

**2014-2015
NSW Family Energy Rebate**



\$150*
TOWARDS
ENERGY
BILLS

**APPLY
ONLINE
NOW!**

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply



**Trade & Investment
Resources & Energy**



**Apply before
Midnight
16 June 2015**

FOR MORE INFORMATION & ASSISTANCE
PHONE - Service NSW 13 77 88
EMAIL - fer.program@trade.nsw.gov.au
WEB - www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

Additions and Attachments

- Some receipts.
- NSW family Energy Rebate information.
- Zumba Team Relay for Life information.
- Baerami Bush Dance information.
- Healthy Active Kids promotion.
- BBQ help wanted this Sunday (P&C)

Parenting Ideas

http://www.parentingideas.com.au/Parent_Magazine.html

From the P&C

Due to Trials being cancelled last Sunday, the P&C fundraising BBQ couldn't go ahead.

**But it has been rescheduled for this Sunday
22nd March.**

If you are available to help on the day please call Rebecca Logue on 6547 5005 or 0408 607 036.

Thank you
Rebecca

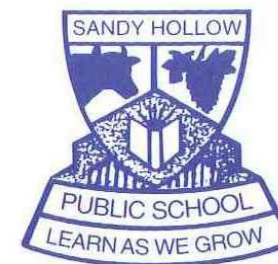
Baerami Bush Dance, Sat 18 April

Baerami Hall, Bylong Valley Way via Sandy Hollow, Upper Hunter.

Join our family bush dance with traditional music played acoustically by Hunter musicians. Dances explained. BYO dinner and supper to share. Dancing starts 7.30pm. Camp at the hall if needed. Guided bushwalk on Sunday morning.

Cost \$15 adult (prepaid at <http://www.trybooking.com/HDBM>) or \$20 at door. Children under 15 free.

Contact Martin & Jan Ph 6571 1208 info@calli.com.au www.calli.com.au
or find Baerami Bush Dance on Facebook.



SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521
Fax: 6547 4450

18th March 2015

Healthy Harold

Next week all students will participate in the Healthy Harold program. K-2 will do a program called Harold's Mystery Tour and 3-6 will learn about taking and storing medication. Permission notes will need to be returned by Friday this week, along with the \$3 fee. The cost of the program has been kept to a minimum due to funding by Mount Arthur Coal.

Easter Hat Parade

The SRC will be running their annual Easter Hat Parade on Thursday 2nd April. All students are encouraged to design/decorate a hat. We ask that students not put chocolate eggs on their hats. There will be prizes for best decorated hat in all grades as well as prizes for any pre-school entries.



Easter Egg Raffle

The SRC will also be running as Easter Egg raffle. We are asking all families to donate Easter eggs for prizes. They can be sent into school in sealed wrapping. Tickets will be sent home this week. The raffle will be drawn at the Easter Hat parade.

Zumba for Kids

In week 10, Christine Scott will be running a Zumba for Kids session at the school as part of Active Kids week. She will teach and then video a Zumba sequence which will be posted onto her facebook page. Further information and permission notes will be sent home later this week. There will be no cost to the students for this activity.

DATES TO REMEMBER

**P&C Meet Thurs 19th March
2pm in the Music Room
All Welcome**

Healthy Harold Wed 25th Mar

State Swim 25th/26th Mar

Zone Cross Country Fri 27th Mar

**Market Day and Car Boot Sale
Sat 28th Mar
(Election Day)**

**Canteen Next Monday
Katie Roberts
Monday 30th March - Katie Roberts**

**Next Toybox
Monday 23rd March**

Claim to Date

* Last day Term 1	Thurs 2nd April
* Students return for T2	Tues 21st April
* Year 6 Leadership Day	Mon 4th May
* Trivia Night	Sat 30th May

Sandy Hollow Public School

Mini Fete

Saturday 28th March

8.00am to 1.00pm.

Stallholders are welcome

Cost \$20 per site

Still taking bookings

Canteen

Our canteen is now up and running. Students can order lunches on Mondays and purchase cold drinks and snacks during the week.

SRC Elected

The new Student Representative Council was elected by their fellow students last week.

Congratulations to our new representatives.



Christina Darlington
Principal

Cassilis Cross Country

On Friday the 6th of March K-6 travelled to Cassilis to participate in Cassilis Cross Country.

