

The simplest way to set a healthy example for our kids



Did you know that in NSW 8 out of 10 parents are not eating the recommended daily amount of veg and half are not eating the recommended daily amount of fruit?

What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By eating more fruit and veg now you'll be a healthy role model for your kids and help protect their health in the future.

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



Additions and Attachments

- ◆ Canteen roster.
- ◆ UH community services info.
- ◆ School Holiday fun at Denman and Muswellbrook Libraries.
- ◆ UH Wine and Food Affair volunteers return sheet for P&C.

The simplest way to encourage children to eat veggies



Here's our Top 10 tips:

1. **Children copy you.** Eat healthily and they are more likely to too.
2. **It takes 10 – 20 tastes.** New takes time, so keep trying!
3. **Start sweet.** Pumpkin, carrot, capsicum and snow peas.
4. **New with old.** Introduce veg with a meal they already love.
5. **Let kids choose.** Ask them to pick a new veg to try.
6. **Start raw.** Some children prefer it to cooked.
7. **Help other parents.** If a tip has worked tell your friends.
8. **Encourage self-service.** Put a bowl of veg or salad out with the meal.
9. **Grate veg additions.** Add into favourites like bolognaise.
10. **A handful of spinach.** Throw leaves into favourite dishes.

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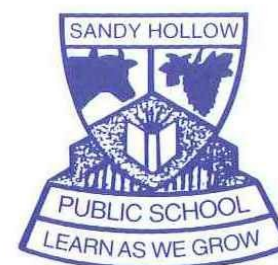


Parents please note:

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.



SANDY HOLLOW SNIPPETS "Creating Future Leaders"

Phone: 6547 4521
Fax: 6547 4450

3rd April 2013

SRC Easter Hat Parade

Well done to the SRC. They did a fantastic job running the Easter raffle and Hat Parade. Their efforts have seen \$199.50 added to their fundraising efforts for a new sand pit. I have spoken to Merv Saunders from the Men's Shed and he will be visiting the school early next term to advise the students on their project.

Thank you to all families and community members who supported the raffle by donating prizes and/or buying raffle tickets.

Congratulations to the following people who won prizes:

Tarni Sheen, A Hinze, Grant (3), Darcy Wallace (3), Glen Walker, C Hinze, Dylan Cox (2), Nicholas Terrell (4), Jackson Stair, Mick, Mrs Darlington (2), Bailey Whalan, Thomas Gillespie (2), Bella Pike, Sarah from Widden (2), Kristy Walker, Hugh Harold, Mrs Parker, Tony Gillespie, Bella Wallace, Amelia Harris (2), Riley Borradaile, Amy Thompson, Laura from Widden, Jo Cooper, S Budden, Jamie Whalan, Abby Cooper, Brenton Whalan, Tylana Cox (2), Carolyn Adams, Dimity and Leanne Pike.

Video Conference

Next Monday, students in 2-3-4-5-6 will participate in their second video conference about persuasive writing. This activity will reinforce what the students have been learning during writing sessions in Literacy. This will also give students extra support in the lead up to NAPLAN early next term.

Results from State Swimming Carnival

Our swim team has done very well this morning at Homebush Aquatic Centre. Hugh, Amelia, Amy and Sam swam 2.44.61 and came 14th out of 25 PP5 schools. Well done team!!



Last week Jenny Chambers, Michelle Stennett and Emelia Chambers came into K/1 and helped build some shelters. More information next week.

DATES TO REMEMBER

Zone Cross Country **Fri 5th April**
(some students)

Interrelate at Denman PS **Thurs 10th April**

First session 6pm, second session 7.15pm

Last day of Term 1 **Fri 12th April**
Staff return **Mon 29th April**
Students return **Wed 1st May**

Canteen Monday 8th April -
Kim Kennedy
Canteen Monday 6th May - TBA

Next Toybox
Monday 8th April
Claim the Date

* **Trivia Night - Sat 22nd June**

Principal’s Conference

I will be away on Thursday and Friday this week, so that I can attend the annual Hunter/Central Coast Principal’s Conference. We will be learning about the changes that are being made to structure of the organisation and funding models. This information will be shared at our next P&C Meeting. I will be replaced by Mrs Parker and Miss Cavalot, who will both ensure that the classroom program runs as normal, reducing the disruption to the students.

Daylight Saving

Don’t forget that daylight saving finishes in the early hours of Sunday 7th April. All clocks need to be turned back one hour.

Claim the Date

Trivia Night will be held on Saturday 22nd June.

Christina Darlington
Principal

Cross Country Details

Date: Friday 5th April
Time: 9am walk the course
9:30 - 10am start
2:30pm - approx finish
Venue: Behind Muswellbrook Public School
(Cul-de-sac entrance)
Canteen - one will be open but only serving tea and coffee. There will also be a BBQ.

Eisteddfod

This week we will commence our preparation for the 2013 Eisteddfod. Adam Wills from the Muswellbrook Conservatorium of Music will assist us again this year as we prepare for this community event. Mrs Dearnley has commitments in England and unfortunately this overlaps our preparation and performance dates. We would like to wish her a wonderful trip.
Pauline Bullock
Co-ordinator

Weekly Awards

- * Shanay Turner - maths mentals.
- * Hunter Marsh - class award.
- * Gypsie Russell - fantastic sentence reconstruction in AL.
- * Matthew Allen - working well in maths.
- * Cambell Hinze - great group work in science.

Workers of the Week

K/1/2 - Thomas Gillespie, Riley Borradaile and Lucas Stair.
3/4/5/6 - Codi Marsh, Olivia McLean, Abby Cooper.

Student of the Week



Kristy Walker - being a model student.

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.

Pancake Thursday!

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 11 April, 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 11 to avoid a long queue.



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

What's on Term 2, 2013

Upper Hunter Community Services Inc.

Date/Time	Event	Other information
Wednesdays 8 th May – 29 th May →	<u>Triple P Group</u> 4 weeks x 2hr session	Venue: QEII Building: CNR Market & Bridge St’s, Muswellbrook.
10.30am – 12.30pm 5 th June –19 th June →	Followed by 3 weeks x 15min phone call	
Wed 26 th June 10.30am – 12.30pm →	Last week x 2hr session	
Thursday 13 th June 9.30am – 2.00pm	<u>123 Magic & Emotion Coaching</u>	Venue: MOOSH Bowman Park Community Centre, Skellartar Street. Muswellbrook.
Thursday 27 th June 9.30am – 2.00pm	<u>Engaging Adolescents</u>	Venue: MOOSH Bowman Park Community Centre, Skellartar Street. Muswellbrook.

Upper Hunter Community Services Inc
Cnr Bridge and Market Street’s
Muswellbrook, NSW 2333