

2014-2015

## NSW Family Energy Rebate



**\$150\***  
TOWARDS  
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BILLS

**APPLY  
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NOW!**

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

\* eligibility criteria apply

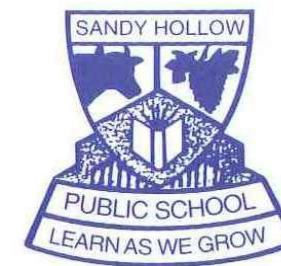


Trade & Investment  
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**Apply before  
Midnight  
16 June 2015**

FOR MORE INFORMATION & ASSISTANCE  
 PHONE - Service NSW 13 77 88  
 EMAIL - [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)  
 WEB - [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)



## SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521  
Fax: 6547 4450

13th May 2015

### Principal's Conference

Next week I will be away for 2 days to attend the ConnectED. The conference will cover many topics including performance and accountability, 21st century learning, quality and equality and the new teaching standards.

There will be a 3 hour satellite teleconference with Sir Ken Robinson who will talk about creativity and innovation in education. I am looking forward to keeping up to date with the latest thinking so we can apply it in our school.

### Bottle Donations

Just a reminder that we need more bottle donations for the Trivia Night bottle game. Please deliver them to the office.

### Burn Off

Over the weekend, the Fire Brigade will be conducting a burn off at the school - weather permitting.

Christina Darlington  
Principal

### Pie Drive

Pie orders are due back at school by Friday May 22nd. If you have lost your order sheet, there are more at the office so please call in or send an email and we can send you one.

### P&C Meeting

There is a P&C meeting in the Music room at 2pm next Thursday 21st May. All welcome.

## DATES TO REMEMBER

**Stewart House donations**  
Fri 15th May

**P&C Meeting 2pm in the Music Room**  
Thurs 21st May

**Pie orders due** Fri 22nd May

**Eisteddfod** Thurs 28th May

**Trivia Night** Sat 30th May  
6.00 for 6.30pm  
**See you there!**

**Canteen Next Monday**  
Beck Wardman  
Monday 25th May - Amanda Thompson

**Next Toybox**  
Monday 18th May

Claim to Date

\* Pittman Cup Wed 3rd June



Nutrition Snippet

## The simplest way

...to understand Health Star Ratings.

You may have noticed **Health Star Ratings** on the front of many packaged foods.

**What do they mean?**

Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier the product.

**Why?**

63 percent of adult Australians, and ¼ children are now classed as overweight or obese. The **Health Star Ratings** help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. **Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!**

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

**The Health Star Rating.**



The more stars, the healthier.



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

### Additions and Attachments

- Some receipts.
- Golf information.
- Australia's Biggest Morning Tea in Sandy Hollow.
- Canteen information.
- Eisteddfod notes.

**Claim the Date**  
 Sandy Hollow PS and  
 SH Progress Association Trivia Night  
 Saturday 30<sup>th</sup> May, starting at 6.30pm.  
 Book at table by ringing the school on  
 65474521  
 Or just turn up on the night!



### Extra Curricula

Congratulations to all student who have recently competed in a variety of activities over the weekend.

### Singleton Beef and Land Management Day

Kristy Walker travelled to Singleton to compete in Junior Judging and Seed Identification. Kristy gained first place in Seed Identification after correctly identifying 8 out of 12 seeds. A fantastic effort.

### Scone Farrier Competition

On Friday Cambell Hinze competed at the Scone Farrier competition. He was the youngest competitor and was up against men in their early 20s. One of the challenges he completed was to make a pair of front shoes with a plain stamp and



nail holes in 60 minutes. He completed the task with 2 minutes to spare and placed first. A tremendous effort.

### Region Cross Country

Angus Higgins travelled to Broadmeadow on Friday to represent the school at the region cross country. He finished 22nd out of a field of 60. Well done, Angus.

### Weekly Awards

- Angus Higgins - improved cursive writing and neat bookwork.
- Jacob Marsh - improved effort in writing.
- Rowdy Walters - trying hard in mental.
- Cody Parkinson - always using lovely manners.
- Isabelle Pike— works well to complete all tasks.

### Workers of the Week

K/1/2 - Marshall Hinze and Livianna Craig.

3/4/5/6 - Kristy Walker, Natasha Marsh and Darcy Wallace.

### Student of the Week



Andrew Harris - having a positive attitude in all areas.

### Sportsperson of the Week



Reece McCandless - improvement in Go Go Golf.

### From the P & C

#### Mother's Day Raffle

The Mother's Day raffle was drawn last Friday and the following prizes were awarded to:



- Lunch or dinner for two at the Tourist Hotel - Rowdy Walters.
- \$50 Big W gift voucher - Archie Johnson.
- \$40 gift voucher to Precious Pieces - Katie Thompson.
- \$30 gift voucher to Sherryn's Beauty - Sharon Wallace.
- Basket full of goodies - Nicola Field.
- Gift pack - Michelle Walker.
- Gift pack - Andrew Harris.
- Gift pack - Cody Parkinson.

Thank you to Sandy Hollow Tourist Hotel for their donation and to everyone who bought tickets.

#### Reminder

The Sandy Hollow P & C Committee is holding a "Thompson's Pies" Pie Drive for a Fundraiser in 2015. All orders & monies need to be back to the office, no later than Friday 22<sup>nd</sup> May.

PIE COLLECTION IS: **FRIDAY 12<sup>th</sup> JUNE from the School Library.** If you require any more info on this please ring Michelle 65475058.

### AUSTRALIA' S BIGGEST MORNING TEA

Will be held on Friday 29th May  
2015 at the Sandy Hollow Hall

9am to 1pm

Everyone Welcome

Hostesses:

Denise Cox

and Colleen Baas



### The following information is for the **Hunter Region 2015 Primary School Golf Trials/Tournament**

that will be held on Monday 15th June 2015 (Term 2 Week 9) at Stonebridge Golf Club. (Cessnock)

This Tournament is open to any **DEC Public School student** within the Hunter Region. Any keen golfers that don't have a handicap are able to play in the 9 hole tournament and newly established 5 hole tournament.

#### **COST:**

1. 5 hole event - \$5 per player
  2. 9 hole event - \$6.50 per player
  3. 18 hole event - \$10 per player
- Optional lunch cost for students will be \$5.00 per player. (This is payable on the day)

#### **REGISTRATION:**

**All registrations will only be accepted online through:**

<https://sites.google.com/a/education.nsw.gov.au/hunter-pssa-golf/>

**All Hunter PSSA rules & conditions are available on the website.**

Any questions can be directed to me at Charlestown East PS on 49435173

[drew.janetzki@det.nsw.edu.au](mailto:drew.janetzki@det.nsw.edu.au)

### Canteen

We are pleased to let you know that the Sandy Hollow Service Station is once again donating salad vegetables for the canteen every Monday. Canteen volunteers therefore do not need to bring anything in with them. After sorting the orders you can go up to the service station and they will give you just the amount you need.

Thank you to the management for this donation.  
Katie Roberts - Co-ordinator

