



Nutrition Snippet

The simplest way

...to serve spring salads.

Spring brings sunshine ... and salads!

A salad is a great way to enjoy a light and lovely meal packed full of veg. Enjoy as a side dish or add some lean meat, fish, cheese or hard-boiled egg and make a meal of it.

Here are five of our spring salad favourites (for full recipes go to eatittobeatit.com.au):

- Tabbouleh.
- Thai beef salad.
- Asian chicken salad.
- Basic garden salad.
- Mixed bean salad.



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



Book Bargain

Don't forget to grab a bag of books for a gold coin donation. All the money raised goes to the Indigenous Literacy Foundation, which aims to put books into the homes of indigenous families in the remote areas of Northern Territory.



Extra Curricula

Rowdy Walters again competed successfully at a Team Penning competition last weekend. He gained 2nd in the arena sorting and 3rd in team penning. Well done Rowdy.



Good for Kids good for life

LONGER DAYS = MORE OUTDOOR PLAY!

Outdoor play gives children the opportunity to experience the natural environment and have adventures! Now that daylight savings has started children have even more opportunity to get outside before school, after school and on the weekends.

Make the most of the sunlight by having some outdoor activities planned in advance. Consider installing a basketball hoop for summer evenings or planning to build a cubby house on the weekends. Playing outdoors with neighbourhood play mates is a great after school activity. Family activities could include a bushwalk or beach cricket day.



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Sandy Hollow Snippets

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9th November 2016

Remembrance Day

At 11am on the 11th November, 1918, the guns on the western front fell silent after more than four years of warfare. The Germans called for an Armistice in order to secure a peace settlement. World War I saw the mobilization of over 70 million people of which over 9 million lost their lives, many with no known grave.

Armistice's Day was first commemorated on 1919 with 2 minutes of silence as part of the ceremony. After World War II, the commemoration's name was changed to Remembrance Day. Armistice Day was considered no longer an appropriate title for a day that commemorated the lives lost from all wars.

On the 75th anniversary at the Armistice in 1993, the remains of an unknown Australian soldier was entombed in the National War Memorial's Hall of Memory.

Today, Remembrance Day is commemorated across the whole nation. At 11am the nation stops for 1 minute of silence to remember those who died or suffered for Australia's cause in all wars and armed conflicts. (Information taken from Australian War Memorial website.)

At Sandy Hollow, we will commemorate Remembrance Day with our ceremony. We encourage members of the local community to join us. Our ceremony will be presided over by a flag detail from Singleton Army Barracks, and our guest speaker this year will be Corporal Wilkinson.

We will also be joined by a very special guest Geoff Gowing, who at 99 years of age, is a local war veteran.

We ask that people arrive at school at 10.15am ready for a 10.30am start. The ceremony will conclude with morning tea in the library.

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www.sandyhollo-p.schools.nsw.edu.au

Bushfire Season

It seems over the weekend that the bushfire season has well and truly flared up with a large fire, now under control, at Cessnock and another one at Heddon Greta, it is timely for us to make sure we are Bushfire prepared.

In the event of a fire at Sandy Hollow, there are one of two procedures that we will follow depending on advice received from RFS.

1. If we are told to remain on site, all personnel on the school site will be evacuated to the library, where we will wait further instructions. Parents will be advised via the Skoolbag App about the situation.

DATES TO REMEMBER

Remembrance Day **Fri 11th Nov**
10.15am for 10.30 start
ALL WELCOME

Assembly **9.15am** **Mon 14th Nov**

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

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

Canteen

14th November - Debbie Marsh
Monday 21st November - Amanda McLean

Next Toybox

Monday 21st November

Claim the Date

• **Presentation Night** **Thurs 1st December**

Sandy Hollow Public School Kindergarten Orientation

Tuesdays of Term 4

If you know anyone who is interested in starting their child at school next year please ring the office on 6547 4521

E-mail: sandyhollo-p.school@det.nsw.edu.au
www.sandyhollo-p.schools.nsw.edu.au

2. If we are told to evacuate the school - we will try to send as many children home as possible. Parents will be notified via phone calls. Any children who are unable to be picked up will be evacuated by all available staff to either Denman or Merriwa (depending on the direction of the fire). We will keep in touch with parents via mobile phone service.

Please ensure that all your contact details and emergency contact details are up to date on school records.

Assembly

There will be no assembly on Friday due to our Remembrance Day ceremony. Our next assembly will be on Monday 14th November at 9.15am.

Head Lice

Head lice are on the rampage again. Please be vigilant and check your children’s hair every day. Children can return to school as soon as the lice have been treated and no live lice visible.

