Dear Parents,

Well, Healthy Harold has had a few dramas again this week! He has been trying to get a lift up the mountain since Monday but it seems that the locals don’t pick up hitch-hiking giraffes, so he has moved further down the coast. Not to let a little thing like the mountain get in our way, we will try to secure Harold a lift on Monday in Week 5. I know the children and many staff have been disappointed but good things come to those who wait, or so I have been told.

Our donations for the ‘Winter Warmers Raffle’ are looking great. There will be at least six additional prizes to be won; each of them will make you feel warm and cozy on these frosty mornings if you don’t win the trailer load of split wood which makes up first prize. Please make sure that you either sell your book of tickets and send the money in and/or return any unsold tickets. We will be drawing the raffle next Wednesday 5th August (to give everyone time to send their tickets and money in) and winners will be announced in the newsletter next week.

I would like to thank Megan and Alisha for all of the work they have been putting into planning a new menu for our canteen. Their ideas are great because they give all of us who may not be able to come in to do canteen the opportunity to help out by cooking some of the foods that will be on sale. Recipes will be available once quantities have been sorted and then we can hold working bees at school or parents can cook at home to build up stock. This gives us the opportunity to offer more interesting and nutritious foods that cater to our children’s likes and dislikes. The new menu should be available by next Friday 7th August.

I was very excited yesterday to find out that I have been accepted in the ‘Resilience Doughnut’ training course. Building resilience in children and ourselves is so important in today’s society, and once I have completed this course I look forward to sharing this bank of knowledge and skills with you all. As parents, all we want for our children is for them to be happy, to make good choices and be confident. Being resilient in times of adversity is so important so that they are free to find their place as productive members of society able to fulfil God’s plan in their lives.

Thank you also to Chris Meehan, who has set up the volleyball net and marked out the field ready for our staff and parent challenge in Week 10. Darcy and Kassidy are starting the student training sessions this week at lunch times so I thought it would be good for us staff and parents to start training too. I thought we could meet at the bottom pub… oops, I mean bottom field and see who our secret weapons might be. Let me know if you are interested in joining our team.

This week our Mass reading (St Paul’s letter to the Ephesians) calls us to have faith in God’s will, to
trust that we are part of a much bigger plan and that
even though we may not be able to see the light at
the end of the tunnel at times, we need to trust that
it is there and to know that as we move along in our
journey we are never alone. It also calls us to be
there for one another, to bear with one another
charitably, in complete selflessness, gentleness and
patience. I saw a quote that links to this idea on the
sails of a windsurfer (which caught my eye as this
was something I loved to do in my youth) which
said “we cannot direct the wind, but we can adjust
our sails to best use it to our advantage”. I hope
this week you can adjust your sails to catch the best
wind.

Wishing you all a great week,

Sue Darby
Acting Principal

BUS BEHAVIOUR: Please talk to your
children about bus behaviour. They need to be
constantly reminded that travelling on the bus
is a privilege, not a right. If they do not respect
the safety of everyone on the bus with them
then they have no right to be there. In the
country we are so lucky to be able to travel on
the bus free of charge. Many of our children
are on the bus for long periods each day, so
they need to come up with strategies that help
them pass the time without interfering with
anyone else on the bus. They could read a
book, listen to music, get some homework
done… anything that helps them sit in their
seats and not disturb anyone else. Students
should always remember that they need to
show respect towards the driver and every
other passenger on the bus with them.

SPELLING BEE: Well done to the children
who have started learning their words in
preparation for our spelling bee. There are
quite a few words on each list and the idea is
to try to learn as many as possible. The lists
have been formed using high frequency words
that the children need to learn in each Stage.
For the younger children, focus on 5 words at a
time and negotiate a number that they can
challenge themselves to learn, then build from
there. We will be sending home sponsorship
sheets next week so ask grandparents, friends
and neighbours to sponsor your children in
their learning. Paper copies of the word lists
are available at the office for those who need
them; otherwise they have been emailed out to
each student. Good luck!

SYMPATHY: Our deepest sympathy goes to
Peter Willshire on the recent passing of his
wife Uta. Uta has been a valued member of
our school community over the years and we
will miss her. Please remember Peter in your
prayers.

CONSERVATORIUM CONCERT: We have
been invited to attend the Conservatorium of
Music concert at Dorrigo Public School again
this year. It is presented by the Dorrigo Arts
Council and is always a great event for our
students to participate in. It will be held this
Monday 3rd August. We will be walking down to
the public school after lunch, and afternoon
pick-up and bus-catching will be from the
public school.

STREET STALL: Our P&F Street Stall for
Term 3 will be held on Wednesday 19th
August. We will need two or more volunteers to
help man the stall on the day, which usually
takes about 3 or 4 hours from 8:30 to around
midday. Please contact the school if you are
available to help.

YEAR 5/6 BEACH SCHOOL EXCURSION:
The Year 5/6 students will be participating in
their excursion to Coffs Coast Adventure
Centre early next week. We are sure they’ll all
have a great time and will be wonderful
ambassadors for our school.

