From the Principal

I mentioned in last week’s newsletter about our Dare to Lead “Snapshot’ which will be occurring in our school on 27th and 28th of this month. Some members of the school community will receive a letter from me inviting their participation as part of representative groups for the school community. It would be greatly appreciated if you are able to participate. The Dare to Lead team need as much clear and concise information as possible so that they can report accurately for me. As I indicated last week, this information will shape Aboriginal education within our school for the coming years.

Last term, and this term, I have employed an irrigation designer to look at the school underground watering system. We have had a number of fairly serious problems with this system which is aging “less than graciously”! Initially I asked local businesses to quote on repairs but received a number of different ideas on how to make the system more efficient. These were all different and I was unable to compare the quotes. Thus I hired a designer to provide me with clear and concise advice. Hopefully at the completion of this process we will have a system which keeps our grounds up to the level we expect.

Looks like a fun day for the Year 3 and Year 4 kids on Wednesday.

Good luck to the Peachy/Richardson teams at the gala day today.

Many thanks to all staff who have been training the myriad of sporting teams we have in operation at present.

The students who attended the GRIP leadership training yesterday learnt a great deal from all reports.

Craig Renneberg

Quote of the week: “Success consists of going from failure to failure without loss of enthusiasm.”

Winston Churchill

FREE Two day workshop
Parents/carers

When: Wednesday 25th & Thursday 26th June 2014
Time: Registration 8:15am
Sessions 9-4:30pm
Where: Dubbo RSL Club
Registration online: www.positivepartnerships.com.au

Upcoming Events

The Colonial Show - (Stage 2) - Wednesday 21 May 2014
Safety Day (Whole School) - Wednesday 28 May 2014
Grandparents Day - Thursday 5 June 2014 - 12.30-2pm
## Term 2 - 2014 Planner

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
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<td></td>
<td>ICAS Computer Skills Competition Peachey/Richardson Cup Knockout Girls Hockey</td>
<td>Stage 2 Colonial Day Knockout Girls Softball - Orange</td>
<td>2.30 - 3.30pm School Uniform Shop</td>
<td>Knockout Girls Soccer</td>
<td>9-9.30am School Uniform Shop Stage One Dubbo Show 2.05pm Y3-6 Assembly</td>
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<td>Rugby Union Gala Day</td>
<td>Dare to Lead visit</td>
<td>NRMA Safety Day - Whole School District X Country Date to Lead visit</td>
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<td>Knockout Boys Hockey</td>
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<td>Public Holiday</td>
<td>Western X-Country</td>
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<td>2.05 3-6 Assembly</td>
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### Congratulations to the following Award Winners

#### Honour Awards

- **Jesse Milne**
- **Chloe Smith (2)**
- **Corey Binks**
- **Hailey Johnson (2)**
- **Makayla Fuller**
- **Kaiden Stoddard**
- **Cambelle Shipp**
- **Hayden Byrne**
- **Joseph Flyger**
- **Tom McTiernan**
- **Lewis Gardoll**
- **Max Hall**
- **Bailey Nott (2)**
- **Bailey Callaghan**
- **Olivia Mann**
- **Gabriel Goedhart**
- **Tristan Drew**
- **Mia Furney**
- **Jaiden Pearce**
- **Vincent Kardell**
- **Katie Nissen**
- **Emily Clark**
- **Kynan Green (2)**
- **Hunter Ross**
- **Matthew Chapman**
- **Jermaine Bamblett-Frew**
- **Ava Morton**
- **Khynan Roworth**
- **Kate Allen**
- **Ava Forrester**
- **Preston Lewis (2)**
- **Cooper Tidyman (2)**
- **Max Higham**
- **Kaiya Johnson (2)**
- **Nicholas Adkins**
- **Kaiden Stoddard**
- **Tristan Drew**
- **Jaiden Pearce**
- **Vincent Kardell**
- **Katie Nissen**
- **Emily Clark**
- **Tully Pittock**
- **Max Hall**
- **Chellisa Payne**
- **Bhoomi Sagar**
- **Beau Barrett**
- **Jesse Bruce**
- **Charlotte Dehar**

#### Distinction Awards

**Oakey Dokey**

- **Sophie Lockyer**
- **Shaneille Wathen**
- **Hayden Marshall**
- **Anthony Workman**
- **Emily Clark**
- **Charlotte Bass**
- **Cooper Tidyman**
- **Tully Pittock**
- **Leaum Walford**
- **Bailey Stonestreet**
- **Raifah Zaman**

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Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management. More information will be available on the Department’s website at http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php.

SPORT NEWS

Western Touch Carnival: Thank you Danielle Miller, Mandy Bourke, Mel Bass & Deanne Davis for organising and running the canteen at this carnival. Thank you to the other Orana parents who helped on the day.

Knockout Teams

Upcoming games:
- Girls Hockey today - Tuesday
- Girls Softball tomorrow - Wednesday
- Girls & Boys Soccer on Thursday 22 May
- Rugby Union 26th May.
- Boys Hockey 30th May.
- Boys softball 12th June.

Term Two PSSA Sport: Please remember bus money & a drink bottle each week.

School Cross Country: The presentation of ribbons will take place at the primary assembly this Friday 23 May. The students progressing onto District Cross Country in Wellington on 28th May have received their permission note. The notes and money need to be returned to the gold box in the library.

