

Nutrition Snippet

The simplest way
...to stay healthy in summer.

Here's some fun ways to get your kids eating more fruit + veg this summer...

- freeze fruit or mint leaves into ice cubes to chill + flavour water
- add veggie sticks whenever you have a dip
- throw some veg on the BBQ – e.g. capsicum, tomato + zucchini
- keep a tray of fruit pieces like orange wedges or melon slices in the fridge for quick snacks
- freeze bananas, peeled and wrapped in gladwrap, your kids will love the icecream taste
- make easy smoothies with frozen fruit + reduced-fat milk.

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

For more information visit www.eatitbeatit.com.au or join us at facebook.com/eatitbeatit

Eat It To Beat It

Parenting Ideas
<http://www.parentingideas.com.au/>
Parent Magazine.html

Shortland Wetlands Holiday Activities

Dipnetting, Canoeing, Bike riding (bring your own bike or hire one), Playground, Walking Trails, Become a Wetlands Explorer and go in the draw for a weekly prize pack. Bring a picnic or eat at Spoonbill Cafe

NOTE: Wetlands will be closed Good Friday, Easter Sunday & Easter Monday

Wednesday 15 April book in for:

Bush Skills Adventure 8-12 years (\$20) – make a damper, build a bush shelter, learn other bush skills.

Wiggly Wetlanders 5-8 years (\$20) – explore the wetlands and get creative and crafty with our fund wetland activities.

Bookings essential - 4951 6466

Baerami Bush Dance, Sat 18 April

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

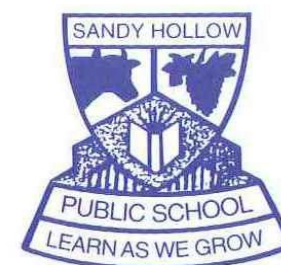
Join our family bush dance with traditional music played acoustically by Hunter musicians. Dances explained. BYO dinner and supper to share. Dancing starts 7.30pm. Camp at the hall if needed. Guided bushwalk on Sunday morning.

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.

E-mail: sandyhollo-p.school@det.nsw.edu.au
www.sandyhollo-p.schools.nsw.edu.au



SANDY HOLLOW SNIPPETS “Creating Future Leaders”

Phone: 6547 4521
Fax: 6547 4450

1st April 2015

SANDY HOLLOW BRINGS HOME SILVER!

Four students from Sandy Hollow Public School have proven you don't have to come from the big smoke to be tops in the state for swimming.

The four – Andrew Harris (year 3), Sam Thompson (year 5) and Amy Thompson and Angus Higgins (year 6) – brought home silver medals from last Thursday's (March 26) PSSA state swimming carnival at the Sydney Olympic aquatic centre.

The young swimmers represented Sandy Hollow in the 4x50m freestyle relay against 27 other “small schools” from across NSW.

Their category was for schools with between 25 and 54 students. Sandy Hollow has an enrolment of 38.

School principal Mrs Darlington said it was the fourth year in a row the school had qualified for the state championships.

“It is incredible for Andrew, Sam, Amy and Angus to make it to this level of competition and achieve a second place. Our school is very proud,” she said. All of them recorded personal best times in their legs of the relay.

The team missed gold by a body length but view that as insignificant as they claim the title of fastest relay team in the Hunter in their category.

First place in the relay went to St John's Catholic School in Trangie while the bronze medal was awarded to Mulbring Public School.

The Sandy Hollow team paid tribute to the training advice and support they received from Kim Stanford, Adam Hume and Ray Byfield.

They also thanked Muswellbrook Shire Council who allowed them free use of the indoor pool at the town's aquatic centre to prepare for Sydney.

(continued over)



DATES TO REMEMBER

**Raffle tickets must be returned to
school**

**SRC Easter Hat Parade + Easter Egg
Raffle**  **Thurs 2nd April**

Last day Term 1 **Thurs 2nd April**

Students return for T2 **Tues 21st April**

ANZAC Day **Sat 25th April**

Canteen Monday 27th April
Annita Hinze

Next Toybox
Monday 20th April

E-mail: sandyhollo-p.school@det.nsw.edu.au
www.sandyhollo-p.schools.nsw.edu.au

The children also appreciated the dedication of their parents who took turns in driving them to “town” for training. Andrew, Amy and Sam live in the Widden Valley so clocked up quite a few kilometres.

Next year poses a new challenge for the young relay team as Amy and Angus are off to high school, leaving two spots up for grabs. No doubt once summer comes around and the school begins its intensive swimming program all eyes will be on likely replacements.

Story by Joanne Crawford and Jeannie Harris

Market Day

What a fantastic day we had on Saturday. The weather was great and we had lots of visitors to our Market Day. The students did a wonderful job running their stalls. Thank you to all parents who cooked cakes and/or manned stalls. Thank you to Ms Higgins for doing a wonderful job with the face painting. As always, it was a popular stall. Thank you also to the students and parents who gave up their Saturday morning to come along. All the money raised will go towards our end of year reward day.

Holidays

As this is our last week for the term, I’d like to wish everyone a safe and relaxing holiday. Students return on Tuesday 21st April.

Assembly/Easter Hat Parade

Our end of term assembly and Easter Hat Parade will be held on Thursday at 2pm. All parents and community members are invited to come along. We will draw the Easter Raffle at the end of the day. Thank you to all families who have donated eggs

RAFFLE TICKETS sold or unsold must be returned to school. Thank you.

ANZAC Day

Once again our students have been invited to attend the ANZAC Day March at Denman on Saturday 25th April. School Captains and Vice Captains are expected to attend as part of their leadership duties. Students are asked to wear full school uniform and meet Ms Bullock at 11.30 in Palace Street outside St Matthias Church.

Christina Darlington
Principal

Weekly Awards

- Reece McCandless - outstanding effort in maths investigation.
- Ayden Marsh - fantastic effort in mathematics.
- Dustynn Turner - outstanding effort in his maths investigation.
- Riley Borradaile - for showing leadership during sporting activities.
- Reagan Turner - for helping the Kinders.
- Archie Johnson - for working quietly.

Workers of the Week

K/1/2 - Jobee McCandless, Declan Adams and Bill Chambers.

3/4/5/6 - Isabella Wallace, Sam Thompson and Andrew Harris.

Student of the Week



Noah Adams - being kind when playing in the playground.

Sports Person of the Week



Nicholas Terrell - great effort in tennis.

Zone Cross Country

Congratulations to our students who competed in Muswellbrook on Friday. Angus Higgins won his age group and goes on to compete at Regional next term. Well done everyone.

Additions and Attachments

- Some receipts.
- Cake stall for Sandy Hollow Ride information.
- P&C BBQ at Trials.
- Holiday information at the Wetlands.
- Baerami Bush Dance.

From the P&C

The next Trials event is scheduled for Sunday 12th April at Martindale.

If you are available to help with the P & C BBQ, please call Rebecca Logue on 6547 5005 or 0408 607 036

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!



Cake stall – Sandy Hollow Charity Ride

The P&C will once again be providing afternoon tea for the Sandy Hollow Charity Horse Ride held on April 18.

This is a major fundraising event for our school and we are asking families to provide a plate of slice, cakes or cookies for the riders to enjoy.

As the Charity Ride is during the school holidays, please bring your cakes to Sandy Hollow Tourist Hotel on Saturday 18 – we’ll be there from about 2pm.

Or come and join us to lend a hand on the stall.

Any help or cakes you can provide is greatly appreciated by the P&C.



Contact Nicola Field on 6547 5013 for more details