

HUKERENUI SCHOOL NEWSLETTER



Issue No 06: Term 1

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www.hukerenui.school.nz

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«name» «surname» «Room»

Ngā mihi mahana ki a koutou katoa

We are past the halfway mark for the term already! So much has happened during the past 6 weeks and we are very excited to announce the opening of another classroom. Due to our roll expanding we have employed another teacher to teach a 2nd Year 5 + 6 class. Our Year 5+6 roll is currently 38!

Our new teacher is Mrs Tania Macdonald. Mrs Macdonald has been teaching at Hurupaki School for the past 11 years and is currently teaching a Yr 5+6 class. She is very experienced and has held several leadership positions in her current school. Mrs Macdonald specifically likes E-learning and has a passion for sport and played touch rugby at a very high level herself. We look forward to working with her.

We would like to thank our BOT for being supportive and visionary in their decision to fund an extra teacher.

Due to Country Calendar's filming schedule we need to change our **parent teacher day**. We have moved it one week on to **Tuesday 28 March**. School will close at 12pm that day and meeting time slots will begin at 12.30pm. Please complete the appointments form and return to Helen at the office. **Buses will depart school at 12pm**. Children who have an appointment before 2.15pm may remain at school until you arrive.

This day is to have a catch up with the teacher to talk in general about how your child has started of the year, what he/she needs help with and any social issues that may exist. We believe in working together to ensure all our students achieve to their potential and want to make sure that they are emotionally secure and happy as this forms the basis for any successful learning.

We also expect support for your child's academic success from you as parents and the only way to do that well is to build great relationships and for parents to understand what they need to practise with their children at home. We look forward to meeting with you!

Working Bee: Saturday 25 March from 10 am. If you have had some thoughts about our working bee on Saturday 25 March, please complete the form to let us know whether you will be attending. The PTA is hosting it and will be putting on a free sausage sizzle for our helpers so it is important to get a fair idea of numbers. If you are on the PTA, it will be helpful if you too could fill in the form.

Thank you for those of you who have returned your forms and for those who offered to bring some tools. Please bring as many tools/gear as you can. Rather too much than too little!

We may also have to try fix the fence between the neighbour (Jimmy from Hukerenui Garage) and us as the sheep keeps getting through and are contaminating our Alpacas' paddocks. If this continues the parasites can cause them to die. If anyone has fencing gear and some stays, etc. to spare – please bring it along if possible.

On Monday 3rd April at 9.30am we will hold the official Opening of our Swimming Pool's Mosaics by Mrs Marija Walker and students of 2016.

Agrikids are going well. Thank you J and Mel for the work you are doing with our teams. We have 4 teams thanks to the dedication of J and Mel!

Thank You

Bastienne Kruger
Principal

Photolife Photos

Please return the envelopes on Monday morning at the latest. Payment is to be made to Photolife.

Room 4 & 5 Beach trip has been postponed due to the weather.

Year 5 & 6 camp fees please pay to the office or online by Monday.

Upcoming Dates:

| | |
|---------------------------|--|
| March 12 th | DARE program Year 5-8 Road, bike & bus safety program |
| 13 th | Class & Individual Photos |
| 14 th | WPSSA Swimming |
| 15 th | Year 5/6 Camp |
| 28 th | Parent Teacher Meetings |
| April 2 nd | Weetbix Triathlon |
| 13 th | End of Term 1 |

Mid Northern Rugby

Hey guys and gals, rugby season is fast approaching so Mid Northern is having its junior rugby roll up on Saturday the 18th March, 10am at the club. Come along, meet the coaches and players. Bring your friends as well!!

We'll have a couple games for the kids and maybe a BBQ.

The kids will be in boots this year so we will do a boot swap too so bring along any boots that don't fit.

We will also have Sportclub out there with boots for sale.

Registration is done online this year so if you haven't had a registration email sent to you, give me your email address and I'll get it sent. If you have received it please complete it, it's really simple.

Any questions give me a ring on 0275738055
Cheers Matt.

Hukerenui School Chess Club

Every Tuesday at lunchtime in room 6 with Marilyn Stafford. All students welcome to come and learn how to play.

SUNDAY CHESS

Sunday 12th March. Children - 10.30am to 12.30pm.

Adults - 11am until finished.

Kensington Table Tennis Hall.

Beginners and experienced players welcome.

Gold coin donation appreciated, towards Hall expenses. These sessions are run about once a month by Diana Schaefer and her son, Oliver, who are chess enthusiasts.

Queries : Marilyn Stafford 021 2649118

WPSSA Swimming Results

Keeley Wiseman – 7th Backstroke, 14th Freestyle

Georgia Foster – 7th Breaststroke, 5th Freestyle

Luke Weston-Arnold 4th Backstroke

Thomas Cutforth 16th Backstroke

Faith Hanley – 17th Backstroke, 15th Freestyle

Naira Snowsill – 21st Backstroke, 12th Breaststroke

Isla Purvis – 12th Backstroke, 7th Freestyle

Wiremu Crutcher – 7th Backstroke, 11th Freestyle

Wanted:

If you have any unwanted tennis rackets you no longer want, the school would love to have them. Thank you.



RECIPE MAKEOVERS

Imagination and experimentation are all part of the fun when it comes to recipe makeovers.

Here are some tips to help you put a healthy spin on your favourite recipes.



- Add more vegetables.
- Swap refined bread, rice, pasta and noodles for whole grain or wholemeal varieties.
- Use lean meat or poultry, or remove the visible fat or skin.
- Add legumes like beans, chickpeas or lentils to bulk out meals.
- Swap full-fat milk products with low or reduced-fat options.
- Use herbs and spices instead of salt to add flavour.
- Choose salt-reduced sauces and stocks.
- Use plant-based, unsaturated fats for cooking, like olive oil.
- Boil, steam, stir-fry and bake food rather than frying or deep-frying.

For healthy recipes, visit www.fuelled4life.org.nz



LET'S GO WATER ONLY!



Sugary drinks include fizzy drinks, juice and flavoured milk. They provide empty calories instead of the nutrient dense foods needed to fuel growing bodies.

Sugary drinks are linked to weight gain and can cause tooth decay, Type 2 diabetes and heart disease.



Water is the best way to rehydrate unless you're doing more than 90 minutes of intense exercise.

Swap sugary drinks with water, water infused with fruit and herbs such as berries, lemon, apple and mint or serve plain milk.

Go water only by providing only water and plain milk to drink

Make water the main drink at meal times and offer plain milk regularly. Keep anything sweet for special occasions.

For more information, visit www.heartfoundation.org.nz