



Newsletter

Wisdom begins with Wonder



Week 8 Term 1 2026

Thursday 26 March

Our Active Learners!

Our Pukehou Students have been shining in and out of school. Firstly, I'd like to recognise our **Physical Activity Leaders (PALs)** who recently completed a training session focused on leadership and teamwork. The team of Kayla, Cara, Cleodie, Camille, Kaoru, Maja, and Leo were phenomenal on the day, learning new skills and games while making new friends with PALs from other schools. They exemplify all the qualities a PAL needs, especially the ability to connect with, nurture, and encourage our younger students.



Mrs Strong recently took a small team of swimmers to the Hawke's Bay Year 7-8 Swimming Championships at the Hawke's Bay Regional Aquatic Centre. The team of Kayla, Maja, Cleodie, and Kaoru achieved some outstanding results, which are listed below. Both Kayla and Maja achieved two firsts, no mean feat given the level of competition!!

The CHB Schools Swimming event was the following day, which was a hard ask for those four swimmers; however, they, along with our other swimmers of Jaxon, Camille, Ditmar, Sebastien, Leo, and Frieda gave it their all!! Not only did they achieve some great results (see below), but they also excelled as a team, encouraging each other and attacking the day with a positive can-do attitude.

William Pike Challenge

Our second Outdoor Activity is safely tucked under the belt. Our Year 7-8's again joined with Omakere and Elsthorpe School to tackle mountain biking at Gum Tree Park in Waipukurau. We had a small skills session the day before at school, and then hit the trails with growing excitement (and for some, a wee bit of trepidation)!

It was a beautiful day, and the kids were fizzing as they explored the trails, growing in confidence as the day wore on. We were fortunate to have a great support crew of parent volunteers along for the day. Thanks, Ben, Franek, Laura, Pixie, and Liz. Your assistance was invaluable! Along with a couple of CHB College students, Ben, Franek, and Laura spent a lot of time in the saddle, not only supporting our tamariki but those from other schools too.

A big thanks again to Marian Campbell and the CHB WPC Trust for all that they do to make this possible for CHB students.



Gum Tree Park is part of the Tuki Tuki Trails and the Rotary River Pathways. Community support is vital; if you would like to become a [Friend of the Tuki Tuki Trail](#), please consider becoming one.

Leadership

After some robust deliberations and discussions, we have appointed our first tranche of Student Leaders. There were tough decisions to be made, and for those who missed out, there will be the opportunity each term to be recognised.

The main consideration was that we wanted our leaders to be students who consistently strive to show our values and consistently demonstrate a positive can-do attitude. They need to be role models in and out of class.

We will meet with our leaders next week for Morning Tea to discuss our hopes for the year, and then they will plan a fun tabloid and games afternoon for the final day of the term (after our annual - world famous - Pukehou School Easter Egg Hunt!!)

Pukehou Cultural Leaders

Our Cultural Leaders will be working with Mrs Strong, and they will play a vital role in celebrating and promoting **the arts and culture**. With the Ngāti Whai Festival looming next term, they will feature heavily. Congratulations, Cleodie, Cara, Kaoru, and Kayla.



Pukehou Enviro Leaders

Our Enviro Leaders will be working with Ms M, and they will play a crucial role in protecting and enhancing our **local environment** and **sustainability** practices. I know they have exciting ideas around projects for school! Congratulations, Ditmar, Cleodie, Maja, and Kayla.



Pukehou Sports Leaders

Our Sport Leaders will be working with Mr P, and they will play an integral role in promoting **healthy, active** living that enhances **hauora - wellbeing**. With a number of sporting events across the year to organise, they will be busy! Congratulations, Jaxon, Kaoru, Cleodie, and Kayla.



Inter School Swimming Sports Results:

HB Yr 7 & 8 Swim Champs: Team: *Kayla, Maja, Cleodie & Kaoru*

Results:

Kayla ... Y8 25m Back 1st!, Y8 25m Breast 4th,
Y8 25m Free 1st!

