



ST ALBANS SCHOOL

Te Kura o Hato Opani. est 1873

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Kia ora whānau,

Welcome to term 4! How wonderful it was to start the term by celebrating our school's many cultures. To ignite this celebration, the whole school took part in a parade; each student and staff member walked behind the flag of their country of birth. It was amazing to see so many countries represented by our students and staff - we are such a multicultural school! Throughout the week the students will be involved in a range of learning opportunities relating to our Inquiry focus for the year Our Stories Matter - Tuia Mātauranga.



HUGGING:

THE TRUEST FORM OF
GIVING AND RECEIVING.

David Lee Miller



I spent the first part of the week in Auckland with my terminally ill father. As I sat with him and we shared stories from the past, I couldn't help but think about how important it is to make time to tell those special people in our lives how much we love them. I encourage you to make time for one another, share stories, give hugs and let there be no doubt how much love there is in your heart.

Staff Changes for 2020

We congratulate Trish Bunting on winning a team leader role at Wigram School. Trish has been with us for many years and as much as we are sad to see her go we are always thrilled when our team members are recognised by other schools for their leadership capabilities. Wigram School is certainly fortunate to have secured Trish.

Renee Kake has been successful in securing a Study Award for 2020. This is a great opportunity for Renee and we look forward to her returning upon the completion of her leave period.

Aroha mai, aroha atu.

When love is given, love is returned.

Please remember ALL students must wear a school hat or cap when they are outdoors. Let's keep them safe from the sun's harmful rays. Caps are available from the Oak Leaf Cafe and the school office for \$20. We also have sunscreen positioned around the school for those needing extra cover.



Ngā mihi,
Ginnie and the team

MESSAGE FROM THE BOARD OF TRUSTEES

A big welcome back to all of our tamariki and whānau for Term 4 from the Board of Trustees.

Enrolment Scheme Review - As mentioned in the final newsletter of Term 3, the Board of Trustees has been instructed by the Ministry of Education to review our enrolment zone in order to avoid over-crowding. Tomorrow we will be sending a letter to all school whānau by email and in hard-copy to be brought home by your children (please check school bags), which will outline the reasons for the enrolment scheme review, the options that the Board is considering, and the Board's recommendations for changes to the current zone. The information in the letter will also be available on our school website from tomorrow.

Your feedback is important to ensure that we get this right. The letter will include a survey form (in hard-copy and electronic) that will allow you to provide your thoughts on the Board's recommendations. No final decisions will be made on changes to the zone until the views of the community have been considered, so we urge you to take this opportunity to have your say.

Thank you, and here is to a fun and productive last term of 2019!

NEW PUPILS

We welcome the following students who joined our school this week: Mehtab, Jordan, Madison, Samuel, Dwaitha, Mateo, Ryan, George, Edward, Ava, Charlie, Sara, Braden, Te Ataarangi, Ashley-Marie, Sonny, Leo, Sherry, Chrennize, Kaik, Lohan and Charlotte.

SCHOOL NOTICES

School Donation Prize Draw – Congratulations to the Maxwell family and the Bremner family who have won the Term 3 prize draw. Your prize may be collected from the office. There will be another prize draw at the end of Term 4 for all families who have paid the donation. We appreciate your support of our school by paying the school donation ☺

Scholastic Book Orders – The last order for the year closes on Friday 1st November. Orders to the office or online through the Scholastic LOOP system.

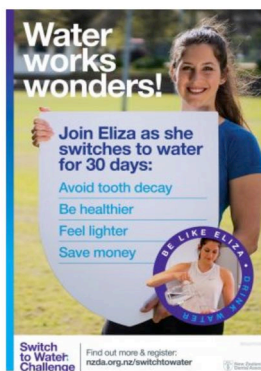
Year 5 & 6 Athletics - Wednesday 23rd October (postponement date: Thursday 24th October)
Events will begin at 9.20am with students competing in year groups. Events on the day are sprints, relay, high jump, long jump, discus and shot put. The distance races will be held soon after our school athletics day. The top place-getters will be eligible to compete at

the Zones. *Canty. Primary School Athletic rules state that any representative may only enter the following - 2 sprints (including relay) and 1 field event or 1 sprint and 2 field events or 3 field events.*

The Year 5 and 6 boys and girls have been split (evenly in ability) into a red and blue section because of their large numbers. The top 4 children from red and top 4 from blue will be selected and their throws/jumps measured to get the overall place getters, although sprints will be run altogether on the day. Your child will know which group (red or blue) they are in the day before Athletics Day.

