



Nutrition Snippet

# The simplest way

...to make a healthy breakfast.

We recommend eating two serves of fruit and five serves of vegetable every day.

Why? Because fruit and veg are packed full of nutrients and vitamins that give you energy, keep you healthy and help prevent diseases like cancer.

Try to get your family eating fruit and veg with breakfast – it will help all of you have more energy throughout the day.

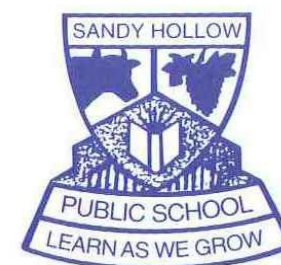


You might like:

- wholegrain toast with avocado and tomato
- sliced banana on Weetbix
- frozen berries blended with reduced-fat milk and yoghurt for a smoothie
- eggs served with cooked vegies – tomato, mushrooms and spinach.

**Remember: try to eat fruit + veg at every meal!**

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



**SANDY HOLLOW  
SNIPPETS**  
“Creating Future Leaders”

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18th February 2015

## The Importance of Being at School on Time

Are you aware of how much learning your child misses if they arrive late to school? Our school day begins at **9.15am**. On Monday, Tuesday and Wednesday, we go straight out to the playground for 20 minutes of fundamental movement skills. Students work in small groups and focus on a specific skill for three weeks at a time. These skills are essential for students to participate successfully in lifelong physical activity and sport. On Thursday our primary day begins with sport and our infants' day begins with writing. When children are late to school, not only are they missing out on essential learning time, but they are also disrupting the learning of other students as the classroom teacher has to stop what they are doing to ensure the late arrivals are settled in and ready to learn.

We suggest that students be at school at least by **9.00am** so that they can organise their equipment, hang up their bag, visit breakfast club, have some social time with their friends and be ready to start their learning at 9.15am. Students who are late will be marked as being partially absent for the day.

We do understand that sometimes things do not go to plan in the mornings and so arriving late on occasions is out of your control.

## Changes to Travel Arrangements

We are asking parents/caregivers to please contact the school either with a phone call or a note to notify staff when your child/children are travelling home via alternative arrangements. If we haven't been notified, your child will be sent home using their usual form of transport.

## P&C Annual General Meeting

The P&C AGM and first meeting of 2015 will be held at 2pm in the school music room (old library) on Thursday 19 February. Everyone is welcome, especially new parents. This is your opportunity to have a say in how the P&C raises and spends funds for our school.

## DATES TO REMEMBER

**NRL Blitz** **Thurs 19th Feb**

**P&C AGM** **Thurs 19th Feb**  
**2pm in the Music Room**  
**ALL WELCOME**

**Zone Swimming** **Fri 20th Feb**

**Purple Day Relay for Life**  
**Mon 23rd Feb**

**NO CANTEEN**  
**UNTIL FURTHER NOTICE**

Next Toybox  
Monday 23rd February

<u>Claim to Date</u>	
* Cassilis Cross Country	Fri 6th Mar
* School Mini Fete (Election Day)	Sat 28th Mar
* Trivia Night	Sat 20th May



### SRC Fundraiser

The first fundraiser for the SRC will be PURPLE Day, being held on Monday 23rd February. All students will be asked to come to school dressed in something purple. The money raised will go towards Muswellbrook Relay for Life. More details to follow.

### NRL Blitz

On Thursday, all students will participate in a NRL workshop. There is no cost for this activity.

### Student Work

We have moved our display of Workers of the Week. It is now situated in the corridor of the primary room. We encourage parents to come in and have a look at the wonderful work on display.

Christina Darlington  
Principal



### Weekly Awards

- Abby Cooper - excellent problem solving skills in Maths.
- Ayden Marsh - trying hard to complete all tasks in Maths.
- Steven Allen - excellent effort in reading.
- Cody Parkinson - working well on all tasks.
- John Ward - making a wonderful start on his reading.

### Workers of the Week

K/1/2 - Isabelle Pike and Livianna Craig.

3/4/5/6 - Sam Thompson, Reece McCandless, Dustynn Turner and Darcy Wallace.

### Student of the Week



Marshall Hinze - Always displaying excellent manners.

### Sportsperson of the Week



Natasha Marsh - tremendous effort at swimming carnival.



### Breakfast Club

We are still in need of a helper every 2nd Monday morning i.e. the Mondays that Toybox is not on.

Roster:

Monday - Bec (every Toybox Monday)

Tuesday - Michael or Nicola

Wednesday - Dan or Colleen

Thursday - Bec

Friday - Michelle / Leanne



This coming Friday we need a replacement as Michelle is unable to do Breakfast club. Just for this week. Please contact the office.

### Pancake Day

The P&C's Pancake Day lunch was a big success - thank you to all parents who paid for their children to enjoy pancakes and fruit on Tuesday. A big thank you to Anita Hinze for her organic maple syrup and to Michelle Walker for the wonderful mangoes and watermelon. Our pancake support team - Abbey, Amy and Kristy were brilliant helpers, thank you so much girls. The P&C raised approximately \$70 from the lunch.



### Additions and Attachments

- Some receipts.
- Hudson's Circus flyer and colouring competition.

### Parenting Ideas

[http://www.parentingideas.com.au/Parent\\_Magazine.html](http://www.parentingideas.com.au/Parent_Magazine.html)

### Claim the Date:

*Sandy Hollow Public School Mini Fete – Saturday 28<sup>th</sup> March, 8.00am to 1.00pm. Stallholders are welcome (Cost \$20 per site). Please contact the school for a booking.*

*Sandy Hollow PS and Progress Association Trivia Night – Saturday 30<sup>th</sup> May, starting at 6.30pm.*

**Reminder**  
**We are now nut-free.**