



Nutrition Snippet

# The simplest way

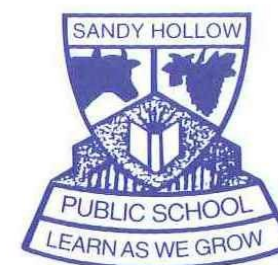
to eat more fruit and veg.

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:



- **Canned and frozen fruit count.** Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- **Legumes are vegetables too.** Try adding dried peas, beans and lentils to meals.
- **Juice only counts once.** 125ml of 100% fruit or vegetable juice is 1 serve, but doesn't contain the fibre of chopped fruit and veg. Water is the ideal drink.
- **Dried fruit only counts once.** A small box of sultanas or 4 dried apricots equals one serve – but don't go overboard on dried fruit.
- **A little and often.** Children may eat more if you offer smaller serves more times a day.

For more information visit  
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**SANDY HOLLOW  
SNIPPETS**  
"Creating Future Leaders"

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31st July 2013

## Education Week

Public Schools NSW – Creating the Future

Education Week – is an opportunity to showcase the achievements of our students, staff, parents and community members. The theme this year is "creating the future". We will be creating the future through a celebration of our stories:

The official Education Week Ceremony is being held at Merriwa Central School at 4pm on Thursday 1<sup>st</sup> August. Join us as we celebrate the achievement and dedication of students, staff and volunteers from Sandy Hollow, Merriwa and Cassilis schools.

Picnic Lunch and Open Classrooms – parents are invited to join students for a picnic lunch on Friday 9<sup>th</sup> August starting at 1.15pm. Classrooms will be open for parents to talk to teachers and view their child's work.

Public Speaking – will be held at Sandy Hollow on Friday 9<sup>th</sup> August, starting at 2.00pm. We will hold a formal assembly which will be followed by our public speaking finalists. All parents and community members are invited to join us.

School Website – new photos will be added to the website to celebrate students achievements in athletics and Tae Kwon Do.

## Public Speaking Finalists

Congratulations to the following students who have qualified for the public speaking finals to be held at school on Friday 9<sup>th</sup> August:

Year 6: Amelia Harris, Sebastian Owen, Hugh Higgins.  
Year 5: Jackson Stair, Olivia McLean  
Year 4: Kristy Walker, Amy Thompson  
Year 3: Sam Thompson, William Stair  
Year 2: Nickolas Terrell, Natasha Marsh  
Kindergarten and Year 1 finalists will be decided later this week.

Mrs Parker will be away again this week. She will be replaced by Miss Cavalot on Monday, Tuesday and Friday. She will not be replaced today and tomorrow.

## DATES TO REMEMBER

**Parent Interviews Weeks 4 + 5**

**Education Week ceremony Merriwa  
4pm Thurs 1st August**

**Rail Safety visit Mon 5th August**

**Our Special Assembly Fri 9th Aug**

**Enrolments are now open for  
Kindergarten 2014.  
Ring the school for details.**

**Canteen Monday 5th August  
Lyric Anderson + Leanne Pike  
Monday 12th August - Shannon Wallace  
Next Toybox  
Monday 12th August**

**Claim the Date**

|                            |          |
|----------------------------|----------|
| * Netball Gala Day Merriwa | 16th Aug |
| * Fish + chip lunch        | 23rd Aug |
| * Raw Art workshop         | 26th Aug |



### **External Examinations**

We have students sitting for the UNSW English Assessment and the Australian Mathematics test this week. We wish them good luck.

### **Kindergarten Enrolments**

We are now taking enrolments for children wishing to start Kindergarten in 2014. If you are intending (or know of someone who is intending) to enrol a student in Kindergarten next year, please contact the school as soon as possible and leave your contact details. We will mail out information regarding our information day and new kindergarten program towards the end of term. This will also aid our planning for next year.

### **Zone Athletics carnival**

Mrs Darlington will be attending the carnival with the students this year. Students are reminded that they need to return their health forms and pay their Zone Levy (\$1.50) by tomorrow. Good luck to those students competing at zone – Amelia, Chelsea, Hugh, Angus, Jackson Stair, Jackson Whalan, Amy, Sam, Connor, Harmony, Dustynn, Olivia, Tylana, Bella and William. I know they will try their very best on and off the field to represent the school.

### **Interviews**

Notes were sent home on Monday so that parents can nominate a suitable time for an interview with their child's teacher. It will work on a first in basis, so please return your request for an interview sheet as soon as possible to avoid disappointment

Christina Darlington  
Principal

### **Raw Art Workshops**

On Monday 26th August (Week 7) we will have Candice from Raw Art visit our school once again. The cost for each child to participate will be \$11.00. However, the P&C has kindly offered to pay \$4 per child, therefore each child will need to pay \$7. The reason for the increase in the cost is to allow our children to work on their artistic endeavours in smaller groups.

The children in Kindergarten, Year 1 and Year 2 will be making a little bird collage. They will work towards making beautiful bird shapes. These will then be turned into small scale hanging sculptures.

Year 3 and 4 students will be looking at Hispanic art and culture. They will be creating vibrant, colourful, decorative artworks based on the beautiful fabric mola designs of the Hispanic people. These pieces are traditionally inspired by nature and organic shapes.

The students in Year 5 and Year 6 will be working in groups to make Tribal Totem Sculptures. During this activity the students will look at sculpture and construction, working with assorted media, inspired by the decorative totems of indigenous culture. Students will also be challenged in the area of problem solving. All equipment and materials are supplied for your child by Raw Art. If you would like your child to participate in the Raw Art activities would you please send \$7 to school per child.

Many thanks.  
Pauline Bullock  
Co-ordinator



### **What's Happening in K/1/2**

As Term 3 begins we start a new HSIE unit during which the children will explore the different roles and responsibilities of people with whom they interact in their family, school and community. They will also look at how these people help them to meet their needs and wants.

In Maths, Kindergarten are studying the investigation entitled "The Wheels on the Bus", during which the children investigate numbers to twenty, demonstrate their understanding of addition and sharing, create patterns and sort and name 2D shapes.

Year One's Maths investigation is "Treasure Hunt". In this unit the children examine counting to 100 by ones, twos, fives and tens. They will also be solving addition and subtraction problems using a range of strategies. Finally they will investigate number patterns.

All the children are to be congratulated on their presentation of a prepared speech entitled "What I Would Like To Be When I Grow Up".

To our parents we would like to say a huge thank you for all your efforts in helping and encouraging your child to participate. It is a valuable experience, although a little scary at this age.

Pauline Bullock and Peta Higgins  
K/1/2 Teachers

### **Fun Food Day!**

The P&C are holding a Fun Food Day on Friday 23rd August as part of our fundraising. Students are invited to pre-order a lunch of yummy fish and chips plus a milkshake in a variety of flavours. A note for orders will come home with students next week.

### **Weekly Awards**

- Simon Budden - improved application in story writing.
- Olivia McLean - interesting sentences in writing.
- Jackson Stair - excellence in mathematics
- Abby Cooper - fantastic use of spelling strategies.
- Sam Thompson - excellent speed test results in mathematics.
- Darcy - fantastic addition work.
- Bill Chambers - working very well on his reading activities.

### **Workers of the Week**

K/1/2 - Dustynn Turner, Rhyme Anderson and Angel Blackhurst.

3/4/5/6 - Angus Higgins, Jake Pike and Jacob Marsh.

### **Student of the Week**



Natasha Marsh - a responsible student In the classroom and on the playground.

### **Additions and Attachments**

- Some receipts.