

30 June 2010

## **WEEK 11 2010**

### **Principal's Diary**

Kia Ora Te Awamutu Learning Family/Whanau

Welcome to Week 11

I would like to thank all of our talented students who have been taking part in their syndicate show cases this week, you should all be very proud of yourselves. Learning Journeys went home last week and should now be returned to the classrooms with any comments you wish to make.

The school community celebrated Matariki with a Hangi which was prepared by our tamariki and whanau. The money raised will go help go towards Te Reo/Te Tikanga Maori class visit to Kawhia moana. Thank you to all helpers and sponsors who supported this fabulous day, and a big thank you to Whaea Erin for her leadership.

I wish everyone a safe and happy holiday and look forward to all our smiling faces next term.

### **Term Dates 2010**

Term 3 – 19 July – 24 September 2010

Term 4 – 11 October – 17 December 2010

Missing you already!

*Gareth Duncan*

Principal

### **SCHOOL NOTICES**

#### **Chocolate boxes/money**

We still have a number of families with chocolate money outstanding. It is vital that this money (or the unsold chocolate) is returned immediately. The school has outlaid a considerable sum to pay for these in advance. The chocolate selling was the major fundraiser that you and your child/children opted into in order to subsidise their Y5-6 camp fees which is being held in November. Unless you have made specific arrangements with your child's teacher we require ALL money to be returned to school by 3pm this Friday.

#### **Bus Tags**

Bus Tags for Term 3 will be available at the office from the first week of Term 3. All students travelling via bus require a current bus tag. Last day for payment is the 30<sup>th</sup> July.

#### **Book Amnesty**

Please return any reading or journal books. There will be a box in the office for returns, no questions asked.

#### **Breakfast Club (Before School Care)**

Thank you to all those families who have chosen to use our Breakfast Club. A reminder to all parents & caregivers, that teaching staff are unable to supervise children prior to 8.30a.m as they have lesson plans to prepare, meetings to attend and administration matters to deal with. Laille & Dawn from the After School Care & the Holiday programme are running the Breakfast Club in the school hall between 7.00am -8.30 each morning. Children are supplied breakfast and have activities they can participate in if they choose. If you are interested in enrolling your child/ren, forms are available from the main office or from Laille at ASC.

#### **Lunch Orders**

We are seeking volunteers to help take & collate the school lunch orders on Monday mornings from 8.30 to 9.15.am. Please, let the office staff know, if you can help. Please note that there is no change in the menu for Term 3.

#### **Milo Monday**

Milo Monday will continue Term 3. Every Monday at morning tea children can purchase a milo & cookie for \$2 from the tuck shop located in the foyer of the hall. We are looking for volunteers.

#### **Absent Students**

If your child is away from school for any reason, could you please notify the office on 8715378 or text the school phone 0212760505. Unexplained absences will be classed as truant.

#### **Sports and Cultural Photos**

House leaders, councillors, netball and Kapa Haka photos. Tuesday 20 July. \$12 each. Please return orders to school asap. Netball girls will need to bring their uniform whether they are having a photo or not.

## **COMMUNITY NOTICES**

### **Swimming Lessons**

Block Course of swimming lessons July 12-16 2010. 5 days of intensive lessons during the second week of the school holidays. Now is the time to increase your child's water confidence for a safe and enjoyable summer. Take advantage of warm water, small groups and a family atmosphere...Please phone Lisa on 07843 3380 for details. Dolphinz Swim School, 130 Ohaupo Road, Hamilton.

### **Toolbox Parenting Courses**

Toolbox groups are relaxed, informal parenting sessions run over 6 weeks. Sessions are filled with expert advice, humour and empowering strategies. This is a 6 week course for 6-12 age group starting Wednesday 28<sup>th</sup> July 2010, 7.15-9.15pm. Cost: \$67.50pp or \$90 per couple. (Subsidies available if needed).

For further information or to register Ph Pat Schwass - 871 7394 or check out the website [www.parentsinc.org.nz](http://www.parentsinc.org.nz).

