

## Plimmerton School Newsletter - Week 3, Term 2, 2018



### From the Principal

#### Tēnā Koutou

**SCHOOL CROSS COUNTRY - TOMORROW** After all the training the event is nearly here! Parents are welcome and encouraged to come and support the children running. Please note - parking down the bottom of the driveway will be limited.

Anyone parking in the school carpark before the event will not be able to leave until the event is over.

We will start at approx 9:15am and run until about 11am. The order of events:

- Year 5-8 Walkers
- Year 6 boys and girls (Staggered start)
- Kowhai 5yr old girls
- Year 5 boys and girls (Staggered start)
- Kowhai 5yr old boys
- Year 7 boys and girls (Staggered start)
- Kowhai 6 & 7yr old girls
- Year 8 boys and girls (Staggered start)
- Kowhai 6 & 7yr old boys
- Year 3 girls and Year 4 boys (Staggered start)
- Year 3 boys and Year 4 girls (Staggered start)



**DON'T FORGET: PINK SHIRT DAY - TOMORROW** - The aim of this day is to promote inclusion and acceptance of diversity in schools, workplaces and communities, so all people feel safe, valued and respected. This is also the same day as our Cross Country event. We would like to encourage students and adults attending to wear something pink. The student council are also organising an 'Anti-Bullying' interaction afternoon, following the school cross-country. Students will be in mixed groups and will rotate through several activities supporting this theme.

#### TOITOI - JOURNAL OF YOUNG PEOPLE'S WRITING -

Congratulations to Olivia and Leah who have works in the most recent issue of Toitoi. Olivia is now a published poet, and Leah is an illustrator. Fantastic achievement!





## From the Principal...continued

**MOVIN' MARCH** - We had a great many students participate in this event, and many who walked or rode to school enough times to enter into the Movin' March competition. Out of thousands of entries across hundreds of schools, our Sam was drawn as a winner of AvantiPlus vouchers!



**VALUES AWARDS** - Congratulations to the students pictured below, who were acknowledged at our last assembly for their demonstration of the school values. Our next assembly is next week - 9am Friday 8 June.



Top Row: Alex, Will, Ben, Gemma, Ciara, Lovisa  
 Third Row: Maia, Nicholas, Xavier, Sophie, Maia, , Alina, Emily, Anabel, Joe, Nick, Matthew, Tom  
 Second Row: Tyler, Benton, Macklan, Toby, Isabel, Hazel, Miri, Tilly, Oliver, Madison, Charlie, Zac  
 Front Row: Luke, Greta, Grace, Elliot, Tyler, Levi, Cadell, Elsa, Luciana, Benjamin, Jake, Thomas

**Today's Roll** – 488 Students

**Ngā mihi**  
**Mike Forrest**  
**Tumuaki - Principal**

## PINK SHIRT DAY TOMORROW

Tomorrow is Pink Shirt day and we are hoping to turn our school pink tomorrow. The children are encouraged to wear something pink for the day and bring a gold coin donation to support the Pink Shirt Day Movement. Student Council members will be waiting at the school gates in the morning to collect the gold coins. At the conclusion of the cross country in the morning we are hoping to take a photo of the school dressed in pink. If you are coming to the cross country tomorrow, please feel free to support us by wearing something pink.

After the cross country, the school is participating in an interaction day and the theme is **“Speak up, Stand together, Stop bullying”**.



## SCHOOL NEWS

**KELLY CLUB**  
PROGRAMMES, OPPORTUNITIES, & ACTIVITIES THAT KIDS JUST LOVE!

### KIDS' HOME AWAY FROM HOME!

OUR PROGRAMMES ARE FOCUSED AROUND SPORTS, COOKING, DISCOVERY TIME, ART & CRAFT ACTIVITIES AND STRUCTURED 'FREE-TIME' AFTER A BUSY DAY AT SCHOOL.

These activities will be incorporated into themed subjects each week that give children the opportunity to extend their learning outside of the school classroom. An opportunity to complete homework will also be available.

We provide quality childcare in safe and fun surroundings. Our friendly staff are passionate about working with children and are provided with training on first aid, behaviour management, child protection and activity planning and delivery.

