



BRISBANE BRONCOS TO VISIT THE DENMAN DEVILS

WHEN: WEDNESDAY 11TH MARCH 2015

TIME: 4PM TO 6PM

VENUE: NEW DENMAN FOOTBALL FIELDS

Come along and meet some of the current and also former Broncos players. Kids will have the opportunity to do some football skills sessions and there will be time for autographs and photos.

Let's see if anyone can beat Michael Hancock this year in the sprint race!!

There will be a free BBQ running, so come along and bring your friends and family.

EVERYONE IS WELCOME.

Additions and Attachments

- Some receipts.
- MSC Safety Around Schools flyer.

Breakfast Club

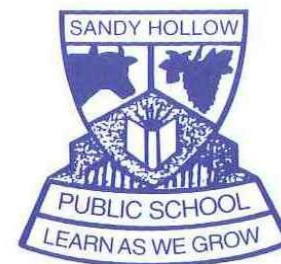
There will be no breakfast club this Friday due to Cassilis Cross Country.

Michelle is unable to do Friday 13th and Friday 20th due to work commitments and would like someone to fill in for her. Please and thank you.

Parenting Ideas

<http://www.parentingideas.com.au/>

Parent Magazine.html



SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521

Fax: 6547 4450

4th March 2015

The Importance of Breakfast

It's the most important meal of the day - but one in four children in Australia skip breakfast.

At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods such as chips or biscuits.

A calm and healthy breakfast everyday is the best defence against this happening. It also helps children to get into good habits that they can carry through life.

We know that sometimes factors work against families in the morning and that a number of our children leave home very early in the morning to travel to school. This is why we have breakfast club.

Every morning children have a healthy selection of wholegrain cereal with milk, or wholemeal toast with marmite or baked beans. The children also have the option of a drink of milk. Breakfast Club is almost fully funded by the Red Cross and relies on parent volunteers to run the program. We are very appreciative of all the mums and dads that give up their time to ensure our children start each school day with a balanced breakfast.

Crunch and Sip

We follow up breakfast with Crunch and Sip which occurs in all classrooms at 10.00am. This allows students to refuel and boost their physical and mental performance and concentration in the classroom.

Each day, all students are encouraged to bring a piece of fruit or salad vegetable to school to eat in the classroom. They are also encouraged to keep a drink bottle of water on their desk so they can drink it at anytime of the day to prevent dehydration.

Regular crunch and sip has a positive impact on students by:

- ♦ Creating an enjoyable daily routine that increases fruit and vegetable intake.
- ♦ Promoting a positive attitude towards fruit, vegetables and water.

Later this term we will once again hold a vegetable day. The students have responded very positively towards this activity in the past.

DATES TO REMEMBER

Regional Swim Maitland

Thurs 5th Mar

Cassilis Cross Country

Fri 6th Mar

Healthy Harold

Wed 25th Mar

Zone Cross Country

Fri 27th Mar

Market Day and Car Boot Sale

Sat 28th Mar

(Election Day)

Next Toybox

Monday 9th March

Claim to Date

* **Trivia Night**

Sat 30th May

Purple Day

On Monday last week our students dressed in purple to raise money for Relay for Life and the Cancer



Council. The school raised \$165 on the day, a fantastic effort!

Purple Day Raffle Results

The winners are Mikayla Borradaile, Rowdy Walters and Cody Parkinson. Congratulations!

Clean Up Day

All students joined in with schools clean up day last Friday. K/1/2 cleaned around our buildings and lunch area. It was quite surprising how much garbage they cleaned up. 3/4/5/6 cleaned the playground and along Honey Lane.



Sausage Sizzle

The P&C ran a sausage sizzle in lieu of not having canteen this term. The students enjoyed the opportunity to order their lunch and quickly devoured what was on offer. A huge thank you to Jeannie Harris, Michael Terrell, Nicola Field and Michelle Stennett for making this treat available to our students.

Regional Swimming Carnival

Four of our students will travel to Maitland on Thursday to compete in the PSSA regional swimming carnival. We wish them all the very best. Amy Thompson will swim in 12yr girls 50m freestyle and 50m butterfly; Andrew Harris will swim in the 9yr boys 50m freestyle and Amy Thompson, Sam Thompson, Angus Higgins and Andrew Harris will represent the school in the P5 relay. Good luck!

Cassilis Cross Country

On Friday we are off to Cassilis to participate in the cross country. Thank you to all parents who have offered to drive. We appreciate you giving up your time. Those students who did not order their lunch will need to bring their own. Please remember all food needs to be nut free.

Market Day and Car Boot Sale

On Saturday 28th March while the state elections are being held, the SRC are running a market day and car boot sale. All members of the community are invited to set up stalls. Sites will be \$20 each. Electricity can be made available if needed. Please ring the school to book a stall.

Rugby League Trials

Good luck to Darcy Wallace who is going to attend the Rugby League trials on Friday.

Christina Darlington
Principal

Cleaner Needed

Transfield Services are in need of a cleaner. This company cleans the local schools and other businesses. Applications are done on line. If anyone would like more details, please contact Transfield or the school.

Weekly Awards

- * Kristy Walker - application in mathematics.
- * Dustynn Turner - trying hard to solve mathematical investigations.
- * Bill Chambers - trying hard in Literacy activities.
- * Isabelle Pike - reading with expression.
- * Tyson Marsh - trying very hard with his sounds work.

Workers of the Week

K/1/2 - Noah Adams and Marshall Hinze.
3/4/5/6 - Amy Thompson, Nicholas Terrell and Matthew Allen.

Student of the Week



Andrew Harris -demonstrating school values at all times.

Sportsperson of the Week



Kayden Adams - encouraging others.

Early Childhood Music

The formative years of childhood are crucial for intellectual, social and emotional development. Access to developmental music programs during these early years encourages and, indeed, assists in the development of good listening and comprehension skills, along with enhanced concentration.

The Early Childhood Music course provides a program of sequenced musical experiences commencing at twelve months and continuing until age five. The program introduces children to music through a variety of fun and engaging activities, including listening, dance, singing, rhymes and playing percussion instruments.

Call the UHCM office to enrol for Early Childhood Music classes today. Vacancies exist for certain age groups in Singleton, Muswellbrook and Scone.



Claim the Date:

*Sandy Hollow Public School Mini Fete – Saturday 28th 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 30th May, starting at 6.30pm.*