

## DENMAN LITTLE ATHLETICS CENTRE REGISTRATIONS 2012/13 SEASON

Registrations for the Denman Little Athletics Centre's 2012/13 season will be held at the Denman Athletics/Football Oval on:

- ♦ 3.30pm - 5pm Wednesday 5 September 2012
- ♦ 3.30pm - 5pm Wednesday 12 September 2012
- ♦ 3.30pm - 5pm Wednesday 19 September 2012

Registration costs are:

1 <sup>st</sup> Child	\$68
2 <sup>nd</sup> Child	\$58
Subsequent Children	\$53

**New registrations to Denman Little Athletics must bring original birth certificate as proof of age (if you have previously been registered at Denman Little Athletics Centre in the past three years you do not need your birth certificate). REGISTRATIONS WILL ONLY TAKE PLACE ON THESE DATES –LATE REGISTRATIONS WILL INCUR A \$20 PER CHILD ADMINISTRATION FEE.** Any enquiries to Jenny on 043 983 4847.

## Nutrition Snippet Apple & Banana Hotcakes



This delicious recipe will give your kids' a great start to their day! It contains one serve of fruit:

### Ingredients

2 eggs	1 tbsp honey
2 1/2 cups low-fat milk	3 ripe bananas, sliced
2 cups self-raising flour	2 tbsp sugar
2 tsp margarine, melted	
3 medium apples, peeled, cored and grated	



### Method

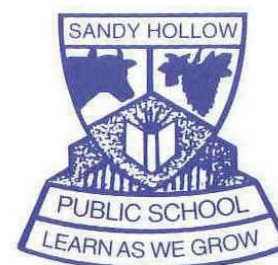
In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar, stir into wet mixture until smooth. Heat oil in a pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear and cook until golden. Serve with banana and drizzled honey. Makes 10.

For more information about *Eat It To Beat It* visit [www.cancercouncil.org.au/eatittobeatit](http://www.cancercouncil.org.au/eatittobeatit) or phone 49230710.



### Additions and Attachments

- ♦ Sunsmart flyer.
- ♦ Kindergarten orientation letters (some).
- ♦ Refund cheques (some).
- ♦ Some receipts.
- ♦ Some uniform receipts.



## SANDY HOLLOW SNIPPETS "Creating Future Leaders"

Phone: 6547 4521  
Fax: 6547 4450

22nd August 2012

### Touch Football Gala Day

Years 2/3/4/5/6 all participated in the Muswellbrook Touch Football Gala Day yesterday. All children demonstrated true sportsmanship and should be proud of their efforts and performance on the day. I was very proud of each child and especially how hard they all tried.

Thank you to all the parents who drove, as we would not have been able to attend this day without you.

Tammy Parker  
Co-ordinator

### Woolies and Coles Vouchers

If you have any outstanding Woolies or Coles vouchers, please send them in as soon as possible. We have collated our points and will be sending in our vouchers shortly.

### Beef Bonanza

Our steer – Sananza will be visiting school on Tuesday 28<sup>th</sup> August. All students on the beef bonanza team will need to stay back at school for a session starting at 3.30pm and concluding about 4.30pm. Information will be sent home this week for all participating students.

### Market day and Car Boot Sale

We have only had a few stalls booked for the Market Day and Car Boot Sale being held on Saturday 8<sup>th</sup> September. Please contact the school as soon as possible if you are considering holding a stall or 'car boot sale' so that we can add your sale items to our flyer. As it will also be council elections on that day, we are expecting a good crowd. All SRC members will finalise their stalls this week, with notes asking for assistance to go home this week.

## DATES TO REMEMBER

K/1/2 Excursion      Thurs 30th August

Regional Athletics      Fri 31st August

**Canteen Monday 27th August**

**Katie McLean**

Monday 3rd September -  
Megan Turner and Leanne Pike

**Next Toybox - Mon 27th August**

Claim the Date

**SRC Mini Fete**

**Sat 8th Sept**





### **Yearling Sale**

At the P&C meeting, members voted to use half of the proceeds from the sale of the yearling to subsidise a gymnastic program early next year. The program costs a total of \$4000. With the donation of \$2000 towards the cost of the program, costs for students will be reduced by 50%.

### **Raffle**

A reminder that raffle tickets need to be returned to school, with money no later than Friday 31 August. If families require more tickets, do not hesitate to contact the school. The raffle will be drawn on the morning of the market day and mini fete.

### **Weekly Awards - Week 5 Term 3**

- ♦ Tylana Cox - Improved attitude in literacy tasks.
- ♦ Jackson Stair - Achievement in Mathematics.
- ♦ Codi Marsh - Fantastic effort in Mathematics.
- ♦ Jake Pike - Effort in writing and explanation.
- ♦ Amy Thompson - Application in creative arts.
- ♦ Gypsie Russell - Being a wonderful group leader.
- ♦ Natasha Marsh - Working well in all areas.

### **Workers of the Week**

- ♦ K/1/2 - Matthew Allen and Rhyme Anderson.
- ♦ 3/4/5/6 - Apryl Cotter, Chelsea Borradaile, Olivia McLean, Abby Cooper and Jackson Whalan.

### **Student of the Week**



Tarni Sheen - For thoughtfulness towards others.

### **Transport Excursion**

There is only eight more sleeps until the Kindergarten, Year One and Year Two travel to Newcastle for their transport excursion. On Thursday 30th August, we will be departing from school at 7:30am and will not be returning until about 5:00pm. The children will be required to bring:

- ♦ Crunch and sip
- ♦ A hat
- ♦ Water
- ♦ Recess
- ♦ Lunch
- ♦ An extra snack (as we will be late home)

They will need to wear their school uniform and please ensure that they have their school jumper with them.

If notes and payment has not been returned to school, could these please be sent in tomorrow.

Many thanks.

Pauline Bullock



### **From the P&C**

#### **FATHER'S DAY RAFFLE**

The P & C will be sending raffle tickets home this week with your child/children for our Father's Day raffle to be drawn on Friday 31<sup>st</sup> August. There are some great prizes to win for dad, so don't forget to return your tickets and money to your child's teacher.

#### **FATHER'S DAY STALL**

A Father's Day Stall will be held on Monday 27<sup>th</sup> August, Tuesday 28<sup>th</sup> August and Wednesday 29<sup>th</sup> August at school so kids bring along your pocket money and buy a gift for dad as Father's Day is on Sunday 2<sup>nd</sup> September.