FOR INFORMATION OR TO BOOK ONLINE GO TO [www.kellyclub.co.nz](http://www.kellyclub.co.nz)

**Who can attend:**  
Year levels 0 – 8 at Pimmerton School

**Before-school-care sessions:**  
7:00am – 8:30am: \$11

**After-school-care sessions:**  
3:00pm – 4:30pm: \$11  
3:00pm – 6:00pm: \$18

**PROGRAMME ACTIVITIES**  
Kelly Club provides a variety of activities to ensure there is something for every child. Programme activities are adapted to suit children of all ages and children may be grouped by age for certain activities depending on numbers.

**Work & Income OSCAR Subsidy**  
Parents or caregivers that meet certain criteria will be able to access a WINZ subsidy to help cover the cost of our programme. For more information please go to [www.workandincome.govt.nz](http://www.workandincome.govt.nz) or contact us. All Kelly Club programmes have been approved by Ministry of Social Development and meet all professional standards.

**About Kelly Club Pimmerton**  
Kelly Club has been operating in the greater Wellington region for over 7 years and we are excited to now be working with the Pimmerton School community.  
Email: [pimmerton@kellyclub.co.nz](mailto:pimmerton@kellyclub.co.nz)  
Phone: 021 246 171  
Facebook: #KellyClubPimmerton

**BOOK ONLINE NOW AT** [www.kellyclub.co.nz](http://www.kellyclub.co.nz)

## YEAR 8 LEAVERS NEWS

**\*WE NEED YOU\*** - Calling all Y8 parents who would like to be involved in the planning of the Y8 Leavers Dinner 2018! We are meeting on 25 June, and would love your ideas and input just email Elaina [weinstein@actrix.co.nz](mailto:weinstein@actrix.co.nz), or message us through the facebook page and we'll forward more details.

[www.facebook.com/Pimmerton-Year-8-Leavers-2018-2279686992262984/](http://www.facebook.com/Pimmerton-Year-8-Leavers-2018-2279686992262984/)

See you on the 25th!

**Y8 LEAVERS MOVIE NIGHT FUNDRAISER**  
Thursday 7th June, Lighthouse Pauatahanui.  
Oceans 8 - It's Opening Night and will be an awesome movie!

**PLIMMERTON YEAR 8 LEAVERS DINNER**  
FUNDRAISING SCREENING OF

**OCEAN'S 8**  
RATING TO BE CONFIRMED

LIGHT HOUSE PAUATAHANUI  
3 PAKAKARIKI HILL ROAD

**THURSDAY 7TH JUNE AT 8.00PM**  
ARRIVAL FROM 7PM FOR SUPPER & RAFFLES  
TICKETS \$22 INCL 1X RAFFLE TICKET  
AWESOME PRIZES TO BE WON

For tickets, contact Elaina Weinstein  
021 248 4664 or on our Facebook page  
[www.facebook.com/Pimmerton-Year-8-Leavers-2018-2279686992262984/](http://www.facebook.com/Pimmerton-Year-8-Leavers-2018-2279686992262984/)



## HEALTHY KIDS CORNER

### HEALTHY KIDS AND WINTER SPORTS

It is great to see so many **Healthy Kids** enjoying winter sports out on the fields and courts and taking part in Cross Country. **Healthy Kids** need to keep their energy up so they can enjoy their sports and perform well. Taking part in a sports event involves preparation.

Here are some healthy tips for **Healthy Kids**:

- **Water** Before breakfast you will need to replace hydration lost during sleep so start the day with a large glass of water. Do avoid drinking large quantities of water within 30 minutes of your event as you don't want liquid sloshing around in your belly while running about..
- **Healthy breakfast and lunch** A healthy breakfast is always important but it is especially important if you have a sports event. A good breakfast full of whole grains, fruit and milk gives you the energy you need for performance. Allow your body time to digest your meal prior to the start of your game. If you have an afternoon game, time your healthy lunch for well before your game.
- **Snacks** Fruit is a great snack on a sports day.

