

Nutrition Snippet Extra Ways to Make Eating Fruit & Veg Easy



Here are a few more facts that make eating enough fruit and veg easier than you might think...

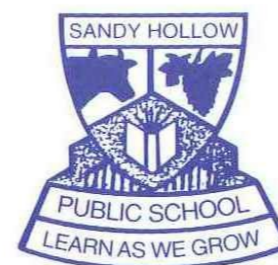
- Canned and frozen count toward your 2 fruit & 5 veg. Choose tinned fruit in juice (not syrup) and tinned veg with no added salt.
- Don't forget legumes are a vegetable too! They include dried peas, beans and lentils.
- A serve of 100% fruit or vegetable juice (125mL or ½ cup) can count towards the target once only. Juice does not contain fibre, so limit to 1 small glass. Water is the best drink for families.
- A serve of dried fruit can count towards the target once only (1½ Tbs sultanas (a small box) or 4 dried apricots).
- If you find it unrealistic for your child to eat a whole serve at once, you may prefer to offer ½ a serve and increase the number of times you offer fruit & veg.

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



Additions and Attachments

- * Cassilis Cross Country permission note.
- * Cassilis Cross Country canteen order form.



SANDY HOLLOW SNIPPETS "Creating Future Leaders"

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6th March 2013

Clean Up Australia Day.

Unfortunately, due to poor weather, we had to postpone our clean up at school. When the weather clears this week, we will reschedule it. Students will need to have gloves, which they can leave at school ready for the rescheduled event.

Regional Swimming Carnival

Again we would like to wish Amy Thompson, Amelia Harris, Sam Thompson, and Hugh Higgins the very best of luck as they compete in the P5 small schools relay at Maitland tomorrow. Good luck to Amelia as she competes in the 50m Freestyle.

Our thanks goes to Kim Stanford who has spent many hours training the children for these events.

Cassilis Cross Country

This year Cassilis Cross Country will be held on Tuesday 19th March. We will be attending this day by bus and cars. The cost for the day is \$8.00 per child without lunch or \$13.00 with lunch. Please return lunch orders and money by Friday 8th March. All bus money must be paid by 15th March. This day is part of our school curriculum and only those children who have a medical condition will be granted leave. Please inform us before the day if your child will not be attending so transport arrangements can be made.

There are 2 notes attached to this newsletter. The canteen note MUST be back, with the money, by Friday 8th March. This Friday. Thank you.

Student Council Representatives:

The new Student Council members received their badges last week at our assembly. Congratulations to following students;

- Year 1 – Andrew Harris, Darcy Wallace.
- Year 2 – Thomas Gillespie, Dustynn Turner.
- Year 3 – Harmony Blackhurst, William Stair.
- Year 4 – Amy Thompson, Corey Parkinson.
- Year 5 – Codi Marsh, Connor Hodder.
- Year 6 – Chelsea Borradaile, Simon Budden, Taylor Byfield, Amelia Harris, Hugh Higgins, Sebastian Owen, Georgie Russell, Luke Sheen.

DATES TO REMEMBER

Regional Swim Carnival - Fri 7th Mar
(some students)

Clean Up Schools Day - Fri 8th Mar

Gymnastics begins - Thurs 14th Mar

Muswellbrook Show Mining Expo
Fri 15th March

Canteen Monday 11th March -
Tammy Weir

Monday 18th March - Katie Thompson

Next Toybox - Monday 11th March

Claim the Date

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

Premier's Reading Challenge

The Premier's Reading Challenge runs from 1st February until 1st September 2013. All children in our school are now registered.

It's easy and it's fun. All the children have to do is read or listen to 30 books in K-2 or read 20 books from years 3-6.

All children have a reading log and can enter their books online or bring their log to school and I will help them to enter their books.

At the moment we are finding the books in our library, so each child can borrow a book each week.

Year 2-6 have a tub of Premier's Reading Challenge books in their room which they can use as home readers.

If you require further information just Google Premier's Reading Challenge NSW or contact me to answer any questions you may have.

Tammy Parker
Acting Principal



Weekly Awards

- * Georgie Russell - displaying leadership during a team investigation for science.
- * Jackson Stair - demonstrating sportsmanship and great catching skills!
- * Jackson Whalan - 100% effort at the swimming fun day.
- * Natasha Marsh - fantastic work in mathematics.
- * Angel Blackhurst - excellent reading of her sight words.

