



The simplest way

...to protect your eyes.

Did you know?

Ultraviolet (UV) radiation can cause both short- and long-term eye issues. Long periods of UV radiation exposure can cause serious eye damage, including cataracts and various cancers.



Choosing the right sunglasses

Sunglasses (even cheap ones!) can protect you if they fulfil these requirements:

- ✓ They are wrap-around, close fitting, with large lenses.
 - ✓ They meet the Australian Standard AS/NZS 1067:2003. The standard has five categories of sun protection, from 0 (the lowest UV protection) to 4 (the highest). Choose sunglasses of category 2 or higher, as these absorb 95% of UV radiation.
 - ✓ They have an Eye Protection Factor (EPF) of 9 or 10, which blocks out almost all UV radiation.
- Don't forget your sun-safe hat to further protect your eyes.

Eye protection at the snow

Snow reflects sunlight so wear goggles or sunglasses which meet the Australian standard AS/NZS 1067:2003. This will avoid 'snow blindness' (sunburn on the eyes' surface) which is painful and can contribute to long-term damage, such as cataracts.

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



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



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



Sandy Hollow Snippets

"Learn as we Grow"

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7th September 2016

Regional Carnival

Last Friday, Andrew Harris travelled to Glendale to represent the school at the Regional Athletics Carnival in discus. Despite the poor weather conditions, Andrew did exceptionally well finishing in 4th place. Well done Andrew. We are all very proud of your efforts.

School Photos

Order forms were sent home last week for school photos. They must be returned by photo day (16th September) with payment, unless you have paid online, in which case the receipt needs to accompany your envelope. If you are not ordering photos, the envelopes need to be returned. Order forms for family photos are available from the office. Students will need to wear summer uniform - navy shorts/skorts, school shirt, navy socks and black shoes. They may bring their winter uniform to put on after photos if the day is cool.

Cattle Camp

This week some members of our cattle team - Andrew, Rowdy and Dustynn will be participating in a three day cattle camp at Muswellbrook. They will learn about preparing the steer for showing, parading and junior judging. The final day will be a competition day for the students to put their new skills to practice.

Late Arrivals

A quick reminder to all parents and carers. If you are running late, for whatever reason, you must sign your child/children in. Sign in books are located in all classrooms and the office. It is a legal requirement for the purposes of record keeping and attendance.

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

DATES TO REMEMBER

P&C meeting **Thurs 8th Sept**
2pm in the Music Room
All Welcome

Touch football Gala Day
Tues 13th Sept

School photos **Fri 16th Sept**

Canteen

Monday

12th September - Katie McLean
 Monday 19th September - Katie McLean

Next Toybox

Monday 12th September

Claim the Date

- 3/4/5 excursion - 21st to 23rd Sept
- State Touch Football Sydney 22nd Sept
- Last day Term 3 Fri 23rd Sept
- Students return for T4 Mon 10th Oct



Dental Scheme

The Department of Human Services offers financial support for basic dental services for children aged between 2 and 17 years. To be eligible, you must be receiving family tax benefit A, parenting payment or double orphan pension. The benefits cover a range of services including:

- Examinations
- X rays
- Cleaning
- Fissure sealing
- Fillings
- Extractions
- Root canals.

Children who are eligible can claim up to \$1000 every two years. Please see attached brochure.

Touch Football

Next week our touch football team will be travelling to Scone to participate in a Touch Football Gala Day. This will be a chance for them to hone their teamwork and football skills before they compete in the State finals the following week.

Christina Darlington - Principal

100's Club Winners

Congratulations to Brooke Johnston, Michelle Walker and Charlie Ward who were our winners in this week's 100's club. Thank you everyone for your support.

Father's Day Raffle

Congratulations to our winners:

- \$50 gift voucher at Bunnings - Andrew Harris.
- Lunch or dinner for 2 at the Tourist Hotel - John Ward.
- \$30 gift voucher Lowes - Mr Gelder.
- \$20 Big W gift voucher - Thomas McLean.
- Basket full of goodies - Livianna Craig.
- Gift pack of toiletries - Reece McCandless.
- Gift pack of toiletries - John Ward.

And again, thank you to everyone who supported our raffle.

Additions & Attachments

- Dental scheme information.
- SH Motorfest cake stall reminder from the P&C.
- Cancer council nutrition snippets.
- Book sale poster.

Weekly Awards

- Dustynn Turner - YCDI - persisting in Quick Smart.
- Bill Chambers - trying hard to be on task in literacy.
- Noah Adams - trying hard in all areas.
- Harry Thompson - YCDI - demonstrating persistence in mathematics.
- Austin Adams - confidently works through mathematical tasks.
- Tyson Marsh - Shows persistence in maths activities and is achieving good results.

Workers of the Week

K/1/2 - Isabelle Pike and Archie Johnson.

3/4/5 - Andrew Harris.

Student of the Week



Ayden Marsh - being a great organiser during touch football.

Sportsperson of the Week



Reagan Turner - having a go at tricky sport skills.

Make a Donation

SANDY HOLLOW PUBLIC SCHOOL IS CLEARING OUT THE LIBRARY PRIOR TO ROLLING OVER TO THE NEW SYSTEM.



100'S OF BOOKS AVAILABLE FOR A SMALL DONATION.

FICTION

NON FICTION

JUNIOR FICTION

CLASSICS



PICTURE BOOKS

FAIRY TALES

ANIMAL STORIES

EVERYTHING MUST GO

**ALL MONIES RAISED WILL BE DONATED TO THE
INDIGENOUS LITERACY FOUNDATION**

