

### HUNTER VALLEY ZOO INFANTS EXCURSION

**WHERE:** Hunter Valley Zoo - Cessnock

**WHEN:** Friday, 18th November, 2016.

**TIME:** Bus departs from School at 8.30am. Returning at 3.00pm.

**PLEASE BRING:** Crunch and sip

recess

lunch

Plenty of water

School hat

Sunscreen

**WHAT TO WEAR:** School Uniform

#### Medication

Any medication your child may need on the day of the excursion must be clearly labelled with your child's name and prescribed use. These are to be handed to Ms Bullock or Ms Higgins before we depart. We will collect the children's Ventolin that is kept at school.

Many Thanks

Pauline Bullock and Peta Higgins

### Change of Bus Time

The bus will run 20minutes early on Friday 18th November due to the K/1/2 excursion.

In the afternoon it will keep to the normal time.

Thank you for your support

Pauline Bullock - Co-ordinator



Reece McCandless - welcome to our special guests.



Guest speaker Corporal Mark Wilkinson (above) and special guests Geoff Gowing and Robert Thornton.



Archie Johnson - laying a poppy.

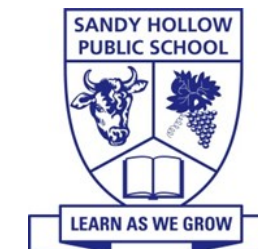
# *Sandy Hollow Snippets*

*"Learn as we Grow"*

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16th November 2016

### Presentation Night

Due to unforeseen circumstances, we are re-scheduling Presentation Night. It will now be held on TUESDAY 29th NOVEMBER. We apologise for any inconvenience this may cause.

### P&C Meeting

All parents are invited to come along to our P&C meeting this week. We will be discussing the progress of programs running this year, and planning for 2017. Please come along and have your say. We meet on Thursday in the music room at 2pm.

### Remembrance Day

Last Friday our school once again commemorated Remembrance Day. We had a wonderful roll up of parents and community members including special guests such as Geoff Gowing, Robert Thornton, Rev Jody Zammitt, Ray and Bev Barry, Jacinta Ledlin and Les Bray. Martindale School students also participated in our ceremony.

Our guest speaker was Corporal Mark Wilkinson from Singleton Army barracks, and the flag party made up of Private Alexander Raymond and Private Elijah Davis. These 2 young men have been in the



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## DATES TO REMEMBER

**P&C Meeting**                      **Thurs 17th Nov**

**K/1/2 Excursion**                      **Fri 18th Nov**

**Presentation Night**  
**Tues 29th Nov**  
**6 for 6.30 pm sharp**  
**See you here!**

**Canteen**  
**Monday 21st November - Amanda McLean**  
**28th November - Amanda Thompson**

**Next Toybox**  
**Monday 21st November**

army only 7 months. Corporal Wilkinson has spent time in Afghanistan and spoke from the heart about his time representing our country.

Mr Gowing, who turned 99 this year, said that he has been to many Remembrance Day ceremonies over the years, but this was the most moving he had every attended, and that we should be congratulated.

So: to the children, the teachers, the representatives from Singleton Army barracks and our community, including the representatives from Martindale School, thank you and congratulations!

A special mention must go to the P&C for their wonderful morning tea which was enjoyed by all after the ceremony.

Bella Pike - Peace Prayer

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Ayden Marsh - Acknowledgement of Country

### Sun Safe Policy

As many of you are aware, we follow a sun safe policy at school. This includes practices such as:

- limiting outdoor activities during the heat of the day;
- Wearing hats;
- Providing sun screen when outside for extended periods of time;
- Ensuring children who do not wear hats play in the shade;
- Wearing rash shirts while swimming.

These practices are an integral part of our daily school routine. We strongly encourage our students to use these practices at home as well.

### School Hats

All children are required to wear hats at school everyday. We are requesting that parents ensure hats are packed into bags ready for each school day. We have recently had a number of children not bringing hats to school. All students participate in outdoor lessons every day of the week and it becomes very disruptive when hats need to be borrowed. This is a practice we do not encourage due to the possibility of head lice.

We thank everyone in advance for helping to make our school sun safe.

Christina Darlington  
Principal

Tyson Marsh laying a poppy.

### Nut Free Food

We are appealing to all families to help make our school nut free. As you are all aware, we have a student who is anaphylactic to both peanuts and tree nuts. That means we would like to see our students bringing nut free food to school. Please do not send nutella on sandwiches or as a snack food. Thank you for your co-operation on this matter.

### WHS

This week I will be meeting with Kerrie Beilfield, our WHS advisor. We will be reviewing this year's action plan and putting together a new plan for next year.

### Red Cross Healthy Eating

Next Tuesday all students will participate in a healthy eating session with some staff from Red Cross. The Red Cross currently sponsor our Breakfast Club. Media release forms need to be returned by Monday 21st November.

### Weekly Awards

- Ayden Marsh - fantastic progress in Quicksmart.
- Dustynn Turner - YCDI - displaying resilience in the playground.
- Isabelle Pike - reading with expression.
- Reagan Turner - YCDI - showing resilience in classroom activities.
- Taylan Blackhurst-Marsh - displaying improvement in his reading skills.
- Shykiah Walters - YCDI - developing her resilience skills.

### Workers of the Week

K/1/2 - Roary Eldridge and Noah Adams.

3/4/5 - Riley Borradaile.



### “Where There’s a Will” Foundation

works to provide resources and support for schools in delivering mental health programs to students from pre-school to Year 12.

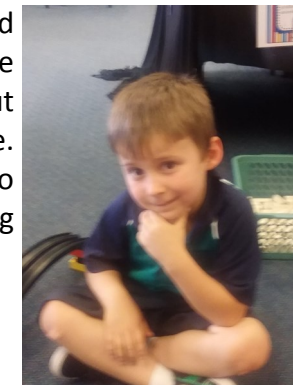
On Monday 28<sup>th</sup> November at Scone High School “Where There’s a Will” is holding an information evening to explore ways in which the community can work together to ensure the wellbeing of young people. The attached flyer has details. The Foundation has invited world leading experts on mental health to come to the evening to explore ways in which the Upper Hunter can work together to build positive mental health and reduce suicide rates.

### Kindergarten Orientation

This is our 5th week of Kindergarten Orientation and Attalica Nichols, Marlii Peters, Jeremiah Raines, Charlie Ward and George Thompson have settled into their new school life extremely well.

They have completed many activities under the wonderful guidance of Mrs Helen Smith.

The skill that all this week’s activities are based on is “Ignoring”. The children were taught not to look at the person they want to avoid. They could look at a friend or pick up a toy instead. The children are also encouraged not to listen to what the annoying person is saying but to listen to someone else. Finally do not say anything to the person who is annoying you.



### Peer Support

Our buddies and group leaders led their group of children through four games this week during peer support.

While involved in the games the children were encouraged to use all the social skills we have learnt to date. That being:

- Listening
- Using nice talk (saying please and thank you)
- Asking for help, and
- Ignoring.



### Ignoring

Outlined below is a list of the strategies for ignoring for you to reinforce with your children.

**Look Away** - Tell the children not to look at the person they want to avoid. They can turn their heads away. Look at a friend, or pick up a book or toy to look at.

**Close your ears** - Tell the children not to listen to what the annoying person is saying. If they are supposed to be listening to someone else (such as the teacher) they can listen to that person.

**Be Quiet** - Remind children not to say anything back to the person who is annoying.

### Additions and Attachments

- Some receipts.
- Where There’s A Will flyer.
- Australian Red Cross media release forms.

