

### Inter Schools Horse Extravaganza

Amy and Sam attended 4 busy days at Tamworth competing in the Inter Schools Horse Extravaganza. There was over 525 school children riding at the event starting on Saturday with 3 Working Horse Challenge patterns and 10 Sporting Games. Sunday was Show Horse, Gymkhana and Show Jumping and Monday Dressage and more Show Jumping. Finishing on Tuesday with a One Day Event, before we all headed home exhausted. Amy and Sam collected many ribbons and rosettes along the way – Sam's best results were Reserve Champion in Sporting Games and Reserve Champion in both the 65cm and 75cm Show Jumping. Amy was riding a borrowed horse as her was injured and still managed to collect Reserve Champion in the 85cm Show Jumping!



### Additions & Attachments

- Some receipts.
- Whooping cough information.

### Whooping Cough warning

There has been a large increase in whooping cough notifications in NSW during 2014 and 2015. A large part of this increase has been among school-aged children.

NSW Health would like to provide information about whooping cough to parents and carers of children attending NSW schools.

We have been asked to include information in our school newsletter to encourage early diagnosis and treatment of those with the infection, and to help reduce the spread of infection in the community.

This information is also available on the NSW Health website:

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx>

**Cancer Council NSW**

**Nutrition Snippet**

## The simplest way

...to make a healthy after-school snack.

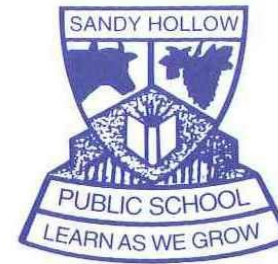
Most kids are starving as they walk through the door – and reach for processed or packaged snacks for a quick hunger fix.

Get them to head to the fruit bowl, or vegie box in the fridge, instead...it's healthier, and will leave them fuller for longer. Try:

- Asking your kids to pick a vegetable and fruit, and cut both into smaller pieces
- Adding a vegie dip to keep it interesting
- Making a fruit salad
- Adding a reduced-fat yoghurt and a sprinkle of muesli
- Visit our website for great muffin recipes

Our website is packed full of healthy ideas to help you stay inspired...have a look today!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



## SANDY HOLLOW SNIPPETS

*"Creating Future Leaders"*

Phone: 6547 4521

Fax: 6547 4450

4th November 2015

It's great to be back after an extended holiday. The HSC is over and our lives are now moving on. I'd like to thank Mr Glen Kite for coming out to our school to relieve in my absence. I certainly appreciate his efforts and I know the students enjoyed working with him.

### Remembrance Day Ceremony

We will be holding our annual Remembrance Day ceremony next Wednesday starting at 10.20am.

All parents and community members are invited to join us.

We would like all families to bring a plate of food (nut free) to share afterwards for morning tea.

### Brooster

I'd like to extend congratulations to the Walker family on their success at the recent Beef Bonanza. Our steer placed 4th in his division in the carcase competition, with a total point score of 85.56. This was only 3.3 points behind first place, so it was a tight competition.

Thank you to everyone who has contributed in some way towards Kristy and her success. The time, money and resources you give up is very much appreciated.

### Principal's Meeting

On Monday I attended the Wollemi Network Principal's meeting. We spent a great deal of time looking at our three year strategic plans and milestoneing our success. I will speak further on this at the next P&C meeting. If you would like to know more about our plans and budget and staffing for next year, please come along to the next meeting on Thursday 26th November.

**Milo cricket money due tomorrow.  
Thank you.**

## DATES TO REMEMBER

### Book Fair

**Mon 2nd Nov to Fri 6th Nov**

**Remembrance Day      Wed 11th Nov**

**Assembly and Captain's Speeches  
Fri 13th November**

**P&C Meeting      2pm Thurs 26th Nov**

**Interrelate Denman PS  
Thurs 19th Nov**

**Denman Rotary Dinner for Year 6  
Wed 25th Nov**

### Canteen

**November 9th - M'liss Parkinson**

**Nov 16th - Bec Wardman**

### Claim the Date

- Presentation Night      Tues 1st Dec
- Swim School begins      Wed 2nd Dec
- Year 5/6 School Farewell      Wed 9th Dec



### Captains Speeches

This year our Year 4 students will be able to nominate themselves for a leadership role in our school. As the group is much smaller, there will be five positions 'up for grabs':-

- 1 School Captain
- 1 Vice Captain
- 2 Sports Monitors
- 1 Library Monitor



Year 4 students will be given notes this week to help them prepare.

Speeches will be held on Friday 13th November. Voting will take place straight after the assembly. Parents are invited to attend our assembly to support our future school leaders.

Christina Darlington  
Principal



### Weekly Awards

- Jacob Marsh - excellent effort in writing.
- Amy Thompson - representing our school with pride.
- Reece McCandless - excellent co-operation in movie making.
- Darcy Wallace - excellent work in trading.
- Bill Chambers - excellent work in drumming.
- Marshall Hinze - demonstrating bike safety on Tuesday.
- Harry Thompson - fantastic drumming skills.

### Workers of the Week

K/1/2 - Tyson Marsh and John Ward.

3/4/5/6 - Abby Cooper, Hunter Marsh and Isabella Wallace.

### Student of the Week



Noah Adams - demonstrating great improvement in all areas.

### Sports Person of the Week



Sam Thompson - demonstrating excellent leadership in sport.

### Kindergarten Orientation

Dustynn Turner, Nicholas Terrell, Natasha Marsh, Ayden Marsh, Reece McCandless and Sam Thompson are all being very thoughtful, ensuring that their buddy enjoys each day they are at school.

They also take on the role of leading their group to each of the Peer Support activities on a Wednesday afternoon. Andrew Harris and Cambell Hinze assist with an additional two groups.

This week the preschool children focussed on what we should do if we find an activity difficult and how do we "ask for help"/

Firstly, they learnt it is important to try on their own. Then if it is too difficult, they need to say 'I need help', using a nice voice. Finally they need to say 'thank you' to the person who helped them.

### Asking for Help

**Talk** about the importance of trying on your own first. Sometimes people ask for help instead of trying something difficult by themselves, but doing something difficult on your own can give you a feeling of pride.

**Say** "I need help". Acknowledge that sometimes it is frustrating when something is difficult to do, but stress the importance of using nice talk.

**Saying** "thank you" - talk about nice things people do for you. Tell the children that saying thank you is a way to let someone know you are happy about what the person did for you.

### Peer Support

This week during peer support the year 6 children led the groups of children through four different games very well.

While involved in the games the children were encouraged to use all the social skills we have learnt to date, that being

- ⇒ Listening
- ⇒ Using nice talk
- ⇒ Asking for help.

Pauline Bullock - K/1/2 teacher

