

From the P&C

Sandy Hollow Charity Horse Ride Afternoon tea donations needed.

Sandy Hollow Charity Horse Ride will be held on Saturday April 20. Each year Sandy Hollow Public School provides donations of cakes and slices for afternoon tea for the riders at Sandy Hollow Hall. In return, the event organisers make a substantial donation to the School's P&C.

We would like each family to donate a plate of cakes/slices/biscuits for the afternoon tea. Please drop your donation at the hall from 2.30pm on Saturday 20th. If you'd like to stay and help us serve afternoon tea to the riders the P&C would be very grateful. Everyone is welcome!

Please contact Nicola Field on 6547 5013 for more information.

The simplest way to eat more Veg and spend less money



Because a kilo of meat almost always costs more than a kilo of veg, if you start switching some of the meat in favourite family meals for more veg, you'll not only be eating more healthily but saving money too.

Original Recipe	Price	Modified Recipe	Price
1 Tbs canola oil	\$0.05	1 Tbs canola oil	\$0.05
1 onion (150g)	\$0.45	1 onion (150g)	\$0.45
1 clove garlic (5g)	\$0.09	1 clove garlic (5g)	\$0.09
700g minced beef	\$9.74	400g minced beef	\$5.56
1 can tomatoes	\$0.74	1 can tomatoes	\$0.74
140g tomato paste	\$0.39	140g tomato paste	\$0.39
1 beef stock cube	\$0.12	1 beef stock cube	\$0.12
1 pack spaghetti	\$0.74	1 pack spaghetti	\$0.74
		1 eggplant (150g)	\$0.59
		1 large carrot (150g)	\$0.82
		75g mushrooms	\$0.29
	\$12.32		\$9.84

***Total price saving = \$2.48 (20%). In addition, the modified recipe has an extra 5 serves of vegetables than the original recipe - more than 1 extra serve per person.**

For more information program please visit
www.cancercouncil.org.au/eatittobeatit



The simplest way to make a quick and healthy dinner with vegies



If you're pushed for time and need a family dinner fast, forget waiting for take-away and try this tasty trick. It only takes 10 minutes and is healthier and cheaper too!



Veggie Omelette - serves 4

1. Whisk 6 eggs with a fork
2. Pour into a medium greased frypan
3. Throw in a few handfuls of finely chopped or grated vegies such as carrot, zucchini, mushrooms, corn, capsicum and spinach
4. Sprinkle reduced fat cheese over the top of the vegies
5. When egg starts to cook through, fold the omelette over on itself
6. Serve straight away with some wholemeal toast on the side

Tip: You can use any vegies you like – and add in any leftovers from the fridge too!

For more information please visit
www.cancercouncil.org.au/eatittobeatit



Additions and Attachments

- Volunteering sheet for Wine + Food Affair.
- Autumn activities NPWS.
- Messy Church - School holiday fun.
- ANZAC Day information.

Relay For Life Fundraiser

Zumba® Classes

Sunday 14th April 2013
Muswellbrook Workers Club



4:00pm a cool class for cool kids
\$5.00



5:00pm an easy low impact class
\$10.00



6:00pm a fun energetic class
\$10.00

Games Raffles Prizes

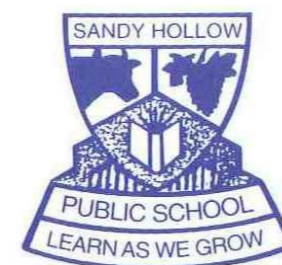
All proceeds go to Cancer Council Muswellbrook
Relay for Life

Enquiries: Christine Scott Ph 6547 5183

"Zumba Christine"

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SANDY HOLLOW SNIPPETS "Creating Future Leaders"

Phone: 6547 4521
Fax: 6547 4450

10th April 2013

As we come to the end of Term 1, I would like to wish everyone a safe and relaxing holiday. It has been a busy term with sporting activities, Healthy Harold, Muswellbrook Show and a visit from the Knights. Next term is looking just as busy with the leadership day for Year 6, Singleton Beef Competition, Athletics, Pittman Cup and a walkathon. I look forward to seeing everyone returning next term refreshed and ready to go. There are two staff development days at the beginning of next term, so students do not return until Wednesday 1st May.

Persuasive Writing Video Conference

Last Monday, students in years 2-3-4-5-6 participated in a video conference on persuasive writing.

Reminders

- ♦ Earn and Learn at Woolworths starts on Tuesday – Start collecting your stickers. Cards are available from the school office.
- ♦ Athletics starts on the first Thursday back. It costs \$2.50 per week or \$12.50 if paid in full. Invoices were sent out last Friday.

Cross Country

Congratulations to the students who competed in the Zone Cross Country at Muswellbrook last Friday. Results are as follows:

- ♦ Chelsea Borradaile placed 23rd in the 12 year olds.
- ♦ Tylana Cox 12th in the 10 year girls.
- ♦ Amy Thompson 15th in the 10 year girls.
- ♦ Hugh Higgins 10th in the 12 year boys.
- ♦ Angus Higgins 8th in the 10 year boys.
- ♦ Sam Thompson 11th in the 9 year boys.