When we arrived the 11s, 12s and 13s walked their track. The track was the 3km one, with Killer Hill plus Heartbreak Hill. These hills are some of the obstacles on the track. In our group there was a mixture of students from Ulan, Wollar, Cassilis, Sacred Heart, Martindale and Sandy Hollow.

Next we had recess. For recess we had a muffin and a piece of fruit. We had a very long time to play before the race.

Afterwards we started the race. I was in the second group to run. After I passed Killer Hill, I walked most of the way. When I got near the school I started to run. When I got to the school I finished in third place. Just after I had completed the race, we had lunch. For lunch we had a hotdog and a milk. Then I got 2 ice blocks and a muffin. Finally we had presentations and then went home.

Bella Wallace

Weekly Awards

- Jacob Marsh - working well in all areas.
- Reece McCandless - being settled and working well in Science.
- Bill Chambers - becoming a more independent worker.

Workers of the Week

K/1/2 - Riley Borradaile.

3/4/5/6 - Angus Higgins, Bella Wallace.

Sports Persons of the Week



Hunter Marsh and Jake Pike - assisting an injured student during cross country.



Cassilis Cross Country

On Friday 6th March the whole school went to Cassilis for cross country. There were Wollar, Cassilis, Sacred Heart and Martindale joining us.

When we got there we walked the 3km track. It was very steep, I almost fell over a couple of times. There were a lot of pot holes with lots of rocks. There were a lot of rocks on Heartbreak Hill. Killer Hill is really big. I felt like I was going to die.

Later we had recess. A lot of people had juice, cupcakes and fruit. I just had my ordinary lunch. We had a long time for playing; we played bull rush.

Soon after recess the races started. I was in the 11 years race but it started from 12 to 11 all the way to 5 years race. When I ran I sprinted the first few metres then I caught up to Jake and we ran for a while until Jake fell over. I waited for him while I laughed at him, then we started running again for a while until we reached a boy half way up Killer Hill. He was sitting on the ground holding his ankle, he said he couldn't walk on it. Jake ran up the hill to get a man on a chair. Then Jake ran down the hill and said a ute was coming up the hill. We waited for about 15 minutes, then it arrived. We started running again and met up with two other people, we had a little chat until I took off and left them all. I ran up Heartbreak Hill and ran down a grassy plain and I was zooming along. When I got to the finish line I discovered that I came last.

Finally it was lunch time and I was hungry for food. I still had the lunch from Mum's plastic bag that was full of food and it was very yum. We had about 30 minutes play until the presentation. We sat there while they announced the awards to everyone who won. Sacred Heart won both the trophies, but Sandy Hollow came second both times. It was home time and everyone was tired, so we went straight home.

Hunter Marsh

Claim the Date

Sandy Hollow PS

*and Progress Association Trivia Night
Saturday 30th May, starting at 6.30pm.*

*Book at table by ringing the school on
65474521*

Or just turn up on the night!



Relay For Life **team fundraiser**

Join us and the thousands of Australians who take part in Cancer Council's Relay For Life. This fun and moving overnight experience raises vital funds for research, prevention and support services.

Hope Lives in The "Z" Team

Muswellbrook Relay For Life

90 minute Dance Fitness Class - 80's Theme

Relive it all. Dress up if you want, but wear your joggers & bring a water bottle because you are going to sweat!

Two instructors on stage at all times showing high energy or low impact options.

Ten guest instructors coming from Newcastle, Hunter & Port Stephens.

Sunday 22nd March @ 6.30pm
St James School Hall
Skellatar Stock Route, Muswellbrook

90 minute class
\$15 per person
Enquiries: 0421 600 926 or Facebook "Zumba Christine"

Thanks for supporting Cancer Council
As a charity, we rely on the goodwill of thousands of donors, fundraisers and dedicated supporters to help us fund talented researchers, community-based prevention programs and world class support services. So, the more you raise the more we can keep up the good work and save lives!



Register.
Participate.
Donate.
1300 65 65 85

facebook.com/RelayForLifeAustralia
relayforlife.org.au



Past Student's Achievement

It's Gold!

Hugh Higgins travelled to Melbourne to compete in the Martial Arts National Titles over the weekend. Hugh won gold in point sparring for 13/14 year old boys.

Congratulations Hugh!

