

10 February
2017

Week 3
Term 1

PUKEHOU SCHOOL

"Confident learners who accept social responsibility and live sustainably"

Tena koutou nga whanau me nga tamariki.

This part of the newsletter is usually Mr E's domain but unfortunately Mr E is unwell. On Monday morning AJ had a mild heart attack, he is in Wellington Hospital at the moment receiving treatment. This was a terrible shock to us all. He is recovering well and he will hopefully be back in a couple of weeks. We all wish him a very speedy recovery. Nga mihi nui Mr E.

Congratulations

To Aidan, Hunter and Maika who have been selected to be part of the Sports Academy for 2017.

We welcome back Sally Charteris and Keri Lourie. Sally will be in Ruru class every Friday this year to release Dylan and Keri is back in Kāhu class to release me as DP.

Swimming

The pool is a warm 22°C and the students are loving their daily swimming lessons, especially on the very hot days. (Money very well spent!) Taylors Pool Services are helping to keep the pool running smoothly while Mr E is away.

On Tuesday morning Piwakawaka and Kāhu classes will take the bus to the Westpac Pool in Waipukurau. The students will be at

the pool until 11:00am. During this session students will practice their dive starts, count their backstroke strokes from the flags so that they can then count their strokes and finish strongly without fear of smacking their hands into the end of the pool, plus the students will have the chance to swim 25m lengths. We will have some races so that we can pick the team to go to the CHB Interschool Swimming Sports on March 2nd, as we are having the Pukehou School Swimming Sports in Week 9.

Thank you to those parents who have offered to come and listen to children's **reading**. We will be in touch soon to get this up and running.

You would have seen the **Life Ed. Trust** trailer in the car park during the week. This is a mobile classroom and Kirsty the educator runs health and well being lessons with the students, along with Harold the giraffe. Ask your children about the special lights and screen that make the classroom very exciting.

Meet the teachers

See the attached invitation to come and enjoy a picnic and a catch up.

Fresh bark has been spread underneath the **junior playground** to make for a bouncer landing. Thank you Andy for spreading

this.

Constable Julie from Flaxmere Police Station come in on Thursday to take our bus monitors through their training.

Have a great camp next week Piwakawaka class ~ it sounds like you all are going to have a fantastic time, enjoy your night with the sharks and stingrays, be careful!

Go the Black Caps. I hope they don't need their snorkels and flippers but it is lovely to sing in the rain!

Mrs Strong

From the Office:

A couple of reminders... please can we have the green (EOTC permission) and orange (family information) forms back to the office asap please. Emergency Packs ~ please keep these coming in.

DIARY DATE S

Tues 21 Feb Kāhu & Piwakawaka to Indoor pools, Waipukurau

Thurs 23 / Fri 24 Feb Piwakawaka overnight camp in Napier

Tues 28 Feb Meet the Teachers

Thurs 2 Mar CHB Interschool Swimming Sports in Waipukurau

SATURDAY 1ST APRIL
PUKEHOU GREAT FAMILY
CHALLENGE

ph 06 8568169 / 021 2143346
office@pukehou.school.nz
pukehou.school.nz

LUNCH BOX PLANNING

We want the lunchbox to be cheap, quick, tasty (they need to eat it!), filling, and healthy.

Ideally we want some carbohydrates (bread, pasta or rice for example) for energy, some protein (eggs, humus, lean meat, cheese, yoghurt for example) for brain power and muscles, and some fruit and vegies. We want enough food to get them through the hours of learning and playing they will be doing, but we don't want to overload the lunchbox and have wastage.

Let your child choose their lunchbox if possible (one with lots of compartments is really handy), and let them be involved in making their lunch, picking the carrots etc from the garden or from the supermarket, choosing what's in their sandwich etc.

Their little hands are their serving sizes – so 2 handfuls of carbs, a handful of protein, and 2 or 3 handfuls of fruit and vegies should be just about right for one meal and two snacks.

So here's an example for a 9am – 3pm day (if this can be after a breakfast of weetbix and fruit or toast and a glass of milk, even better!) –

- One wholemeal sandwich with anything they like (if they don't eat crusts then thinly slice off the crusts, otherwise they will take a few bits of the soft bread and leave the rest attached to their crusts!)
- A handful of chicken or a sausage or a boiled egg cut into pieces, or a vegetarian option
- 4 x wholegrain crackers and 4 small slices of cheese
- Three little tomatoes when in season, or a handful of carrot sticks
- One small apple if they are happy to eat apples whole, or a handful of grapes, or three strawberries, or one nectarine – whatever they like that is in season
- Water Bottle

Every now and then have a break from the sandwiches so they don't get sick of them (then we're in trouble!) – left over pasta or rice or roast vegies are great if they like them cold.

