



Cancer Council  
NSW

Nutrition Snippet

## The simplest way

to increase your fruit and veg intake

Myth: Frozen and canned fruit and vegetables don't count towards your recommended daily intake of fruit and vegetables.

The facts:

- Frozen and canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegetables are usually packed shortly after picking, so few nutrients are lost
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you're making the best choice!

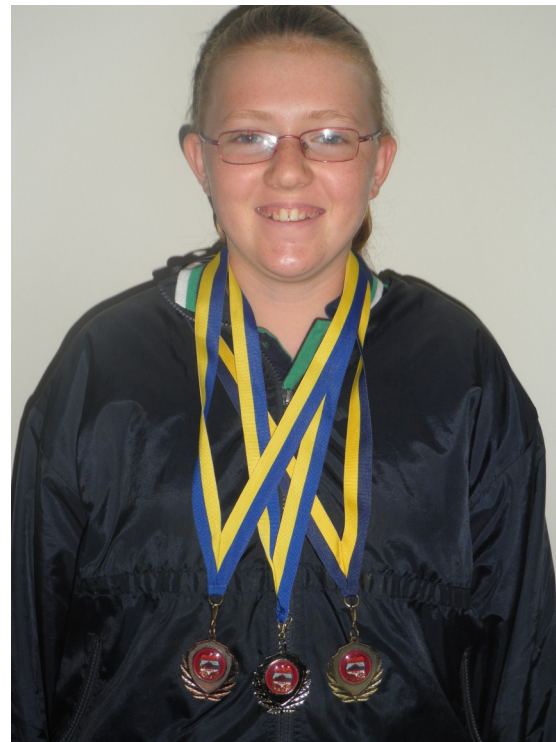


Hint: Look for tinned fruit in natural juice rather than syrup, and serve with a reduced fat natural yoghurt and honey for a sweet afternoon snack!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



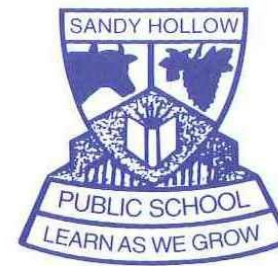
### Extra Curricula



Last weekend Amelia Harris (and family) travelled to Newcastle to compete in the RSL Youth Zone 11 Swimming Carnival. Amelia's placings are:

- 3rd in 100m freestyle.
- 1st in 50m freestyle.
- 4th in 50m backstroke.
- 6th in 50m breaststroke.
- 2nd in 50m butterfly.

Congratulations Amelia on a great day!



## SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521

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20th November 2013

### Lost Property

Currently we have a large number of items in our lost property box(es). Some items of clothing are brand new and none of the items of clothing are labelled with a child's name. We are asking parents to come in check through the unclaimed clothing and take whatever belongs to their child. All left over clothing will be donated to a second hand clothing shop at the end of the year.

### Anti – Bullying

This Friday, while K-1-2-6 are at the Wetlands excursion. The students remaining at the school will be participating in a day themed around anti-bullying. All activities will be planned and taught by Miss Trunk as part of her practicum requirements. Mrs Darlington and Mrs Parker will assist during the day.

### Late arrivals – early departures

A reminder that ALL children must be signed in when arriving late to school and signed out when leaving early. This must be done by the adult who is dropping them off or picking them up. Registers are available in all classrooms, so parents are not required to go via the office to do this. This procedure is part of our Work, Health and Safety requirements, so that all students can be accounted for at all times. It is also a legal requirement for our roles. We thank you for your cooperation on this.



**HEAD LICE**  
*Are on the move again!*  
*Please be vigilant.*

If you require more information, please call at the office or ring the school.

### DATES TO REMEMBER

P&C Meet 2pm

Thurs 21st Nov

K/1/2 Excursion

Fri 22nd Nov

Yr 6 Rotary Dinner @ RSL

Wed 27th Nov

Fruit & Veg day at school 27th Nov

Last Kinder Orientation day

Wed 27th Nov

Last Drumming workshop

Thurs 28th Nov

**Canteen Monday 25th November**

Nicola Field

Monday 2nd Dec - Lyric Anderson  
and Melissa Gillespie

Next Toybox  
Monday 2nd December

Claim the Date  
\* Presentation Night Tues 3rd Dec





### **3/4/5/6 Class News**

This term has been quite busy for the students in 3-4-5-6. In Literacy, we have been focusing on explanations in writing. The students have looked specifically at text purpose and structure, and the use of cause and effect. We are currently writing joint constructed explanations and will move onto independent writing later this week.

In Maths, most students are close to finishing their maths content for the year. We have a number of investigations to complete and will then spend the last few weeks revising multiplication, fractions and decimals.

