

# Newsletter



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Term 4 - Week 6

Friendship & Learning

Tuesday 11th November 2014

## Intensive Swimming

Our swimming program starts next week! During our swimming weeks, our usual school routine is a little different. There is no scripture, no library and no assembly.

We head straight to class each morning (no whole school assembly or exercises) and have recess from 10.20-10.45 am. The children often eat a little of their lunch as well during this time to have sufficient energy for their swimming. The children put their sunscreen on and catch the bus with the teachers to Alstonville for their lesson. After their lesson, they get changed out of their swimmers and catch the bus back to school. We have the rest of our lunch when we get back to school. We are planning some different activities for the afternoon session and will let you know about these next week! *Please have all permission notes and monies in by the end of this week. Thanks*

## Swimming Goals

Children will be encouraged to set their own goals to aim for when swimming and hopefully everyone will be able to participate enthusiastically in their lessons.

## Reminders

- **Note & Payments for Intensive Swimming Scheme**
- **Lucinda awards Yr3-6 permission note and if ordering a DVD-an order amount and monies in an envelope**
- **Payments for 5/6 and 3/4 Excursions**
- **Year 5/6 Excursion: Medical and Consent form to be completed online at : [dsr.nsw.gov.au/schoolcampmedicalform](http://dsr.nsw.gov.au/schoolcampmedicalform) by 17/11/14. These forms must be completed online by families. If you need to use our school computers to do this, please come up to the school at any time.**

THANK YOU

## Week 6

Monday 10th Nov P&C Meeting 6.30pm  
Friday 14th Nov Big Scrub Chess Tournament at Dunoon PS  
**Canteen is on! – Menu inside No Assembly**

## Week 7 and 8

Swimming Weeks  
**No Scripture, No Library  
No Assembly-Week 7  
Mr Johnson's Farewell Assembly & Afternoon Tea:  
Week 8-Friday 28th Nov**

## Week 9

Tues 2nd Dec Yr 3-6 Lucinda Awards  
Wed 3rd Dec Yr 6 Farewell 6.30-8.30pm  
Thurs 4th Dec End of year concert 6.00-8.30pm  
Fri 5th Dec K-6 trip to DEEC : No cost  
Reports home

## Week 10

Excursion /Camp week  
5/6-Lake Ainsworth 8th –12th December  
3/4-Camp Koinonia—9th December  
K-2-Dorroughby Environmental Education Centre-10th December

## Farewell, Mr Johnson!

At the end of this year, we will be wishing Mr Johnson a happy retirement and thanking him for his great contribution to education. We are planning a farewell assembly & afternoon tea on Friday 28th November to which all families and friends are invited. Details inside.

## CALLOUT

For the remainder of the year we would really appreciate some helpers for intensive one-to-one sessions with a few of our students.

It would be great to start this week!

If you can help with this, please contact Sandra in the office.

THANKS



## Chess News

This Friday we are expecting around 50 chess players to compete in the Semester 2 Big Scrub Chess Tournament. This will be held at the COLA and shouldn't impact other classes. Students representing Dunoon have been involved in a warm up tournament during lunchtimes on Fridays this term. If any other student is interested in competing this Friday, please see Mr Henderson.

## Chess Tournament – Alstonville

Last Thursday Ben in Year 1 competed in the Northern Rivers Individual Age Chess Championships held at St Joseph's Primary School, Alstonville.

Ben was undefeated in the championships and was therefore declared the champion of the 7 to 8 years division. Congratulations Ben on your success. You are a great representative for the school and we are very proud of your achievement.

## Golf News

This term, Year 3/4 students have teed off for Active After School Sport during their golfing sessions with Mr Henderson. We have purchased a new golf kit and the children have really enjoyed putting the equipment to use! Some students have been showing lots of promise, with controlled, smooth swings. Other students have excelled at the longest drive competition. Well done to Fynn Munro for winning both times!

Golf is a great sport as it teaches multiple physical and mental skills that can be used across lots of other sports. Our sessions will continue through to the end of the term. Remember kids, bend your knees, bow to the Queen and keep your head still!



Above **KINDER 2015 AND THEIR BUDDIES FROM LAST WEEK**

## 2 things from Mrs Patch

- **Our insect hotel needs a name! Please get your ideas to me ASAP.**
- For those in 3/4 who get homework, there isn't any this week. We are revising some maths topics in class at the moment and there will be a new set of maths activities sent home next week. Thanks

## Bee-utiful !

School students checking out our new native bee hive.



Special thanks to Frank for sharing his extensive bee knowledge.