### Sporty Breakfast Ideas:

#### Blueberry Smoothie Ingredients:

- 1 cup blueberries or frozen mixed berries
- 1 cup unsweetened yoghurt
- 1 cup milk or dairy free substitute
- 1 Weetbix
- ½ tablespoon honey

**Method:** Place all ingredients in blender and blend until smooth  
Pour into two glasses.

#### Porridge

- 1 cup traditional rolled oats
- 1 1/2 - 2 cups skim milk (or water)

**Stovetop method (recommended): Step 1** Place oats and milk into a small saucepan. **Step 2** Bring to the boil, then reduce to medium heat, stirring for 5 minutes, or until oats are thick and creamy. **Microwave method: Step 1:** Place oats and milk into a microwave-safe bowl. Microwave on high for 2 minutes, then stir and cook for a further 2 minutes. Stir again, then stand for a few minutes before eating. (For a thinner consistency, add more milk or water. **Apple and cinnamon porridge:** Core and thickly slice 2 apples. Place into a small saucepan with 1 teaspoon reduced-fat table spread and cook until soft and golden. Reserve a few slices (as a topping), then purée remaining apple. Meanwhile, follow the Basic porridge method. Once oats are cooked, add apple purée and 1/2 teaspoon cinnamon to saucepan. Stir over low heat until blended. Top with remaining apple slices.

## PTA NEWS

It's disco time again!! The term two discos are being held on Friday 25th May. The Years 1-4 disco will be from 5.30-7pm and the Years 5-8 from 7.30-9pm.

Entry is \$5. Glow products, drinks, chips, ice blocks and lollies will be on sale. Check out the posters around school for more information.

For safety reasons all children need to be dropped off to the hall by an adult and signed in and out.

Thank you to all the parents who have volunteered to help out at the discos next week. We really appreciate you giving up your time. We still have a number of gaps in the roster so would love to hear from anyone else who can help out. Please email Jo at [jverran.nz@gmail.com](mailto:jverran.nz@gmail.com) if you can help out.





## SPORTS NEWS

<b>SENIOR NETBALL RESULTS – Saturday 11 May</b>		<b>Score</b>	<b>Player of the Day</b>
Plympton Navy	Discovery Allstars	15-25	Maia Metuariki
Plympton Dragons	Adventure Foxes	21-2	Taela Allan
Plympton Pauas	Papakowhai Divas	9-5	Megan O'Hara Smith.
Plympton Gold	Adventure Wildcats	13-22	Georgia Webb

<b>JUNIOR NETBALL RESULTS – Saturday 11 May</b>		<b>Score</b>	<b>Player of the Day</b>
Plympton Wildcats	Titahi Bay White	13-1	Lily Simnor
Plympton Pumas	Tawa	7-5	Ariana Crawford
Plympton Falcons	SFX Xtreme	2-5	
Plympton Nightmares	Titahi Bay Blue	3-19	
Plympton Phoenix	SFX Xpress	20-3	Chloe Taylor

<b>BASKETBALL RESULTS – Wednesday 16th May</b>		<b>Score</b>	<b>Player of the Day</b>
Plympton	Discovery	13-15	Karlos Garcia-Grace

<b>UNDERWATER HOCKEY RESULTS</b>		<b>Score</b>	<b>Player of the Day</b>
<b>– Next Tournament Date: May 28</b>			
Plympton			
Plympton			

<b>HOCKEY RESULTS – Saturday 11th May</b>		<b>Score</b>	<b>Player of the Day</b>
Plympton Pumas	Plympton Shortsticks	2-1	Phoebe Gits
Plympton Shortsticks	Plympton Pumas	1-2	
Plympton Panthers	Titahi Bay 2	4-3	Connor Sellar
Plympton			
Plympton			
Plympton			



## COMMUNITY

### AOTEA COLLEGE OPEN EVENING

Aotea College Open Evening ~ Enrolments for 2019  
 Wednesday 13th June 2018  
 3:30 to 5:00 pm and 6:00 to 7:30 pm

### SPEECH AND DRAMA LESSONS

Speech and Drama and Public Speaking lessons available in Camborne  
 Contact New Zealand Speech Board Teacher Roz Baxter [jonnyrozb@xtra.co.nz](mailto:jonnyrozb@xtra.co.nz)  
 0276939573

### *Dance Pointe* Academy New Zealand

#### **DancePointe Academy**

We are thrilled to be opening a branch of DancePointe Academy in Plimmerton for Term 2. RAD ballet classes commence in Plimmerton on Saturday mornings for the ages of 5-9yrs. Beginners in this age group are welcome. Register for a free trial class to be held on Saturday 5<sup>th</sup> May.

Contact Sharon

[dancepointenz@gmail.com](mailto:dancepointenz@gmail.com)

[www.dancepointe.co.nz](http://www.dancepointe.co.nz)

mobile 021-2151222

