

Healthy Eating for Kids

Latest ideas on healthy eating options for kids

April 2016

Feeding kids peanuts prevents allergies long-term

A bold and controversial experiment that showed feeding peanuts to babies and young children could protect them from developing allergies later has shown long-term effects.

Nutritional supplements impact genetic hearing loss in children

Antioxidant regimen helps slow hearing loss in mouse model of most common form of childhood deafness.

New gene variants found in childhood body mass index

An international team of scientists has identified novel gene locations associated with childhood body BMI.

Physical activity encouraged more in boys than in girls

Home, school environments may provide less encouragement for girls to be physically active.

Too much of a good thing

Many popular kids' foods are packed with too many vitamins and minerals.

Drink up!

Many kids aren't drinking enough water, according to a study published in the American Journal of Public Health.

More chores, fewer allergies

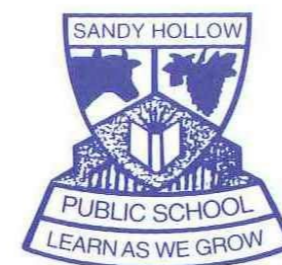
New study suggests that washing dishes by hand is healthier than using a dishwasher.

Danger in dessert?

Study reveals the toxic effects of sugar.

[Send to a colleague](#)

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**SANDY HOLLOW
SNIPPETS**
"Creating Future Leaders"

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25th May 2016

Premier's Sporting Challenge

Previously in the newsletter it stated that "no physical activity outside of school is counted". This is incorrect. ALL physical activity outside of school will be counted towards weekly totals. Once again, we ask that parents initial the record card each week to verify the claim.

We apologise for any confusion this has caused.

NRL Clinic

Last Friday all students participated in an NRL clinic with Daniel Swan. Students played lots of games that gave them opportunities to practice scoring a try, ball handling skills and kicking. The highlight of the session was using the tackling bags. A big thank you to Andrew Johnson who helped out during the tackling session. A big thank you to Mrs Parker for organizing the training session.

Walkathon

Last Friday, the students participated in our annual walkathon. They spent an hour in somewhat warm conditions, walking around the camping areas at the back of the caravan park. It was great to see that most students conducted themselves accordingly. Students have until the end of next week to return their sponsorship sheets and money to the school. All money raised at the walkathon goes towards our learn to swim program at the end of the year. Thank you to Mrs Parker for the time you have given up to organise this event. A huge thank you to the Sandy Hollow Tourist Park for allowing us to conduct our walkathon on their grounds.

Public Speaking

All classes are currently conducting public speaking sessions. Two finalists will be chosen from each grade and will compete at the small schools public speaking competition being held at Belltrees Public School on 15th June.



DATES TO REMEMBER

Pittman Cup Wed 1st June
SEE YOU HERE!

Walkathon money due Fri 3rd June

Canteen
Monday 30th May - Melissa McCandless
Monday 6th June - Rebecca Logue
Next Toybox
Monday 6th June

Claim the Date

- * Tuesday 14th June - Canteen
- * Wednesday 15th June - Public speaking finals at Belltrees Public School.
- * Thursday 16th June - Go Go Golf
- * Thursday 16th June - P&C Meeting
- * Tuesday 21st June - Raw Art

Pittman Cup

Next Wednesday we will be once again hosting the Pittman Cup. Volunteer notes have been sent home for the canteen and BBQ.

We will not require parent helpers for the field events this year as we will once again be joined by students from Merriwa Central. Let's hope this beautiful sunny weather continues to make an appearance.

YCDI Confidence

Our next key to success is confidence.

Confidence means ... feeling I can do it.

Confidence also means not being afraid to make mistakes or to try something new. Confidence also means standing up tall and speaking with a clear voice (not too loud, not too soft).

Examples of confident Behaviour

Work Confidence

- ⇒ Choose to participate in new, difficult activities or classes.
- ⇒ Does hard work without asking for help.
- ⇒ Offers to take responsibility for organising a class event.
- ⇒ Tries problems and answers questions when not sure of the answer.

Social Confidence

- ⇒ Chooses to meet someone new.
- ⇒ Shares a new idea with classmates.
- ⇒ Speaks in a clear voice so can be heard.
- ⇒ Starts conversations.

Habits of the Mind (ways to think) that help my CONFIDENCE

- Accepting myself - means that, when I make a mistake or someone is mean to me, thinking I am not useless or a total failure; I am still me.
- Taking Risks - means preferring but not needing to be successful and thinking that it's good to try something new even though I might not be able to do it.
- Being Independent - mean preferring but not needing the approval of others and thinking that it's important for me to try new activities and to speak up even if classmates think I'm silly or stupid.
- I Can Do It - means thinking that, when learning something new, I am more likely to be successful than to fail.

Wollemi Network Meeting for Principals

Next Thursday, I will be travelling to Tamworth to attend a Wollemi Network meeting with the Director. My absence will not create a disruption to the classroom, as this is my usual office day.

Christina Darlington
Principal

Additions & Attachments

- Some receipts.
- Pie drive order sheet.
- Healthy eating for kids.



Charlie Confidence

Weekly Awards

- Andrew Harris - fantastic role model for younger students.
- Riley Borradaile - consistent effort.
- Shaneka Marsh - YCDI - getting along well with others.
- Mikayla Borradaile - great discussion of strategies to get along with others.
- Isabelle Pike - great discussion and use of adjectives and verbs in sentences.
- Austin Adams - working well with others.
- Livianna Craig - being an organised worker.

Workers of the Week

K/1/2 - Declan Adams and Ella Olive.

3/4/5 - Andy Olive.

Student of the Week



Dustynn Turner - trying hard in all areas.

Sports Person of the Week



Kayden Adams - eager participation.

Pie Drive - Scone & District Netball Assn

Attached is the fundraiser Thompson Pie order form for Olivia McLean's Scone 13 rep team. All money raised will help fund the 10 girls, who will be competing at the NSW All Age State Championships in Wollongong in July.

I will pick up all orders and deliver them to the school or homes or other arrangements with parents. So no need to drive to Scone for collection.

Katie McLean

Nutrition Snippet

The simplest way

...to make fruit and veggie snacks.

Snacks are an important part of a healthy diet for active children. And a great way to serve fruit and veg!



Try some of the following fun, nutritious snacks to help your kids eat more fruit and veg.

For more great ideas and recipes visit eatittobeatit.com.au.

- Raw veggie sticks with homemade or shop-bought dip.
- Pumpkin scones or veggie pancakes.
- Celery boats (filled with reduced fat cream cheese + sultanas dotted on top).
- Fruit frozen paddle pops (thread pineapple wedges or banana halves on a stick and freeze).
- Apple crumble (stewed apple + muesli, baked).
- Poppletana (unsalted popcorn + dried apple + sultana = nibble mix).

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

