Dear Parents,

Congratulations to all the students who competed so well in last Thursday’s Zone Athletics Carnival in Coffs Harbour. Special congratulations to Holly Smith on her success in shot put at Zone. Holly now travels to Port Macquarie to compete at Diocesan Level and we wish her every success.

Congratulations also to Darcy Hartin who has received a Highly Commended in the Australian Catholics Young Journalist Award 2015 for the article titled ‘Strange How Life Works Out (based on a true story)’. This was a state-wide competition and we are very proud of the quality of entries our students submitted, but especially proud of Darcy’s effort. Well done Darcy! It is important that we give our students the opportunity to compete against their peers on a wide scale and it wonderful when they do well in that arena.

We commenced our Australian Sporting Schools program last Friday and have started off with a comprehensive skipping program. Thank you to Mr Lawler and Mr Harrison for setting this up. The children are approaching it with enthusiasm and there is a healthy level of competition with skill development, so I look forward to the performance element in Week 4.

We have so much to be thankful for but sometimes we are so locked into just finishing the next thing or ticking boxes that we live our lives on autopilot. One moment simply blurs into another and then one day we wake up and wonder where the time went. When we take each moment for granted, we miss opportunities to grow and to embrace our gifts. This is not what we were created for; we were created to live every moment, to be engaged in each conversation, to find wonder and awe in the beauty around us and to learn from our mistakes, to help one another, to laugh, to cry, and to embrace each moment, come what may. In this week’s readings we are reminded that Jesus came to bring peace, and through Him we too can find peace. Please share this peace with all you meet and with those you love. Great joy is found when we approach each task with love and an attitude of ‘the glass being at least half full.’

Have a great week and find the good in each moment (I know this can be difficult at times but it really is worth the effort).

Yours sincerely,

Sue Darby
Acting Principal

APPOINTMENT OF PRINCIPAL FOR 2016: A new Principal has been appointed to commence duties in January of next year. He is from Ipswich and his name is Nathan Trezise. We will learn more about him as time goes by.

LIFE EDUCATION VISITS: Our Life Ed visits, which were to have been held today, have had to be postponed until Monday of next week. Apparently the bus is still stuck in Coffs Harbour. On Monday parents are invited to come and visit Healthy Harold at afternoon pick-up from 2:45pm to see what the students have been learning.

P&F MEETING: At yesterday’s P&F meeting, the main item on the agenda was a change in our canteen menu. This will hopefully take place very soon, with the new menu items available from Friday 31st July. Stay tuned for more exciting canteen news!
PUPIL FREE STAFF DEVELOPMENT DAYS:
We have two Staff Development Days allocated this term – one on Monday 17th August to enable staff to investigate the new History syllabus, and one on Friday 18th September (the last day of term), which is our annual Staff Spirituality Day. Please make sure you note these days in your calendars.

WOOLWORTHS EARN & LEARN: The Woolworths Earn & Learn promotion is on again this year. It gives our school the chance to earn new educational resources. Simply shop at Woolworths and you will receive one sticker for every $10 spent. Stick the stickers on to an Earn & Learn sticker sheet (we have some here at school) and drop them in the collection box at the school office.

WINTER WARMERS RAFFLE: Our Winter Warmers raffle is looking pretty good… thank you to all those who have donated something to go in the box in the office. Tickets are $2 each. If you feel you will be unable to sell your tickets, please return them to school and we can re-use them; by the same token, if you sell all your tickets and need some more, please get some from the school. First prize is a load of chopped firewood, delivered to the Dorrigo township area. Any more donations of wintry items (socks, slippers, scarves, woolly rugs, hot water bottles, chocolates, tins of milo… anything snuggly and/or warming!) would be gratefully received. The raffle will be drawn on Friday 31st July.

K/1 DANCE: We have decided to postpone our dance until this cold snap moves on, so stay tuned for updates in the not-too-distant future.

ASSEMBLY: Tomorrow’s assembly, which will be held at 2:30pm, will be a Sports assembly. We will be handing out Athletics ribbons & medals. The school leaders will also be talking about events they have planned for this term. All welcome!

MASS: There will be a whole-school Mass next Wednesday 29th July at 12pm (this Mass was to be held today but it was changed due to the Life Ed van visits). All are welcome to join us for this.

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

CANTEEN: Thank you to this week’s canteen volunteers, who are Mike & Stephanie Ridge. 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. Please note that there are no more finger buns available from the canteen.

PREMIER’S READING CHALLENGE: To view the book list and rules go to the Premier’s Reading Challenge website https://online.det.nsw.edu.au/prc/home.html Students must read a certain number of books to complete the Challenge:

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Number of books you must read</th>
<th>Minimum number of PRC books</th>
<th>Maximum number of Personal Choice books</th>
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<tbody>
<tr>
<td>K-2</td>
<td>30</td>
<td>25</td>
<td>5</td>
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<tr>
<td>3-4</td>
<td>20</td>
<td>15</td>
<td>5</td>
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<tr>
<td>5-6</td>
<td>20</td>
<td>15</td>
<td>5</td>
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The Challenge finishes for this year on 21st August.

