

DATES TO REMEMBER

10 March P&C meeting
2.30pm Library

16 March
Healthy Harold visit

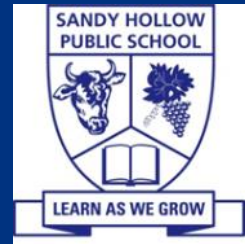
18 March Big Vegie Crunch

19 March
Cassilis Cross Country

26 March 1/2 day public holiday 12pm

1 April Easter Hat Parade
2pm

Character Strengths Focus — Kindness



Sandy Hollow Public School

TERM 1 WEEK 7 2021

Clean Up Australia Day

Last Friday our school participated in Clean Up Australia Schools' Day. The students cleaned up the school grounds and the grounds around the perimeter of the school. Although there wasn't a lot of work to be done, the students enjoyed joining thousands of school students all over Australia and playing their part in helping the environment by cleaning up together.



Strength Superhero

Strength of the week:

Kindness

Doing favors and good deeds for others; helping them; taking care of them.

Kindness Super Hero

Za'Kiah was chosen for this award because she is always kind and helpful, and a lovely friend to everyone.

Well done, Za'Kiah!

This week's focus strength is 'Kindness'.

This week and over the next week we will be focusing on this strength. Students will be encouraged to look for it happening at school and staff will be looking for this strength in the way the children interact with each other. Our Character Strength Super Hero this week is Za'Kiah.



Last year's Easter Hat Parade was virtual, due to COVID. This year we are pleased to announce that we will be able to hold our annual parade live AND with parents on site to watch! We will have our parade at our week 10 assembly, which will be held at 2.15pm on Thursday 1 April. Prizes will be awarded to students who are judged to have the best Easter bonnet by their peers (K-2 students judge the 3-6 students' hats, and 3-6 students judge the K-2 students' hats). The staff will also choose a student to award a prize to for 'the most original



The P&C will be holding an Easter raffle again this year, and are asking for donations of Easter eggs as prizes to go into a giant Easter hamper. All families are asked to donate one Easter egg, or a packet of small eggs to go into the hamper. Hopefully we will have enough eggs to make more than one prize. Tickets will go home next week, and the raffle will be drawn at our Easter Assembly on Thursday 1 April.

All public schools in the Muswellbrook Shire Council area (Muswellbrook High School, Muswellbrook Public School, Muswellbrook South Public School, Denman Public School, Martindale Public School and Sandy Hollow Public School) will have a half day public holiday from midday on Friday 26 March, 2021. Sandy Hollow Public School will adhere to the gazetted 2021 Local Public Holidays Act by ministerial order and published on the NSW legislation website and will cease to operate from 12 noon on this day. Parents are asked to collect the students from the front gate at this time.

Students were excited to participate in Gym Matrix for whole-school sport last Friday. This program will run over the next 4 weeks. It comes with a great range of gymnastics equipment, including 3 balance beams of varying heights, rings, mini-tramp, thick high quality foam floor mats, horizontal bar, parallel bars, uneven bars, vault, foam wedges, parallelles, vault and balance board. Each week, students will learn new gymnastics skills and refine those already learned. They will work on fitness, flexibility, coordination and technique. We are fortunate to have this program for the students at SHPS free of charge thanks to a Sporting Schools grant, an initiative of Sport Australia, and organised by Mrs Parker.

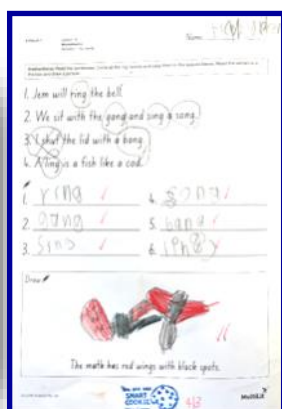
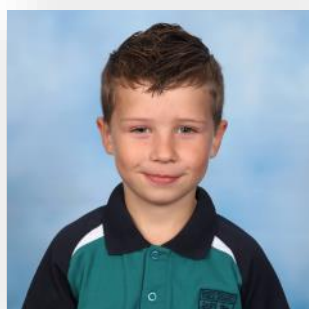


Awards

- Taylan - Excellent work in mathematical activities
- Logan - Fantastic Maths work.
- Henry - YCDI - Persistence - Persisting to do his best at all times.

Workers of the Week

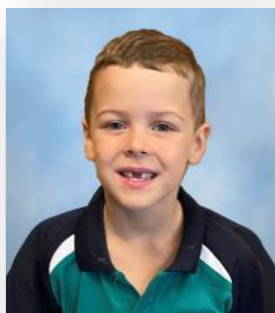
Hayden



Mya



Student of the Week



Bohdee

Always having exceptional bookwork.

Sportsperson of the Week



Mikaela

Always willing to try in sporting activities.

Gold Award Recipients

- Za'Kiah
- Mikaela

COVID-19 update

The COVID-19 pandemic continues to affect the way we operate our schools as well as across the wider community.

The Department of Education has continued to work with NSW Health to revise the current advice to schools. NSW Health has agreed to the following activities resuming across all schools in NSW:

- Parents and carers are able to enter school grounds but should continue to follow COVID-safe practices, including social distancing between adults of 1.5 metres.
- Parents and carers can attend school sporting events. School sporting events should align with requirements for [community sporting competitions and training activities](#) in NSW.

It is still important that we all remain vigilant in implementing COVID-safe practices in our schools. Some level of restrictions and guidelines will remain in place for schools for some time, but this is great news for us as we are now allowed to have parents on site. Welcome back!



1581 Golden Highway
Sandy Hollow NSW 2333

Phone: 02 6547 4521

Fax: 02 6547 4450

E-mail: sandyhollo-

p.school@det.nsw.edu.au

www.sandyhollo-p.school@det.nsw.edu.au

Life Education Van

The Life Education Van will be visiting Sandy Hollow Public School on Tuesday, 16 March 2021. The K/1/2 students will be learning about [My Body Matters](#), and the primary students unit will be [All Systems Go](#). This is an invaluable program which is presented in a fun and engaging way by professional educators along with Healthy Harold in the Life Education Van. The cost of the program is normally \$12 per student, but we have once again received sponsorship from BHP, and this means that the cost for each student is only \$5.00. Permission notes were sent home last week and will need to be returned to school by Friday 12 March 2021.



Only 5% of NSW children eat enough vegetables. We're on a mission to change that stat, by increasing children's knowledge, exposure and positive attitudes towards vegetables. 'The Big Vegie Crunch' is an attempt by NSW primary school students to break the record for the highest number of children eating vegetables simultaneously – and to get kids excited about vegetables!

Students at SHPS will participate in the Big Vegie Crunch at 10.15am on Thursday 18 March, where they will join thousands of students across NSW all crunching on fresh veggies at the same time. The school will supply a platter of mixed

vegies, but if your child would like to bring a particular vegetable that they would prefer to crunch on, they may do so.



Term 1 Calendar

10 March	P&C Meeting 2.30pm (in the library)
16 March	Healthy Harold (Life Education Van)
18 March	Big Vegie Crunch
19 March	Cassilis Cross Country
26 March	Muswellbrook Cup half day public holiday
1 April	Last day of term

Nutrition Snippet

CHOP UP FRUIT AND VEG.



Kids are more likely to eat fruit and veg if they are chopped and ready to eat!

Check out other [top tips](#) on how to encourage your kids to eat more fruit and veg at:

healthylunchbox.com

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box