

MUSWELLBROOK FOOTBALL CLUB

Junior Gala Day

Sunday 6th September 2015

Rego by 9.30am at the Canteen to be put into teams.
Starting at 10.00am

Join in a round robin competition with a mixture of locals, travelling teams and our seniors for a fun filled morning of soccer. A sausage sizzle and full canteen will be available to purchase on the day.

Bring Dad along also for a kick on Fathers Day.

Travelling Teams for 2016

We are looking for interested players in joining our exciting travelling teams next year. Please register your name at the canteen or come and discuss what travelling involves.

COMMITTEE DRIVE

Firstly we would like to thank the Bristow family because without them this year we would not have a local competition or a canteen on Saturday mornings. Also thanks to the many helpers that do there turn on the canteen and on morning setup. We are in desperate need of more parents, guardians or grandparents that might be interested in forming a sub committee to be involved with the local organization. It has been a big job for one person this year but we need a lot more people to help in future for our Saturday local days to continue. Please come along to the next meeting to show your interest, or just to see what happens. We don't expect anyone to take any positions just need more hands to make light work.
Next meeting: Monday 10th August at 7.00pm
- RSL Club
Please come along so Local soccer can continue in 2016.



Nutrition Snippet

The simplest way

...to make a healthy dessert.

APPLE + PEACH PIE
Perfect on a chilly winter's evening...a healthy treat!

Ingredients

2 medium apples, peeled and chopped -- 800g canned peaches in juice, drained-- 6 sheets filo pastry -- spray oil -- 1 teaspoon sugar

Method

Preheat oven to 200°C -- Place apples in a microwave and oven proof dish and cover with a plate or cling film with holes in it. Microwave on HIGH (100%) for 1 minute. Carefully remove the plate or cling-film as the steam will be hot -- Add peaches to the oven-proof dish. Scrunch a sheet of filo pastry and arrange on top of the dish. Repeat with the rest of the filo sheets until the whole top of the dish is covered -- Lightly spray the pastry with oil, and sprinkle with sugar -- Bake for 25 minutes, until the pastry is golden and crispy -- *TIP: this recipe works for any fresh, frozen or canned fruit.*



For more information visit
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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.

Our Kindergarten Orientation program will take place in weeks 1 – 8 next term.

19th August 2015

CPR Course

Royal Lifesaving Australia are running a CPR course at the school on Saturday 5th September. Parents and members of the public are most welcome to join in with the training. Cost is \$30 per person. Please leave your name and payment at the office by Friday 28th August if you want CPR training.

Burn Off

Mr Parker will be conducting a burn off at the school on Sunday. This will be our last one for the year as we move into the fire season.

NAPLAN

NAPLAN results were received yesterday and overall, staff are quite pleased. This year we have no students at or below minimum standards in any area, which is fantastic. Over the next few weeks staff will more closely analyse the results and use the data for future planning and programs. If parents have any concerns or questions, please do not hesitate to contact the school and make an appointment with your child's teacher.

Little A's Visit

On Monday we had the pleasure of listening to Youcef Abdi, an Australian athlete who competed in Beijing in 1500m and the steeple chase. He spoke to the children about his journey to achieve his dream of competing in the Olympics which included growing up in Algeria and France, moving to

DATES TO REMEMBER

P&C Meeting Thurs 20th Sept
2pm in the Music room
All Welcome

Coolmore visit Mon 24th Aug

Regional Athletics Fri 28th Aug

Little Sprouts excursion Fri 28th Aug

Father's Day stall begins
Mon 31st Aug

Regional Spelling Bee Mon 14th Sept

Canteen

Monday 24th August

Bec Wardman

Monday 31st August - Katie Thompson

Next Toybox

Monday 24th August

Claim the Date

- Progress Assn Moondance and Art Exhibition **POSTPONED**
- Boot/Garage Sale 4th October

EVENTS CALENDAR

DAY	DATE	TIME	VENUE	EVENT
Friday	21 August	7:00pm	St Joseph's School Denman	Concert UHCM Staff Touring Ensemble Wind Quintet
Wednesday	2 Sep	7:00pm	St Alban's Muswellbrook	Staff Concert #1
Monday	14 Sep	7:00pm	UHCM Hall	Staff Concert #2
Monday	14 Sep			Scholarship applications open
Friday	18 Sep			Term 3 ends
Mon-Tues	21-22 Sep		St Joseph's Aberdeen	Orchestra Camp
Monday	5 Oct			Labour Day No Lessons
Tuesday	4 Oct			Term 4 Begins
Sat	10 Oct	3:00pm	'Birallee' 33 Brentwood St, Muswellbrook	Visiting Artists, Stephen O'Connell Quintet
Wed	14 Oct			Scholarship Applications Close
Sat	24 Oct			Scholarship Auditions Muswellbrook
Sun	25 Oct			Scholarship Auditions Singleton

Progress Association Upcoming Events

- ◇ Moon Dance and Art Exhibition **POSTPONED**
- ◇ Boot/Garage Sale 3rd October

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Australia and becoming as Australian citizen, then competing; and how difficult it was to qualify for the Australian athletics team. He also spoke about, and demonstrated correct techniques for running - both short and long distances, and throwing shot put and discus. His presentation was highly entertaining. The students were impressed that he could run 1500m in 3 minutes and 55 seconds.