MINI MOUNTIES: Mini Mounties is a “Big
School” experience open to all children who
will start Kindergarten in 2016. During these
sessions, children will be practising skills such
as cutting, pasting, drawing, and painting.
Along with this they will be learning about music and stories as well as getting used to some “big school” routines. Mini Mounties will be held on Thursdays from 9:00am to 11:00am on the following dates: 13th & 20th August and 3rd & 10th September. The sessions will recommence in Term 4 on 15th, 22nd & 29th October. Children who then enrol at Mt St John’s for 2016 will continue in the Mini Mounties program for the next two weeks.

Children will need to bring a hat and a snack to eat at recess. All sessions are free of charge.

Please confirm your child’s attendance by contacting Mt St John’s School on 6657 2552.

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 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.

ASSEMBLY: Tomorrow’s assembly will be held at 2:40 and will be led by our K/1 class All welcome!

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

CANTEEN: Thank you to this week’s canteen volunteers, who are Vivi & Tom Richter. 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 our new canteen menu should be available by next Friday 7th August.

TERM 3 SCHOOL FEES: We will be sending home school fee statements for Term 3 early next week. Term 3 fees are payable by Friday 4th September, unless you are paying regular direct deposit amounts. For Internet banking payments, the school’s details are:

Bank name: Bananacoast Community Credit Union
BSB no. 704-328 Account no. 76986

If paying from a BCU account, please specify our S10 account

When using Internet banking, please use your child’s surname as a reference.

Suggested Direct Deposit amounts (from beginning of February 2015)
1 student – $252.50 per term
$40.40 per fortnight (x 25 fortnights)
$20.20 per week (x 50 weeks)

2 students – $430.00 per term
$68.80 per fortnight (x 25 fortnights)
$34.40 per week (x 50 weeks)

3 or more students – $530.25 per term
$84.84 per fortnight (x 25 fortnights)
$42.42 per week (x 50 weeks)

PREMIER’S READING CHALLENGE:
Congratulations to Jasper Fischer, Miranda Richter and Tahlia George, who have completed the Premier’s Reading Challenge this week.

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>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>30</td>
<td>25</td>
<td>5</td>
</tr>
<tr>
<td>3-4</td>
<td>20</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>5-6</td>
<td>20</td>
<td>15</td>
<td>5</td>
</tr>
</tbody>
</table>

The Challenge finishes for this year on 21st August.

LEADERS’ AWARDS: Congratulations to the following students, who received awards from our school leaders: Sports Award – Cooper Guest – for encouraging everyone in the game of Bullrush; Behaviour Award – Ashleigh Young – for good behaviour in the playground; Faith Award – Evie Chong – for being a prophet in class and on the playground; Learning Award – Sirennah Kahl – for working diligently in class.

This week’s captain’s award went to Ryan Miller for including others in his game.
GOOD LEARNING AWARDS: Class awards went to Kiara George for excellent improvement and determination in the development in skipping skills; Hugh Thomas for being a responsible and independent worker and for demonstrating excellent organisational skills; Braylyn Thornhill for always trying your hardest and staying on task, even when technology is not on your side; and Connor Young for showing care and concern for younger and older people in our school community.

COMING EVENTS:

<table>
<thead>
<tr>
<th>JULY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 29th</td>
<td>Whole school Mass, 12pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AUGUST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 3rd – 5th</td>
<td>Year 5/6 Beach Camp in Coffs Harbour</td>
</tr>
<tr>
<td>Wed 5th</td>
<td>Winter Warmers raffle drawn</td>
</tr>
<tr>
<td>Mon 10th</td>
<td>Life Education visits HOPEFULLY</td>
</tr>
<tr>
<td>Fri 14th</td>
<td>Kids Day in canteen</td>
</tr>
<tr>
<td>Mon 17th</td>
<td>Pupil-free Staff Development Day</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>Book Week &amp; Book Fair</td>
</tr>
<tr>
<td>Wed 19th</td>
<td>P&amp;F Street Stall</td>
</tr>
<tr>
<td>Thurs 20th</td>
<td>Book Week book character parade</td>
</tr>
<tr>
<td>Fri 21st</td>
<td>Premier’s Reading Challenge finishes</td>
</tr>
<tr>
<td>Tues 25th</td>
<td>P&amp;F Meeting, 3:25pm</td>
</tr>
</tbody>
</table>

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

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 msjpдор@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.

Vaccination Information Night

Tuesday evening 6pm 18th August, Dorrigo Drama Club

Discussion on the new government changes for vaccinations commencing Jan 2016. This will remove family payments to family’s if individuals are not completely vaccinated to the government’s schedule.

Risk? Benefits? What is the best protection for your child?

We will review a range of vaccination options and discuss the some of latest news and information on vaccines.

- Tea, Coffee & handouts provided, Plus lots of links for more info.
- Invited guests include Naturopath Andrew De Ward and Doctor Horst Herb.

Please come to this important free night that effects the entire population.

For more information call Michael on 0413221890

Nutrition Snippet

The simplest way
...to make a healthy curry

Chickpea + Vegie 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)
185g 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

Eat It To Beat It