

### EXTRA CURRICULAR ACTIVITIES

Last Sunday Gabbie McLean, Harry Thompson and Andrew Harris travelled to Mudgee as part of the Denman Swimming Club team to compete in a NSW Swimming Qualifying Carnival. George Thompson aged 4 went as their support person and cheered them on in their races. This was Gabbie's first "proper" carnival and did extremely well in tough competition. She competed in the 6yrs Girls 25m races for Freestyle, Breaststroke, Butterfly and Backstroke. She just missed out on receiving a medal but swam very well. Harry was all smiles after being awarded four Bronze medals for coming 3<sup>rd</sup> in Freestyle, Breaststroke, Butterfly and Backstroke 25m events for 7 year old boys. Andrew started off the day with a second in the 10yrs Boys 200m Individual Medley, 3<sup>rd</sup> in the 10yrs Boys 100m Freestyle, 3<sup>rd</sup> in the 10yrs Boys 50m Freestyle and finished with a 1<sup>st</sup> in the 10yrs Boys 50m Butterfly and 1<sup>st</sup> in the 10yrs Boys 100m Butterfly. We look forward to hearing more about their successes in the pool.



Harry, Gabbie, Andrew and George.



Healthy Eating.

### Good for Kids good for life

#### SUMMER SAFETY - HYDRATION

The approach of summer holidays provides more time for kids to get outside and play! Keep in mind that playing in the heat of the summer sun results in more fluid losses.

Children's bodies are more prone to dehydration than adults because they don't cool down as efficiently and they may not always realise when they are thirsty.

Try to monitor their water intake and schedule regular drink breaks before, during and after outdoor play.

It is also a good idea to leave drink bottles filled with water in areas that are accessible to them so that they can help themselves.



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# Sandy Hollow Snippets

*"Learn as we Grow"*

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30th November 2016

### Red Cross Healthy Eating

Last Tuesday Irena Patsan from the Red Cross visited our school. Students participated in a healthy eating session. They talked about the five food groups and how much of each group you consume every day. They also did a sorting activity to demonstrate their understanding of the material presented. The session finished off with fruit kebabs, which the students made for themselves.

Irena is hoping to return next year to run several healthy eating on a budget workshops with parents.

We are very lucky to have support from the Red Cross. As many of you are aware, the Red Cross sponsor our breakfast club, supplying a variety of cereal, milk and spreads. This program has now been expanded to include fruit, which is delivered every Wednesday. Thanks to the generosity of Bloomfield Mine, the program will continue to run next year. We are also very appreciative of our parents and community members who give up their time to run breakfast club each day of the week.

### Swimming

Our learn to swim program begins on Friday. Notes need to be returned as soon as possible. Due to the fundraising efforts of Mrs Parker, a donation from the Tourist Hotel, and a grant from the Premier's Sporting Challenge, we have been able to cover the full cost of transport. The P&C have offered to pay for pool entry each day. This means there will be no cost to students for our swimming program this year. We thank everyone who has made an effort to support our program. Students will need to bring their swimmers, fruit break, recess and a drink with them each day. It is essential that they wear a school hat and a rash shirt.



## DATES TO REMEMBER

Swim School begins Fri 2nd Dec

Swim School 5th to 8th Dec

Surfing at Nelson Bay Fri 9th Dec

Swim School 12th to 16th Dec

Last day of Term 4 Fri 16th Dec

### Canteen

5th December - Michelle Stennett

12th December - Katie McLean

### Next Toybox

Monday 5th December

### Claim the Date

- Students return for T1 2017 on Monday 30th January.
- Kinders begin 31st January.



Students who do not have a rash shirt will not be swimming. Please pack a plastic bag for wet items to go into when we return to school. This year, lessons will be conducted by Ms Higgins, Ms Bullock, Mrs Darlington, Mrs Shannon and Dimity Parker.

Surfing Lessons

Notes have been sent out regarding our whole school excursion to Port Stephens for surfing lessons. There is no cost to students, due to the generosity of the P&C who are covering the bus and the lessons.

Christina Darlington  
Principal



Workers of the Week

K/1/2 - Gabbie McLean.  
3/4/5 - Reece McCandless and Noah Adams.

