Welcome to Term 2!
It is great to see the children back at school, keen and ready for the term ahead! This is a 9 week term and the children will be involved in a range of activities including: Cross Country; Leadership Conference (Yr 6); NAPLAN (Yrs 3 & 5); Musica Viva; Mindfulness; Kitchen-Garden activities; Chess competition (more details soon); and soccer. Next week’s bulletin will have more details about many of these events. Stay tuned!

End of Term Assembly
The children hosted a fantastic assembly at the end of last term. There was a Japanese play, singing, marimba performances, individual items on the flute and clarinet, Irish dancing, poetry and much more! Thank you to the parents who were able to come along to watch it.

Cross Country
We’re looking forward to the Cross Country carnival to be held at Corndale next Thursday. It’s always a terrific day. Last year we had the best participation rate ever and it was wonderful seeing everyone putting in such a great effort.
The cross country will only be postponed if the weather is extreme. Some families will be meeting us at Corndale at 10.00am. If your child is catching the bus, we will be leaving from Dunoon at 9.30 am. Genevieve will supervise children at school before this time. Please return note attached as soon as possible to the office so we know how many children will be requiring the bus. If your child will not be attending, it is also important for us to know this. Thanks.

Assemblies
With our busy start to the term we won’t be having whole school assemblies for the first 3 weeks. Our first assembly will be held in Week 4.
Photos from
Grandparents’ Morning Tea
Last day Term 1 Assembly
Mindfulness in Education

Bobbi Allan and Shakti Burke from Mindfulness in Education visited the school on the last Monday of term as part of our on-going mindfulness program. They led activities and games in each classroom. The children in all the classes enjoyed the book Bobbi read to them about Peter, the Moody Cow.

**Peter is a young cow who is having a rotten day which begins with waking up from a scary dream and ends in some very bad behaviour. And then grandfather turns up and teaches him to make a ‘Mind Jar’ to help settle and calm his mind.**

Grandfather fills a jar with water*. He then asks Peter to put a pinch of glitter into the jar for each bad thing and every angry thought that happened during the day. Then grandfather sits Peter down with the Mind Jar in front of him and says, “Now let’s see what happens when we let your angry thoughts settle down. Just sit quietly and see what happens.”

Peter says, “I sat up real straight and then I got to ring grandfather’s gong....bonggg.... I sat watching all my angry thoughts swirl around like crazy in the jar. A few thoughts sank to the bottom...then a few more...and a few more. I was so still I could hear my heart beating. It was so quiet I could hear my breath going in...and out... and out... I felt a ray of sunshine come through the window. It warmed my back and started to melt away the last of my anger.”

“Finally grandfather rang the gong to end. He leaned over to whisper in my ear, “OK, this part’s important. Don’t move until you can’t hear the sound of the gong anymore.” “I cocked my head to listen closely. ‘Bonggggg...’ The ringing got softer and softer...and softer...and softer...until I couldn’t hear it at all.”

“Grandfather smiled and held up the jar. ‘Well look at this! All the sparkles have settled down’, he said. ‘And my angry thoughts too!’ I said.

While Bobbi was reading the book, she made Mind Jars for each classroom. The teachers have already been ringing their new mindfulness gongs in their classrooms several times a day; the children listen to the sound of the gong ringing and fading away and then notice their breathing. This is helping the children to settle and calm themselves and prepare their minds for learning. Now they can use the Mind Jars at special times when they need extra help to settle thoughts and feelings.

*Parents may like to make Mind Jars with their children at home. Here is the recipe. Take a clean jar and nearly fill with very warm water. Tip the measured water out into a bowl. Add a few drops of washing up detergent and 2 – 3 teaspoons of glycerine (or glycerol) from the chemist. Add a good amount of coloured glitter glue. Whisk it all together, then add pinches of heavier dry glitter and whisk again. You can also add coloured stars or sequins; food colouring is another option. Pour it all back in the jar, seal the lid tightly and give it a good shake. Sit back and breathe gently as you watch the sparkles and sprinkles settle out and the water clearing.

Cheers,
Bobbi Allan
Mindfulness in Education  www.mindfuleducation.com.au
P&C News
Next Meeting - Monday 5 May at 6.30pm

Agenda will include: Budget update, Community project survey summary, Canteen. Other items may be forwarded to Lisa before this Friday. Please note that as per PandC association rules that in order to vote on PandC matters you must first become a member. To become a member you must attend one meeting, at the end of the meeting you fill in the form and pay the membership fee of 50c. You are then a valid member until the next AGM. At the last meeting it was decided that regular meetings would be held on the first Monday of each month.

Channon Market
Thank you to everyone who helped at the Channon market. A BIG thank you to Mr Johnson who BBQ'd almost all day and was there at set up and pack down. We raised approximately $1800 profit.

