



"Confident learners who accept social responsibility and live sustainably"

Happy St Patrick's Day

Tena koutou nga whanau me nga tamariki.

Welcome back to school Mr E.

It is fantastic to have Mr E back at school. The staff and students were all so pleased to see him back.

Police Vetting

As of the 1st of July there will be a cost of \$9.77 for every Police Vetting application that we submit. We need to get as many of our parents as possible through the system before this date to avoid this cost and enable you as parents to volunteer at school, camp, sporting fixtures etc. (as per the Vulnerable Children's Act).

Hawke's Bay Hockey

Well, watch out the Black Sticks! At times this week the court has resembled an international hockey game. We have very skillful students. It has been wonderful having Todd take these coaching sessions with the students. I am sure he has enjoyed it as much as the students have. As part of this programme we received hockey sticks and balls. Thank you Todd.

Kāhu Class

Mrs Lourie has been tramping around Lake Waikaremoana this week and so Mrs McLennan has been in Kāhu class. Thank you Mrs McLennan.

Police Competency Training

Some Year 8 students began training for the PCT competition this week. We set up a course for the students to run through and used parts of the playground equipment to help the students. Mr Lorkin impressed us with his super burpees!

Amphibian update

Bob and Fred were returned to their happy trough and Milly and Molly have moved into our tank. Thank you Madeline.

Coming up...

Kāhu Camp to Makahika

We are all very excited about our three days in the bush. We have lots of exciting challenges ahead of us and a few marshmallows to toast.

Hawke's Bay Year 7 & 8 Swimming Champs

We have a team of 8 students competing in this swimming competition at Flaxmere Water-world on the 30th of March.

Working Bee

Saturday 25th March 3pm. We look forward to seeing lots of parents / caregivers at school, keen to get their hands dirty.

GFC 1st April

Keep the registrations coming in! We need your support for this fun and exciting event.

Have a great weekend

Mrs Strong



Wed 22—Fri 24 Mar Kāhu Class Camp

Sat 25 Mar - Working Bee

Wed 29 Mar - Yr 5/6 Beach 5's

Thurs 30 Mar HB Swim Champs

SATURDAY 1ST APRIL

PUKEHOU GREAT FAMILY CHALLENGE

Mon 3 April Pukehou School Swimming Sports @ Indoor Pools, Waipukurau

Mon 3 April BoT meeting 5.30pm

Tues 4 April PAL's training, at Pukehou

DIARY DATES

Book now for 'The Little Easy' bike ride this Easter and you could WIN a brand new bike. Check out [The Big Easy](http://TheBigEasy.co.nz) website.

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



Netball ~ Year 5/6

Coach Urgently Required

Without a coach we are unable to register this team.

Due to the changes NZ Netball have introduced for this grade this year, weekly practices are optional.

Please contact Meg or Jacqui a.s.a.p. if you agree that we can forward your name and contact details for this position.

The girls will really thank you for it!!

A SERIOUSLY FUN HOCKEY WEEK Ideal and Affordable Hockey Holiday Course

Great for Beginners / Inexperienced to Elite players, aged 7 to 14.

Players to be grouped according to ability.

Wed 19th, Thurs 20th, Fri 21st April 2017

\$180pp. (Family discounts available.)

Places will be limited to ensure good player : coach ratios so pick up a registration form from the school office today.

All Enquiries to Todd Astill

027 3262 662

qualitycoachingservices@gmail.com



Hockey

House Points

TERM 1	Week	Term
KAHURANAKI (Blue)	1556	9,937
PUKENUI (Green)	3227	11,154
PUKEITI (Red)	3101	11,826
KAUHEHEI (Yellow)	5284	14,366

Hi Parents



Dr. Seuss

As part of our celebration for Buddy Reading at the end of the Term, I need to borrow 5 copies of the following Dr Seuss books.

The books are :

- ♦ The Sleep Book
- ♦ Green Eggs and Ham
- ♦ Wacky Wednesday
- ♦ The Cat in the Hat.
- ♦ Fox in Socks.

If you can help please see me.

Many thanks,

Mrs Anderson

I ♥ Book Club

Issue 2 2017 of Lucky Book Club has been given out to the children.

Please have orders to the office by Monday 27 March OR process your own order on LOOP.

Message from the Public Health Nurse

Today the Year 7 & Year 8 students watched videos relating to their up-coming immunisations. Talk to your child/ren about what they learnt.

They have forms to be filled in by you, the parents/caregivers, and returned promptly please. Even if you choose not to get your child immunised we still need the paperwork returned to the school office.

I welcome any queries from you so please don't hesitate to contact me if you would like to discuss this.



Regards, Lou Macklow

027 203 1947

lou.macklow@hawkesbaydhs.govt.nz



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NEWS FROM THE DENTAL CLINIC

CHB Community Dental Clinic, 5 South Service Lane, Waipukurau, 8586725

ACIDITY OF DRINKS

The pH scale measures the acidity or alkalinity of a solution. Pure water has the **neutral** pH of 7. Solutions with pH values lower than 7 are **acidic**. Milk is 6.8 and is considered LOW risk. Fizzy drinks and juices can range from pH2.3 to pH 3.9 and are HIGH risk. The levels of acid, which can erode the surface of the teeth, is **not** published on the drinks by manufacturers. ACIDITY of drinks is a HIDDEN danger. This **includes** DIET, SUGAR FREE and ZERO options. It is wise to consider any drink, other than water or milk, a potential danger to your child's teeth.

Can
you
lick
your
elbow?



Building stronger,
more sustainable communities



At Eastern and Central Community Trust we want to know what our communities' needs and aspirations are. We'd like your help to find out.

We want your feedback to gain a better understanding of what is needed in our regions and, together, what our long-term success looks like.

Our vision is for **stronger, more sustainable communities**. Your feedback will help inform our thinking about our funding, and how we can help achieve our goals together.

We are hosting four community meetings across our region. We invite you to attend and give us your thoughts on:

- What's working well in your community and why is it successful?
- What would a stronger, more sustainable community look like in ten years time?
- What are the big issues in your community, and what are possible solutions?
- What should be prioritised?

The CHB meeting will be held on:
Tuesday 4 April (1pm – 5pm) at the CHB Municipal Theatre, Waipawa

Please register your attendance online by clicking this link:
<https://ecctnz.wufoo.com/forms/z1vavans1qhf7dd/>

Numbers are limited, so please RSVP as soon as possible. **RSVPs close on Friday 24 March.**

If you need further information please contact our office: 0800 878 720

