

NEWSLETTER Tuesday 11th August 2009



Kia ora e te Whanau o Hamutana Rawhiti

Principal's Note

Kia Ora e te Whanau

CONCERT

Our Ray Columbus Fire Charity Concert is drawing near.

Do you have your TICKETS?

Tickets are available from the School Office.
Tickets are \$10 or \$20 for the Premier Tickets.
Premier Tickets include Supper.

Show to be held at the Peachgrove Intermediate School Hall at 7pm on Thursday the 20th of August.

80 of our children will be performing on this night and all funds will be going towards the re-equipping of the Senior Classrooms when the rebuild is completed.

Allan Bull
Principal

Keeping Ourselves Safe Program

At the beginning of Term 4 all classes will be taking part in the keeping ourselves safe program. All year levels have a specific program.

Parent meetings for Keeping Ourselves Safe Health Program to be held on Monday September 21.

Please indicate a preference time 2:15 or 5:30pm if you wish to attend.

Thanks Pippa Wright

COMING EVENTS

13 August	Maths Home School Partnership 4:30 to 6:00 pm
14 August	PTA Meeting – Lunch time 12:30 to 1:20 pm
20 August	School Charity Concert at 7pm
14-18 September	ERO Visit
14 Sep	3:15 pm ERO meeting with parents of Maori Students
	4:30 Home School Partnership format with ERO
	5:30 Food
	5:30 to 6:00 meeting with ERO
21 September	Keeping Ourselves Safe Health Program meeting for Parents

Hamilton Learn to Swim

Get Ready for Summer with Hamilton Learn to Swim.
Winter swimming lessons in heated, uncrowded pools.

Municipal Swimming Pools
South End Victoria Street
Hamilton City

www.hamiltonlearntoswim.com
Phone: 07 8381232

Want to be a cheerleader?

Jazz unlimited Cheerleading gives you the chance to dance with pom poms, perform on stage, learn stunts and participate in gymnastics workshops. For ages 8-13 years old.

Contact: Jazz Unlimited Dance Studio
169 London Street Hamilton
Ph: 8380096 or
e-mail: iazzunlimited@xtra.co.nz

Maths Home School Partnership Program

We look forward to seeing you at school on Thursday for our Maths Home-school Partnership Program from 4.30 to 6.00pm.
Child care and food provided.

Kowhai Trip to Maunagatautari

When?

- August 11** – Rooms 1 & 5
Maggie Frost & Sheryl Nagels
- August 12** – Rooms 4 & 7
Hine Mete & Sarah Nepe
- August 13** – Rooms 2 & 3
Robyn Pene & Ann Rockel

Times:

Leaving school at 9am. Returning by 2.45pm

Cost:

\$10 This includes \$4 entry and \$6 bus.

PTA Meeting

Where: Room 6
When: Friday August 14th
Time: 12:30 to 1:30pm

Cross Country Run

Cross Country Run to be held in Week 6, Wednesday the 26th of August Postponement date Friday 28th at the School Bottom Flat. If any parents are available to help please contact Jude O'Neil.

Bodywise Programme

Bodywise is a district Health Board/Sport Waikato family based initiative held in Hamilton aimed at managing weight issues in children of primary and intermediate school age. If you think you could benefit from this program please contact:

Helen Stockman - Bodywise Dietitian
Phone: 078383565 ext 2142
stockmaH@waikatodhb.govt.nz

Soroya McGall - Bodywise Activities Co-ordinator
Phone: 078585388
sorovam@sportwaikato.org.nz

Packed full of sugar!

Some treats we eat are packed full of sugar. Check how much sugar is in some of your treat foods - remember 1tsp = 4 grams sugar.

- × Muesli/Oaty bar = 2 1/2 teaspoons
- × Cookie Time = 7 teaspoons
- × Can of Coke = 10 teaspoons

Better snack choices:

- ✓ Apple slices
- ✓ Rice crackers & cheese
- ✓ Yoghurt



Watch that fat!

Sometimes we think we are having a snack - it's actually a treat. Look how much fat is in some of these treats:

- × Chips (45g) = 3 teaspoons
- × Pie (170g) = 5 teaspoons
- × Cookie Time = 5 teaspoons
- (1 teaspoon = 5 grams of fat)

Better choices:

- ✓ Mandarins
- ✓ Cereal and milk
- ✓ Toast
- ✓ Homemade muffin

