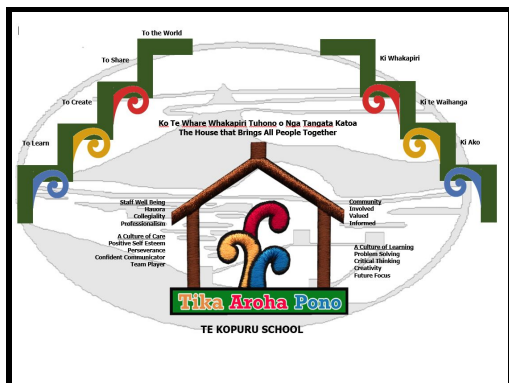


TE KOPURU SCHOOL NEWSLETTER 07 August 2018



Norton Street P.O. Box 20 Te Kopuru
Ph/Fax (09) 439 1802
Email: jessica@tekopuru.school.nz
Website: www.tekopuru.school.nz

Whakatauki:

He oranga nga kau, he pikinga waiora
Positive feelings in your heart will enhance your sense of self-worth

Tenei te mihi atu ki nga matua katoa Dear Parents/Caregivers,

Tenei te mihi ki a Puhitaioreore Porter-Meha ki te kura o Te Kopuru.
We welcome Puhi and his family to our School.

Primary teachers and Principals have voted overwhelmingly to reject the Ministry offers and to hold a full day strike on **Wednesday 15 August**.

Both primary teachers and principals feel the ministry offer did not address workload issues, extra learning support or ways to stem the growing crisis in recruiting and retaining teachers.

N.Z. teachers have got some of the highest workloads and lowest pay of any teachers in the developed world.

The school will be officially closed on Wednesday 15 August.

Kindest regards
Lee Anderson

BOARD OF TRUSTEES NEWS

TE KOPURU SCHOOL BOARD OF TRUSTEES 2018

Anthony Nelson (Chairperson) 4396444
 Bonnie Patterson 4395269
 Lee Anderson (Principal) 4391802

Brenden Nathan 4396840
 Maria Beattie 021 0371447
 Kerry Little (Staff Rep)

The Board has approved that due to the teacher and principal strike, and the lack of teacher supervision,
TE KOPURU SCHOOL WILL BE OFFICIALLY CLOSED ON WEDNESDAY 15th AUGUST 2018

Next BoT meeting: Monday 13 August, 7pm

TE KOPURU SCHOOL CALENDAR

- Thursday 9 August:** Northpower Electrical Safety workshops
- Thursday 16th August-** School Photos
- Friday 17th August-** Body Jam
- Thursday 30th August-** Yr 3 and 4 Rippa Rugby
- Wednesday 5th September-** Te Kopuru School Speech Competition
- Monday 10 September:** Te Kopuru School Cross Country
- 13,14,17,18,September:** Life Education Caravan
- Wednesday 19th September-** Northern Wairoa Speeches

Reminders

- Suitable clothing and asthma pumps, if required, for cross country training
- Second installment for the Year 7 & 8 Wellington tour 18 September
- **GMCC DICTAG** - Order forms have gone home, please return ASAP. Time is limited so we do not want to be trying to process photo orders on the day. Thank you.

LABEL READING

SERVING SIZE

Serving sizes can vary between products. It's important to look at the per 100g column so that you can compare products equally.

Developed by Sport Waikato 2018

LABEL READING

NUTRITION LABEL

There are lots of different nutritional claims on packets. It's best to check for yourself by reading the label. Look at the per 100g column, if...

	PER SERVE	PER 100g
Carbohydrate, Total (g)	20.1	67.0
Sugars (g)	0.8	2.8

SUGAR is LESS than 10g per 100g

	PER SERVE	PER 100g
Fat, Total (g)	0.4	1.4
Saturated Fat (g)	0.1	0.3

TOTAL FAT is LESS than 10g per 100g

FIBRE is MORE than 5g per 100g

	PER SERVE	PER 100g
Dietary Fibre (g)	3.0	10.1
Sodium (mg)	81	270

THEN IT'S AN EVERYDAY CHOICE!

