



NEWSLETTER - week 1, term 1, 7 February 2019

From the Principal

Kia ora e te whānau

I have really enjoyed getting around the classes this week and seeing our smiling and settled students getting their school year underway. Teachers are looking forward to meeting parents and caregivers today and setting up a great learning partnership for the year.



PEDESTRIAN CROSSING

Our new patrollers have started their after school duties on the Steyne Avenue crossing. They were all trained last year and had a refresher course with the Schools Community Constable this week. Please be patient, follow their instructions and help set a good example to children as we help them cross the road safely. As a general reminder to pedestrians using the crossing please remember that the patrollers have clear guidelines for when it is safe to call, and are required to state 'Signs out, Check, Clear, Cross now' before letting people cross. Please wait for the 'Cross now' before stepping onto the road. The rostered supervising parent will ensure that the patrollers are following the guidelines and may remind you if you are doing it wrong! Again, thank you to all those parents and children who use the crossing patiently and with consideration for driver and pedestrian safety.

We **would like** a few more parent or adult volunteers, who will be trained to support our student patrollers. Please contact Rosemary Oxnam - rosemaryo@plimmerton.school.nz or phone the school.

The first day of patrols! L-R: Lauree, Rosemary Oxnam (Patrols coordinator), Gabriella Verran, Sue Bush (Community Constable)

PŌWHIRI

Our first pōwhiri for the year will be held next week on **Tuesday 12 February at 9.15am**. New students and their whānau will be formally welcomed to the school. Invitations to attend have been sent home to the whānau of newcomers (manuhiri). If you or your child have missed being welcomed at a previous pōwhiri, then you are most welcome to come and join the pōwhiri with the group being welcomed into the school. Also any parents or family members who have been previously welcomed (tangata whenua) are most welcome to attend to help us welcome our new families. The Pōwhiri will be followed by morning tea for the manuhiri.

SCHOOL ACCOUNT

Towards the end last year we moved our school bank accounts to ASB. We are now at the point where the Westpac account will be closing in the next few days so please, if you haven't already, please change your payments details for school payments to ASB 12-3478-0062343-00.

Ngā mihi

Mike Forrest - Tumukaki/Principal

Community News

These are provided as a service to the community and may not reflect the policies and practices of the school.



TOOLBOX

PRIMARY YEARS 5-9

Primary Years Toolbox course

11 Steyne Avenue, Pimmerton
Starting Wednesday 20 February

Please note that the course will start 20 Feb, and run for two more sessions, then have a break for a week, then resume for three more weeks from 20 March. So session dates will be 20/02/19, 27/02/19, 06/03/19, 20/03/19, 27/03/19 and 03/04/19

Cost

The cost is \$75 per person or \$130 per couple. However, if you're unable to contribute in this way, we'd still love you to join us, get in touch and we'll get you booked in.

What to expect

- 6 sessions per course
- Run in small groups by a trained facilitator
- Fun, practical and inspirational

Topics include

- The importance of love and connection
- Different parenting styles
- Understanding your child and their big feelings
- Discipline and boundaries
- Play, and lots more!

BUILD A GREAT FAMILY TEAM AND HAVE FUN ALONG THE WAY

book online: parentplace.org.nz
Enquiries to Tania 021 2971706

ParentPlace

Want to play Football??



Registration for **PUKERUA BAY SOCCER CLUB** for grades 5 (turning 5 in 2019) to 14 is now open:

- Registration closes 1st March 2019.
- Low Registration Fees: \$50 for grades 5&6, \$90 for grades 7-12 and \$100 for grades 13&14 (mixed competition), \$100 for Sunday girls' competition. Includes Nike shirt and shorts.
- Practices potentially in Pukerua Bay and/or Pimmerton (or wherever most suitable for team).

To register or for more information visit www.pukeruabaysoccer.org.nz/ or call **Iain Maclean** (0274203056) or **Neil Snowling** (0212291739) or email pkb@pukeruabaysoccer.org.nz.

Healthy Kids Corner

Healthy Kids Corner Sun Smart Kids

Now that Term 1 has begun, it is time to remind children about being sun smart. Children need to come to school prepared with a wide brimmed bucket hat, t-shirt sleeves and sunscreen to protect themselves. Children will need to reapply sunscreen after swimming this term at school. Your children are at school over the most at risk period of the day from 10am-4pm.

- Skin cancers are the most common form of cancers in New Zealand.
- Sunburn, particularly in childhood and adolescence, increases the risk of developing melanoma.
- The majority of skin cancers are preventable - it has been estimated that over 90% of melanomas in Australasia are caused by sunlight exposure.
- 80% of UV radiation can still get through on a cloudy day. You can reduce your risk of skin damage and skin cancer by being sun smart, seeking shade under an umbrella, tree, or other shelter before you need relief from the sun.
- The parts of the body that people often leave exposed to the full force of the sun's rays are the face, neck, arms and legs. Research shows the face is burned more often than any other part of the body. People also commonly suffer sunburn on their legs, arms and shoulders. These are the places where people most commonly develop melanoma and other skin cancers.

Look for sunscreens with an SPF of at least 30+, plus water resistance and broad-spectrum protection. It is important to apply sunscreen at least 20 minutes before going outside. Don't skimp on it. Apply plenty - about one teaspoonful (5ml) for each arm, each leg, your back, your front and your face (which includes your neck and ears). That adds up to about 35ml for a full-body application. Sunscreen should be reapplied often - every two hours you're outside. Please pay attention to the expiration date on the product because this will dramatically affect its sun protection reliability. Sunscreens deteriorate over time, especially if kept in hot places.

At school we advocate that children wear clothing and a hat to protect their face, ears, nose, shoulders, trunk, arms and legs. Applying sunscreen on any exposed areas of skin before the school day is recommended. We need your support in this way, to keep your child safe. Your child will take part in outdoor activities daily as a normal part of the curriculum and social play but it may be helpful to note syndicate sport days:

- Mono- Tuesday or Wednesday
- Hongoeka- Thursday
- Taupo- Friday

School sun hats are available for purchase from the school office.



PTA News

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