

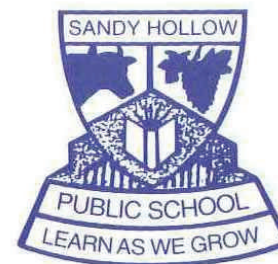
Nutrition Snippet Vegies for Breakfast? Your Kidding!



A good breakfast is especially important for kids because it can improve energy levels, alertness and concentration. Many people would not think of breakfast as a time to squeeze in some extra vegies but the following ideas provide a solid meal for breakfast with 1-2 serves of vegies! They will also help to warm the kids up on cold winter mornings! Top tip: protein helps to fill kids up and gives them sustained energy for concentration and alertness. In the following examples, baked beans and eggs are good sources of protein.

- Toast/muffin topped with cooked mushrooms, tomatoes, baked beans, capsicum or creamed corn
- Chop and add left over vegies to an omelette or savoury pancake
- Heat chopped leftover vegetables and serve as a topping for toast; add an egg or reduced-fat cheese for a more substantial meal

These ideas were brought to you by *Eat It To Beat It*, helping Hunter families eat more fruit & veg. For more information visit www.cancercouncil.com.au/eatittobeatit or phone 49230710.



**SANDY HOLLOW
SNIPPETS**
"Creating Future Leaders"

Phone: 6547 4521
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8th February, 2012

DID YOU KNOW.....ATTENDANCE IS IMPORTANT?

Every day your child is absent from school matters. If your child has one day per week absent from school then they miss....

1 term by the end of their first year at school
1 $\frac{1}{2}$ years by the end of year 6,

2 $\frac{3}{4}$ years by the end of year 12,

This amounts to an enormous amount of learning time. The only acceptable reasons for your child to be absent from school include:

- Unavoidable medical appointment,
- Attending a recognised religious holiday,
- Exceptional family circumstances - such as a funeral,
- Is sick or has an infectious disease,
- Head lice.

Birthdays, shopping, haircuts, sleeping in and staying at home to look after other siblings are not acceptable reasons for being absent from school.

Arrival At School

Students should not be arriving at school before 8.45am. Teachers are not required to report for duty until 8.45, so students who arrive before this are left unsupervised. If for any reason, your child needs to be at school earlier than 8.45am, please make appropriate arrangements with a staff member prior to the occasion. Students are reminded that when they do arrive at school, they must sit in the COLA area until given permission by the duty teacher to go and play.

Cassilis Cross Country

The date has been set for the Cassilis Cross Country - Friday 9th March. We will be travelling in private cars if we get enough drivers. If you commit to driving to the event, please ensure you fulfil this obligation. It is very difficult to rearrange travel for students at the last minute, as we often do not have many spare seats.

DATES TO REMEMBER

Swimming at school - Thurs 9th, Fri 10th Feb

Denman Swimming Carnival (some students) Fri 10th Feb

P&C AGM and General Meeting Thurs 16th Feb

Canteen Mon 13th February - Monday 20th -

Next Toybox - Monday 13th February

Textbook Fees

Thank you to all families who have paid for their textbooks. We have started using them this week. If you are still to pay, please do so as soon as possible. If you require financial assistance, please contact the school.

Payment of Money

We would like to request that all money sent to school be given to the class teacher and not sent to the office. With the office not being attended five days a week, it has been quite difficult to monitor payments. All class teachers have a list to mark off payments made by each student.

Music Lessons - Guitar and Piano

Music lessons with Rachel Dearnley will begin this week. Lessons will be held on Tuesday and Wednesday mornings. The students involved have already been informed of their allocated lesson times. The school has a number of guitars that are available for student use. There will be a \$50 fee for any student wishing to take a school guitar home, of which \$40 will be refunded when the guitar is returned at the end of the year in good condition.

Office Hours

Once again this year Mrs Rose is only in the office 7 days per fortnight, due to our numbers.

Would parents and community members who come to school and find the office unattended,

PLEASE GO TO THE CLASSROOM and sign in.

Thank you.

Christina Darlington
Relieving Principal

Workers of the Week

3/4/5/6 - Max Lundie, Emmett Scott, Taylor Byfield, Sebastian Owen and Jackson Stair for achievement in Maths.

Amy Thompson - fantastic effort in Maths.

Harmony Blackhurst - fantastic improvement in reading.

Andrew Harris - a lovely quiet worker.

K/1/2 - Gypsy Russell and Dustynn Turner.

Student of the Week



Apryl Cotter - assisting in the playground with the new Kindergartens.

Scripture Lessons

Scripture lessons will begin next week on Thursday 16th February. K-1-2 will have Jan Baihn and 3-4-5-6 will have lessons with Toni Cummings.

P & C Meeting

The first P & C meeting for the year will be held on Thursday 16th February at 2pm in the Old Library. It will be an AGM where elections will be held for all office bearers. This will be followed by a general meeting where we will be discussing the school annual financial statement, current school budget and possible expenditure of P & C funds. All parents are invited to come along.

Emailing the Newsletter

Due to the increasing cost of printing our usually very colourful newsletter each week, we are going to begin emailing it to those parents who have supplied us with an email address. It will go out in Adobe PDF format, and should be able to be opened in either that format or with "word". Parents will be advised the week before, when emailing will begin.

Muswellbrook Football Club

Muswellbrook Football Club (soccer) will be taking registrations for the 2012 season during February and March, 2012. Detailed information including dates, times and prices is available on the club's website.

www.muswellbrookfc.org.au

Volunteers Needed

We would love some parents to help in the Library for a few hours 1 day per week or 1 day per fortnight. Re-shelving books, repairing books and if you like, learning our Library system. You don't need any particular talent to begin, we will teach you!!

We would also like a volunteer to help Mrs Rose get the newsletter out on Wednesday afternoons, starting at 2pm.

We urgently need volunteers in the classrooms to help listen to children read. Any morning for any amount of time would be really welcome.

Please call at the office.

Denman Swimming Carnival

Emmett, Hugh, Amelia, Amy and Taylor will be travelling to Denman Pool to participate in the Denman Public School Swimming Carnival. We wish them all the very best of luck. All children need to be at the pool by 9.15am. Please remember pool entry, sunblock and water.

Additions and Attachments

- ♦ MSC flyers regarding Road Safety Around Schools.
- ♦ Some receipts.
- ♦ Eat It To Beat It breakfast tips.
- ♦ Term 1 Canteen Roster (volunteers)
- ♦ Moving into Year 7 (Year 6 only).