Developed by Sport Waikato 2018

LABEL READING

INGREDIENTS LIST

Ingredients are listed in order of quantity - most to least. Watch out for fat or sugar in the top three ingredients.

DIFFERENT NAMES FOR:

SUGAR	FAT
• glucose	• butter
• fructose	• coconut cream
• sucrose	• cream
• corn syrup	• hydrogenated vegetable fat
• maltose	• lard
• honey	• margarine
• molasses	• oil
	• trans fats
	• triglycerides

Developed by Sport Waikato 2018

PRINCIPALS AWARDS

Congratulations to the following students who were awarded certificates at Assembly

Kzjarn Walters
Zevah Samuels
Hendrix Kneebone
Steven Nelson
Izabella Kimpton-Brown
Jenny Gavin
Keisha Moffett
Tiaho Te Tuhi
Tetahi Saunders-Hall
Seth Richards
Ruby Kareko
Kowhai Kira
Emma-Jane Patterson

BRAINIACS....Enhancing your child's ability to learn.

Kia Ora. Hola. Namaste. Talofa Lava. Malo e lelei. Hello.

Delta Brain Wave- When we are in Delta Brainwave we are asleep. In Delta, we have no access to our long term memory. Think back to your last dream, and how quickly it faded once you had woken up.

Aroha nui

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ONLINE SAFETY FOR PARENTS

<https://www.netsafe.org.nz/online-safety-for-parents/>

1. SET EXPECTATIONS

Talk to your child about the type of behaviours you'd like them to adopt. For example, how long they should spend online, what apps and social media sites you'd like them to use and what is appropriate content to view. This will be different depending on the age of your child, and what you feel comfortable with. Technological options like parental controls can help, but it needs to be teamed with online safety education.

Find out more about how [much time kids should be spending online](#).

Find out about [how to use parental controls](#).Æ

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Great Writers

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“Mmm” the fatty food varnished the table like a blanket. The succulent smell of the freshly fried chicken permeated the air, the strong spices made my eyes water. The pain from the Hot and Spicy chicken was excruciating. It felt like a detonation and then the explosion turned into a bonfire on my tongue.

“Someone pass the drink”. Tsss!.

By Kawana Kira

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Darkness

The wooden wind chimes chatter to each other. The deep darkness covers me like a blanket. My duvet is a monster swallowing me whole. “Bang!” I jolt up, my body turning pasty white. “It’s nothing,” I thought as I roll myself up into a ball. The curtain gap fills my room with magnificent moonlight. My blood curdling alarm goes off. My scream fills the house and echoes off the walls. The kitchen light flickers on. Who’s in the house? A question floods through the hall and fills my room. I hold my breath. Do I want to answer? My mind fills with thoughts. Who set alarm for 11.11pm?. The wooden wind chimes chatter to each other. I drift off into a world unknown. Will I ever find out why my alarm went off?

By Lerena Morris

Mobile Ear Clinic

The Mobile Ear Clinic is now in Dargaville every Tuesday (unless I am on annual or sick leave) from 9.30am until 2.30pm, parked outside the St Johns Ambulance Station, Normanby St.

The service provides assessment, diagnosis and treatment for all ear health conditions or concerns. No appointment is necessary as it is a drop in clinic for all children from 0-18 years of age. To find out if a clinic may have had to be cancelled on a particular Tuesday parents can call 0800 693 277 and follow the prompts. Any questions or queries are welcome, my work phone number is 021 702 584. Thank you.

Roz Meyer

Specialty Clinical Nurse

Mobile Ear Clinic Whangarei/Kaipara Areas

Child, Youth, Maternal, Public & Oral Health Services, Northland District Health Board

Piano Tuition

Experienced Piano Teacher - spaces available \$12.50 per half hour lesson Te Kopuru

Phone Emilee on 439 4122 or 0275102229 for more details.

