



**ST ALBANS SCHOOL**  
Te Kura o Hato Opani. est 1873

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24 October 2019

**Kia ora whānau,**

Kia ora amazing St Albans Community, my name is Principal Ben Thomson. I was 'Principal for the Day' earlier this week. You might have seen me wandering around the school on Monday. I got this role at the epic PTA Quiz Night where my mum won the auction. The PTA has played a major part in fundraising for our new playground and other important projects. Talking about the playground, on Thursday 31 October we have a play specialist and our very own landscape architect leading a community workshop for community members and students. We invite you to join us in the hall between 8.30am and 9.30am.

As you probably know we have new surfacing in the Little A, and I am very pleased to say it is looking great and I thank the team from Playtop for their hard work.

Thank you, Trish Bunting and June Thompson for organising the amazing cultural week last week, it was fantastic. The parade celebrating all the different cultures was a great start to term 4 and the whole school coming together to dance and have fun was another highlight.

The cultural week included the values of this school. Every day we had something **fun** planned, and it was of course including the **community**, everybody was **respectful** of all the cultures, and **manaakitanga** was clearly evident.

Have a great Labour Weekend!

*Ngā mihi*

*Principal Ben Thomson*



*Ki te kore nga putake e mākukungia e kore te rakau e tupu.  
If the roots of the tree are not watered the tree will never grow.*

## Enrolment Scheme Review

Please have your say! **Our survey closes next week on Friday 1<sup>st</sup> November** and we want to hear from you. Access the survey from the homepage of the school's website or return your completed paper version of our survey to the drop box outside the office.

## Swimming Pool Ballot

Visit <https://bit.ly/2MBKaLu> if you would like to have your name included in the ballot for a swimming pool key for the summer. We anticipate the pool will open to the community from Monday 25<sup>th</sup> November. The ballot will take place **Wednesday 6<sup>th</sup> November**. Pool key prices remain the same for the 2019/2020 summer season \$120.00 (\$20 bond is refunded on the return of the key at the end of the season).

As part of our Health and Safety protocols, all key holders must complete an induction programme before keys are issued. Our induction programme runs on an annual basis, meaning you are required to complete this process again this year. 21/22/23 November are the dates for these induction sessions (we will inform you of the times if you are successful in being balloted).

## Safety Reminders

- 'Walk the loop' around Sheppard Place
- 3 minutes parking straight outside the school
- No wheels in the school grounds before school and after school until 3.15pm
- Hat/caps for safety in the sun

Enjoy your long weekend!

**Ngā mihi,  
Ginnie and the team**

## NEW PUPILS

We welcome the following students who joined our school this week: Zaina, Om, Emma, Alizee, Camille and Isabella.

## SCHOOL NOTICES

### **Switch to Water Challenge**

**Reminder: this begins next Friday 1<sup>st</sup> November.**

**Bring the family on board and take the challenge!**

St Albans have registered for the annual Switch to Water Challenge. We invite our tamariki, whānau and kaiako to join in this challenge. 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



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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.*

### 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*

*Share with your children the benefits of drinking water!*

### Year 5 & 6 Athletics – Friday 25<sup>th</sup> October

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

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 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.

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

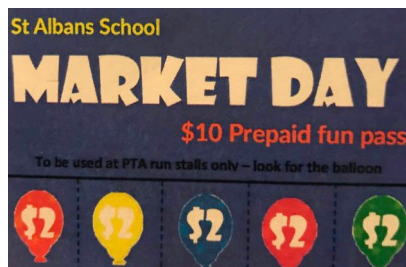
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the score card can be pinned to their top. It should be a great day and we would love to see you down here if you can. Make sure you bring your running shoes for the parent relay at the end.

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

### PTA NEWS

- **Market Day is coming on Sunday 10<sup>th</sup> November!** Buy your \$10 prepaid Fun Pass! Eliminate the need to have lots of coins on you at Market day and purchase a Kids fun pass on sale next week for \$10 in the café. How they work is it allows your child to purchase five \$2 items therefore they can purchase a pony ride, candy floss, face painting, bouncy castle and a sausage all without the need to have cash on the day! Perfect solution kids can therefore determine what they want to spend their money on. Interested in having a stall? Pop into the office for a registration form stalls \$20. (Kids stalls SOLD OUT).
- **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.
- **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.



## Riccarton Junior Cricket Club

**Sign up now!**

Have fun while learning the essential batting, bowling and fielding skills before taking the next steps through the junior playing ranks.



The programme will

Involve boys and girls on equal level

Provide opportunity for children to have fun and make friends

Include a variety of activities and games

Teach the essential skills of cricket while having a 'fair go'



Where

When

Start Date

Cost

To register or for info:

St Albans School, Sheppard Place

Friday's 5:30pm-6:30pm

Friday 1st November 2019

\$65 per person for the season (10 sessions)

deborahgrangernz@gmail.com or 021689597

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