

**Sandy Hollow Public School -  
Canteen Price List  
Term 4, 2013**

**Hot Food**

|   |         |
|---|---------|
| Chicken burger<br>(includes lettuce, mayo,<br>beetroot, tom, cheese, cucumber,<br>carrot) | \$ 5.00 |
| Meat pie - Small  | \$ 2.00 |
| Large   | \$ 3.50 |
| Sausage roll  | \$ 2.50 |
| Sauce   | 30c     |
| Lasagne   | \$ 4.50 |
| Lasagne plus salad plate  | \$ 5.50 |
| Pizza (Marg)  | \$ 3.00 |
| Chicken nuggets   | \$ 0.60 |
| Noodle cup (beef or chicken)  | \$ 2.50 |
| Toasted sandwich (chicken,<br>cheese, tom)  | \$ 3.50 |

**Cold food**

|  |         |
|--|---------|
| Salad wrap                               | \$ 3.50 |
| Chicken wrap                             | \$ 3.50 |
| Chicken + salad wrap                     | \$ 4.00 |
| Fun bun (iced bun - pink or<br>cinnamon) | \$ 2.00 |
| Chips - honey soy or sea salt            | \$ 1.50 |
| Vanilla ice cream cup                    | \$ 2.00 |
| Frozen yoghurt (straw/mango)             | \$ 2.00 |
| Frozen fruit stick                       | \$ 0.50 |

**Drinks**

|   |         |
|---|---------|
| Bottle water 600ml                                | \$ 2.00 |
| Juice 250ml (apple, orange, app/<br>blackcurrant) | \$ 2.50 |
| Moove milk (choc, straw, banana)                  | \$ 2.00 |

*Volunteers please supply 1  
lettuce, 3 tomatoes, 1 cucumber  
and 1 carrot.*

Cassilis Cross Country



Nutrition Snippet

## The simplest way

... to increase your vegies

90% of adults in your area don't eat enough vegies! We should aim for 5 serves each and every day!

Here's some easy tips to help you out...

**Eat vegetables as a snack throughout the day**

- Try vegie sticks with low fat dip like guacamole or salsa, or vegie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.

**Decrease the meat in your meals + add more vegies**

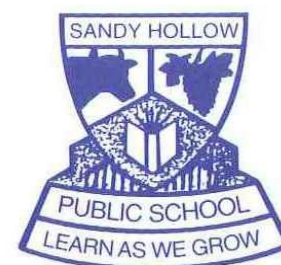
- For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with extra veg. Hint: chickpeas, lentils + beans are great fillers!

**Add vegies to all your meals**

- Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

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





# SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521  
Fax: 6547 4450

23rd October 2013

**State Athletics**

Congratulations to Olivia McLean who competed in the junior girl's discus event at the State Athletics carnival last week. Her best throw for the day was 17.6 metres. A phenomenal effort. We are all very proud of her efforts.

**Beef Bonanza**

Due to circumstances beyond our control, we will not be competing at the Upper Hunter Beef Bonanza this Friday. I would like to take this opportunity to thank the Walker family for all the hard work and hours put into training our steer. It has been a huge job. Students will need to return their school cattle team shirts washed and ironed as soon as possible. Thanks.

**AL Training**

This week Mrs Darlington will be travelling to Kurri Kurri to attend a course on Accelerated Literacy and the New Curriculum. This information will be shared with staff on her return.

**Book Fair**

Our next book fair will be held in week 5. Notes will be sent home closer to the date.

**Early Arrival at School**

Over the last few weeks, we are seeing children arrive at school earlier and earlier. Students should not be at school before 8.45am. Staff are not required to be at school until this time and cannot actively supervise students. If for any reason, parents need to leave their children at school early, please make arrangements with Mrs Darlington beforehand.

Christina Darlington  
Principal



## DATES TO REMEMBER

**2nd Drumming workshop Thurs 31st Oct**

**Go Go Golf Mon 4th Nov**

**Book Fair begins Mon 4th Nov**

**Student Music Concert Tues 5th Nov  
All Welcome**

**Canteen Monday 28th Oct**

**Katie Thompson**

**Monday 4th Nov - Shannon Wallace**

**Next Toybox**

**Monday 4th November**

**Claim the Date**

\* **Remembrance Day Mon 11th Nov**



## Kinder Orientation

Last Wednesday Reagan Turner, Harry Thompson, Bella Pike, Cody Parkinson, Marshall Hinze, Mikayla Borradaile, Noah Adams, Declan Adams and Kayden Adams attended school for their first full day. The children's activities began with a focus on listening. What should we do to improve our listening skills? They learnt firstly it is important to LOOK at the person who is speaking. Secondly to keep their bodies STILL and lastly to THINK about what is being said. All their literacy, numeracy and craft activities involved them practising these skills throughout the morning.

