

Nutrition Snippet Take the Fruit & Veg Challenge!



To find out if you are really eating enough, write down everything you ate and drank yesterday and add up how many serves of fruit and veg you had. Here is an example:

Breakfast: 2 slices toast with marg and honey; 2 cups of tea

Morning Snack: 1 yoghurt; 1 small glass OJ (125mls)

Lunch: 1 medium potato with tuna & cheese; 1 apple; water

Afternoon Snack: 1 banana, 2 cups of water

Evening Meal: macaroni cheese, ½ cup peas; 2 slices of garlic bread; 1 small glass OJ (125mls)

Evening Snack: 2 plain biscuits; water

Tip: 1 serve of fruit = 1 medium piece or 2 small pieces or small glass OJ (you can only count OJ once though).

1 serve of vegetables = ½ cup cooked vegetables/legumes or 1 medium potato or 1 cup salad vegetables.

Answers: Fruit = 3 serves (1 apple, 1 banana & 125mL juice).

Veg = 2 serves (1 medium potato and ½ cup peas).

Now it's your turn! Take the fruit and vegetable challenge! Remember to be as accurate and honest as possible. Did you meet the target? If not, what could you have done differently?

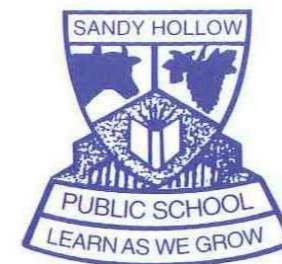
This challenge was brought to you by *Eat It To Beat It*, visit www.eatittobeatit.com.au for more ideas.



Additions and Attachments

- ♦ Head lice story.
- ♦ School kids bonus info.
- ♦ Some receipts.

PARENTS - please remember to keep your receipts.
Some of your expenses are claimable from the ATO.



SANDY HOLLOW SNIPPETS "Creating Future Leaders"

Phone: 6547 4521

Fax: 6547 4450

27th February 2013

Zone Swimming Carnival

Congratulations to the four students who represented the school at the Zone Swimming Carnival last Friday. From all accounts their behaviour was great and their efforts in the pool have qualified them for some events at the Regional Swimming Carnival. Amelia Harris will swim 50m Freestyle and our relay team will also compete. We wish them best wishes for the Regional Carnival.

Really? Persuade Me

Last Monday all students from years 2 -6 participated in a connected classroom session about persuasive texts. We joined students from Rosehill Public School and Dundurrabin Public School. The session was run by Laurine Croasdale, an Aussie Chomps author. The students looked at some advertisements, identifying text structure. They also looked at emotive language, use of alliteration and onomatopoeia as persuasive devices. Each school was then given a topic to brainstorm arguments for and against. We had to come up with three ideas supporting Santa's move to Hawaii and three ideas supporting Mrs Claus wanting to stay in the North Pole. These were then shared with the other schools. It was a great learning experience for the students, who are now looking forward to our next session later in the term.

Mining Expo

We have been invited to attend the Mining Expo as part of the Muswellbrook Show on Friday 15th March. Further details and a permission note will be sent home later this week.

Clean Up Schools Day

This Friday all students will be participating in Clean Up Schools Day. The students in Years 2-6 will be tidying up the footpaths from the school to Goulburn Drive and K-1 will tidy up inside the school. The clean up will take place straight after assembly. All students will need to bring a pair of gloves.

Christina Darlington
Principal

DATES TO REMEMBER

Regional Swim Carnival - 7th March
(some students)

Gymnastics begins - 14th March

Muswellbrook Show Mining Expo
Fri 15th March

Canteen Monday 4th - Leanne Pike
Monday 11th March - Tammy Weir

Next Toybox - Monday 11th March

Claim the Date

- * Cassilis Cross Country - 19th Mar
- * Easter Hat Parade + raffle - 20th Mar

Long Service Leave

I will be taking long service leave for a little over two weeks, starting this Thursday. I will be replaced by Christina Cavalot and Mrs Parker will relieve as Principal for the two weeks.

Christina Darlington
Principal



Weekly Awards

- Chelsea Borradaile - carefully reading and completing homework tasks.
- Amelia Harris - Zone swimming. Carefully reading and completing homework tasks.
- Hugh Higgins - Zone swimming.
- Shanay Turner - achievement in maths mentals.
- Amy Thompson - Zone swimming.
- Kristy Walker - working well in all areas of literacy.
- Harmony Blackhurst - improvement in mathematics.
- Sam Thompson - Zone swimming.
- Andrew Harris - fantastic counting by ones, twos, fives and tens.
- Angel Balckhurst - reading all her sounds.

Workers of the Week

K/1/2 - Dustynn Turner and Riley Borradaile.
3/4/5/6 - Connor Hodder, Abby Cooper, Hunter Marsh, Jake Pike, Jackson Whalan and William Stair.

Student of the Week



Tarni Sheen - being very thoughtful and a wonderful help.

P & C Meeting

The annual AGM and the monthly P&C meeting were held last Thursday 21st February.

New office bearers were elected as follows:

- President - Nicola Field.
- Vice President - Kim Kennedy.
- Secretary - Michelle Stennett.
- Treasurer - Jeannie Harris.
- Publicity Officer - Nicola Field.
- Canteen Co-ordinator - Katie McLean.
- Uniform Co-ordinator - Katie Thompson.
- Breakfast Club Co-ordinator - Michelle Stennet.

Congratulations everyone and we look forward to a busy and profitable year ahead. Upcoming events include the Easter Raffle and Hat Parade, Westpac helicopter charity horse ride afternoon tea, Denman Wine and Food affair.

The minutes are available from the office if anyone would like to have a copy.

Michelle Stennett
Secretary



ZONE SWIMMING CARNIVAL

On Thursday 21st February, Hugh Higgins, Amelia Harris, Sam and Amy Thompson competed at the Zone Swimming Carnival held at Singleton. Amy placed 1st in the 10yrs Girls 50mtrs Freestyle, 1st in the Junior Girls 50mtrs Butterfly and 1st in the Junior Girls 50mtrs Breaststroke. Sam placed second in the 9yrs Boys 50mtrs Freestyle and 2nd in the Junior Boys 50mtrs Breaststroke. Hugh placed 3rd in the 12yrs Boys 50mtrs Freestyle and Amelia placed 3rd in the 11yrs Girls 50mtrs Butterfly and 2nd in the 11yrs Girls 50mtrs Freestyle. Amelia will go on and compete at regional level for her freestyle event as she had to swim 38 secs or less to qualify which she did. Hugh, Amelia, Amy and Sam all combined to swim in the small schools 4 x 50mtrs freestyle relay race which they won. This means they have all qualified to compete at the regional carnival to be held in Maitland on the 7th March.

Congratulations on all of your achievements!

Jeannie Harris

