Dear Parents,

Welcome back to Term 2. I hope that everyone had time to spend with their families over the break and that your Easter long weekend was well spent. For our camping families I hope that you found a dry spot!

We have another busy term ahead, starting yesterday with Zone Cross Country. We have the ANZAC march this Saturday, assembling at the RSL club at 10:40am. It would be great to have as many children there to march as possible to celebrate the centenary. Please wear full school uniform, including school hat. I hope that people have had time to look at our ANZAC display downtown in the St Vincent de Paul window.

It is with sadness that we farewell the Hall family this week. We will miss them and wish them every happiness in their new location. It has been a pleasure and a real joy spending time with Jenaya and the family and we hope that we can keep in touch in some way.

As we celebrate Easter, the most joyous season in the liturgical year, please reflect on these thoughts….

Easter and Resurrection happens….
- Every time a baby is born
- Every time a man and women decide to build a new life with one another
- Every time someone is welcomed into God’s family

Easter and Resurrection happens….
- Every time a child smiles
- Every time a person closes his eyes in death and is not afraid
- Every time a kindness is shown
- Every time people put themselves out for others

Easter and Resurrection happens….
- Every time an insult is overlooked
- Every time patience is exercised
- Every time a hug is shared
- Every time a hurt is forgiven
- Every time we kiss and make up.

Easter happens….
- Whenever we can feel joy in the midst of sorrow
- Whenever we can hope in the midst of despair
- Whenever we can feel peace in the midst of turmoil
- Every time we are unselfish.

Easter and Resurrection because Easter means new life, a new beginning and a peace the world cannot give.

Taken from Father Jim Reilly’s Homily on Easter Sunday 2014.

Sue Darby
Acting Principal

PARENT MEETING: Next Wednesday (29th April) at 5pm we will be having a parent meeting session to share with you all some ideas for homework, reporting formats, classroom routines, ideas for P&F, and ways to support your children in their learning. This is an important meeting as it helps to deepen the home/school relationship which is vital to maximizing each child's success in learning. We strongly encourage all families to attend.

ANZAC DAY MARCH: Students are to meet outside the RSL Club at 10:40am. They are to wear full school uniform, including the school hat.
ZONE CROSS COUNTRY: Yesterday’s Zone Cross Country was held in glorious weather down in Woolgoolga. Our school team consisted of Elle, Marijka, Beau, Eli, Braylyn, Angus, Ryan, Paris, Darcy C, Tom C, Kassidy and Ellie. Although all students ran well and made us proud, no one has qualified for the Diocesan carnival.

WALK-A-THON: Sponsorship sheets for the walk-a-thon organised by our student leaders went out on Monday. Please remember that no student should approach strangers when seeking sponsorship alone. It is best to approach family members, family friends or have a parent present if asking strangers. When asking for sponsorship, children need to state the purpose of the event, the school they are from and the nature of the activity they are undertaking. This money is going to be pooled with other money our student leaders raise and will then be divided up between purchases of things we need at school and charitable donations.

SACRAMENTAL PROGRAM: Children wishing to complete the Sacraments of Initiation (i.e. the Sacrament of Penance and the Sacrament of Holy Communion) please let Mrs Darby know.

PARENT ASSEMBLY: The Parent Assembly has money available again this year to provide education for parents. If you have some area of parenting that you would like to learn more about please talk to Cath Hartin or Mrs Darby and we will start a list and try to source people who can help us with your requests.

LINK TO SCHOOL WEBSITE: http://moodle.dorplism.catholic.edu.au/

PARISH MASSES: Sunday Mass – 10:00am. All are welcome.

EASTER RAFFLE WINNERS: Congratulations to the following students, who were winners of our Easter Raffles at the end of last term: Cash, Ben, Darcy H, Darcy C, Ashleigh, Payton, Rocco, Tom C, Holly, Marshall, Kassidy, Marijka, Charlie, Ellie and Kiara.

CANTEEN: Thank you to this week’s canteen volunteer, who is Megan Francis. A reminder that canteen volunteers should be at the school by 9:00am to tally up orders. If you are unable to do your rostered day, please organise to swap with another volunteer. If you’d like to volunteer for the canteen roster or have already volunteered and are unable to work on a specific date, please call our canteen coordinator Megan on 0432 100613.

STUDENT ABSENCES: If your child is absent from school for any reason, please make sure you notify the school. There are several ways you can notify us:

1. By phone
2. By email to msijpddorr@lism.catholic.edu.au
3. Via Skoolbag app
4. By written note
COMING EVENTS:

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<td>Mon 4th</td>
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<td>Zone Cross Country</td>
<td>Catholic Schools Week</td>
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<td>Sat 25th</td>
<td>Tues 12th</td>
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<td>ANZAC Day march – students to meet at RSL at 10:40am. Full school uniform, incl hat</td>
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<td>Wed 29th</td>
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MUSIC LESSONS: Rob Harpley will be taking lessons in guitar or keyboard at school on Wednesday afternoons from 1:30pm. Cost will be $20 for a half hour lesson. For more information call Rob on 67759282.

