

Plimmerton School Newsletter - Week 7, Term 4, 2018



From the Principal

Kia Ora Koutou

TAUPŌ SPEECH COMPETITIONS – Congratulations to all the Taupō students who made it through to the syndicate speech finals held at school last Monday. All the finals speeches were fantastic. Superb speeches from all, particularly Kate Barham (3rd place - Less time online), Isabelle Lauder (2nd place - Making Cycling Safe) and this year's winner - Logan Smith (Being an Adolescent). Logan will be representing Plimmerton School at the Parumoana speech contest this Friday and will present his speech at the week 9 assembly. Good luck to Logan and Holly McManaway, who is representing Hongoeka syndicate.



STUDENT REPORTS - Teachers are currently finalising end of year reports. These will be going home with students on Friday 14 December. Last year's reports highlighted the national standards achieved in Reading, Writing and Maths. This year the students' achievement is in relation to curriculum expectations. In the transition from national standards, we have reviewed our expectations for each year level and aligned them to the demands of the curriculum. As a result we have 'raised the bar' in terms of what we expect, particularly as students move through the school.



FORMER STUDENTS: Congratulations to Francesca Griggs and Seamus Curtin, past students of Plimmerton School. Seamus has been Head Boy at Aotea College this year and Francesca will be Head Girl at Kapiti College in 2019. Well done Seamus and Francesca.



STUDENTS WITH SOCIAL MEDIA ACCOUNTS – This week we have had two cases where students have created social media (instagram) accounts pretending to be someone else from the school. In both cases the accounts were made to target people. In one case the fake account was linked to some other accounts promoting pornographic images. These accounts have now been deleted and could not be accessed or created through the school.

Parents, please be aware that:

- social media accounts are restricted to 13 or 14 years +
- despite this, the majority of our students in Years 5-8 have at least 1 social media account, and many of these are concealed from parents
- if your child has an account it gives them access to adult, and potentially illegal, content
- if your child has an account it gives strangers or people with malicious intent access to them
- social media addiction is a rising trend amongst adolescents and is linked to anxiety and self-harm



From the Principal...continued

Most children do not have the maturity to manage the online world without considerable support and guidance. Please be vigilant about monitoring your child's use of devices, and help them to balance online time with other activities that promote good health and positive social interactions. Good advice for parents can be found at this link - <https://www.netsafe.org.nz/advice/parenting/>

PRODUCTION VIDEO: Our senior production which was performed in term 3 is now available via this [link](#).

Today's Roll – 507 Students

Ngā mihi
Mike Forrest
Tumuaki - Principal



SPORTS NEWS

MINIBALL

Plimmerton Magic 16 V Papakowhai Green 10 - POD Colin Lang

Plimmerton Lightning 18 V St Pius Saints 4 - POD Macklan Chandler

Plimmerton Thunder 6 V TKMP Tipimana 7 POD Aaliyah Chok

Plimmerton Movers 14 V SDA Pumas 16 POD Tommy Mackie and Dechlan Halvorsen

Plimmerton Shakers 16 V St Theresa's Rockets 7 POD Mackay Harvey

STUDENT COUNCIL NEWS

PORIRUA CITY LONG - TERM PLAN CONFERENCE

On Monday 26th November Mia and Robyn from the Porirua City Council hosted a PCC long-term plan talk in the Plimmerton School Hall. Four schools (including Plimmerton School Student Council) attended the meeting.

Some of the things we talked about were... Involving all cultures, Easy transporting, A harbour based City, Compact and smart housing and A resilient City.

Mia and Robyn provided some delicious kai for us which was nice of them!

We all had fun while learning about our community and meeting new people from different schools.

By: Kobe De Ridder & Carter Sidwell

KELLY CLUB NEWS

KELLY CLUB Summer **HOLIDAY PROGRAMME**

Contact
CLAIRE HARRISON
plimmerton@kellyclub.co.nz
021 246 1717
BOOK ONLINE AT
www.kellyclub.co.nz



STUDENT WORK

HONGOEKA SOCIAL ACTION

This term in Hongoeka, students have been investigating what is social action and how students can be responsible citizens who can make a change. Students have planned an activity that they feel that they could carry out to make a change or a difference. We have had a variety of different activities from collecting bedding for the SPCA to raising money for a chosen charity. It has been a great learning experience for the children in Hongoeka and most students are still continuing to work on their projects. Hongoeka would like to thank all those who have supported our students to help make a change.

Hi,

The Awesome Hyoomans here. We're doing a Social Action- collecting grocery items for Wellington City Mission, an organization that gives to homeless. Our aim is to collect a range of grocery items and package these items up to donate to the Wellington City Mission to use at Christmas. If you have any of the following items, please leave them in the shopping trolley in the office by Friday 7th of December.

Items we are taking::

Cereals

Two-Minute Noodles

Any sort of tinned food

Biscuits and muesli bars

Up & Go

Soaps

For More Info Check Out Our Website [Here](#)

Sincerely,

The Awesome Hyoomans

Dear Plimmerton community

As we are going into Christmas time we are still having lots of rain. We realise that not everyone can afford raincoats especially those who are staying in temporary accommodation. So we have decided for our Kaitiakitanga social action, we would like to donate raincoats to people in need. We would like to help by collecting up old raincoats from around our community (doesn't matter what size) and then take them to the women's refuge. The coats can be their special christmas gift as they will keep them warm and dry on rainy days. If you have any old raincoats that don't fit you or don't need please drop them off to Room 20. Just ask for Conrad or Henry.