Maja ... Y7 50m Breast 1st!, Open 100m Free
23rd, Y7 25m Breast 1st!

Cleodie ... Y7 25m Back 12th, Y7 25m Breast 13th

Kaoru ... 25m Back 13th, Y7 25m Breast 8th

The girls swam as a team in the **Y8 100m Freestyle Relay** and came in 4th.



CHB Swimming Sports:

Team: *Kayla, Maja, Cleodie, Kaoru, Jaxon, Camille, Leo, Sebastien, Ditmar, & Frieda*

Results:

Kayla ... Open Girls 50m Free 5th, Y8 25m Free 5th, Y7/8 25m Back 2nd

Maja ... 25m Butterfly 4th, Open Girls 50m Free 12th, Y7 25m Free 8th

Cleodie ... Y7 25m Free 13th

Kaoru ... Y7/8 25m Breast 15th

Jaxon ... Y7/8 25m Breast 13th, Y8 25m Free 15th

Camille ... Open Boys 50m Free 8th, Y7 25m Free 1st!, Y7/8 25m Back 3rd

Leo ... Open Boys 50m Free 16th, Y5/6 25m Back 11th=

Sebastien ... Y5 25m Free 9th, Y5/6 25m Back 16th

Ditmar ... Y5 25m Free 11th

Frieda ... Y4 25m Free 4th

Relay Teams:

Maja, Leo, Kayla, Frieda Mixed Medley (Y 4-8) 5th

Leo, Sebastien, Ditmar, Frieda Y4-6 Freestyle 5th

Maja, Cleodie, Kayla, Kaoru Y7-8 Freestyle 3rd

Well done to you all! You represented Pukehou admirably and did yourselves proud!

PUKEHOU SCHOOL PROUDLY PRESENTS

ART ASSEMBLY

Art Exhibition
Thursday 11th June
6 - 9 PM
Pukehou School Hall

Original artworks to purchase
\$18 entry - includes welcome drink and nibbles
Tickets available from eventfinda

A large abstract graphic design featuring various geometric shapes like circles, triangles, and rectangles in a palette of teal, orange, light blue, yellow, and maroon.

Holiday Art Project

Bring it to school after the holidays.

Create a masterpiece to exhibit at the Art Assembly Exhibition next term.

A photograph of a young girl sitting at an easel, painting a landscape scene. The easel has the words 'CREATE ART' written on it in a stylized font.

Frame it, ready for sale!

A small image of a paint palette with various colors and a brush.

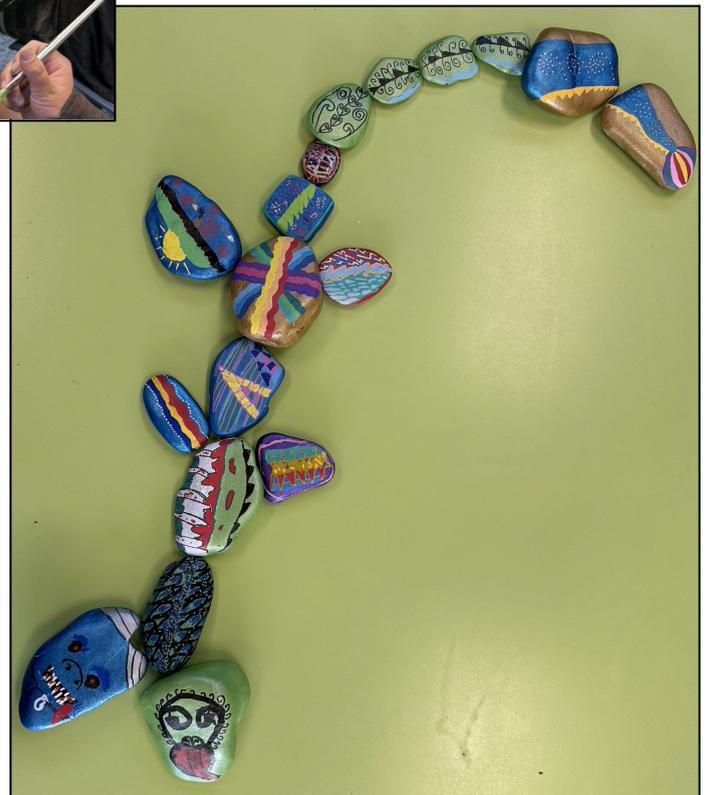
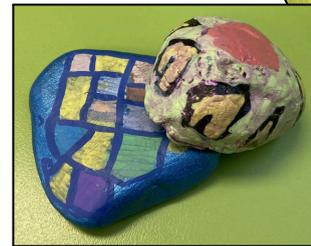
As part of our school inquiry 'I am the artist', we have begun a whole school legacy project.

