

Nutrition Snippet Quick, Easy Breakfast Swaps



Choose these simple, tasty options for your child's brekkie to give them the energy to get through the day. When you make their breakfast tomorrow, have a think about healthier alternatives.



Breakfast	Healthier
White toast with vegemite	Wholemeal toast with avocado
Flavoured milk	Fruit smoothie with frozen raspberries, honey and low-fat milk and yoghurt
Rice bubbles	Porridge topped with banana and honey

These ideas were brought to you by *Eat It To Beat It*, helping Hunter families eat more fruit & veg. For more information phone 4923 0710 or visit www.cancercouncil.com.au/eatittobeatit



Additions and Attachments

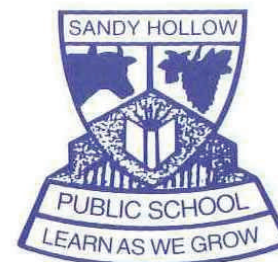
- ♦ Performing Arts permission note and driver note.
- ♦ Performing Arts medical form.
- ♦ Term calendar



Concert

All guitar and piano students will be performing in a concert in Term 4. The concert will be held here at school in the old library on Tuesday 30th October at 3.45pm. Parents and friends are invited to attend. Please come along to see how far your children have progressed in their musical pursuits.

Rachel Dearnley
Music Teacher
6547 2128



SANDY HOLLOW SNIPPETS "Creating Future Leaders"

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10th October 2012

Welcome Back – I hope everyone has had the opportunity to recharge – we have a very busy term coming up. Students will be involved in drumming workshops, concerts, solar boat challenge, beef bonanza, Year 7 orientations, Kindergarten orientation, and swimming lessons just to name a few things.

Kindergarten Orientation

Kindergarten Orientation begins this week, with a parent session being conducted by Ms Bullock and myself. Ms Bullock has organised a number of outside agencies to be represented on the day. The P&C will provide morning tea and a BBQ lunch. All students are invited to join in with the BBQ. Then for the following 7 weeks, our new Kindergarten children will join us every Wednesday for activities. We are looking forward to meeting our new students. Year 5 students are looking forward to being buddies!

Year 7 Orientation to Merriwa Central School

Merriwa will begin their orientation programme this week with a parent information session being held on Thursday 11th October. Year 6 will then enjoy three full days at the Central School on Thursday 18th and 25th October and 8th November.

Cassilis Sports Workshop

A reminder that it is being held this Friday. Thank you in advance to the parents who have generously offered to provide transport.

Solar Boat Challenge

This is being held on Wednesday 17th October. Students involved in this received notes earlier this week.

Quad Bike Safety

Ken Tuckey (also known as "The camel man") will be conducting quad bike safety sessions at school on Wednesday 24th October. This activity is optional, so students have the choice about whether they want to attend or not. Notes and money are due back by Monday 15th October. Parents are welcome to join in at no cost.

DATES TO REMEMBER

Cassilis Sports Workshop
Fri 12th Oct

Solar Boat Challenge Wed 17th Oct

UH Performing Arts Festival Rehearsal
Thurs 18th Oct

UH Performing Arts Festival
Fri 19th Oct

Ken Tuckey visit Wed 24th Oct

Canteen Monday 15th October
Leanne Pike

Monday 22nd Oct - Bernadette Kearney

Next Toybox - Mon 22nd October

Claim the Date

Music concert at school Tues 30th Oct
Remembrance Day Fri 9th Nov

Kindergarten Orientation

Today was the commencement of our Kindergarten Orientation programme. Parents and children attended today. While the parents were involved in an information session in the Library, the children were engaged in activities in the K/1/2 room with Mrs Helen Smith.

We would like to welcome Angel Blackhurst, Riley Borradaile, Bill Chambers, Rowdy Walters, Steven Allen and Lucas Stair, who will be our 2013 Kindergarten class. They will be attending school every Wednesday until the 28th November while participating in our Orientation Programme.



Rowdy, Lucas, Bill, Angel and Steven. Riley is absent.