Thank you for your help,

Conrad and Henry (Room 20)



HEALTHY KIDS CORNER

EASY PIZZA DOUGH - ANNABEL LANGBEIN (MAKES 4)

You will need: 2 cups warm water, 2 tsp sugar, 2 tsp dry yeast, 5 cups high-grade flour, plus extra for kneading, 2 tbsp olive oil and 1 tsp salt.


Place water and sugar in a large mixing bowl or an electric mixer with a dough hook and stir to dissolve. Sprinkle yeast over the top and allow to stand in a warm place for 10 minutes. Mix in flour, oil and salt until evenly combined, working to form a soft dough. Knead on a lightly floured surface (use as little flour as possible) or with the dough hook for 5 minutes until smooth and a little sticky. I often throw the dough onto the bench several times to get the gluten working. Transfer to a lightly oiled bowl, cover with a clean tea towel and leave to rise in a warm place until doubled in size (30-40 minutes).

Turn out onto a lightly floured surface, roll into a log shape and cut into 4 even pieces. Roll into balls and leave to rise in a warm place for 15 minutes.

Preheat oven to 240°C and cut baking paper to fit 4 pizza stones or oven trays. Place pizza stones or oven trays in the oven to preheat. Place baking paper on the bench and roll out a ball of dough on top of each to form a rectangle about 35cm x 28cm. Add toppings then slide, still on the baking paper, onto the preheated pizza stones or oven trays. Bake until base is golden and crispy (10-12 minutes).

Healthy Pizza Toppings:

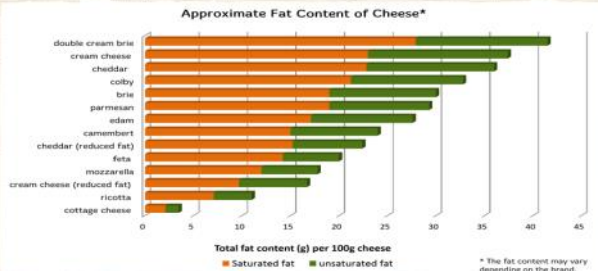
- Ham and Pineapple
- Roast Vegetables – great for using up leftovers from last night's roast
- Lamb or Beef , Capsicum, Red Onion and Tomato
- Chicken, Zucchini, Mushroom and Tomato



CHOOSE THE RIGHT CHEESE

Cheese is a valuable source of calcium and protein. However, cheese can be high in fat, especially saturated fat. For health we're encouraged to limit the amount of saturated fat in our diets, so some cheeses should be consumed in moderation.

Approximate Fat Content of Cheese*




Cheese	Saturated fat (g)	Unsaturated fat (g)	Total fat (g)
double cream brie	28	15	43
cream cheese	25	10	35
cheddar	22	12	34
colby	20	12	32
brie	18	14	32
parmesan	15	15	30
edam	15	15	30
camembert	15	15	30
cheddar (reduced fat)	12	10	22
feta	10	10	20
mozzarella	10	10	20
cream cheese (reduced fat)	8	12	20
ricotta	5	15	20
cottage cheese	2	18	20

* The fat content may vary depending on the brand.

Here are some tips to help make lower fat choices that still taste good:

- Softer cheeses are generally lower in fat, especially fresh cheeses like cottage, ricotta. These cheeses are bland in flavour and are therefore useful to carry other flavours. They are better used in cold dishes.
- Reduced fat cheeses are good alternatives to full fat varieties.
- Instead of using large amounts of less flavored cheese, use small quantities of a highly flavored cheese, such as tasty cheddar or parmesan cheese as a way to reduce the total fat content in your food.
- Grated cheese goes further than sliced cheese.





COMMUNITY NEWS

KELLY SPORTS TERM 1 2019: - Back to School Sports!" (Yrs 1-4) – Friday's 3:05-4:05pm

Kelly Sports will be back in Term 1 with their fun and exciting classes. Come and try **Circus Skills, Cricket, Football, Dodgeball**. Try 2 weeks each of these sports. We use games & drills to teach game sense and team play. It's a great way to try new sports, learn new skills and improve ability. We use games & drills to teach game sense and team play. Learn the fundamental skills for all sports – throwing, running, jumping, striking, balance and many more – all while having a great time! For full details and to enrol into our programmes visit www.kellysports.co.nz or email adminwqtn@kellysports.co.nz or call 04 972 7201

The Plimmerton FunRun 2019!
 Something for the whole family!
 Head to www.plimmertonfunrun.com or our facebook @plimmertonfunrun to sign up!



Event :

- 21 Km Run
- 10 Km Run
- 5 Km Run or Walk
- 2.5 Km Kids Run

Sunday 3rd March 2019
 Dress up/ Spot Prizes/ Family day out




2018 Karehana Carols
 4-5pm, Saturday 1st December
 Karehana Park Plimmerton

- Sing Along Carols
- Mr Whippy Truck
- Free Wood-Fire Pizza
- Free BBQ
- BYO Picnic

Wet weather date
 Sunday 2 Dec
 4-5pm

porirua city




WORKING BEE

1st Thursday of every month
 7pm - 9pm

St Andrew's Church
 Steyne Avenue, Plimmerton

We will be doing demos, so come and learn to make your own reusable bag.

All welcome; cutters; sewers; anyone. Materials provided



Be a part of helping to save our Earth - ONE BAG at a time

JOIN US FOR A SCREENING OF



THE STAR
 THE STORY OF THE FIRST CHRISTMAS

SAT 15TH DEC | 2PM-5PM | FREE EVENT | THE ROCK CHURCH
 FUN ACTIVITIES FOR ALL AGES • BYO BEAN BAG • SNACKS PROVIDED