Over the last couple of weeks, classes have been looking at traditional māori designs and patterns that have then been interpreted by each student to be painted on a river stone.

This will in time become an art installation that all have contributed to; to create a creature (Taniwha) that will grace the school grounds for years to come.

The children have been experimenting with the process of art; it is never perfect and it is almost never finished. They have been practicing patience and resilience when seeking feedback on their mahi.

It will be very exciting to see the outcome when it is all put together and we know they will all appreciate the effort they have put into it.



The programme combines fast-paced Street Football games, skill challenges and small-sided matches with time at the pools, creating a fun and active two days for tamariki during the holidays. Registrations and further information can be found here:

<https://www.sporty.co.nz/viewform/501570>

CENTRAL HAWKE'S BAY
STREET FOOTBALL SPLASH

THURSDAY 16TH - FRIDAY 17TH APRIL
 9.00AM - 3.00PM
 6-12 YEAR OLDS
 \$80.00
 CENTRALINES SPORTS COMPLEX
 COURTS & POOLS

JOIN US FOR 2 DAYS OF STREET FOOTBALL,
 SKILL CHALLENGES AND POOL TIME!

FOR MORE INFORMATION |
 ALISA@CENTRALFOOTBALL.CO.NZ

Central Football

SCAN ME

IMPORTANT DATES:
 (Check updates on the HERO Calendar)

APRIL

Thurs 2nd	Term 1 Ends
Fri 3rd	Good Friday
Sun 5th	Easter Sunday
	Daylight Saving Ends
Mon 6th	Easter Monday
Mon 20th	Term 2 Begins

WAIPUKURAU
CENTRAL RUGBY CLUB
PRE SEASON HOLIDAY
PROGRAMME

SARACENS X NEXT LEVEL MENTORING

LOCATION: WAIPUKURAU RUGBY CLUB

AGES: 5-13
 DATES: 9th, 10th April
 TIME: 9AM - 2:30PM
 \$50 PER DAY

INFO: Emma - 0275559299
 nextlevelmentoring@gmail.com

HAWKESBAY NETBALL

APRIL
HOLIDAY
PROGRAMME

NETBALL FUN FOR EVERYONE! LEARN SKILLS, MAKE NEW FRIENDS AND KEEP ACTIVE THESE SCHOOL HOLIDAYS.

13 APRIL - 15 APRIL
 MITRE 10 PARK, NETBALL COURTS

3 DAYS FOR
\$135.00
 \$50 PER DAY

YEARS 3-8

SKILLS, NETBALLSMART, SWIMMING, TEAM BUILDING AND LOTS OF FUN!

WWW.HAWKESBAYNETBALL.CO.NZ

Next Level Mentoring will be running our Preseason Rugby Holiday Programme these upcoming school holidays, aimed at helping young players build skills and confidence ahead of the rugby season.

The programme focuses on rugby development, teamwork and positive mentoring in a fun and supportive environment. Players of all abilities are welcome.



Tennis Report:

16 March: It was 3 vs 3 this week against SHAW, we ended up with a draw 2 points each. Camille and Sam won their doubles and Jonny won his match. So far 1 win, 1 defeat, 1 draw.