## Lucinda Video Project Awards

Last term, Year 3-6 students participated in the Lucinda Video Project and made their own movie! Other schools also took part, and now the children are able to attend a special showing of movies and animations produced by the schools involved. Year 3-6 will be travelling by bus to the Lismore Cinema for this Short Film Festival on Tuesday 2nd December.

The DVD of all productions can be ordered @ \$10 each. (DVD needs to be pre-ordered; return order & money by 21st November).

Dress for the Year 3-6 students will be smart casual. Entry is free and parents are welcome.

**Please return the permission note attached as soon as possible.**

### Year 6 Farewell

**Wednesday 3rd December - 6.30 to 8.30 pm**

The Year 6 farewell is always a special event at our school. It is our opportunity to farewell another bunch of terrific students and to also say goodbye to those families who don't have younger children.

The event is held for Year 5/6 children and their parents. Traditionally, the Year 5 parents organise and cater for this event, with the P & C covering the cost of the food. The five Year 5 families are busy organising this event!

### Our End of year Concert

**Thursday 4th December - 6.00 to 8.30 pm**

The children are excited about this upcoming event. It's always a special night for everyone. Please make sure you save the date!

## ***MJSS JODJE'S MUSJE NOTE***

Please come and be a part of

## **Carols by Glow Light.**

Featuring student performances and Children's Choir.

AT..... **A HILLBILLY CHRISTMAS** with the

### **BlueSkillet Rovers .**

We would love families to join us on the green, in **HILL BILLY COSTUME** for a community Christmas celebration at the Channon Tavern, on Saturday the 6<sup>th</sup> of December at 6.30pm.

Students' from local schools have been working on some Christmas Carols using Recorders, Guitar, Ukuleles and Voice and this will be a great opportunity to share these skills with the community. There is no obligation to attend as this is not a school event, but a family event hosted by the Channon Tavern. I will be there to guide student performances.

## Mindfulness

We, Bobbi & Shakti from Mindfulness in Education, have now completed our final Mindfulness classes at Dunoon school. On our last two visits, we focused on gratitude and kindness. We hope parents of children in K-1 and 1-2 received your lovely gratitude hearts. Perhaps parents of older children saw their gratitude drawings or their beaded bracelets. It was very heartening to hear all the things the children were grateful for that were not iPads and x-boxes. Simply having a house to live in, loving parents, enough to eat and the opportunity to have an education rated highly.

By expressing gratitude and performing acts of kindness, children develop a stronger understanding of the feelings of other people and a concern for the well-being of others. Research shows that actions that engender feelings of empathy and compassion have a number of positive benefits such as boosting the production of good neurotransmitters in their brains, increases optimism and enthusiasm and it leads to greater acceptance by other children.

Kindness also benefits the classroom community and family life. By simply asking children to think about how they can act kindly to those around them, teachers and parents can create a sense of connectedness and reduce the likelihood of conflict.

You and your children can do an act of kindness together during the next two weeks. Bobbi is organising a collection of gifts for the 193 refugee children (babies to teenagers) detained on Nauru. If you would like to donate a few good quality new or second-hand gifts (toys, games, art materials, hair bands etc), please leave them (unwrapped) at the school before Friday 21<sup>st</sup> November.

We continue to work on the Mindfulness film featuring some of your children, and a bit more filming will happen before the end of term.

We have loved working with your children. They are a credit to the parents and to the school. Most are very receptive to mindfulness, and we hope you have seen some of the benefits at home. Children tell us they are using mindfulness to make difficult decisions, better choices of behaviour and to calm down. If you have noticed the benefits yourself, please write and tell us!

Bobbi Allan & Shakti Burke from Mindfulness in Education. [bobbi@mindfuleducation.com.au](mailto:bobbi@mindfuleducation.com.au)

**HAPPY BIRTHDAY**  
**Jason, Banjo and**  
**Mrs Sanderson**





*Last week's visit from the Japanese students...*



**Year 5/6: Kindness Activity**

The students in Year 5/6 have been sharing ideas and reflecting on the importance of Kindness. I wonder how many families may have noted some extra effort with this recently. At school, their efforts have really been appreciated!





