

NEWSLETTER Tuesday 16 June 2009



Kia ora e te Whanau o Hamutana Rawhiti

Principal's Note

Kia Ora e te Whanau

Sustainable Gardens Meeting

A meeting was held earlier this month for parents/caregivers interested in supporting our sustainable gardens and garden programme. At the moment we are getting our gardens ready for planting. Anyone who will have plants or seeds are welcome to donate some to the school.

Our main gardens are being established behind the School Hall, classes having their own gardens where they learn about growing vegetables and eventually cooking healthy food from them in our kitchen.

At the gardens meeting late last year the opportunity was available to have some expertise in adobe brick making. Those present at the meeting chose to have an adobe oven-making workshop. This was run in conjunction with the Polytech and one was built at the school. We are looking at having an opening for this oven and inviting the people who constructed it, and the school community during the first week back next term.

Principal Away

I will be away next week attending the International Conference on Thinking in Kuala Lumpur, with a group of Hamilton Principals. I look forward to sharing some of the thinking with you on my return.

After School Care

There are some spaces available at After School Care. Please contact the office or Madeline at Afterschool Care on 839 3376.

Matariki

As we approach the season of Matariki children in classes will be involved in investigating and understanding this celebration.

Allan Bull
Principal

COMING EVENTS

30 June	Parent Conference School Hall
03 July	Last day of Term 2 – 3pm finish
20 July	Term 3 Commences – 9am start

English

English is the study, use, and enjoyment of the English language and its literature, communicated orally, visually, and in writing, for a range of purposes and audiences and in a variety of text forms. Learning English encompasses learning the language, learning through the language, and learning about the language. Understanding, using, and creating oral, written, and visual texts of increasing complexity is at the heart of English teaching and learning. By engaging with text-based activities, students become increasingly skilled and sophisticated speakers and listeners, writers and readers, presenters and viewers.

What thoughts, ideas do you have about English, what could be taught, and what local resources (both people and places) do we have that may be of assistance to us?

School Bus Payments

To keep your child's/children's place on the bus all overdue accounts must be paid within one week. Our bus has always operated on a user pays service.

Sue Smith & Allan Bull

Project Energize

For those of you who have been feeling neglected – which is probably most of you, I have been busy visiting principals of new schools to bring them on board with Energize. This has taken most of the term and has kept me out of many of my schools so I apologize. I will endeavour to catch up with you all before the end of this term to make plans for Term 3, when things should be back to normal. Thanks for your patience

Janine Gilmore

Waimarie: Hamilton East Community House
When: 6th to 7th July 09
Where: 53 Wellington Street
Child Youth and Families Services, Oscar approved (subsidies available). For enrolment forms or more information, please contact Trudie or Jane on (07) 8583453.

Swine Flu H1N1

"With term holidays approaching and a number of families planning to travel, both overseas and around NZ, Hamilton east School is aware of the threat posed by the swine flu epidemic, particularly the risk posed by travellers returning as potential carriers. At this stage, the Ministry of Health's advice is that if staff and students are well and symptom free after returning from an affected area overseas they can return to school and do not need to remain at home for any period after arriving back in the country, or back to the home town/city. However, this may change in the coming weeks and families need to plan for this possibility. The risk is that if an infected student returns to school and is in contact with other students and staff for even a day, Hamilton east School could be closed for a week. The school board asks you to carefully monitor your family's health closely as you return from overseas, or your trip within New Zealand, and if there are even the slightest flu symptoms, do not send your son or daughter back to school until you have first telephoned to check with your doctor, or alternatively check through the MOH Healthline 0800 611 116".

Sports Nutrition Tip #8

"What should I eat before a game?"



Before you get active it's important to fuel your body with some carbohydrates so you have enough energy to get through your training or game.

Try a jam sandwich with wholegrain bread, homemade muffin, scone, small bowl of pasta or banana. It's also important to drink water before you start to keep you hydrated: aim for at least half a drink bottle (400ml).

