

# Newsletter

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Term 4 - Week 2

Friendship & Learning

18 October 2022

Every student is known, valued and cared for in our school

Dear Families,

What a beautiful spring day we had for the DPS Spring Fair! It was wonderful to see so many people from the extended community supporting our school. Thanks to the staff who helped out on the 'dunk tank'. Many laughs were had. I'll be sure to volunteer in 2023! A special thank you to the P&C Spring Fair sub-committee. Without your hard work and dedication, the day would not have been as successful as it was.



Staffing continues to be a problem. Please be assured that while there are days with a high number of casual teachers in the school, we continue to ensure our students are supported to achieve personal success in the classroom and playground. While we try our hardest to communicate individual staff absences to all parents via Dojo or email, sometimes staff are too sick to do this, or things change at the last minute. We thank you for your understanding.

Congratulations to our stage 2 Young Change Agents, who both made the finals. These will be held at SCU in early November. Thank you to Kim Ward for supporting the students in developing their ideas - Well done, everyone!

Have a wonderful week, everyone.

Amanda van den Berg  
Principal

## Dunoon Public School Kindergarten 2023 Orientation Days

Thursday 3 November 9am-11am

Thursday 10 November 9am-11am

Thursday 17 November 9am-11am

Thursday 24 November 9am-11am



## Upcoming Events

**Wednesday 26 October**  
Meal Deal

**Thursday 28 October**  
K-2  
Currumbin Wildlife Park

**Thursday 3 November**  
Kinder 2023 Orientation  
9am - 11am

**Thursday 10 November**  
Kinder 2023 Orientation  
9am - 11am

**Thursday 17 November**  
Kinder 2023 Orientation  
9am - 11am

**Thursday 24 November**  
Kinder 2023 Orientation  
9am - 11am

## Spring Fair Thank You!!

*The sun was shining on Dunoon on Saturday for our first Spring Fair after 2 years off due to COVID, and what a fantastic community day it was!*

***A massive thank you to everyone who helped out with the planning, preparation, baking, cooking, donating, volunteering and coming along to support the day!***

*In particular I would like to thank the organising committee – Kate S, Keely, Glen, Andrew D, Mel K, Michelle I, Mel W, Ela, Margie, Matt, Gavin, Jess, Nick and Trent for their support and commitment in making the day work.*

*All the best,*

*Michelle D*



### Thanks from the Kidzone Coordinators

**(Kate and Keely)**

*A huge thanks to the parent who were able to help out at the Kidzone areas at the Spring Fair on Saturday.*

*After 2 years off due to COVID, we weren't sure how busy we would be this time... and boy was it busy! Thanks for helping with the crowds and making sure everyone had a fun day...and also to those who helped with the big pack down.*

*Thanks also to all the Dunoon School children – past and present – who were helping to set up and run errands from 7.30am on a Saturday! It made the set up so much easier!*

*Congratulations and thanks to Michelle D and the Spring Fair organisers for the many hours of organisation, promotion and preparation involved to make such a wonderful day.*

*Finally, thanks to all the families and children for coming and getting tickets for the kidzone and playing all the games!*

*See you next time!*



## School Uniforms

School shirts & hats are available for purchase from the office.

Shirts: \$25      Hats: \$20

Bucket Hats: \$5

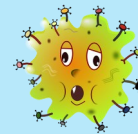


## COVID 19

If your child is experiencing any one of the following symptoms; cough, sore throat, scratchy throat, fever, runny nose, loss of smell or taste then they need to have a COVID test.

Your child is able to return to school once they are

free of all COVID like symptoms.



## Student Hardship funds

*Each child received \$500 from the government to support educational finances.*

*This money can be used to pay the text/workbook levy of \$45. Please contact the school if you wish to do this.*



**Happy  
Birthday**

**Cooper, Willow M & Arlo**

**Congratulations!**

**Term 4 Week 1**

### Merit Awards

**K** Inda, Lito, Georgia P

**1/2** Isabella, Heron, Frankie S.C

**3/4** Quinn, Sonny, Abby

**5/6** Kiri, Will, Theo

### Student of the Week Awards

**K** Abbey

**1/2** Noah

**3/4** Autumn

**5/6** Trey

## Lunchbox Tip

### Sandwich Fillers

#### Bread varieties

> Wholemeal, wholegrain bread, rolls, wraps, pita bread

#### Filling ideas

- > Salads/cheese (e.g. low fat cream cheese)
- > Shaved meats/tinned tuna
- > Falafel, tomato, lettuce, cucumber, dip
- > Egg, low fat mayonnaise & lettuce
- > Turkey, lettuce & cranberry
- > Sandwich sushi – put sandwich filling on a slice of bread then roll up and cut in thirds (e.g. tuna, avocado, grated carrot, low fat cream cheese)
- > Chicken & avocado
- > Add hommush/pickles/chutneys/pesto