# Canteen

**This Friday – 14<sup>th</sup> November**

*Helpers for 20-30min with cleaning up at 2pm would be wonderful*

## **Recess menu:**

(also available at lunch)

|                               |               |
|-------------------------------|---------------|
| Home cooking                  | \$0.50 – 1.00 |
| Quelch Ice Block              | \$0.50        |
| <u>Flavoured milk / Juice</u> |               |
| Small (150ml– approx)         | \$0.70        |
| Large (250ml– approx)         | \$1.00        |

## **Lunch menu:**

***\$3.50ea***

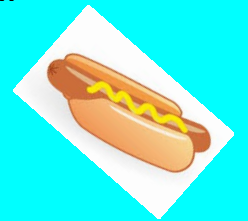
Hot Dog

Or

Chicken & Gravy roll

Or

Salad Roll



***Due to the second stage of the canteen renovations, this may be the only canteen for this term***

## **Mr Johnson's**

# **Farewell Assembly and afternoon tea**

**AT:**

***Dunoon Public School***

**ON:**

***FRIDAY 28<sup>TH</sup> NOVEMBER 2014***

***1.45 – 2.30PM***

***PARENTS ARE MOST WELCOME TO ATTEND THIS ASSEMBLY***

***FOLLOWED BY CEREMONIOUS CAKE CUTTING AND CUPPA***

***2.30 – 3.00PM***

***ALL WELCOME***



# DUNOON PUBLIC SCHOOL

James Street, Dunoon 2480  
Ph. 66895208 Fax. 66895350  
Email: dunoon-p.school@det.nsw.edu.au

Dear Parent / Carer,

## Variation of Routine / Excursion

Your child is invited to attend the following activity: **Lucinda Awards**

Destination: **Lismore Cinema** Students involved: **Yr 3-6 students**

Date: **Tuesday 2<sup>nd</sup> December**

Transport: **Bus which will be paid for by the school.**

Cost: **Nil**

Dress: **Smart casual**

Please complete and sign the consent form below.

***If purchasing a DVD of all the Lucinda productions, a pre order is necessary; these orders along with payment need to be returned to the office by Friday 21<sup>st</sup> November.***

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### DUNOON PUBLIC SCHOOL -Variation of Routine/Excursion consent

I give my permission for my child/ren \_\_\_\_\_ to attend the Lucinda Awards at Lismore Cinema on Tuesday 2<sup>nd</sup> December.

I understand that transport to and from the event will be by bus

I would like to purchase \_\_\_\_\_ DVDs at \$10 each - Total enclosed \_\_\_\_\_

Signed \_\_\_\_\_ Parent/Carer

Date \_\_\_\_\_

## **PandC News**

### **Raffle**

Kristen and Shane at the Dunoon General Store have kindly donated a \$200 food hamper that will be used by PandC for the Christmas Raffle. Tickets will be sent home shortly. Next time you are in the store please thank them for their generosity.

### **Can you help?**

Recently PandC purchased 3 hand made benches as part of our volunteers grant purchases. Now we need someone to pick them up from Ken Hardy in Tyalgum? If you think you might be able to do this please let Emma or Lisa know.

### **Uniform**

This year we have been able to provide 100% cotton shirts, however these are no longer going to be available through our supplier. We have been unable to locate another supplier who can provide the same shirt in 100% cotton at an affordable price. Therefore PandC would like to offer two suggestions.

Option 1 – Same style shirt (gold body, green collar) in a poly/cotton (similar to the older shirts). Cost - \$22.55

Option 2 – Different style shirt (see picture or come into the office to view) in 100% polyester. The fabric is similar to the type of sports shirts the kids wear for soccer and is designed to be light and cool. Cost - \$20.50

We are providing the different style option as it can be bought off the shelf from the embroidery shop in Lismore where as our current style needs to be made to order. The Embroidery shop can supply us with as little or as many as we need and you may go in and purchase from them directly with or without the logo. The shirts without the logo would cost \$14.50.

It was decided at last night's PandC meeting that we would ask for feedback on these 2 options before proceeding with purchases. However orders need to be done ASAP in preparation for next year. So we would like you to return the attached note with your preference this week. The different style shirt will be on display in the front office for the week.



Note: Any change in shirt will not mean that you are required to have the different style or fabric. Children will still be able to wear the variety of shirts that they wear now. Also – there are currently second-hand shirts for sale in the uniform cupboard for \$2 each.

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### **Uniform Note**

**Please tick or circle your choice and return before next Tuesday 18 November.**

**OPTION ONE - Same style shirt (gold body, green colour) in a poly/cotton (similar to the older shirts). Cost - \$22.55. Supplied by SSA in Sydney**

**OPTION TWO - Different style shirt (see picture or come into the office to view) in 100% polyester. The fabric is similar to the type of sports shirts the kids wear for soccer and is designed to be light and cool. Cost - \$20.50. Supplied by the Embroidery Shop in Lismore.**