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

COMING EVENTS:

<table>
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<tr>
<th>JULY</th>
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<tr>
<td>Mon 27th</td>
<td>Life Education Visits</td>
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<tr>
<td>Wed 29th</td>
<td>Whole school Mass, 12pm</td>
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<td>Fri 31st</td>
<td>Winter Warmers raffle drawn</td>
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<th>AUGUST</th>
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<tbody>
<tr>
<td>Mon 3rd – Wed 5th</td>
<td>Year 5/6 Beach Camp in Coffs Harbour</td>
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<tr>
<td>Fri 14th</td>
<td>Kids Day in canteen</td>
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<td>Mon 17th</td>
<td>Pupil-free Staff Development Day</td>
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<td>WEEK 6</td>
<td>Book Week &amp; Book Fair</td>
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<td>Wed 19th</td>
<td>P&amp;F Street Stall</td>
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<td>Thurs 20th</td>
<td>Book Week book character parade</td>
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<td>Fri 21st</td>
<td>Premier’s Reading Challenge finishes</td>
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<td>Tues 25th</td>
<td>P&amp;F Meeting, 3:25pm</td>
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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 msjdorr@lism.catholic.edu.au
3. Via Skoolbag app
4. By written note

**MUSIC LESSONS:** Rob Harpley is conducting 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.

**FREE FIREWORKS SPECTACULAR:** Come along on Saturday 8th August to Bellingen Showground and enjoy FREE Fireworks and family fun. Glow sticks, Food and Drink will be on sale from 4.30pm. Bring your parents, grandparents, aunts & uncles, friends and neighbours along and have a great night. Rug up and don’t forget your chair & blanket. If you have pets please lock them up securely and maybe turn up the TV or Stereo so they are not too frightened by the noise.

Lion Wal Tyson
Bellingen Lions Club
Phone: 66551072

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**Establish healthy family habits**

Children are more likely to eat well and be active if they are surrounded by family members working to do this together.

**Talk together as a family** – decide on some healthy goals you would like to try as a family.

**Start slowly** – start with small changes that are achievable and will give your family success.

**Include children** – ask younger children for their ideas and let older children make some decisions about what family activities to try.

**Get going** – choose a family activity for a week and have a go e.g. turn off the TV for one night and play a game together or go for a walk after dinner.

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**The simplest way**

...to add vegies, every day!

Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don’t eat enough of either, particularly veg – and what adults eat affects the whole family.

**Did you know legumes like baked beans are a type of vegetable?**

Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognese sauce, add towards the end of cooking.

**Eating vegies doesn’t have to be complicated – aim for five serves a day, across your day.**

For more information visit www.eattobeatit.com.au or join us at facebook.com/eattobeatit
Teach your kids about time and place

My mum used to tell me, “There’s a time and place for everything Michael, and this is not the time and place to behave like that!”

My mum’s words came back to me as I watched three kids (tweens and early teens) try to out-wrestle and out-shout each other while they waited in an airport queue with their parents. Their noise and wrestling quite obviously disturbed and interfered with fellow travellers, but their parents made no attempt to rein in their behaviour.

I couldn’t help thinking that there is a time and place for this type of behaviour and THIS WAS NEITHER OF THOSE!

**Time and place** is a brilliant socialisation lesson for children of any age or era to absorb. It starts by asking yourself as a parent: “What does this social situation reasonably require of my children at their age and stage of development?”

In the above case it’s reasonable to expect tweens and teens to be able to stand in a queue without disturbing others for the ten minutes that it took to get service. It’s should be easy for that age group to show some self-control and consideration for others.

That timeframe maybe a stretch for under fives, but some parental attention to distract them from being bored may do the trick. The principle is the same regardless of age or a child’s developmental stage, but the application varies.

**Socialising kids**

It’s a parent’s job to socialise your kids. That is, it’s your job to develop a sense of OTHER so that they become aware of how their behaviour impacts on others. Many kids have I Plates when it comes to behaving in public so they need your assistance to behave according to the requirements of the situation – or according to the time and place. You do this by:

1. **Giving your kids social scripts**
   
   There are times when kids don’t know what to say or how to act in different social situations. “Here’s what you can say when you meet Mrs. Smith….“ is the type of pre-emptive social scripting that benefits most boys, kids on the autism spectrum as well as kids who need extra help to get on with others.

2. **Regular behaviour rehearsal**

   Practise appropriate social behaviours at home so kids know how to behave around others. For example, you can role-play a restaurant situation by serving your kids’ meals at the dinner table and expecting them to use their manners.

3. **Just-in-time prompts**

   It helps to remind in positive terms how kids should speak and act around others before entering a social situation or a special place such as a church, airport or restaurant. “In church most people……”

4. **Teaching good manners**

   Manners are social guidelines that teach kids how to behave around others. While some conventions change over time, basic good manners such as saying ‘please’ and ‘thank you’ never change. They are the basis of a civil society. Kids are never too young to start learning manners.

5. **Respectful use of consequences**

   While the best discipline happens before an event (through behaviour rehearsal, prompts and teaching manners) there are times when the only way to get a message across about time and place is to DO something if the kids’ behaviour thoughtlessly or deliberately impinges on the rights of others. And the best action may be WITHDRAWAL from the place or activity that they are doing. That may mean that the kids (and you) miss out on an activity or being in a special place but such lessons are rarely forgotten and reinforce your important messages.

**Time and place** is a great parenting message for kids to learn. It’s about consideration for others; it’s about self-control and above all else, it’s about fitting into different social situations.

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Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s **NEW Parenting Ideas Club** today at parentingideasclub.com.au. You’ll be so glad you did.

parentingideas.com.au