Lou Macklow
Public Health Nurse

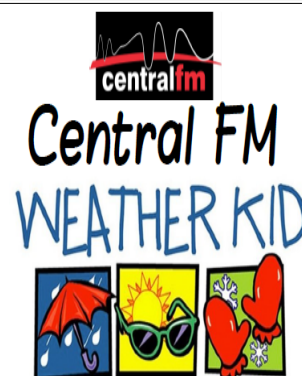
Kererū Kids are asking "If you are cleaning out yours or grandmas cupboards and find any of the following instead of throwing things out could you donate them to our class? Please!!"



china tea cups and saucers	pots/pans/lids
forks/spoons/bread and butter knives	scarves
material	sheets
ping pong balls	beads
buttons	wool
marbles	elastic
old washers / screws / nuts	small pieces of wood
Hats	blankets



Thank you very very much!!



Here's your chance to be on the radio as the Central FM Weather Kid. Each Friday morning one lucky child will get the chance to report the forecast to Central Hawkes Bay & Tararua on the Breakfast Show.

Email your details to denise@centralfm.co.nz
(name, age, contact details and school)

House Points

TERM 1	Week	Term
KAHURANAKI (Blue)	1245	4,315
PUKENUI (Green)	1245	4,080
PUKEITI (Red)	910	3,995
KAUHEHEI (Yellow)	1925	4,575

A reminder that Hawke's Bay Netball have an exciting opportunity coming up on Saturday that involves the Central Pulse.

See last week's newsletter for details.

NEWSFLASH

Tomorrow's Argyll East Triathlon – Race 1 in the Ovation NZ Go Kidz Triathlon Series is to be POSTPONED due to safety concerns (for not only participants but also volunteers and spectators) with the current and predicted steady and lengthy fall of rain over the next 48 hours causing potential hazards and general discomfort.

New postponement date: SATURDAY 11 MARCH

Pukehou Whanau & Friends (PWF) Update

Thank you to all that came along to the 1st PWF meeting at school on Wednesday 15th February. The meeting lasted an hour and we covered off the following topics whilst sipping on some cold refreshments and eating some nibbles!

The PWF is about working together for the greater good of our school & community / the PWF is here to not only friend and fundraise, but to also help with non- teacher related projects that can help ease the enormous work load that is placed on the teaching staff.

Jess Trew and Annabel Tapley-Smith will co share the co-ordinators role for 2017, Sarah Hemi will make sure the numbers add up and Emma Walker will jot some notes down – thank you to those people for offering to fill these roles.

Talk around the Great Family Challenge (GFC) event – we will limit the number of entries so get your registrations in ASAP to avoid disappointment! Checkout the website to download your reg form:

www.pukehou.school.nz/events/gfc

School lunches will commence in Term 2 because we would like to support Kāhu and Pīwakawaka classes to raise funds for their school camps who will both be putting on sausage sizzles soon.

We will however do Waipawa Fish'n'Chips Lunch Orders on the last day of Term 1 – Thursday 13th April.

Pukehou Tumbling Tots is something that we will be putting some more promotion around as it is a good feeder group for potential Pukehou students – the group has the use of the Hall every Friday from 9:15am - 10:15am. All preschoolers welcome.

The AGM for the PWF will be in Term 2 and we will combine this with the termly PWF meeting – mark in Wednesday 10th May.

If you would like to be added to the PWF database so you can be right up to speed on what is happening in our school community (this does not mean that you will be given a job!) then email the School office and Jacqui will forward your information on: office@pukehou.school.nz

DON'T forget to check out the school website for up to date weekly school newsletters and events:

www.pukehou.school.nz



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Meet the Teachers

Date: Tuesday 28th February 2017
Time: 5:00pm onwards
Venue: Pukehou School



Bring a picnic and come and meet the teachers and then enjoy a picnic with our school whanau.

The teachers will be in their classrooms during the times scheduled below to run through their classroom programme and expectations.

5:00 Kererū Kids Korero
5:10 Takahē Talk
5:20 Ruru Ramble
5:30 Pīwakawaka Presents
5:40 Kāhu Catch up

This is a good opportunity for parents to catch up with the classroom teacher. If you would like to meet with your child's teacher before then, please feel free to make an appointment with them to discuss any concerns.

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