Workers of the Week

K/1/2 - Cambell Hinze and Lucas Stair.

3/4/5/6 - Luke Sheen, Olivia McLean, Katie Pike and Harmony Blackhurst.

Student of the Week



Hunter Marsh - Settling in and demonstrating school values.

2/3 Class News

This term Years 2/3 have been very busy. In writing we have focused on the difference between a simple sentence, compound sentence and a complex sentence. We will be learning about aspects of persuasive writing in preparation for NAPLAN later in the term.

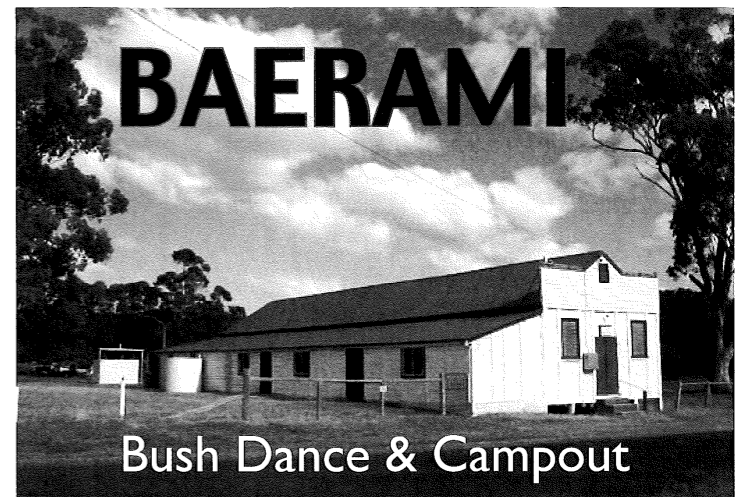
In Accelerated Literacy we are reading the fable "The Lion and The Mouse". During these sessions we will be focusing on paragraphing and how the author sequences her ideas. We will also be looking at the grammatical features of the text and how they are used to enhance the engagement of the reader.

In Mathematics Year 3 have focused on odd and even numbers, place value of numbers and area to lead them into an investigation which involves organising numbers, days, dates, times and measurements from newspaper and magazine articles. Year 2 have focused on odd and even numbers, place value of numbers, expanded notation and number patterns to lead them into an investigation which involves constructing a quiz for their peers to play.

In Science and Technology we are studying a topic called "Smooth Moves". In this topic we are learning about how push or pull affects the movement or changes shape of a shape. We will be learning how forces can be exerted by one object on another through direct contact or from a distance.

In Sport we are learning to play Lacrosse. We are looking forward to participating in gymnastics later in the term.

Tammy Parker
Class Teacher



20/21 April 2013 Baerami Hall, Upper Hunter Valley
1361 Bylong Valley Way, Baerami via Denman

Traditional acoustic music by 'Waltzing Jack' • Arrive after 4 pm
• Music & dancing till late • **Starts 7.30 pm** • Dances are explained
• BYO dinner & drinks, & food for shared supper • Beginners welcome
• No partner needed • Bring table decorations

Cost per person **\$15.00 (pre-booked)** or **\$20.00 (at door)**, children free, concession \$10.00. Includes camping, dance & walk

Join easy Sunday morning **guided bushwalk** in Wollemi National Park or leisurely bike ride in Baerami Creek Valley

Contact Martin (02) 6571 1208 - info@calli.com.au



Nutrition Snippet
**Banana Toastie-
Afternoon Snack Recipe**

Try this quick, tasty banana toastie recipe to add some fruit to your children's afternoon snack.

Ingredients

- | | |
|----------------------------------|-------------------|
| 1 small egg, beaten | 1 banana, sliced |
| 1 tsp orange juice | 1 tbsp sultanas |
| 1 tsp caster sugar | Pinch of cinnamon |
| 4 slices multigrain bread | |
| 1tbsp reduced-fat ricotta cheese | |



Method

1. Combine egg, juice, ricotta and sugar.
2. Add banana, sultanas and cinnamon and mix.
3. Place two slices of bread on the sandwich maker, divide mixture over the two slices, top with remaining slices of bread
4. Toast until heated through and egg is cooked.
1 serve of fruit. Serves 2.

For more information about the *Eat It To Beat It* program please Ph 4923 0710 or visit www.cancercouncil.org.au/eatittobeatit

