

Nutrition Snippet Foam Box Veggie Gardens



This spring all you need to start growing your own vegetable garden is a foam box! Foam boxes are light and easy for you and your kids to manage.

Step One: Cut six drainage holes in the bottom of the foam box.

Step Two: Elevate foam box by placing it on some old bricks and fill with potting mix.

Step Three: Plant seedlings or seeds, making sure not to over plant (aim to plant around 4-6 seedlings per box).

Step Four: Water and care for your seedlings daily.



Try planting tomato, pumpkin and zucchini seedlings this spring.

For more information about the *Eat It To Beat It* program phone 4923 0710 or visit

www.cancercouncil.org.au/eatittobeatit



Nutrition Snippet What's In Season this Spring?

Buying fruit and vegetables in season is a great way to save money at the checkout. So what fruit and vegetables should we look out for this spring?

Fruit

Apples
Avocado
Grapefruit
Lemons
Mandarins
Rockmelon
Oranges
Pawpaw
Pineapple
Pomelos
Strawberries
Tangelos
Pear

Vegetables

Artichoke
Asian greens such as bok choy
Asparagus
Beans
Beetroot
Broccoli & Carrots
Cauliflower
Chilli and Garlic
Leek
Mushrooms
Peas
Pumpkin & Potato
Spinach

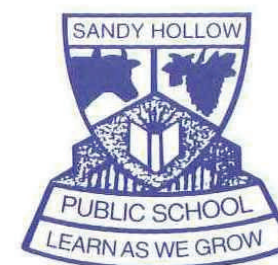


For more information about the *Eat It To Beat It* program please visit
www.cancercouncil.org.au/eatittobeatit



Additions and Attachments

- ♦ Come & Try flyers from NSW Sport & Recreation.



SANDY HOLLOW SNIPPETS "Creating Future Leaders"

Phone: 6547 4521

Fax: 6547 4450

7th December 2012

Presentation Night

It was great to see so many families and community members supporting our annual presentation night. It was also nice to catch up with past students and find out what they are up to.

Congratulations to the Year 5 students elected as Captains, Sports Captains and Library Monitors.

Congratulations to all award winners (next page).

Thank you to the P&C for organising supper and to the parents who provided food. Thank you also to Geoff Lundie for organising the chairs from the hall for us.

Church Service / Concert

A reminder that we will be attending a church service and strings concert in Denman next Tuesday. Students will need to bring their recess, lunch and a drink with them. We will be walking from the pool to the church and the church to Denman Public School. The bus will pick us up after the concert and return us to school.

Year 6 Farewell

This dinner is on Wednesday 12th December, at school. It involves Year 6 and their parents, Year 5 and the staff. Thank you to Mrs Harris and Ms Higgins for co-ordinating this event.

Christina Darlington
Relieving Principal

E-mail: sandyhollo-p.school@det.nsw.edu.au

Library Books

Students and parents are asked to please return all library books this week.

Thank you

Mrs Parker - Librarian

DATES TO REMEMBER

Church service & String Quartet

Tues 11th Dec

Senior Citizens concert at RSL

Wed 12th Dec

Year 6 Farewell dinner at school

6.30pm Wed 12th Dec

Disco at school

Fri 14th Dec

Canteen Monday 10th Dec -

Katie McLean

Friday 14th Dec - Volunteer

Monday 17th Dec - Bernadette Kearney

Next Toybox - Mon 11th Feb

Claim the Date

Last day for students

Wed 19th Dec

Students return for 2013

Wed 30th Jan

Kinders first day

Thurs 31st Jan

School A to Z
practical help for parents

WHAT IS SCHOOL A TO Z?
SCAN THE CODE AND
FIND OUT MORE

www.schoolatoz.com.au

NSW GOVERNMENT Education & Communities

Christina.Darlington@det.nsw.edu.au

Class Awards

K/1

Academic Excellence Nicholas Terrell
Most Improved Natasha Marsh
Bengalla Mining Company Consistent Effort

Cambell Hinze
Jason Daniel Award for Kindness
Andrew Harris

2/3

Academic Excellence Abby Cooper
Most Improved Corey Parkinson
Bengalla Mining Company Consistent Effort

Bella Wallace
The Macquarie Generation Science Award
Nickolas Roberts

The Brind Award for Perseverance
Kristy Walker
Creative Arts Awards Dustynn Turner

Ausgrid Bright Futures Mathematics
Sam Thompson

4/5/6

Henry Dalton Cup for Academic Excellence
Max Lundie

Most Improved Georgie Russell
Bengalla Mining Company Consistent Effort
Taylor Byfield

Creative Arts Awards Amelia Harris
Ausgrid Bright Futures Science
Simon Budden

Ausgrid Bright Futures Environment
Sebastian Owen

Public Speaking Medal Junior - William Stair
Senior - Emmett Scott

Banking Awards Jackson & William Stair
Banking Certificates Olivia McLean, Luke Sheen, Tarni Sheen.

Sports Award

Amy Thompson

Premier's Sporting Challenge

Amy Thompson and Olivia McLean
Library Awards K/1 - Dustynn Turner
2/3 - Olivia McLean
4/5/6 - Amelia Harris

Denman Masonic Lodge Emily Pike
Award for Citizenship

School Captains for 2013

- ♦ Chelsea Borradaile and Sebastian Owen.

Sports Captains

- ♦ Amelia Harris and Hugh Higgins.

Library Monitors

- ♦ Taylor Byfield, Georgie Russell and Luke Sheen.



Student of the Week



William Stair - for being a wonderful class member.

Weekly Awards

- ♦ Amelia Harris - wonderful efforts during maths investigation.
- ♦ Sebastian Owen - brilliant knowledge recall during science.
- ♦ Mia Gillespie - fantastic general knowledge recall in HSIE.
- ♦ Corey Parkinson - great effort with his discussion.
- ♦ Jackson Whalan - moving up a level in the 50's club.
- ♦ Gypsie Russell - moving up a level in the 50's club.
- ♦ Andrew Harris - excellent work and wonderful manners.

Workers of the Week

K/1/2 - Dustynn Turner and Rhyme Anderson.

Canteen Notice

Canteen will be available for the children on
FRIDAY 14th DECEMBER.

Cheese and bacon rolls - 50c
These must be sold by the end of the year,
and they will not be on next years canteen
menu.

Thank you - Katie McLean
Canteen Co-ordinator

School Disco

The P&C are running a disco at the end of term. It will be held on Friday 14th December, starting at approximately 12.30pm. The theme is Christmas, so students are encouraged to dress up in their best Christmas outfits. All students are asked to bring some party food to share.

**BAERAMI COMMUNITY
XMAS TREE**
Keeping the Chrissy spirit alive in the bush
FANCY DRESS
On: Saturday 15th December 2012

Time: 6.30pm

At: Baerami Hall

Bylong Valley Way

Please bring a plate of goodies
for a shared supper

There will be hot chips &
hot dogs for sale

BYO DRINKS

SANTAS COMING TO VISIT
ON THE NIGHT - 8pm

Gift value \$10

Please phone 65475058 / 65475083 for more info