23 March: This week was the end of the competition for A Grade players. Pukehou Combined played a strong Waipukurau team and lost 5/1, Jonny won his match.

Well done team, let's do it all again in Term 4! Thank you JP, for managing the team.

Our Kids Online

2-Minute Tuesdays - Parenting Tips and Tricks!

with Rob Cope

Parents Guide to Movies and TV

Not sure if a movie or TV show is age-appropriate for your child?

Before they watch, check:

IMDB Parents Guide - detailed breakdowns of violence, language, sex, and more.

Common Sense Media - reviews, age ratings, and what to talk about after the credits roll.

Know what they're watching – and make informed choices that fit your family!

<https://www.youtube.com/watch?v=7sJDE0kRZH0>

Kids Learn Through Consequences

One of the most valuable ways our kids learn is through natural consequences.

Every action has a result – some good, some not so good. Eat well, feel well. Eat crap, feel crap. Act silly and break something? There's a consequence for that too.

In our house, the rule is simple: if you break it, you fix it. If you spill it, you clean it. If you leave a spade in the driveway and a car runs it over, you save up and replace it.

Parenting isn't just about keeping the peace – it's about preparing our kids for the real world. Teaching responsibility when young gives them a head start on life. It builds resilience, accountability, and the kind of character that will serve them for years to come.

<https://www.youtube.com/watch?v=WbxZRUSXS0w&t=8s>



Autumn is upon us, and our latest issue is jam-packed with content to help Kiwi parents:

[issue2604.totstoteens.co.nz](https://www.totstoteens.co.nz/issue2604)

What's in this issue for parents?

- » Raising screen-smart kids
- » Glow-ups for picky eaters
- » Fun puzzles for the whānau
- » News, views and must-know tips
- » Cool stuff you can win
- » Family-friendly events and outings
- » Printables to organise your life

School Lunches made easy

Fresh, Healthy School Lunches - Ordered in minutes.

ORDER NOW

Ezlunch!

We're excited to share some tasty news with our Pukehou School family!

School lunches are available through Ezlunch.

Here's what's on the menu:

- **Dominos** - Thursday once a month - 12 March, 2 April, 14 May, 11 June, 2 July, 13 August, 10 September, 15 October, 12 November, 3 December
- **Pita Pit** - Wednesday once a month - 25 March, 29 April, 27 May, 24 June, 29 July, 26 August, 30 September, 28 October, 25 November

Making a Splash: The CHB Swim-4-Lives Journey

From community launch to widespread expansion, providing essential water safety for Central Hawke's Bay primary schools.

Our Story: From Launch to Expansion

2016: A Community Initiative is Born

Wayne Forrest founded CHBS4L, launching the vital community Swim-a-thon fundraiser.

2016-2022: The Early Years

The programme provided targeted deep water and safe boating lessons as funds allowed.

2022-2024: Major Growth

Key funding partners enabled the first formal two-year cycle for all CHB Primary Schools.

2024-2026: Expanding Our Reach

The second two-year cycle begins, now including the local Homeschooling group.

The Current Cycle (2024-2026) At a Glance

\$51,614
Spent
(2024-2025)

This covers the cost of lessons already completed by 11 participating schools.



\$1,250

Costs Range from \$1,250 to \$7,600 Per School

Funding varies based on the school's roll size and transport requirements.



\$7,600



Powered by Key Partners

Support comes from funders like Eastern & Central Community Trust, Centralines, and Tu Manawa.

Completed Lessons (2024-2025)

Sherwood
Tikokino
Te Kura Kaupapa o Takapau
Argyll East
Waipukurau
Otane
Takapau
Ongaonga
Pukehou
Omakere
Terrace

Upcoming Lessons (2026)

Waipawa Home Schoolers
Flemington
Elsthorpe
Pōrangahau

NotebookLM

Swim-A-Thon - Friday 18 Sept 2026

- Our Swim-A-Thon is happening in Term 4 - FRIDAY 18 SEPTEMBER - and being our 10th one it is pretty special - Mark the date in your calendars now and we'll keep you updated on what is happening throughout the year.