Canteen
Kristy has put a note in today's bulletin to outline the process we would like to trial this term. She will be doing canteen this week and looking for volunteers for the coming weeks. Once all volunteers have filled the dates each family will be allocated a date. Make a note that the lunch option will be pre-order so get your orders in tomorrow (Wednesday). The options this week are either Vegie Fritters or Chicken, Cheese and Corn Fritters. If your child has any food allergies please be sure to notify Kristy and the school. We are happy to hear any constructive feedback about our proposed model.

Lisa Jacka
Canteen - Term 2

New & exciting!!!!!!!!!!!!

Starting this week

Term 2 will hold some exciting changes in an attempt to enable canteen to happen each week for the kids.

* Lunches must be PRE-ORDERED by the Wednesday before canteen. Please place orders in the box in the office.

* Each week there will be 2-3 lunch options which will be notified in the newsletter & on the website. All meals will be $4.

* Families will be responsible for providing a meal to be served as the lunch options. Each family will be encouraged to do 2 canteens per year, providing food such as spaghetti bolognaise, fried rice, curry, sushi etc. Please contact Kristy for suggestions & quantities.

* To kick-start the roster it would be great if some families could volunteer for the first couple of weeks. After that we will draw a roster out of a hat. Please contact Kristy if you would like to do your roster in the first couple of weeks or have a date in mind. Once the roster is set, if families need to make changes they may do so amongst themselves & notify Kristy of the changes.

* Recess will not be pre-ordered (like it was last term)

* Home baking for recess will still be needed. Please contact Kristy.

This works at other local schools, we can make it work at Dunoon

This week’s canteen:
- Veggie Fritters
- Chicken, Cheese & Corn Fritters

Please order by Wednesday, or contact Kristy
Dear Parent / Carer,

**Variation of Routine / Excursion**

Your child is invited to participate in the following activity: Dunoon PSSA Cross Country at Corndale. Parents are welcome to attend the day and may transport their children. **Students need to be at Corndale by 10.00 am to walk the course.**

There will also be a bus leaving from school at **9.30 am** and returning to school at the conclusion of events and presentations - **after lunch**. This will cost $3.50 per child, **for single or return journey**.

Destination: **Corndale Public School**

Students involved: **Yr K-6**

Date: **Thursday 8th May 2014**

Transport: **Bus or Private car**

Cost: $3.50 for bus travel whether one way or return

Bus Departure time: **9.40am**

Bus Return time: **Approx 2pm**

Dress requirements: **Full school uniform including hat**

Other Requirements: **Refillable drink bottle, food and snacks as required. There will be a canteen at Corndale Public School on the day.**

Please complete and sign the consent form below and return with payment if necessary to the school office.

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

I give permission for my child / children ____________________________ to attend the Dunoon District PSSA Cross Country Carnival at **Corndale Public School, Thursday May 8th 2014**.

My child/children will be travelling by private vehicle with:

______________________________________________________________

My children will be travelling by bus to and from Corndale P.S @ $3.50 each child.

Enclosed is $__________ for the bus.

OR: My child/children __________________ will not be attending the carnival and therefore will not be at school on that day.

Signed _________________________ Parent/Carer                             Date__________________
Dear Parent / Carer,

Variation of Routine / Excursion

Your child is invited to participate in the following activity: **GRIP Leadership conference**

Destination: **Tweed Heads**  
Students involved: **Yr6**

Date:  **Friday 9th May 2014**

Staff Involved: Mr Henderson   (Ph:0439 798 009)

Conference Admission Cost: $50.00 /student   ($35.00/Conference admission: Bus Transport/ $15.00)  
**Families requiring Student Assistance for this are asked to collect a student assistance form from the office.**

Departure time: **Lismore City Hall: 7.15am sharp**  
**Clunes General Store: 7.30am**  
Return time: **Clunes:  3.45pm approx**  
**City Hall:  4.00pm approx**

Dress requirements: Full school uniform

Other Requirements: Packed morning tea, lunch and water

Please complete and sign the consent form below and return with payment to the school office.

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DUNOON PUBLIC SCHOOL –Variation of Routine/Excursion consent

I give my permission for my child _______________________________ to participate in GRIP Leadership conference at Tweed Heads on Friday 9th May 2014.I understand transport will be by bus.

Enclosed is $_______  
I wish to apply for Student Assistance funding  [ ]

My child will catch the bus from Lismore City Hall  [ ]  
Clunes General Store [ ]

My child will get off the bus at Lismore City Hall  [ ]  
Clunes General Store [ ]

My out of school hours contact number is:_____________________

Signed _________________________  Parent/Carer                             Date__________________