### **Hamilton Community Centre of Music**

Calling all budding musicians both beginners and continuers! Select from a wide range of instruments and choose to play in our many groups and bands, or you may like to join the choir. Our friendly and experienced tutors will help you develop your skills, and you can hire most instruments from us at very competitive rates. Classes are held each Saturday morning during the school term at the University of Waikato. Classes for term 3 start on Saturday July 24<sup>th</sup>.

We are accepting new enrolments – enrol online at [www.hccm.org.nz/enrol](http://www.hccm.org.nz/enrol).

For more details contact us at: <http://www.hccm.org.nz> or phone 07 838 4611

### **Kid's Elephant Motocross – Fun Ride**

Over 100 cool prizes. 11th July, 8.30am start. Two Awesome tracks, beginner/intermediate and advanced, 12 yrs & under only. State Highway 3 opposite Anso Road, Parklands Farm Motorcamp, Otorohanga. For info Ph 07 871 4989 or visit [www.silver-bullet.co.nz](http://www.silver-bullet.co.nz). 100% of proceeds go to saving an elephant from a life of torture. \$15 per rider, refreshments available.

### **The Don Rowlands Centre at Lake Karapiro....on show!!**

Community open day, Saturday 3 July 1-3pm. All welcome.

Help celebrate the opening of Waipa's new world-class facility. For further information email [karapiro@xtra.co.nz](mailto:karapiro@xtra.co.nz) or phone 07 827 4178

### **Zero Limits**

Zero Limits is having a MEGA CLASS OPEN DAY, Thursday 1<sup>st</sup> July. The class is a mixture of 3 different classes, starting at 6pm. Bookings essential. The Open day will be held from 10am to 8pm. Come & try out the gym. Discounted memberships available. FREE healthy snacks & giveaways. Call 0508 15 00 22 for more details.

### **Te Awamutu Museum**

Crack the code at Te Awamutu Museum's new exhibition "From Morse to Messaging - Post and Telegraph history in the Waipa" See how a telegraph exchange works and place a call. Tap out a Morse code message and much more. Open everyday. Free Admission. Exhibition runs from 29 June through to 17 September 2010. [www.tamuseum.org.nz](http://www.tamuseum.org.nz).

### **Bodywise Programme Update – For managing weight issues in children 5-12yrs**

Bodywise is a family based programme held in Hamilton aimed at managing weight issues in children of primary and intermediate school age. Our next age group, starting end of July is for children 8-9yrs.

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 choices, food preparation, family goal setting, introducing new foods and backyard games are just a few of the things included in group activities. If you would like further information, have a chat to your public health nurse or phone Helen or Soroya for an information leaflet. The Bodywise Programme is a District Health Board/Sport Waikato initiative. Programme contacts:

Helen Stockman – Bodywise Dietitian – 07838 3565 ext 2142 or [stockmaH@waikatodhb.govt.nz](mailto:stockmaH@waikatodhb.govt.nz)  
Soroya McGall – Bodywise Active Family Co-ordinator for Sport Waikato – 07 858 5388 or [soroyam@sportwaikato.org.nz](mailto:soroyam@sportwaikato.org.nz).

### **Marching**

Girls aged 6-9 wanted for Rochdale Kiwi Marching team. No Experience necessary!

Please Phone Chrissy 07 871 8745 or Deborah 870 2234



**FOOD LABELS**

#### **Heart Foundation Tick**

The heart foundation tick is a labeling programme run by the NZ Heart Foundation. Here are a few key points about the heart tick and how to use it.

- The tick indicates that it is a healthy option when looking at specific heart healthy nutrients – energy, fat, saturated fat, sugar and salt/sodium.
- Manufacturers have to apply and pay for their product to be analyzed and if it meets the criteria it's then awarded the tick.
- If a product doesn't have the Heart Foundation tick it doesn't mean it's not a healthy choice – check the nutrition information panel.
- Not all products with the heart tick are healthy, some are still sometimes or occasional foods.

Remember, the Heart tick is a good guide but always read the label.

