

Toyota helps spread the iKi magic

For many years Kim Macrae has been working on a new way of getting kids of all shapes, ages and sizes fit - iKi Magic.

Now the iKi program has been sponsored by Dubbo City Toyota, which has donated a van to the fitness program.

iKi is a health, wellbeing and self-reliance program for kids which is fresh and exciting.

The teaching principles - instinctive movement and uplifting music - combine to reinforce and accelerate the process of learning.

Participants use their 'iKi stick' to mimic a number of actions as they work out to high-energy music, following directions from the accredited fitness trainer.

Mr Macrae has spent years developing and promoting iKi, which also incorporates a website.

Dubbo City Toyota general manager David Hayes said Mr Macrae approached him confidently.

"We are happy to be involved, as we need to educate children on obesity and health practices," he said. "iKi is educational."



Mitch and Kim Macrae with David Hayes from Toyota in front of the van donated by Toyota.

School opens doors for wider community

On Tuesday night families, friends and members of the community had the opportunity to visit Dubbo College Delroy Campus.

Those that attended viewed works of the students and got a better idea of how the school operates.

The theme of the night was 'a journey through learning' and all visitors were issued with a passport, that had to be stamped.

Each subject put on a display of student work, as well as running a range of fun activities.

Dubbo College Delroy Campus principal Carolyn Thurston said the night was a great opportunity for the school.

"It was a great opportunity for parents and the community to see how education has changed and to see how children learn," she said.



Year 7, 8, and 9 students Nathan Ryan, Jake Ferguson Carl Ralph, Wade Peachey, Cameron Nolan, Codi Watts, Josh Ferguson Andrew Peachey and Dean McGovern.



Quayden Hines, Anthea Jones and Murray Parker.



Sarah Pye,8, Maddy, 9, and Kelly Gosch,9.



Megan Miller and Maddy Spittles.



LEFT: Dean Ryan and Daniel Bushett.



RIGHT: Jason, Josh, Ricky, Jack and Rhys Herbert.



Megan Daley, Aaron Clarke, Amber Rogers and Anna Gillett.