State Soccer Carnival: Jesse Spang will be part of the Western Boys Soccer Team competing at the state carnival in Camden next week. The team will be under the watchful eye of their coach Gary Jones. All the best Jesse.

Western Boys Touch Team: Congratulations Matt Dawson on your selection in the Western Boys Touch Team. The team will play at the state carnival in Ulladulla in Week 2 Term 3.

Rugby Union Gala Day: Orana Heights will be running the canteen at this carnival on Monday 26th May from 9-1pm. If you are able to spare an hour to help it would be greatly appreciated.

District Cross Country: Wednesday 28 May in Wellington.

Western Cross Country: Wednesday 11 June in Wellington.

School Athletics Carnival: Wednesday 6 August at Bob Dowling Oval.

Mrs Hall
Sports Co-ordinator

FAMILY ACCOUNTS - Please be aware that your family account, which is being sent home this week, contains amounts for Canberra and music lessons which are NOT overdue, but a reminder only.

NRMA Safety Day - A free session for parents from 2.30 to 3pm, 28 May in the Auditorium.
**Canteen – Meal Deals for Term 2 – $5**

**Mondays**
Fish & Wedges or Salad + Popper + Choice (water ice block, fruit or cookie)

**Tuesdays**
Hot dog with sauce + Popper + Choice (water ice block, fruit or cookie)

**Wednesdays**
Chicken Nuggets & Wedges or Salad + Popper + Choice (water ice block, fruit or cookie)

**Thursdays**
Cheese & Bacon Pizza + Popper + Choice (water ice block, fruit or cookie)

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**Next Monthly Meeting – Tuesday 3 June**
The next meeting of the P&C will be held at 6.00pm in the Staff Room at Orana Heights

**Uniform Shop**
The shop is open on Wednesdays from 2.30pm until 3.30pm and Fridays from 9am until 9.30am. If you are unable to shop during these times, completed order forms can be left at the front office (together with your payment) and the order will be filled and delivered to your child’s class. Shop in confidence with our guarantee that any item with the tags still attached will happily be exchanged for a different item or size. Additional order forms are available on the school website under the P&C tab.

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**Canteen**

Winter 2014 menu is on the school website – under the “our school” tab and then “canteen”. Hard copies are also available from Debbie in the Canteen

**Dubbo & District PSSA Canteen – Monday 26 May**
The P&C have been approached to run the canteen this Monday at the Union Gala Day – if you are able to assist please contact Deanne Davis via e-mail on paul@ravos.net.au or by calling 0407 418 511. Other people on the organising committee at this stage are Melinda Bass, Danielle Miller, Mandy Bourke and Kim James. Also seeking people who may be interested in cooking some cakes and/or slices for the day.

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**Developing Positive Healthy Food Habits for Kids**

Why is this important? 25% of Australian children are either overweight or obese. The rise in overweight and obesity in our society has been the result of a number of behavioural changes:

- A rise in soft drink & ‘extras foods’ (high in fat, sugar and salt) consumption
- A rise in the amount of food purchased away from the home
- A rise in TV viewing time, computer activity and video games
- A drop in vegetable consumption
- A drop in outdoor play time
- An increase in evening meals being eaten in front of the television
- An increase in portion sizes

How can you play a role? Be a role model. Children watch, listen and follow their parents’ behaviours and learn through observation. Its important children know what healthy habits are and see how to put them into action. Involve kids as much as possible in the family food decisions, providing guidance along the way. Parents can shape healthy eating behaviours by taking control over when certain foods can be eaten, how many times a certain food can be included in a day/week, and where and how they are eaten. Try not to let food refusal by your child cause you grief and avoid offering foods that aren’t so healthy just to avoid tantrums.

**Remember:** Healthy children will eat when they are hungry regardless of the food on offer. A child who refuses to eat is more likely to be hungry so avoid forcing them. No single food is essential to a child’s diet – if there is a food your child really dislikes, don’t worry - substitutes to provide those nutrients can be found

**Parent Tips For Encouraging Physical Activity**
Plan to get your child moving and working up a sweat for at least an hour every day; Start increasing incidental exercise such as walking to school or the shops, taking the stairs not the lifts, sweeping the path or doing some gardening; Use physical activities your children love as rewards for good behaviour; Choose “active” presents to gift at birthdays, Easter and Christmas to replace DVD’s & play station games.
PARENTS ONLINE PAYMENTS (POP)

GOOD NEWS—From Thursday parents can now make payments for excursion/performances/library service fee/music lessons/workbooks etc ON LINE. It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card only. The payment page is accessed from the front page of the schools website by selecting $Make a payment$.

Items that can be paid include voluntary school contributions, subject contributions, excursions, Sales to students, performances and creative and practical arts activities (these include music lessons). There is also a category called ‘other’ - this is to cover items not covered in the previous Headings. ‘Other’ can be used to make a complete payment of a school invoice.

When you access the $Make a payment$ you must enter:
• the students name, and
• class and reference number OR
• the students name, and
• date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice Number if you are aware of them—these are optional fields.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued to you by the school.

This system is not to be used for payments under $10. Normal class management will occur for these.

IT IS ABSOLUTELY ESSENTIAL that parents/carers complete the tick box on excursion/performance/library service fee etc notes, advising that they have paid on line, and adding the receipt number which has been issued when the online payment was made via Westpac.

Hopefully, this very new system of paying online will be a huge help for our school families.

For any enquiries regarding the Online Payment process please contact the School Administration Office on 6884 9188.