

## 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':-

- 2 School Captains
- 2 Sports Monitors
- 1 Library Monitor



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.

## Additions & Attachments

- Some receipts.
- Some P&C receipts.
- Interrelate information - please ring Denman School.
- Safety and Horsemanship - opportunity to purchase book.

When kids ask "the" questions...  
**Interrelate has the answers!**

Interrelate is a specialist organisation with over 85 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

**Session 1: Where did I come from?**  
1-hour session: years 3-6

**Session 2: Preparing for puberty**  
1-hour session: years 5-6  
Years 3-4 can attend at parent's discretion

Specialty books are available for purchase on the night.  
Keep a look out for flyers (coming home with your child before the program) outlining session content.

**interrelate**  
relationship experts since 1926

**Cancer Council NSW** Nutrition Snippet

## The simplest way

...to make a healthy Red Bean dip.

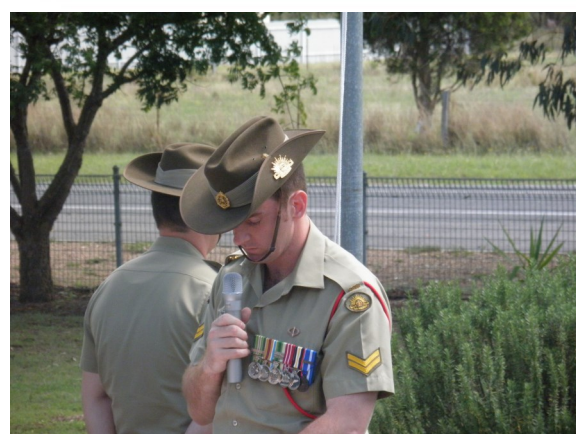
**Ingredients**

- 1 can of Kidney Beans
- ½ cup reduced-fat natural yoghurt
- 1 tablespoon olive oil
- Pinch salt and pepper
- 1 teaspoon cumin
- 1 tablespoon diced spring onions (optional)
- ½ cup diced avocado (optional)
- Veggie sticks to serve

**Method**  
 Rinse and drain kidney beans || Place beans, along with yoghurt, olive oil, salt, pepper and cumin into a food process and blitz until smooth || Spoon into a bowl, and top with spring onions and avocado, if desired || Serve with veggie sticks...delish!

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

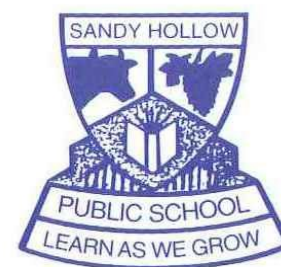
**Eat It To Beat It**



Corporal D'Apice reads a poem written by a soldier who lost mates in Afghanistan.



Our school captains lay a wreath.



# SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521  
 Fax: 6547 4450

11th November 2015

## Remembrance Day

Today we commemorated Remembrance Day.

It was great to see so many members of the community come along and join us.

The 11th hour of the 11th day of the 11th month this year marks the 97th anniversary of the signing of the Armistice which ended the First World War.

Each year our students lay a poppy in recognition of the 31 local men who lost their lives on the Western Front. They then dedicate one minute of silence for not only our local men, but for all men and women who lost their lives in that war, and all wars since.

Many people wear a poppy on Remembrance Day. Poppies were among the first plants that grew on the battlefields of northern France and Belgium during WW1. Many people believe the popular myth that poppies are rich in their redness because they blossomed from the grounds that were saturated with soldier's blood.

Thank you to all those people who helped our students and community commemorate this important day in our history.

## Nut Free Food

Just a quick reminder that all food that comes to school must be nut-free. Sadly, we are seeing students bringing in food that contains nuts. We ask that you remain vigilant in this practice and thank all parents who have been observing this policy.

## Swimming Notes

Notes were sent home on Monday regarding our annual swimming program. The cost is \$10 per head for the whole ten days, which is an absolute bargain. To conduct swimming lessons, pay pool entry and bus fares the cost is \$110 per student. Through our fundraising efforts this year, trivia night and walk-a-thon and small grants from Premier's Sporting Challenge and a top up from the P&C, we have been



Reagan Turner lays a poppy - remembering the fallen.

