



Nutrition Snippet

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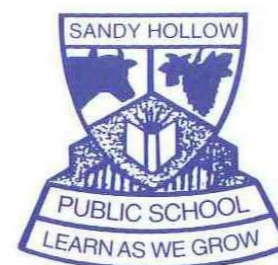
Eat It To Beat It wants as many people as possible to understand why eating the right amount of fruit and veg is vital in the fight against cancer.

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**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.

12th August 2015

CPR Course

We will be conducting a CPR course at school on Saturday 5th September. Families and community members are most welcome to join us if they wish to update their qualifications. The day will start at 9.30am and finish at approximately 12pm. Cost for the course is a bargain at \$30 per person. Please leave your name at the office if you wish to participate in the training.

Consistent Teacher Judgement

This week Mrs Darlington and Miss Clendinning will be participating in some training around being consistent when making judgments about student work samples. This can sometimes be challenging in a small school when there is often only one teacher responsible for marking student work in each stage. This workshop will give us the opportunity to see how we judge student achievement against how other schools judge student achievement.

Drumming

This week we welcome back Isabella Berrigan who will conduct a series of Djembe drumming workshops with all students and staff. The students are looking forward to extending their learning. There will be no cost for this program as it will be funded out of the school's allocation for isolation.

Parent/Teacher Interviews

All students received notes regarding booking in for interviews. All interviews will be conducted during

DATES TO REMEMBER

Zone Public Speaking

12th & 13th August

UHCM Quintet

Wed 19th Aug

10am All Welcome

Bird watching at James Estate

21st Aug

Coolmore visit

Mon 24th Aug

Canteen

Monday 17th August

M'liss Parkinson

Monday 24th August - Bec Wardman

Next Toybox

Monday 24th August

Claim the Date

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

(continued from front page) weeks 6 and 7. If you are unable to fit in one of the allocated times please contact your child’s teacher to book a time that is more convenient. Staff are more than happy to make accommodations where possible.

You Can Do It

Last week all students were learning about and practicing relaxation techniques. We discussed how difficult it is to learn when your body is all tense. This was demonstrated through an activity where students were asked to make a tight fist and hold it for 15 seconds then relax. They then tensed their whole body for 15 seconds and then relaxed. All students were able to see the importance of being able to relax the body. They practiced the following techniques:

- 1) 5.3.5
Breathe in through the nose for 5 seconds, hold it for 3 seconds then breathe out through the mouth for 5 seconds. Repeat as necessary.
 - 2) Visual Representation
Breathe in slowly through the nose while thinking about a place they like to be, eg the beach, then breathe out through the mouth and whisper the word ‘relax’, ‘calm’ or ‘breathe’. Repeat as necessary.
 - 3) Diaphragmatic breathing
Lying on the floor with hand placed just under rib cage. Breathe in slowly through the nose, allowing stomach to rise, then breathe out slowly through the mouth, allowing the stomach to fall.
 - 4) Lying still on the floor
Breathe in and out slowly and:-
 - listen for sounds
 - look for colours
 - sing a known song over and over in your head.
- Students have been encouraged to practice these techniques over the next few weeks.

Farewell to Miss Clendinning

This week we say farewell to Miss Clendinning as her time with us draws to a close. It’s hard to believe that her 5 weeks prac is already finished. She has had a variety of opportunities while working at our school. She has worked with all classes on various occasions. I know the students have enjoyed having her at Sandy Hollow. We wish her all the very best for whatever the future is going to bring.

School Counsellor

Catherine Thomsen, our school counsellor will visit next Tuesday. This will be her last visit for the term.

Christina Darlington
Principal

Quintet Performance

On Wednesday 19th August at 10.00am the Conservatorium Quintet School Tour will visit Sandy Hollow Public School. This will include an entertaining narrated performance. The students will have the opportunity to see and hear the bassoon, flute, clarinet, French horn and saxophone.

If any parents would like to join us for the morning performance you would be most welcome. The duration of the performance will be 45 minutes.

Pauline Bullock - Co-ordinator



Zone photos - courtesy of Katie Thompson.



Brewster



Kristy’s UH Beef Bonanza steer is now 280kgs. He has put on 62kgs in 41days 280kgs. Going great.



Additions and Attachments

- Some receipts.



Progress Association Upcoming Events

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