Friends of the Central Hawke's Bay District Libraries present.....

BRAINS FOR BOOKS QUIZ NIGHT

Get together BOT, teachers, PTA and friends!
Compete for your school of choice to WIN a selection of books for your school library.
A maximum of 6 members per team,
\$10 per person.

Food & drinks available to purchase.



Wednesday 22nd April
6.30 PM start



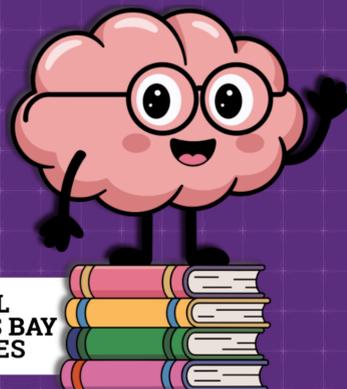
Skinny Mulligans
10 Islington Drive, Waipawa

Please Register by contacting us

Waipawa Library - 06 8578123 or
Te Huinga Wai-The Knowledge & Learning Hub - 06 8589154
Email: library@chbdc.govt.nz



CENTRAL
HAWKE'S BAY
LIBRARIES



The Friends of the Library are excited to announce their annual **Brains for Books Quiz Night**, taking place on **22 April 2026**.

This fun community event is a great opportunity for your school—teams will be competing to win a box of prize books for their nominated school! We would love your support!

Rhino Only from Carpet Court

JUNIOR TOUGH GUY AND GAL CHALLENGE

EXTREME OFF ROAD RUNNING EVENT

HAWKES BAY 28 MAY 2026



Get Kids Active
Charitable Trust

ENTER NOW

www.eventpromotions.co.nz

Ph: (07) 348 3301

Email: info@eventpromotions.co.nz

Is the term flying by for you... but your child still hanging out for the holidays?

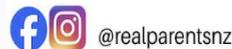


For many of us, the term feels like it's flying, yet for our tamariki, it often feels slower. This is because their world is filled with anticipation, effort, presence and emotions. - it all this that keeps our tamariki deeply inside each day.

If your year is flying, this can be a helpful time to pause and gently reset.

- 1 Choose one place to slow the week down**
Know that not every part of your whānau life needs changing. One calmer pocket can make a big difference. It might be one evening with no rushing, a shared walk, or eating together without devices.
- 2 Notice what your child is carrying right now**
By this point in term, effort builds. This means that friendship dynamics, learning demands, and tiredness often show up at home. What looks like irritability is often accumulated effort.
- 3 Reset your attention a little**
Even 5 fully present minutes can feel meaningful to a child and help slow your year down. A small moment of connection matters and reminds us that we don't need to keep pushing.

Autumn acts as a great reminder to look up, notice where everyone is at, and gently return to what matters most.



@realparentsnz

real parents

Helping tamariki feel confident and connected at school



At school, tamariki are learning how to navigate friendships, big feelings and new experiences.

Here are three ways you support this learning at home.

- 1 Pause before stepping in**
Why this helps:
When tamariki work through small challenges themselves, they build confidence and resilience.
- 2 Name feelings, then move forward**
Try:
"I can see that felt hard. What could you try next?"
Why this helps:
Acknowledging emotions helps tamariki regulate, and reaching for what they can do grows their problem solving skills.
- 3 Trust their learning process**
Why this helps:
Not every friendship challenge or frustration needs adult support.
Working things through helps tamariki develop independence and social capability.



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SADDLE UP FOR . . .

ARGYLL EAST HOME & SCHOOL HOEDOWN

Tickets \$60.00 per person

SAT 28 | 7:00PM -
MARCH | 12:00AM

Mechanical Bull | Live Band- Naked Gun

Food | Auction | Cash Bar

Transportation available \$15.00 pp

Pick up/Drop off: Waipukurau, Waipawa, Otane

Location : Argyll East District
Address provided on ticket



Tickets available at
www.trybooking.com