DORRIGO DRAMA – KIDS ON STAGE: Kids on Stage has resumed this term and will be held on Monday afternoons at 3:30pm at the Old Gazette Theatre. Rehearsals for a production of “A Magical Mystery Tour” by Pene Charles are now underway. If you’re interested in being involved, please ring Dina Luciani on 66572243.

GFS KIDSPLUS meets every Wednesday during term time from 3-5pm in the Anglican Church Hall. There is food, fun, games, worship and craft. Students from Kinder through to Year 10/11 are welcome. Cost is $1 per session – new pupils always welcome. Contact Rev Mike on 6657 2015.

DORRIGO RSL SUB BRANCH CENTENARY OF ANZAC: ANZAC Day is this 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. After the march, young marchers are invited for refreshments at the Dorrigo Recreation Pavilion, NOT the Girl Guide Hall as in previous years for a free sausage sandwich and refreshments catered by Dorrigo Girl Guides. Tea and coffee will be available for adults accompanying kids. For further information contact Bob Denner on 6657 1145 or rdenner@bigpond.net.au

DORRIGO SOCCER: 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’s Girls Dorrigo Lyrebirds at Urunga; 8’s Boys Dorrigo Quolls at Bellingen; 9’s Dorrigo Dingoes at Dorrigo; 11’s Dorrigo Wallabies at Woolgoolga; 14 Girls Dorrigo Bluegums at Urunga; 16 Girls Dorrigo Waratahs at Urunga; Women’s Dorrigo Cedars at Macksville and Men’s 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!!

WOMEN’S RETREAT – REGISTRATIONS OPEN!

Women. Food. God. was an overwhelming success last year and was booked out prior to the weekend! Registrations are now open for this year’s retreat so please get in early to avoid disappointment. The retreat is taking place at the Curran Centre (St Augustine’s Coffs Harbour) on Friday night 15th May (6-9pm) and Saturday 16th May (9am-4pm) and is a fun weekend of faith enrichment and fellowship with scrumptious food to boot. To facilitate the retreat we are very pleased to welcome back Sisters Rosie and Berna from the Missionaries of God’s Love in Sydney and Melbourne. Women. Food. God is for women of ALL ages. The cost is only $30 ($20 concession). Registration forms are available at the school and must be returned with payment by Monday 11th May.

IYENGAR YOGA FOR KIDS:

Tuesdays 3.30 to 4.10 at Dorrigo Recreation Grounds Stadium, starting 28th April. $5 per class.

Iyengar Yoga for Kids is a lively session of yoga postures that build strength, flexibility, emotional stability and concentration in children. Yoga is a supreme teacher of neuromuscular integration as it brings attention to all muscle groups through its extensive range of physical movements. It also develops skills in self-care, giving students the tools to manage any number of health issues they may face in their lives and supporting them in any other activity they may undertake. In short, Yoga for Kids is a fun way to build a great foundation for the rest of life.

Classes are taught by Charlene McKevitt - ph 0403 036 020. Charlene has been practicing Iyengar Yoga for over 20 years and teaching for 15 years. She has studied directly with the
Iyengar family on many occasions and undertakes continuing training and assessments. She has two children who practice yoga with her.

Do less, not more, for your kids
Parenting Ideas by Michael Grose

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance. REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed. But in a practical, physical way we need to make children less, rather than more, reliant on us. Developing independence is really about stepping back to allow children in. Doing less rather than more!

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them.

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

**TIP NO. 1 for developing independence:**
Be clear about who owns jobs or tasks in your family and never take on a child’s job, or part of a task, unless there are extenuating circumstances such as illness.

A mother I met recently is very clear on who does what in her home. It is her job to wash the clothes of her early teenage children but it is their job to place them in the washing basket. She doesn’t check bedrooms as it is not her job to place kids’ clothes in the washing basket.

Okay, I can hear your thought processes. Sounds good, but what happens if kids don’t give a toss and they don’t mind being dirty?

Good point. In this case, this mum has a son who is, to say the least, fairly slack in the area of hygiene. But she didn’t become overly fussed about that.

She certainly didn’t get fussed when he played a game of football in the wet, muddy jumper that lay in his sports bag for a week. And she happily showed him how to work the washing machine when he wanted his favourite shirt (that he forgot to put in the washing basket) to be washed for a special night out.

**TIP NO. 2 for developing independence:**
Never be more worried about a child’s job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night, but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children’s job to put the washing in the clothes basket.

Here’s my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.