Science Light and Laser Show

Last week, we were visited by Susan from the Newcastle University. She put on a spectacular light show, explaining along the way about how we see light and colours. The students had a fantastic time demonstrating her ideas. The highlight of the show was a sound activated laser show. Students



thoroughly enjoyed clapping along with the music to make the laser patterns change. This production certainly did a great job of raising awareness for careers in Science.

Coolmore

Next Monday we visit Coolmore to view the Melbourne Cup and a short tour of the facilities. The bus will run 10 minutes early so that we can leave school at 8.45am. Thank you to all the parents who have offered to drive. Unfortunately we can't take every parent as our numbers were limited. A separate note will be sent home tomorrow with travel arrangements.



Zumba

This is our final week of Zumba. Thank you to those parents who are up to date with payments. Unfortunately we still have some outstanding payments. These need to be finalised as soon as possible.

Regional Spelling Bee

This year Abby Cooper and Nicholas Terrell will represent the school at the regional spelling bee, being held at King St Public School on Monday 14th September. We wish them all the very best.
Christina Darlington
Principal

Weekly Awards

- * Jacob Marsh - trying hard in writing.
- * Isabella Wallace - application in mathematics.
- * Lilly Coen - consistently trying hard in all subjects.
- * Ayden Marsh - wonderful effort in drumming.
- * Cody Parkinson - making wonderful contributions to this week's Science Show.
- * Declan Adams - wonderful drumming skills.

Workers of the Week

K/1/2 - Xavier Coen, Ella Olive and Livianna Craig.
3/4/5/6 - Jake Pike, Ayden Marsh, Natasha Marsh and Dustynn Turner.

Student of the Week



Rowdy Walters - for always trying his best in all areas.

Principal's Awards

- * Harry Thompson - improved attendance.
- * Tyson Marsh - improved attendance.
- * John Ward - improved attendance.

Sports Person of the Week



Kayden Adams - always playing fairly.



Additions and Attachments

- Some receipts.
- Staff development day flyer.
- UHCM "practice" information and calendar.
- Muswellbrook football club flyer.

From the P&C

- ♦ There is a P&C meeting tomorrow, Thursday 20th August in the music room at 2pm. All welcome.
- ♦ There will be a Father's Day stall at school in week 8. More information next week.



Practice

By Alison Murphy

Learning a musical instrument should be a fun, informative and satisfying process.

Information for Students

- Be punctual for all lessons. Aim to arrive a little before the lesson is due to commence and wait outside for your teacher to call you in.
- Ensure that all material needed for the lessons are brought each week, for example instrument, music books, writing books.
- Take good care of your instrument and make sure it is maintained and cleaned as per your teacher's instructions.
- Make practice a regular habit (see below).

Establishing a regular practice routine is essential to learning to play any musical instrument. The amount and length of practice time will vary depending on the age and level of the student, as well as the instrument chosen.

It is generally agreed amongst all music teachers that practice should be part of a regular, and if possible, daily routine. Last minute cramming is not a very effective method of practice, rather it is better to practice in routine small chunks. The brain is able to process musical information better that way.

Try to look at practice like homework and add it to your child's daily routine. The student will be less likely to complain about having to do prac-

tice if it becomes a routine part of their day. Children need to be reminded and encouraged to practice their instruments, just as they need to be reminded to brush their teeth or do their homework.

Regular practice produces a prepared and confident student, who is more likely to enjoy their music lessons and playing in general. Adequate music practice also ensures that you are receiving maximum value for money from your music lessons.

Discuss with your teacher practice requirements specific to you or your child's instrument, age and ability.

Some practise tips

- Find a well-ventilated, comfortable space with adequate lighting away from noise and distractions.
- Ensure that your instrument is in good working order, tuned and set up correctly.
- Ensure that any equipment you use is used correctly, for example your music stand is at the right height or your chair or stool is adjusted correctly.
- Practice is only beneficial when done in the right way – ensure that you have the correct playing posture, hand positions are correct, bow hold etc. and that you concentrate on playing the music *correctly*.
- While it is sometimes nice to play through what you can already do, ensure that a large chunk of your practise time concentrates on what you can't play.
- Don't waste your time wishing you weren't practising.
- Listen to your teacher and work on the technical and musical suggestions from your lessons. Happy practising!

Try to look at practice like homework

Alison Murphy is a Bachelor of Music graduate of the University of Newcastle Conservatorium. Alison completed her honours year in 1997. She was Director of the Upper Hunter Conservatorium from 2000 - 2005.