In HSIE, students have been completing work on Cultures, Faiths and Beliefs from different parts of the world. They have looked at Christianity, Islam, Buddhism and Aboriginal Spirituality. We have briefly looked at the core beliefs of each faith and listened to children's stories based on these faiths. We will now move onto looking at what we believe in ourselves and traditions that each family follows.

In Visual Arts, we have been focussing on different art forms from around the world. Students have designed a kimono using watercolour pencils to give the impression of a silk painting, they have designed symmetrical Chinese dragons and this week we are focussing on ancient Egyptian art. We will finish the year off with some Christmas activities.

Students are reminded, that even though the year is drawing to a close, they still need to be organised ready to start the school day. Every student needs a red pen, blue or black pen, lead pencil, eraser, ruler, scissors, sharpener and a glue stick. I ask that parents remind their child to have their equipment ready. Thank you.

Christina Darlington - class teacher

### **Statement of Account**

There are some accounts attached to this newsletter. Payments made within the next week would be very welcome, and help with our end of year finance.

### **Weekly Awards**

- ♦ Amelia Harris - consistent application.
- ♦ Mia Gillespie - working well in all areas.
- ♦ Jacob Marsh - improvement in spelling.
- ♦ Kristy Walker - achievement in reading.
- ♦ Harmony Blackhurst - very enthusiastic participant in our class.
- ♦ Andrew Harris - works co-operatively as a team member.
- ♦ Darcy Wallace - very enthusiastic participant in our Maths investigation.

### **Workers of the Week**

K/1/2 - Angel Blackhurst and Lucas Stair.

3/4/5/6 - Codi Marsh, Nickolas Roberts, Abby Cooper and Beau Buswell.

### **Student of the Week**



Codi Marsh - positive attitude and displaying respect towards visitors to the school.

### **K/1 News**

As the Kinder and Year One teachers, we are very proud of the effort all the children put in to improving their skipping skills throughout the Jump Rope for Heart campaign. Some children went from not being able to skip at all, to speedy little roos, and those who could already skip have added some daring moves to the repertoires. In Visual Arts we have been focusing on fireworks (which ties in nicely with the HSIE unit on Celebrations). The children have produced some excellent artworks displaying their interpretations of fireworks. For Science we have been looking at the stages of growth of insects, animals and humans, which will complement our excursion to the Hunter Wetlands Centre on Friday. We would like to take this opportunity to thank our parent helpers, Michelle

Stennett and Anita Hinze, who assist in making our literacy and art sessions very productive. Your help is greatly appreciated.

Pauline Bullock & Peta Higgins

K/1 Teachers

### **Kindergarten Orientation**

As we all come together for our second last week of Kindergarten Orientation Kayden, Declan, Noah, Mikayla, Marshall, Cody, Bella, Harry and Reagan focus on what they could do if they found that an activity was too difficult for them.

This skill was demonstrated through the story "Three Cheers For Errol". Errol was the character in the story that was not very good at school work, but he tried his best.

Following recess the children joined Year One and Kindergarten as we recited nursery rhymes, sang number songs and played maths games. The children then worked with Mrs Smith on their maths lesson during which they learnt about day and night. They each made a moon and some stars before continuing with their counting activities.



### **Peer Support**

This week our group leaders Tylana, Connor, Codi, Olivia, Nickolas, Katie, Hunter, Jackson and Shanay led their groups through four activities.

Throughout the afternoon all the children were encouraged to use the social skills they have learnt so far this term, that being listening, using nice talk, asking for help, ignoring, interrupting and trying when it's hard.

### **Trying When It's Hard**

#### **Stop and Think**

Discuss the feeling of frustration and point out that lots of people get frustrated when something is difficult.

#### **Say "It's hard, but I'll try"**

Talk about feeling proud when something is hard but you tried it anyway. Also stress that it's OK to try and fail.

#### **Try It.**

Point out that a person might need to try more than once.

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

#### **Fantastic fresh fruit fun lunch**

On Wednesday 27 November the P&C is holding a fresh fruit lunch to give the students of Sandy Hollow Public School – including our 2014 Kindy students, an opportunity to try a wide variety of fresh fruits.

At a cost of just \$4 your child can enjoy a nutritious fruit salad lunch with the fruit they choose from a 'buffet' selection including bananas, kiwi, apple, orange, berries, pineapple, melon, cherries, pears and much more.

A note has been sent home with your child for the Fruit Lunch. If you would like your child to participate, please sign the form and send it in with \$4 to your child's teacher by Wednesday 27 November. Please let us know (on the note) if your child has any allergies we should be aware of, or for more details contact Nicola Field on 6547 5013.

**P&C meeting tomorrow, 2pm in the Music Room. All welcome.**