TIP - put tomato in between other fillings to avoid bread getting soggy





# **Dunoon Public School**

## **Kinder 2023 Orientation Days**

<b><i>Thursday</i></b>	<b><i>3 November</i></b>	<b><i>9am-11am</i></b>
<b><i>Thursday</i></b>	<b><i>10 November</i></b>	<b><i>9am-11am</i></b>
<b><i>Thursday</i></b>	<b><i>17 November</i></b>	<b><i>9am-11am</i></b>
<b><i>Thursday</i></b>	<b><i>24 November</i></b>	<b><i>9am-11am</i></b>

***In order to support your child's transition to Dunoon Public School we have developed a virtual tour of our school which you can access via the link below:***

**<https://app.situ360.com/8db5a3/7549/43849/public>**





**THE RIVERS**  
SECONDARY COLLEGE

*The heart of secondary education for Lismore*

## **Year 6 Orientation Days in Term 4** **Tuesday, 22 and 29 November 2022**

**Save the Date:** Parents and caregivers of Year 6 students transitioning to the college next year are invited to accompany their student on the morning of the first campus visit – 22 November. Further details next term.

**Times:** 9am – 3.15pm

**Venue:** The Rivers Secondary College campus that your Year 6 student is transitioning to in 2023. (Kadina High, Lismore High or Richmond River High)

**Purpose:** To provide Year 6 students with the opportunity to experience a day at high school.

**Details:** The event is run as an excursion by our partner primary schools.

A variety of activities will run during the day that may vary a little from campus to campus. Each principal will provide activity details to the primary schools coming to their campus.

We look forward to welcoming you to The Rivers Secondary College.



Ms Sarah Florey Year 7 Advisor 2023  
Kadina High Campus  
P 6624 3133  
[sarah.florey@det.nsw.edu.au](mailto:sarah.florey@det.nsw.edu.au)



Ms Cristy Sulek Year 7 Advisor 2023  
Richmond River High Campus  
P 6621 3456  
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Mr Peter Austin Year 7 Advisor 2023  
Lismore High Campus  
P 6621 5185  
[peter.austin18@det.nsw.edu.au](mailto:peter.austin18@det.nsw.edu.au)

## Our school has a new look **online payment page!**

We're now accepting payments for Dunoon Public School via the school's website. To make a payment, simply:



Visit our school website on your mobile, tablet or desktop computer



Select 'Make a payment' from the main page menu



Enter the required student, contact and payment details

Note: You are NOT required to provide the 9-digit Student Registration Number.



Check your email for a copy of the receipt of payment

Please ensure all online payments are a minimum of **\$10.00** and over.



Education



**Join Petrea King to learn practical tools & strategies for living well and building resilience in challenging times**

Understand the impact of stress and trauma on our mind and body and explore the pathways to post-traumatic growth. The workshop is practical and you'll leave with tools and strategies that will immediately make a difference. Based on the latest research into neuroplasticity and epigenetics along with over 38 years of working with individuals and communities experiencing trauma, you'll leave this workshop feeling educated, empowered and inspired to implement what you learn.

**WHO**

Petrea King, CEO and founder of the Quest for Life Centre, is facilitating these workshops in Goonellabah and The Channon. She brings a wealth of personal experience of post-traumatic growth along with 38 years of supporting and educating people about meditation, mindfulness and health principles which resolve trauma. Through a generous donation from Jaycar Electronics Pty Ltd, this free workshop is part of the Northern Rivers Trauma Resolution Project.

**FOOD + DRINK**

A vegan lunch and fresh fruit will be provided. Please BYO mug for coffee, tea and water. There's also fresh GENZON water available on the day. If possible, please bring a plate/something to share for morning tea. Due to allergies and sensitivities, we appreciate you labeling your morning tea offering - for example contains milk, wheat, gluten, soy etc.

**Saturday 29 October 2022**

9.30am-3.00pm Goonellabah Community Centre  
27 Oliver Avenue, NSW 2480

**Sunday 30 October 2022**

9.30am-3.00pm The Channon Community Hall  
8 Mill Street, The Channon NSW 2480  
Please arrive by 9.00am for a prompt 9.30am start.

**WHAT TO BRING**

Please bring a yoga mat and cushion if possible. BYO mug for tea, coffee and water. Bring a note book to capture insights and ideas.

**HOW TO REGISTER**

The Event is free. Suitable for people aged 12 and over.

Please register at: [questforlife.org.au/your-life-matters-workshops](https://questforlife.org.au/your-life-matters-workshops)



Petrea King, CEO & Founder

The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.

[questforlife.org.au/your-life-matters-workshops](https://questforlife.org.au/your-life-matters-workshops)