The parent meeting commenced with Mrs Darlington outlining areas from a whole school perspective. Included were school policies, school readiness, advantages of a small school, the activities and programmes that our students are involved in, the importance of health checks and communication with the school.

Next I explained the Kindergarten Orientation Programme and what activities the children will be involved in; outlined Wednesday afternoon's Peer Support Programme; explained the contents of the Parent Information Packages; classroom organisation and road safety; getting your children to and from school safely.

Following morning tea, we had a guest speaker from Hunter New England Health Eat it To Beat It programme, who covered the following areas;

- ♦ How many serves of fruit and veg we should have in the lunch box.

- ♦ How achievable can that be.
- ♦ Simple tips to help the whole family.
- ♦ How to plan a healthy lunch box.
- ♦ Healthy lunch box ideas.

Finally Katie Rowe, a speech pathologist from Muswellbrook, provided information on the following areas:

- ♦ What does a speech pathologist do?
- ♦ Normal speech and language development and what to expect for a child at school entry.
- ♦ Why is speech and language important for school and learning.
- ♦ Ways to help speech and language development prior to and following school entry.

The morning concluded with a BBQ lunch.

I would like to thank Katie McLean, and all the parents who sent in goodies for providing and organising morning tea, and Mr Gelder for cooking the BBQ and for serving and organisation.

Pauline Bullock

Co-ordinator

Weekly Awards - Term 3 Wk 10

- ♦ Sebastian Owen - great job, transformations in AL.
- ♦ Georgie Russell - improved recall of multiplication facts.
- ♦ Corey Parkinson - fantastic effort - power point presentation.
- ♦ Amy Thompson - dynamite effort in writing a descriptive sentence.
- ♦ Isabella Wallace - dynamite effort in writing a descriptive sentence.
- ♦ Jackson Whalan - being helpful in the playground.
- ♦ Nicholas Terrell - great behaviour on our excursion to Muswellbrook.
- ♦ Cambell Hinze - great behaviour on our excursion to Muswellbrook.

Workers of the Week

3/4/5/6 - Chelsea Borradaile, Amelia Harris and Abby Cooper.

K/1/2 - William Stair, Natasha Marsh and Rhyme Anderson.

Student of the Week



Sam Thompson - All round consistent effort.

Drumming Workshops

In preparation for the Upper Hunter Performing Arts Festival on the 19th October Jackson Stair, Max Lundie, Amelia Harris and Emmett Scott have attended a series of three Drumming Workshops the third of which is today. Our students have joined a group of sixty students from schools all over the Upper Hunter. They will perform African Drumming Music as an introduction to the festival and then again as the finale'.

At each workshop Emmett, Amelia, Max and Jackson have worked extremely well as these sessions are four hours of intensive drumming. They have also been prepared to practice in the own time at school. Thank you all for your dedication; and thank you to Bernadette Kearney for driving the students.

Our new Kinders working with their "buddies". →

The Upper Hunter Performing Arts Festival

Over the next week we will be putting the finishing touches to our whole school performance.

Could the children please bring their black pants and t-shirts to school on Monday 15th.

Then on Thursday 18th we will travel to Muswellbrook High for a rehearsal, and again on Friday 19th for our performance at the festival.

Transport for our rehearsal (18th) will be by bus which has been kindly paid for by the P&C. This is greatly appreciated, thank you.

To transport the children for their performance (19th) could I please ask for volunteer drivers. The festival will have a vast variety of performances, so you will be guaranteed to be entertained.

If you could possibly manage to drive, please complete the attached sheet indicating this, along with the permission note for your child to travel to Muswellbrook.

If you are unable to drive on the 19th, would you please attach \$5 for petrol.

Thank you for your continuing support.

Pauline Bullock

ICAS English

Congratulations to Amelia Harris, Amy Thompson and Angus Higgins who each received a participation certificate.

P & C Meeting

The next P&C meeting will be held on Thursday 18th October in the Old Library starting at 2.00pm. All parents and community members are welcome to come along.