### 1. Listening

**Look** - Discuss the importance of looking at the person who is talking. Point out that sometimes you may think someone isn't listening, even though he or she really is. These steps are to show someone that you are really listening.

**Stay Still** - Remind the children that staying still means keeping hands and feet still and not talking to friends.

**Think** - Encourage the children to think about what the person is saying, and be sure they understand if the person is asking them to do something.

This week our new Kindergarten children concentrated on the skills associated with using nice talk, saying please and thank you. This is taught through the use of the story book 'John Brown, Rose and the Midnight Cat'. They will also be involved in role plays and craft and craft activities to enable them to grasp these concepts in a relaxed environment. Following recess the days of the week that were covered last week, are revised. Through reading the story 'One Hungry Spider' they will look at numbers 1 to 10. To conclude this session a variety of number games are played and rhymes are shared.

## 2. Using nice talk and saying thank you skills.

**Use a friendly look** - Discuss how your body and facial expressions can give a friendly or unfriendly look. You may wish to act out different facial expressions and body posture to help the children identify what is friendly.

**Using a friendly voice.** - Tell the children that a friendly voice is an inside voice - not loud like you may use outside, angry or whining. Again, you may wish to act out different voice tones and volumes to help the children identify which ones are friendly.

**Say thank you** - Talk about nice things people do for you. Tell the children that saying thank you is a way to let someone know you are happy about what the person did for you.

### Peer Support

Last Wednesday afternoon we commenced Peer Support for 2013. After lunch the entire school came together under the COLA where the children are placed into eight groups. The leaders of these groups are the year five students who are our new kinder's buddies. Before the children start the activities they revised the social skill that the new kinders learnt during the morning session. Last week this was Listening and this week it is Using Nice Talk. Through role plays and discussion everyone familiarises themselves with the strategies outlined, for you to revise with your children at home.

Pauline Bullock  
Kindergarten Teacher

*Baramul Stud in the Widden Valley is looking for a cleaner. Please contact Shannon on 6547 0506 or Shannon@baramulstud.com.au*

## Weekly Awards

- ⇒ Hugh Higgins - contributions to chapter summaries in AL.
- ⇒ Connor Hodder - application in maths.
- ⇒ Codi Marsh - application in maths.
- ⇒ Nickolas Roberts - improved application in maths.
- ⇒ Angus Higgins - excellent effort in extended multiplication.
- ⇒ Corey Parkinson - excellent effort in extended multiplication.
- ⇒ Kristy Walker - great results at Beef Education Day.
- ⇒ Harmony Blackhurst - excellent effort in writing.
- ⇒ Darcy Wallace - displaying good sportsmanship.
- ⇒ Rowdy Walters - displaying good sportsmanship.

### Worker of the Week

K/1/2 - Dustynn Turner, Rhyme Anderson and Angel Blackhurst.  
3/4/5/6 - Chelsea Borradaile, Simon Budden, Amelia Harris, Jackson Stair, Jake Pike, Amy Thompson and Isabella Wallace (2).

### Student of the Week



Katie Pike  
- a quiet achiever.

## From the P&C

### Canteen

Please note the included price list. Some parents have noted the new prices, some have not. If you would like another copy of the new canteen price list, please call at, or ring the office.

### Jump Rope For Heart

For five weeks this term the whole school are participating in Jump Rope for Heart on Thursdays, and any other days the children feel like practising their newly acquired skipping skills. Sponsorship forms have been sent home with every child. This year is Jump Rope for Heart's 30<sup>th</sup> Birthday, so in addition to our usual Jump Off day activities on Thursday 14<sup>th</sup> November, Mrs Darlington, Mrs Parker and myself have agreed to participate in "dares", if the school raises \$650 or more. For further details ask your children!!

Ms Peta Higgins

Jump Rope coordinator

### Additions and Attachments

- Some receipts.

### DENMAN AMATEUR SWIMMING CLUB

Any children who are interested in joining the Denman Swimming Club are asked to contact Virginia Chapman on **0407 437 108**. You don't have to be able to swim the length of the pool or even half the length. There are races for 12metre swimmers and usually by the end of the swim season these children are swimming the length of the pool. There are also classes for stroke correction after school at the Denman pool and for those children who are competent swimmers there are coaches available for squad training. The club caters for all levels of swimming and club nights are held on Thursdays starting at 5pm which are always loads of fun. Our first club night for the year is next Thursday 31<sup>st</sup> October so please give Virginia a call to find out more.