



Parenting Ideas

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



Nutrition Snippet

The simplest way

...to make healthy chicken nuggets + chips

Most kids love this fast food favourite – here's a healthy version that will satisfy even the fussiest eater!

Ingredients

½ kilo chicken breast, breadcrumbs,
1 egg - lightly beaten, ½ kg pumpkin,
½ kg potatoes, 1 tablespoon olive oil.

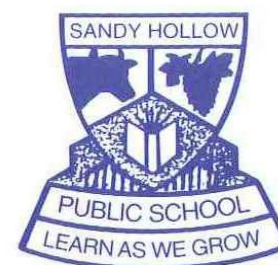


Method

- Peel + chop pumpkin and potato into wedges
- Coat the wedges in olive oil, place onto tray and bake at 180 degrees for 60 mins
- Meanwhile, cut the chicken into bite size pieces
- Dip the chicken pieces into the egg, then coat with breadcrumbs
- Place chicken nuggets onto tray and bake in the oven at 180 degrees for the remaining 20 mins
- Serve wedges and nuggets with a garden salad - delish!

Giving your kids fruit + veg every day will help them stay healthy and strong, and help protect against some diseases like cancer.

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



SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521
Fax: 6547 4450

24th June 2015

NAIDOC Week Activities

This week students in years 2-6 participated in two video conferences around the theme of NAIDOC Week. In the first session, students discussed what the three flags of Australia represent and then discussed what things represent Australia. Students were asked to think about what Australia means to them. They then used their ideas to create their own flag that represented not only Australia's culture, but their own heritage as well.

In the second session, students learnt about what Aboriginal place names mean. We were shown an original document of a record of names from the Muswellbrook area. We had a look at an app called Tumblr where information about Aboriginal languages and place names, artworks, photographs etc are shared.

Students then completed a paper sculpture based on their version of a sacred place.

Christina Darlington
Principal



BONFIRE NIGHT@ BAERAMI MEMORIAL HALL

WHEN: SATURDAY 27TH JUNE 2015

TIME: 4.00PM

COST: \$5.00 Per Person

under 10's FREE

Assorted Casseroles, soups
and bread

BYO Drinks

Hot chocolate, tea & cappuccinos for sale

For more info please contact

Carly on 65475084

Robyn 654750120

DATES TO REMEMBER

Last day Term 2

Fri 26th June

Students return for Term 3 -
Tues 14th July

Canteen

Monday 20th July

Katie Roberts

Next Toybox

Monday 13th July

Claim the Date

- Zumba begins Thurs 16th July
- Zone Athletics Fri 31st July

All the News from K/1 Classroom

The children have continued to work very well as the term draws to a close.

During writing in Year 1 the children have been studying informative text and they have written their own book on scooters. Kindergarten is continuing their L3 group work in which they have been concentrating on writing sentences, even writing some independently.

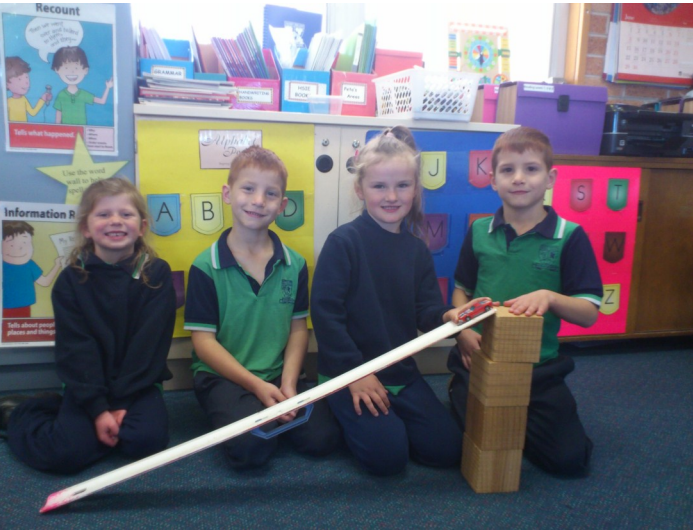
The Kindergarten children felt very clever during the term when they learnt the last of 42 sounds with Mrs Smith. However, continual revision of these sounds is essential in order for the children to enhance their reading skills.

Over the last couple of weeks Year 1 have been working on an investigation unit entitled ‘Ramp Champ’, during which they looked at ways of making toy cars move faster and therefore travel further, when placed on a ramp. The children included processes such as trial and error and manipulated variables that effected the distance their car would travel and this was followed by some accurate measuring.

Kindergarten’s investigation ‘Happy Birthday Humpty’ enabled the children to explore, practise and consolidate earlier concepts they have learnt such as sequencing, time and chance and data, as they help plan and host a birthday party at the King’s request. This will take place on Friday afternoon with Ms Higgins. Years 1 and 2 will be the invited guests.

We would like to wish everyone a lovely relaxing holiday and thank you for your support during the term.

Pauline Bullock and Peta Higgins



Weekly Awards

- Kayden Adams - working well in Maths.
- Jobee McCandless - for great work in reading activities.

Workers of the Week

K/1/2 - Riley Borradaile, Marshal Hinze and Livianna Craig.
3/4/5/6 - Abby Cooper, Jacob Marsh, Jake Pike, Amy Thompson, Kirsty Walker, Isabella Wallace, Sam Thompson, Reece McCandless, Natasha Marsh and Nicholas Terrell.

Student of the Week

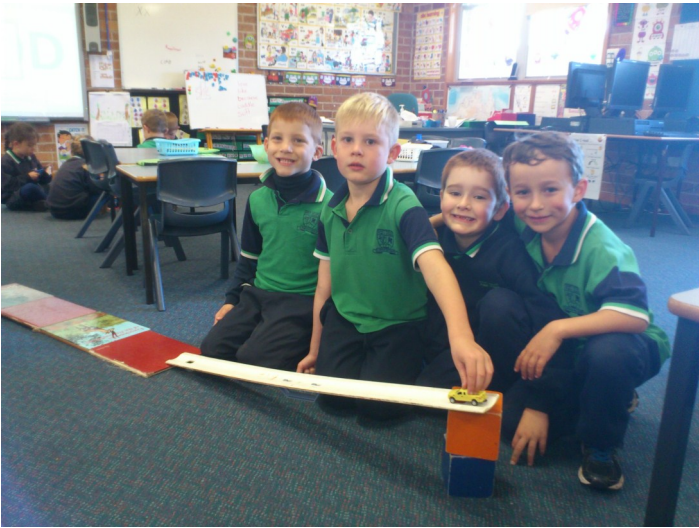


Rowdy Walters - for exercising self control.

Sports Person of the Week



Declan Adams - including all his peers in sport.



Extra Curricula

Last Sunday, 21st June, Rowdy competed in the Newcastle/ Maitland Poultry Show at Maitland. Rowdy cleaned up in the junior section winning 2 first places, 1 third place and Reserve Champion with one of his birds. Well done Rowdy!



Meet Brooster. At present he weighs in at 220kg. This is the steer that Kristy won at Muswellbrook Show, has to train to lead & fatten & will be shown at Beef Bonanza at the end of October on the Saturday. Good luck Kristy and Brooster.



Additions and Attachments

- Holiday activities at the library.
- Some activities at UHCM.

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