



Nutrition Snippet

The simplest way

...to make a healthy curry

Chickpea + Veggie curry

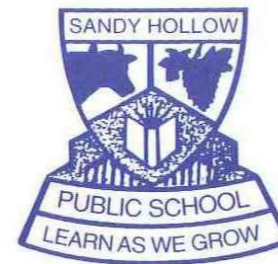
1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve



Method

Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes -- Add the rest of the ingredients and simmer with the lid off for 15-20 minutes -- Serve with rice
Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.

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



SANDY HOLLOW SNIPPETS

"Creating Future Leaders"

Phone: 6547 4521
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We are now taking enrolments for **Kindergarten 2016**. If you have a child or know of a child that turns 5 before July 2016 and you are thinking of sending them to Sandy Hollow, please contact the school to have their name added to our list. An information package will be sent out later this term.

29th July 2015

PSSA Soccer

Our soccer team played in round two of the PSSA soccer knockout last Friday. They played a great game against Mulbring. Mulbring ended up being the victors of the day with a final score of 3-1. Congratulations to all members of the team. They played an excellent game. Thank you to Mr Higgins for coming in and training the team. Thank you to the parents who have assisted with transport to and from the games. Without your support, participation in this level of sport would not be possible. Thank you also to Mrs Parker, who has been the organiser behind the scenes.

Education Week Assembly

Please note the change of date. Due to other commitments, we will be holding our Education Week assembly on Wednesday 5th August. It will start at 2.00pm with awards and then we will hear the finalists from each grade present their speeches. Four students (one from each Stage) will be chosen to represent the school at the Zone Public Speaking finals that are being held in Singleton the following week. We would like to invite parents to come into the school before the assembly and join us for a picnic lunch, followed by open classrooms.



DATES TO REMEMBER

Zone Athletics Fri 31st July

Touch Football Thurs 6th Aug

Education Week Assembly
Wed 5th August at 2pm
Picnic lunch and open classrooms
prior to assembly
All Welcome

Canteen
Monday 27th July
Bec Wardman
Monday 3rd August - Rebecca Logue

Next Toybox
Monday 27th July

- Claim the Date
- Progress Assn Moondance and Art Exhibition 29th August
 - Boot/Garage Sale 4th October

Zone Athletics Carnival

The zone athletics carnival is being held in Scone this Friday. We have a number of students representing the school - Amy Thompson, Bella Wallace, Hunter Marsh, Angus Higgins, Sam Thompson, Natasha Marsh, Dustynn Turner, Cambell Hinze, Andrew Harris and Darcy Wallace. We wish them the best of luck. I know they will proudly represent Sandy Hollow.

Katie Thompson is the team manager for the day.

Zumba

Students have enjoyed two weeks of Zumba already. Just a reminder that Zumba costs \$3 per week or \$18 if paid in full. Thank you to all families who are up to date with their payments.

Outstanding Text Book Fees

There are a number of families who have not paid for textbooks. Students are not issued with textbooks unless they have been paid for. If you are experiencing financial difficulties, please speak to Mrs Darlington so that other arrangements can be made. All conversation will remain confidential.

P&C Meeting

At last week's meeting a number of issues were discussed, including improving the canteen service in our school. A survey is included with this newsletter.

We are asking that all parents please take some time to fill in the survey and return it. This will be your opportunity to have a say about making some changes. It will be a case of the majority rules, so please do not miss this opportunity to make your vote count.

The next Trials event is scheduled for Sunday 2nd August at Giants Creek.

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

Weekly Awards

- Lilly Coen - fantastic effort in Zumba.
- Dustynn Turner - working hard to complete tasks in HSIE.
- Andrew Harris - improvement in spelling.
- Cody Parkinson - always willing to share his knowledge.
- Harry Thompson - fantastic addition knowledge.

Workers of the Week

K/1/2 - Archie Johnson and John Ward.

3/4/5/6 - Hunter Marsh and Jake Pike.

Student of the Week



Bill Chambers - working well in all areas of Literacy and Numeracy.

Sports Person of the Week



Marshall Hinze - great skills development in fundamental Movements.

Soccer Recounts

On Friday the 24th July years 3,4,5,6, went to Robins Oval to compete in a soccer knockout. Mrs Parker, Miss Clendinning and Mr Higgins all came with us. Once we got to the right oval we watched Mulbring vs Kirkton. We then had to play the winner of that game and Mulbring won 6 to 1.

After we all got changed into our soccer uniforms, it was time for us to play Mulbring. After watching the whole first half where Mulbring scored two goals, we all got to eat oranges.

In the second half, I got to play and we managed to score 1 goal but Mulbring also got 1 goal. So after that half, we unfortunately lost but everyone tried really hard and everyone did a great job.

It was a great day and everyone had lots of fun.

Written By

Abby Cooper

On Friday 24th of July years 3,4,5,6 travelled to Maitland for soccer to compete against Mulbring.

Mrs Parker and Miss Clendinning came with us. Everyone tried really hard but unfortunately we lost 3 to 1 with Cambell scoring our only goal.

Mrs Walker and Mrs Thompson were very generous and brought oranges for us. At half time everyone gulped all the oranges down.

Everyone had loads of fun and some of us were spoilt by getting KFC or McDonalds on the way home.

By Natasha Marsh

On Friday the 24th July 3,4,5,6 went to represent our school in Maitland Park to play soccer. We watched Kirkton play Mulbring. Kirkton got beaten 10 to 1. Then we played Mulbring and the score was 3 to 1. Then we packed up and went back to school.

By Jacob Marsh

Year 6 T Shirts

Notes have gone home for Year 6 to order their shirts. The orders are due back 7th August. As the students have chosen school colours, they will be able to wear their Year 6 shirts on any chosen day. Thank you to those parents who have already paid.

Woolies Earn and Learn is on again, and our school is participating. We encourage all friends and family to collect the stickers and send them to school with your children to place in our collection box.

We use this program to purchase extra resources for our students.

Christina Darlington

Principal

From the P&C

Taco Wednesday is coming!



On Wednesday 12 August the P&C will be selling freshly made tacos for lunch. Stay tuned amigos- a note will come home next week!

Additions and Attachments

- Some receipts.
- P&C survey.

Progress Association Upcoming Events

- ◇ Moon Dance and Art Exhibition 29th August
- ◇ Boot/Garage Sale 3rd October