

NEWSLETTER Tuesday 03 March 2010



Kia ora e te Whanau o Hamutana Rawhiti

Principal's Note

Kia Ora e te Whanau

Parent Conferences

Notices are coming home today for specific classes and children.

If you do not receive a notice today your conference will be scheduled later this term or early next term.

If you receive a notice please return it with a time that suits you. Please note that the staff tea break is between 5 and 6 pm.

Enviro Award

At the end of last year the school through the work of the students won a Bronze Enviro Award. This award is being presented to the School at an assembly at 1:30pm on Friday 5 March. Parents and caregivers are welcome to attend.

Learning At Schools Conference

Last week Pippa Wright, Linda Woolhouse and myself along with 1300 other educators attended a learning conference in Rotorua. This affirmed our practice and set our sights on future learning for students and staff.

Allan Bull

Principal

COMING EVENTS

03 March Board of Trustees Meeting

08 March Parent Conferences

17 March Kauri Swimming Sports-Municipal Pools

07 May School Board of Trustees Election Day

05 March – Enviro Award presented at School Assembly

11 March PTA Meeting 7pm School Staffroom

23 March Class & Individual Photos

08 May School Garage Sale

Team Energize Hints!

Clean, cook, cover, chill!

Over the hot summer months its really important to make sure that your food is prepared, cooked and stored safely to prevent harmful bugs growing in the food and making you sick.

Clean – make sure your hands and bench spaces are clean before you start.

Cook – defrost foods thoroughly before cooking and ensure foods are cooked right through – especially chicken, pork and processed meats.

Cover and Chill – once cooked make sure foods are covered so no juices leak and store in the fridge at 2-4-C.



For more info see
www.nzfsa.govt.nz



School Reminders

*Class & Individual Photos will be taken on the morning of **23 March**. Prepaid envelopes will be sent home soon – please look out for these in your child's bag. **If you would like an individual photo of your child your order with money must be prepaid before photo day.**

*All children should have their books & stationery for learning. If you have not organised this with the school office, please do so as soon as possible.

Bodywise Programme

(For managing weight issues in children **5-12 yrs**)



Bodywise is a family based programme held in Hamilton aimed at managing weight issues in children of primary and intermediate school age.

Each group runs initially for 6 weeks, with twice weekly meetings, after which time children and their families are followed up with support for a period of 12 months.

Label reading for healthy food choices, food preparation, family goal setting, introducing new foods and backyard games are just a few of the things included in the group activities.

If you would like further information have a chat to your school public health nurse, or phone Helen or Soroya for an information leaflet .

Bodywise Programme is a District Health Board/ Sport Waikato initiative.

Bodywise Programme contacts:

Helen Stockman Bodywise Dietitian - 07 8383565 ext 2142
stockmaH@waikatodhb.govt.nz

Soroya McGall–Bodywise Activities Co-ordinator Sport Waikato 07 8585388 soroyam@sportwaikato.org.nz