



24th November 2022

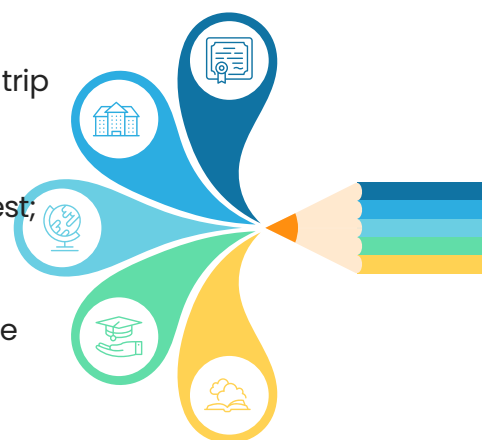
Term 4 Week 6

From the desk of Ms 'O'

Please see last week's newsletter (17th Nov) for the Kingston Flyer trip programme. Feel free to ring if you have any questions!

Please note children must: wear closed toe shoes and a hi-vis vest; bring a packed lunch, water, sunhat, and warm clothing.

The weather has been fickle lately. If there are any changes to the programme, you will be contacted by phone.



Sports News

It was a hot but exciting day for the Southland Athletics on Saturday with all the children from the primary schools around Southland coming to compete. Ms O and Bernie were kept very busy as the team managers for Northern Zone and also helping with the High Jump.

Evie competed with great determination and achieved some great results coming 5th in 800m event and also finished 13th in 100m dash and 17th in long jump. She charged up the final straight to finish 2nd in their heat for the Northern team relay which was an action-packed finish to the day.





Thank you to the Garston Home & School for arranging the purchase of additional Lego, using funds raised a few years ago from the Athol Market stalls.



This equipment is bound to provide countless hours of enjoyment for the children in the Discovery Room.



Additional thanks for show day

- To Annabelle for the time and effort spent arranging a wonderful display of the children's exhibits and designing the gift cards for our judges.
- To Lupe for loaning her pretty Pasifika backdrops to add festivity to the display room.
- Jenny Tayler for supplying the wool for the craftwork displays.



Nutrition Guidelines

In keeping with our health education programmes these messages come from Healthy Harold the Giraffe.

Nutritionist Nikki Hart shares below her expertise on new nutrition guidelines.



Food should be without shame or guilt

Nikki says we need to push back on classifying food as good or bad. Everything has a place, but we need to recognise where it fits. Comfort food and treats have a place.

Carbohydrates are not the enemy

We must make sure children have access to carbohydrates because they won't be able to concentrate without it.

Healthy Drinks

Water and milk are still the best choices for children's drinks. Watch out for juices as some contain more sugar than sports drinks.

Healthy Foods

The recommended servings of vegetables have grown. Primary school-aged children should eat at least 4-5 vegetable servings and 1-2 servings of fruit every day.

The most important meal of the day is still breakfast

Nikki reminds them that the main thing is to eat something within two hours of getting up. A breakfast sandwich to eat on the way to school can be useful for those children who usually skip breakfast.

Most important

- ✓ Sleep for 7-9 hours each night
- ✓ Move your body regularly
- ✓ Eat healthy food.



School Community News

Stationery Accounts

Some of you will have a stationery account in your child's bag. Please pay these as soon as possible. Thank you.



Piano Moving

We would like to use the historic piano gifted from the TSS Earnslaw in our new Wharenui classroom.

It is currently stored in the container and is beyond the super-powers of the staff to move it! We would like six strong people to lift it on and off the trailer, then up the ramp into the new building.

This perhaps could be done on the last day of term, after the Christmas Concert. Please let Bernie know by Friday 9th if you're willing to help.