## DATES TO REMEMBER

**Assembly and Captain's Speeches**  
 9.15am Fri 13th November

**Interrelate Denman PS**  
 Thurs 19th Nov

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

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

**Canteen**  
 November 16th - Bec Wardman  
 Nov 23rd - Amanda Thompson

## Claim the Date

- |                            |              |
|----------------------------|--------------|
| • Presentation Night       | Tues 1st Dec |
| • Swim School begins       | Wed 2nd Dec  |
| • End of year excursion    | Wed 4th Dec  |
| • Year 5/6 School Farewell | Wed 9th Dec  |



able to bring the cost down. Money and notes need to be returned by 27th November. The money is to be paid in full, up front. We will not accept daily payments. If you have any questions, please do not hesitate to speak to me during school hours.

### WHS

As the temperature continues to climb, it is time for us to review our Bush Fire Policy. I will be meeting with Kerrie Belfield at Scone High tomorrow as we go over our procedures and make sure that we are prepared.

Christina Darlington  
Principal

### What Remembrance Day Means to Me

Remembrance Day is a day when you remember the people who fought in war. You remember the fallen and also the survivors - not just humans, but also dogs and horses.

I remember not only the fallen and survivors, but also my Great Great Grandfather and both Great Grandfathers.

On the 11th hour of the 11th day of the 11th month, we have a minute of silence to remember the people who served in the wars. There have been many wars including the Boer War, World War 1, World War 2, Korean War and Vietnam. Many men fought, but women were there as well. I think about how hard it would have been for all people suffering pain and injury.

On Remembrance Day, I remember my family who fought at war and the other people who survived.

I mostly think about what they sacrificed for us. Lest We Forget.

By Angus Higgins



### Weekly Awards

- Abby Cooper - fantastic organisational skills during peer support.
- Amy Thompson - fantastic organisational skills during peer support.
- Kristy Walker - fantastic organisational skills during peer support.
- Isabella Wallace - fantastic organisational skills during peer support.
- Andrew Harris - fantastic catching skills.
- Bill Chambers - improvement in class.
- Cody Parkinson - making excellent contributions to class narrative writing.
- Reagan Turner - fantastic reading skills.

### Workers of the Week

K/1/2 - Livianna Craig and Tyson Marsh.

### Student of the Week



Reece McCandless - outstanding leadership during peer support.

### Sports Person of the Week



Mikayla Borradaile - always endeavouring to do her best.

### Kindergarten Orientation

This is our fifth week of Kindergarten orientation and Shykiah, Thomas, Taylan, Isabella and Gabbie have settled into their new school life very well.

They have completed many activities under the guidance of Mrs Helen Smith. The skill that all the tasks are based on this week is "ignoring". The children were taught not to look at the person they want to avoid. They could look at a friend or pick up a toy. The children are encouraged not to listen to what the annoying person is saying, to listen to someone else. Finally do not say anything to the person who is annoying you.

### Ignoring

Outlined below is a list of the strategies for ignoring for you to reinforce with your children.

**Look Away** - Tell the children not to look at the person they want to avoid. They can turn their heads away. Look at a friend, or pick up a book or toy to look at.

**Close your ears** - Tell the children not to listen to what the annoying person is saying. If they are supposed to be listening to someone else (such as the teacher) they can listen to that person.

**Be Quiet** - Remind children not to say anything back to the person who is annoying.

### Peer Support

Our group leaders led their group of children through four different games very well this week.

While playing these games the children were encouraged to use the social skills we have learnt to date. That being:

Listening; using nice talk, saying please and thank you; asking for help and ignoring.

Please continue to reinforce these skills at home.

Pauline Bullock - K/1/2 teacher



### Melbourne Cup Day

Our out of uniform day on Melbourne Cup day was a great success with everyone dressing in their finery. We raised \$105.80 for the Indigenous Literacy Foundation.

Riley Borradaile won the raffle.