	9.20am	10.30am	11.10am	11.50am	1.30pm	2.10pm
Sprints	All Yr 5	All Yr 6	X	X	X	Relays
Discus	X	Yr 5 Red	Yr 6 Red	Yr 6 Blue	Yr 5 Blue	Relays
Long Jump	X	Yr 5 Blue	Yr 5 Red	Yr 6 Red	Yr 6 Blue	Relays
Shot Put	Yr 6 Blue	X	Yr 5 Blue	Yr 5 Red	Yr 6 Red	Relays
High Jump	Yr 6 Red	X	Yr 6 Blue	Yr 5 Blue	Yr 5 Red	Relays

Children are encouraged to wear their house colours, bring a water bottle, wear a hat, apply sunscreen and have a warm jacket handy just in case. Please bring a safety pin so the score card can be pinned to their top. It should be a great day and we would love to see you down here if you can. Make sure you bring your running shoes for the parent relay at the end.



***Switch to Water Challenge: Begins 1st November.
Bring the family on board and take the challenge!
Watch out for next week's newsletter for more details.***

St Albans have registered for the annual Switch to Water Challenge. We invite our tamariki, whānau and kaiako to join in this challenge. The challenge begins on Friday 1st November. St Albans is already a water only school but we want to spread the message of the benefits of drinking water not just at school, but at home too. We are asking everyone to make water their drink of choice for 30 days in November and ditch the sugary drinks. New Zealand Olympian Eliza McCartney is back for the third year supporting challenge

participants and promoting the benefits of choosing water over sugary drinks. Sugar sweetened beverages have a negative impact on our health and wellbeing, leading to tooth decay and contributing greatly to obesity and other health problems. Children are especially vulnerable, and we want to encourage them to enjoy and choose water over sugary beverages for their own health benefits.

The aim of this 30 day challenge is to build better habits, with water becoming our students drink of choice over time.

Aroha mai, aroha atu.

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Why join the Challenge?

- Sugary drinks have no nutritional value, they contribute empty calories and replace healthier beverage options.
- They are also extremely acidic, which erodes teeth. A 600ml bottle of soft drink contains approximately 16 teaspoons of sugar and a regular 375ml can of soft drink contains about 10 teaspoons of sugar.
- Sugary drinks are one of the most significant causes of poor oral health and contribute greatly to childhood obesity and Type 2 diabetes.
- Last year alone, 29,000 children had one or more teeth removed due to pain or infection.
- Tooth decay is one of the most common reasons for children's admission into hospital in New Zealand.
- One can of sugary drink per day can lead to 6.5kgs weight gain in a year.
- About one third of children are either overweight or obese in New Zealand.
- Rapid blood sugar spikes after drinking sugary drinks can increase hunger and overeating.
- Water has no added sugar, no calories and is non-acidic. Switching sugary drinks to water is a great first step towards better health.
- Drinking tap water by filling reusable water bottle reduces the amount of plastic bottles that end up in landfill.

****Save money***

****Promote healthy habits***

****Reduce plastic***

PTA NEWS

- **Second-hand Uniform Sale** - In addition to our regular Friday mornings, next week we will have a second hand uniform sale in the hall on Wednesday, Thursday and Friday, 8.30 – 9am and 2.45 - 3.15pm. If you have had a sort through during the holidays and have some outgrown uniform to get rid of we will be very happy to take it off your hands. Please bring all donations to the cafe.
- **Calendar Orders due by 22nd October** - Jump on line at kidsartworks.com and use your child's code (that came home with them) and order away. Great for Christmas presents - calendars, diaries cards and mousepads available.
- **Market Day is coming on Sunday 10th November** - Kids stalls are selling fast but we have plenty of other stalls available. If you have a small business or do art and crafts consider purchasing a stall as a great way to market your product to the St Albans community. Pop into office to fill out a registration form - \$5 kids stall or \$20 adult stall.
- **Sausage Sizzle Friday** - \$2 each with all sausages gluten free, vegetarian options also available. Sausage cards available for \$10 or \$20. Eftpos available at the café.

COMMUNITY NOTICES

After School Care Needed - After school carer needed for 3 boys 2x per week. License and own car needed. Dates required from 11th November to 14th February 2020. Please contact Caro Baker 021 503 777.

Disclaimer: St Albans School does not necessarily support or endorse any of the services advertised in this newsletter.

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