ANZAC Day

This year Anzac Day falls in the second week of the holidays. Students from Sandy Hollow have been once again invited to join in with the march at Denman. Ms Higgins has offered to supervise the students. There is a church service at 11am. Students will need to meet Ms Higgins at the front of the St Matthias Anglican Church in Palace Street at 11.30 to form up for the march. Students will be marching (begins 11.40am) around to the park next to the RSL Club. Students will need to wear full school uniform including a broad brimmed school hat. Chelsea Borradaile will be doing a reading during the ceremony. There will be a BBQ available for lunch at a small charge.



DATES TO REMEMBER

**Pancake Day— Thursday 11th
at lunch time**

**Earn and Learn started on Tuesday!
Start collecting stickers for school.**

Last day of Term 1 Fri 12th April
ANZAC Day Thurs 25th April
Staff return Mon 29th April
Students return Wed 1st May
Bush Poets visit Fri 3rd May 2pm

**Canteen Monday 6th May -
Michelle Stennett & Melissa Gillespie**

Canteen Monday 13th May - Nicola Field

Next Toybox

Monday 6th May

Claim the Date

* Leadership Day Year 6 Tues 7th May
* Trivia Night Sat 22nd June

Staff Meeting - Asthma Training

This week, staff will be completing asthma training via video conference. The course goes for one hour starting at 3.30pm. Any parents, who wish to join staff, please contact the school.

Staff Development Days for Term 2

Day 1 – teaching staff will be travelling to Scone to join the other schools in the Upper Hunter Invermeir group. They will be focussing on numeracy, as they work with the interactive numeracy continuum early learning plans from Best Start. They will also be closely looking at developing early number sense and sharing resources they use in the classroom.

Day 2 – teaching staff will be focusing on the new national curriculum that will be implemented from the beginning of next year. They will be completing two online modules.

SASS staff will be travelling to Pokolbin for their annual conference with a choice of workshops including “Tools and Applications to support SAMs and SAOs” and “Professional Newsletters”, among others.

Christina Darlington
Principal

Bush Poet Visit

On Friday 3rd May we are lucky enough to be welcoming two Bush Poets to our school. Greg North and Milton Taylor have offered to spend an hour from 2pm entertaining the children, with what will surely be some excellent and often very funny poetry.

Cost for this activity will be \$2 per child.



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Weekly Awards

- ♦ Sebastian Owen - fantastic problem solving.
- ♦ Jacob Marsh - great problem solving skills.
- ♦ Isabella Wallace - demonstrating sportsmanship.
- ♦ William Stair - eager participation in class.
- ♦ Darcy Wallace - trying hard in PE.
- ♦ Angel Blackhurst - trying hard in PE.

Workers of the Week

K/1/2 - Natasha Marsh, Maddison Nebauer and Rowdy Walters.

3/4/5/6 - Georgie Russell, Nickolas Roberts and Jake Pike.

Student of the Week



Riley Borradaile - an extremely reliable member of our school.

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K/1/2 News

All the children have continued to work extremely well in the classroom as the term draws to an end. Kindergarten's sounds and sight word knowledge is very impressive. The children enjoy using the interactive white board to complete a variety of activities on each new sound and sight word.

The class as a whole are building on their confidence as writers to write sentences correctly, providing their audience with more informative and interesting recounts.

As part of our HSIE unit “The Need for Shelter” we invited Mrs Jenny Chambers to our classroom to outline the way Aboriginal people built their shelters in the past. Mrs Chambers did a fantastic presentation for us. She began by showing many pictures of a variety of shelters used by Aboriginals. Then each child made their own shelter, using a variety of sticks, bark and leaves. Mrs Chambers also explained how Aboriginals prepare their food and which implements they used to do this.

We would also like to thank Ms Michelle Stennett, who assisted Mrs Chambers in preparing all the materials to enable each child to build a shelter and for guiding them during the afternoon's activity.

All the children had a wonderful afternoon. Thank you so much Mrs Chambers, and Ms Stennett.

Ms Bullock & Ms Higgins



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Parents please note:

There is a large box of clothing (navy but not school uniform) in the office. If anyone would like to come and sort through, they are welcome.

It will stay here until the end of term, and then taken into Vinnies.

Thank you.



Pancake Thursday 11th April

The P&C have funds available to provide the students a FREE pancake lunch on Thursday 11th April.

Students can choose a variety of toppings with their freshly made pancakes including strawberries, banana, maple syrup, honey, jam and cream.

So take a break from making school lunch on Thursday and let your child enjoy hot pancakes with a fresh topping. There is no need to pre-order pancakes or topping - P&C committee members will be on hand to make and serve the pancakes.

Students from K,1,2 will break for lunch at 1pm on Thursday to avoid a long queue.

Parents please note: There will be a Mother's Day stall at school in Week 2.



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