



Welcome to the Eat It To Beat It
Nutrition Snippets

Over the coming weeks we will bring you fruit and vegetable inspiration, tips and creative ideas. Look out for this weekly snippet to receive:

- Quick, mouth-watering Recipe's for home,
- Tasty Lunchbox tips,
- Grow-your-own horticultural hints,
- Money-saving ideas and
- Fun 'kids in the kitchen' suggestions.



We always welcome your feedback. Stay tuned until next week...

For more great ideas visit www.eatittobeatit.com.au and 'like' us on Facebook at www.facebook.com/eatittobeatit



Nutrition Snippet
Get your kids loving
Fruit & Veg!



Are you one of the thousands of parents in Australia struggling to get your kids to eat fruit and veg?

- Remember the saying "the apple never falls far from the tree?" It's important for you to eat and enjoy a wide variety of fruit and vegetables every day as kids are more likely to copy what they see.
- Get the kids involved in choosing and washing the fruit and veg they want to pack for school. Allow them to peel/cut/grate if old enough.
- Large pieces of fruit or veg can be hard to manage for young children. Cut them into a variety of shapes and sizes to keep it interesting.
- Keep ready-to-eat fruit or veg chopped in the fridge for kids to grab as an easy snack. Why not dip them in yoghurt or hummus for a refreshing change.

For more great ideas visit www.eatittobeatit.com.au and 'like' us on Facebook: www.facebook.com/eatittobeatit



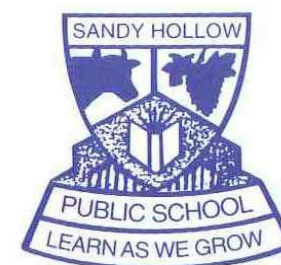
SECOND HAND SCHOOL CLOTHES
GOOD CONDITION
\$5 per item

- ♦ 3 x L school shirts
- ♦ 2 x size 12 long school pants
- ♦ 2 x XL school shirts

Please contact Katie McLean on
0477 869 455

Additions and Attachments

- ♦ Canteen roster for those involved.
- ♦ Fresh for Kids information + activity.
- ♦ Eat It To Beat It information.
- ♦ Clothing for sale.
- ♦ Some uniform receipts.



SANDY HOLLOW
SNIPPETS
"Creating Future Leaders"

Phone: 6547 4521
Fax: 6547 4450

6th February 2013

Staff Development Day

Staff have begun the term with a jam packed staff development day. During the holidays our computer system was converted to Windows 7, so we began the day with training. We joined all the Upper Hunter Small Schools via video conference to learn about the changes. We are now instructing students about logging in and saving files.

The middle session was spent learning about the new national curriculum. We discussed ideas about how learning has changed over the years and how that fits with the context of our school. We will continue our training around this as the year goes on.

The afternoon session was spent updating our training for Child Protection.

Over the next few weeks, staff will look at updating the school strategic management plan, school emergency plan, anti bullying policy and the PE and sport policy. Staff will be utilising the video conferencing equipment to update training for treating asthma.

Swimming

All students have been enjoying swimming lessons this week. The program is aimed at consolidating skills taught at the end of last year. It is quite pleasing to see improvements, particularly those students who followed up lessons during the holidays, or took time to practise their skills. A big thank you to Tanya Penfold, who has been guiding the students as they work to improve their swimming skills. A big thank you also to the caravan park for allowing us to use their facilities. It is greatly appreciated.

Denman Swimming Carnival

Good luck to Amy and Sam Thompson, Amelia Harris, Taylor Byfield and Hugh Higgins, who will be competing at Denman Public School's annual swimming carnival this Friday. Their times for each of the races will determine whether or not they will go on to compete in the Zone carnival in two weeks time. I know they will make Sandy Hollow PS proud.

DATES TO REMEMBER

Denman Swim Carnival **Fri 8th Feb**
(some students)

Knights visit **Wed 20th Feb**

Zone Swim Carnival **Thurs 21st Feb**

Swim Fun Carnival Merriwa **26th Feb**

Canteen Monday 11th February
Katie McLean
Monday 18th - Nicola Field

Next Toybox - Monday 11th February

Claim the Date
Gymnastics begins Week 7 - Thurs 14th
March

Swimming Fun Carnival

We have been invited to join Cassilis and Martindale Public Schools for a swimming fun carnival. The proposed date is Tuesday 26th February and it will be held in Merriwa. There will be events for all levels of swimmers and non swimmers. All students (K-6) are expected to participate. More details will be sent home later this week.

Headlice

Even though we have only been back at school for a few days, there have already been reports of head lice. Please check your child's hair regularly and treat any eggs or live lice immediately.

PLEASE DO NOT SEND YOUR CHILD TO SCHOOL WITH HEADLICE!

It only takes one infected child to spread them through the whole school. I thank parents in advance for their vigilance. We will organise a nitbuster day later this term, if they continue to be a problem.

Textbooks

Fees for textbooks were set at \$43 per student this year, a significant decrease in price for the senior students. We would like all fees to be paid up by Friday this week, so we can start using the books. Books will not be issued until they have been paid for. If you require assistance, please do not hesitate to contact me during school hours. All arrangements will remain confidential. Thank you to the many families who have already paid the fees.

Music Lessons with Rachel Dearnley

Music lessons will commence next week. If you would like your child to learn the guitar or piano, please see Ms Bullock for details. The school has guitars for hire if you require one.



Lessons via Video Conference

Students in years 2-3-4-5-6 will participate in their first structured lesson using the connected classrooms. They will be learning about being persuasive which will be used as preparation for NAPLAN this year. Even though most students appear to be able to persuade their peers and family to participate in particular activities, it doesn't always come through in their writing. The session is interactive, so students will have a go at persuading each other of something that is impossible. This activity will be a great start to our literacy unit on persuasive text.

Uniforms

Many parents have spent a considerable amount of money replacing school uniforms for the beginning of the term. Can you please ensure you write your child's name on their clothing, so that it can be returned to them when it is discarded in the playground? At the end of last year, we had nearly four garbage bags of unclaimed clothing – some of which was new and barely worn. I thank you in advance for your co-operation on this matter.

School Website

The calendar for term one on the school website has recently been updated to include all activities for this term. This will continuously be updated as the term goes on. We have also started attaching permission notes for various events to the calendar. If you misplace your notes, you can now go to the website and download them. All students will be encouraged to do this, rather than the school handing out extra copies of notes.

Paying for school activities

We would like all students to give any payments they have directly to their class teachers. This includes school banking.

Money and notes are not to be left at the office.

We have had several cases of notes and/or money being misplaced and we hope to alleviate this problem.

Bookclub

Catalogues for the first book club orders were sent home last Friday. All orders, with payment, are due in by 10th February. Thank you to Mrs Parker for taking on the role of co-ordinator again.

P & C Meeting

Our first P&C meeting for the year will be held on Thursday 21st February in the old library at 2.00pm. We will begin with the annual AGM. If you are interested in fulfilling an executive role on the P&C, please contact Jeannie Harris prior to the meeting. We will not be taking nominations on the day. Several people have already expressed an interest in filling these roles. This will be followed by a regular meeting which will conclude at approximately 3.00pm. All parents are welcome to attend.

Absentee Notes

A reminder to all parents, that you must ring the school or send in a note explaining why our child was absent. This must happen within 7 days of the absence. After this time, the absence is marked as unjustified, regardless of the reason. Further information regarding attendance will be sent home later in the term.

Christina Darlington
Principal

Welcome to our wonderful new Kindergarten!
Kallie, Bill, Riley, Steven, Rowdy, Maddison, Angel and Lucas.