Good for Kids good for life

WATERMELON ICEBLOCKS

INGREDIENTS	QUANTITY
Diced Watermelon	2 cups
Fresh strawberries (hulled)	10
Lemon Juice	1 x lemon
Water (optional)	1/2 cup

METHOD

1. Combine all ingredients in blender and blend until smooth

2. Pour into ice block moulds

3. Freeze until hard

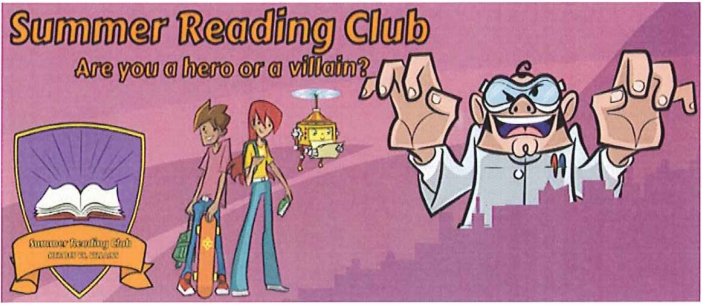
4. Enjoy on a sunny summer day!

Image courtesy of phasinphoto at FreeDigitalPhotos.net

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Weekly Awards

- Reece McCandless - achievement in Quicksmart.
- Dustynn Turner - achievement in Quicksmart.
- Riley Borradaile - consistent effort in all areas.
- Kayden Adams - excellence effort in drama.
- Isabelle - YCDI - resilience in mathematical tasks.
- Jobee McCandless - displaying lovely manners during the Red Cross presentation on Healthy Eating.
- John Ward - YCDI - showing resilience when working on tricky tasks.



Summer Reading Club 2016-17!

What's on at Muswellbrook & Denman Libraries?!

We are so excited that it is Summer Reading Club time once more! Our 2016-17 Summer Reading Club will bring out your inner Hero or Villain with lots of great challenges and events planned. Check out our Children and Youth events scheduled for January 2017 below. These events are all FREE so don't be a stranger.

Registered members of the Summer Reading Club may earn their workshop badge for attending these events.

Read to Earn Badges!

Registrations for our Summer Reading Club open from 1st December, 2016 and remain open until 25th January, 2017. To find out more information about the reading club, visit our website or Muswellbrook and Denman branch libraries.

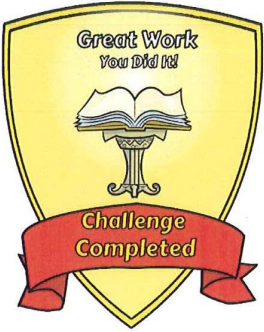
Heroes and Villains Storytime @  
Muswellbrook Library  
Featuring: Eat the Rainbow  
Wednesday, 11th January 2017 @ 11:00am

Super Hero Mask & Badge  
Workshop  
Wednesday, 11th January 2017 @ 3:00pm  
Denman Library  
Wednesday, 18th January 2017 @ 11:00am  
Muswellbrook Library

Wildlife Show @ Denman Library

Kindergarten Orientation

We have thoroughly enjoyed having George Thompson, Charlie Ward, Jeremiah Raines, Marlî Peters and Attalica Nichols with us at school over the last seven weeks. We extend a warm welcome to Charlie Hartup, who joined us last week. Each of the children have grown in confidence since starting Kindergarten Orientation. This is our last day together for this year. However, we are looking forward to having the children at school every day next year. We would like to thank Mrs Smith for guiding the children through their activities each week. Also thank you to our wonderful buddies: Andrew, Dustynn, Shaneka, Maddie, Riley and Reece for their continual help and support over the past seven weeks. Pauline Bullock  
Teacher



Wednesday, 18th January 2017 @ 2:15pm  
Check out some real life villains with the Wildlife show. There will be snakes, frogs, and lizards & and lots of other little cuties.



Heroes and Villains Storytime @  
Denman Library  
Friday, 20th January 2017 @ 11:00am

Mad Scientist Workshop @ your  
Libraries  
Monday, 23rd January 2017 @ 11:00am  
Muswellbrook & Denman Libraries  
Note: Dont forget to bring Dad's old t-shirt.



Summer Reading Party  
with JDs World of Magic Show  
Wednesday, 25th January 2017 @ 11:00am  
SRP Clubbers! Join us for our year-end party at Muswellbrook Library. Denman members don't forget to catch the Party Bus @ 10:00am at Denman Library. We will have a magical events and prizes to giveaway on the day!

This event brought to you by:



Additions and Attachments

- Some receipts.
- Healthy Eating flyers and magnet.