rachel Devine and Tina McRae.

The Highlanders Club now takes a well-earned break before planning for the 2016 season begins in February. All our teams will look to grow their player base next year and are keen to welcome new players – young and old – give it some thought over summer!!

Full 2015 Club Award results are:

16 girls Waratahs - Coach’s Player Olivia Atkins, Player’s Player Katelyn Beaumont
14 girls Bluegums - Coach’s Player Ellie Thornhill, Player’s Player Georgia Kelly
11 years Wallabies - Most Valuable Player Rhys Pitkin, Coach’s Award Joe Wykes
9 years Dingoes - Most improved Cooper Guest, Best and Fairest Ryan Miller
8 years Lyrebirds - Best and Fairest Molly Churchill, Most Improved Ruby Sheather
8 years Quolls - Most improved Ollie Dellow, Best and Fairest Sam Krishnan
Dorrigo Highlanders Team of the year 2015
14 Girls Bluegums
Dorrigo Highlanders Players of the year 2015
Rachel Devine & Tina McRae

**WEP Student Hosting - A Window to the World!**

Hosting an exchange student allows families to gain insight into another culture and way of living, without leaving the comfort of their own home. The personal rewards and friendships that come from hosting an international exchange student often endure for generations.

2016 is fast approaching and our students cannot wait to hear from a welcoming host family they can call their own and learn about the place they will soon call home. For more information and to see the wonderful students waiting to be placed with their host family, check out the WEP Australia website, www.wep.org.au, or call 1300 884 733.

**Lake Ainsworth Sport and Recreation Centre**

We have a number of Holiday Programs for children aged 7-15 these school holidays.

Programs include a Residential Camp, Kids Club, Sailing, Surfing and Laser Skirmish.

For further information please visit our website www.sportandrecreation.nsw.gov.au or contact 13 13 02
School Holiday Road Safety Reminder for Families

With the school holidays approaching, daily routines will soon change. Different play locations and holiday destinations mean different traffic environments. So to help keep our children safe, families are reminded about these key road safety points:

- **Stop, look, listen, think every time you cross the road.** If your child is aged 8 years or younger hold their hand when walking near or across roads. If your child is 9-10 years old always actively supervise them.
- **It's the law that everyone wears a helmet when riding a bike in a public place.** It makes sense to wear a helmet when riding scooters and skateboards too!
- **Click clack front 'n back every person for every trip.** Everyone in the car must be securely buckled up in the right seatbelt or child restraint.
- **Talk to your child about being a safe road user.** Reinforce safe road behaviours by being a good role model! Children learn safe road behaviours from the adults who care for them. Talk about what you are doing to be safe when near roads, in the car and when riding.
- **Point out road safety differences and dangers in new environments.** This is especially important when on holidays in different surroundings. Roads, footpaths, parks, carparks, bike tracks and bike lanes may look different in holiday areas.

The best way to keep your child safe is to actively supervise them. Talk and teach your child about road safety every time you are out and about. Remind other adults who care for your children to do this too.

You can find out more at:
- Safety Town
- Department of Education
- Transport for NSW

Have a safe holiday break!
Kids can create their own cricket moment
PLAYCRICKET.COM.AU

The simplest way
...to be SunSmart!

Unlike sunscreen, clothing can’t be wiped or washed off, making it one of the best ways to protect your skin from damaging UV radiation.

For best protection choose:
- shirts with collars or high necks, and sleeves
- trousers or longer shorts and skirts that come to below the knees
- loose clothes, rather than fabric that is stretched across the skin
- fabric that has a close, dense weave
- dark colours (navy, black, dark red) absorb UV rays and prevent them reaching the skin better than white and light colours

Don’t forget!
To ensure the best UV protection from April – September all sun protection measures are needed between 10.00am – 2.00pm

For information about SunSmart visit: sunsmartnsw.com.au

The simplest way
...to keep your kids safe in the sun.

Did you know that when it comes to sun protection, not all hats are equal?

We all know hats help protect against skin cancer and eye damage.

But did you know that baseball caps don’t provide much protection? Baseball caps leave cheeks, ears, chin and back of the neck exposed to ultraviolet radiation, and to the real risk of skin cancer in later life.

Choose a sun-safe hat
Sun-safe hats include broad-brimmed, bucket, or legionnaire hats. These hats are inexpensive, and give your kids the best chance of staying protected in our harsh summer sun.

Finally, don’t forget to apply sunscreen in the morning before school. Enjoy summer, and remember to be SunSmart!

To find out more about being SunSmart visit our website sunsmartnsw.com.au or call 02 9334 1761

Playing Sport this Summer? Want to try something different?

Indoor Hockey Recruiting Juniors NOW!

Fun, Fast, Safe
Make new friends
Boys and Girls
Learn new skills
Midweek games

Visit www.hockeycoffscoast.com.au
Visit www.facebook.com/pages/Hockey-Coffs-Coast
The simplest way
...to make a healthy dessert.

APPLE + PEACH PIE
Perfect on a chilly winter’s evening…a healthy treat!

Ingredients
2 medium apples, peeled and chopped – 800g canned peaches in juice, drained – 6 sheets filo pastry – spray oil – 1 teaspoon sugar

Method
Preheat oven to 200°C – Place apples in a microwave and oven proof dish and cover with a plate or cling film with holes in it. Microwave on HIGH (100%) for 1 minute. Carefully remove the plate or cling-film as the steam will be hot – Add peaches to the oven-proof dish. Scrunch a sheet of filo pastry and arrange on top of the dish. Repeat with the rest of the filo sheets until the whole top of the dish is covered – Lightly spray the pastry with oil, and sprinkle with sugar – Bake for 25 minutes, until the pastry is golden and crispy – TIP: this recipe works for any fresh, frozen or canned fruit.

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

The simplest way
...to make a healthy Red Bean dip.

Ingredients
- 1 can of Kidney Beans
- ½ cup reduced-fat natural yoghurt
- 1 tablespoon olive oil
- Pinch salt and pepper
- 1 teaspoon cumin
- 1 tablespoon diced spring onions (optional)
- ½ cup diced avocado (optional)
- Veggie sticks to serve

Method
Rinse and drain kidney beans || Place beans, along with yoghurt, olive oil, salt, pepper and cumin into a food processor and blitz until smooth || Spoon into a bowl, and top with spring onions and avocado, if desired || Serve with veggie sticks…delish!

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

The simplest way
...to make a healthy curry

Chickpea + Veggie curry
1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve

Method
Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes – Add the rest of the ingredients and simmer with the lid off for 15-20 minutes – Serve with rice
Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.

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

The simplest way
...to make healthy chicken nuggets + chips

Most kids love this fast food favourite – here’s a healthy version that will satisfy even the fussiest eater!

Ingredients
½ kg chicken breast, breadcrumbs, 1 egg - lightly beaten, ½ kg pumpkin, ½ kg potatoes, 1 tablespoon olive oil

Method
• Peel + chop pumpkin and potato into wedges
• Coat the wedges in olive oil, place onto tray and bake at 180 degrees for 60 mins
• Meanwhile, cut the chicken into bite size pieces
• Dip the chicken pieces into the egg, then coat with breadcrumbs
• Place chicken nuggets onto tray and bake in the oven at 180 degrees for the remaining 20 mins
• Serve wedges and nuggets with a garden salad - delish!

Giving your kids fruit + veg every day will help them stay healthy and strong, and help protect against some diseases like cancer.

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