P&C Meeting

Next week, we will be holding our next P & C meeting. We will be discussing ideas about programs and expenditure for 2017. Please come along and join in. I would like to have as much input as possible. The meeting starts at 2.00pm and is held in the music room.

Christina Darlington
Principal

From the P & C
Remembrance Day

Would all parents please bring a plate on Friday for our morning tea, which will be held in the Library after the ceremony on Friday.

Meeting

The next P&C meeting is 2pm in the music room on Thursday 17th November.

Weekly Awards

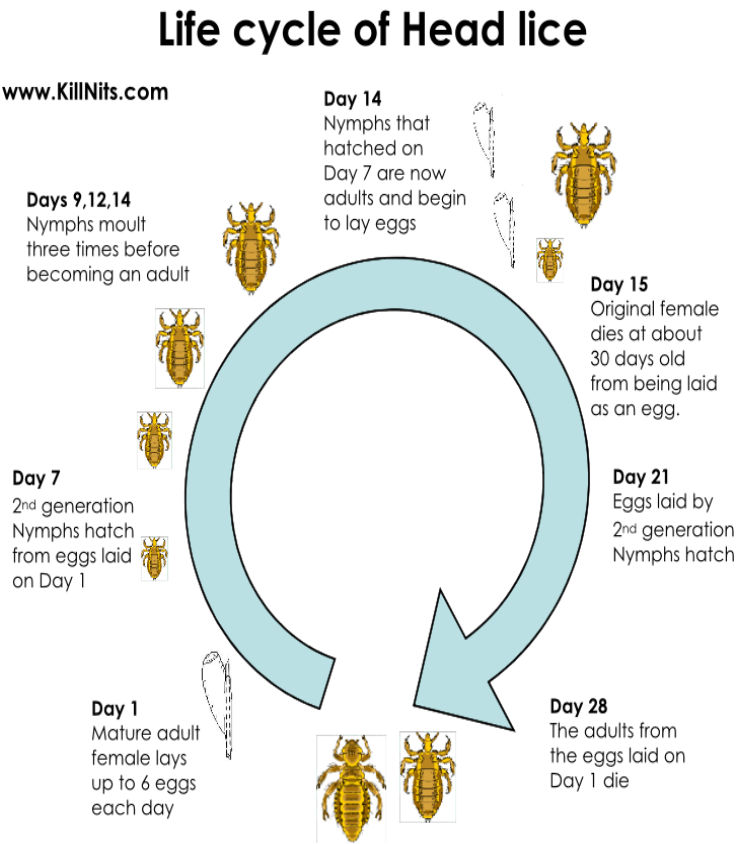
- Ayden Marsh - Fantastic responses in reading groups
- Maddison Nebauer - YCDI - Resilience - displaying resilient behaviour in the classroom
- Declan Adams- YCDI - Resilience - demonstrating resilience during mathematics.
- Kayden Adams - Fantastic effort in reading.
- Gabbie McLean - YCDI - Able to get assistance if needed.
- Cameron Nebauer - Working well on set tasks.

Workers of the Week

K/1/2 - Thomas McLean and Reagan Turner
3/4/5 - Reece McCandless, Dustynn Turner, Andrew Harris and Rowdy Walters

Additions and Attachments

- Hunter Valley Zoo excursion information.
- Bushfire Season for Parents flyer.
- Head lice information



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

Kindergarten Orientation

This year’s buddies; Andrew Harris, Riley Borridale, Dustynn Turner, Shaneka Marsh and Maddy Nebauer are taking on the role of group leaders during peer support activities each Wednesday afternoon.

This week Kindergarten Orientation began with Mrs Smith focussing on what to do if you find a task difficult.

How do we ask for help?

Firstly the children learnt it is important to try on your own; then if it is too difficult they need to say “I need help” in a nice voice. Finally they must remember to say “thank you” to the person who helped them.

Peer Support

Following lunch the entire school enjoyed a variety of outdoor activities. We broke into our groups following a discussion on our focus of the week, which is “asking for help and saying thank you”.

The children are reminded to use these skills as they participate in the games.

There are numerous situations at school in which we can encourage the children to use this skill. Also at home if your child says that they are unable to do something, you could respond the same way. Therefore demonstrating that home and school are working together.

Asking for Help

Talk about the importance of trying on your own first. Sometimes people ask for help instead of trying something difficult by themselves, but doing something difficult on your own can give you a feeling of pride.

Say “I need help”. Acknowledge that sometimes it is frustrating when something is difficult to do, but stress the importance of using nice talk.

Saying “thank you” - talk about nice things people do for you. Tell the children that saying thank you is a way to let someone know you are happy about what the person did for you.

