



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

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14 November 2019

**Kia ora whānau,**

### **Celebrating Learning - Our Digi Kids at the Digi Awards**

Congratulations to the 41 children who entered this year's Grow Waitaha Digi Awards. We were so proud of your efforts and the quality of your entries. This year there were over 400 entries (last year there were around 100 entries!). Special congratulations to the finalists:

- Kody was placed first in the open category
- Senha and Johnny were first in the commercial category
- Lachlan was awarded a special award for his Manu Bird song for use of Te Reo, he was also placed as a finalist in the open category
- Mihi, Phoenix, Bailee and Kieran were also awarded the Te Reo award for excellence for their use of Te Reo
- Maisy and Naya were also finalists in the story telling category



Given there were over 400 entries this year Sam Pelham has done an outstanding job guiding and supporting these young learners. Sam ensured these entries were 'child led creativity' that we encourage here at St Albans School. Pictured from left to right are Senha, Johnny and Kody.

### **Zone Athletics**

Congratulations to all our St Albans athletes who made it to Canterbury Athletics. There is always fierce competition at the Northern Zone event making this success most impressive.



### **PTA Market Day**

What an amazing Market Day. I have heard so many positive reports from both community members and staff. Thank you to absolutely everyone involved and to the organising committee... you rock! At our PTA meeting last night, we started looking ahead to opportunities for 2020.

With many long standing members leaving us at the end of the year we are looking for new whānau to join us.

### **Health Consultation**

Welcome to our health education consultation survey for 2019. This very short survey <https://bit.ly/32IXpyX> will help us to meet our legal requirements in regards to biennial consultation. We appreciate your input. This survey closes Friday 29 November.

*E raka te mauī, e raka te katau.*

*The right hand is adept, the left hand is skilful.*

## VIP Morning Tea – Monday 16th December

If you have helped us ... pop this one in your diary now. We will once again showcase St Albans talent and put on a lavish spread as a means of showing our appreciation of your support.

### 2020 BYOD Bring Your Own Device

At St Albans School we encourage children from Years 3-6 to bring their own device to school to support their learning. Having a personal device ensures your child has their work at their fingertips all of the time. It also makes it very easy to share the learning happening at school with you at home.

At St Albans School we use a variety of tools to enhance our learning programmes. Our children are growing up in a digital age and it is our responsibility to ensure they are well equipped for their future. We encourage children to use the best tool for the task - pen, paper, books and devices are all important tools for our tamariki.

Our strong recommendation is for children to have an iPad or iPad mini - ideally running iOS 13. We continue to offer BYOD to children on any other devices providing they are able to hold their charge for a full school day and have a screen size of at least 7.9". St Albans School BOT ensure there are devices to share available for those children who do not have their own.

### Pool Keys

Congratulations to those who were successful in being balloted a swimming pool key. A reminder of our pool induction dates and times. We have 4 options for you:

- 9.00am Thursday 21<sup>st</sup> November (led by Glen McKenzie, Deputy Principal)
- 2.30pm Thursday 21<sup>st</sup> November (led by Glen McKenzie, Deputy Principal)
- 6.30pm Thursday 21<sup>st</sup> November (led by Vaughan Hartland, Board of Trustees)
- 12.30pm Saturday 23<sup>rd</sup> November (led by Vaughan Hartland, Board of Trustees)

Please meet in the pool area. A reminder no pre-schoolers or children during your induction session please.

### Have a wonderful long weekend.

***Ngā mihi, Ginnie and the team***

**New Pupil** - We welcome Haydee who joined our school this week.

### SCHOOL NOTICES

**ICAS & AMT 2019 Results** - During Term 3 some of our St Albans children choose to take part in the annual ICAS and Australian Maths Competitions. Special congratulations to the children who scored particularly well. Children not written here have gained a participation certificate. Certificates will be awarded once all are received. [All practice](#)



## V.I.P Morning Tea

DECEMBER 16, 2019 • 10.00AM

*It is with great pleasure we  
invite you to our  
V.I.P Morning Tea  
to thank you for all your  
support this year with an  
array of St Albans School  
talent and delicious kai.*

**VENUE: SCHOOL HALL**



papers to be returned to Mrs Lidstone or the office ASAP. Any queries please see Jo Lidstone.

	Merit	Credit	Distinction	High Distinction
<b>ICAS Maths</b>				
Year 4	Ruben, Charlie	Leo, Sarah, Dylan, Jamie		
Year 5		Hannah	Ollie	Harry
Year 6		Charlie, Nate, Alex	Lachie W	
<b>ICAS English</b>				
Year 4		Clara, Sarah, Audrey		
Year 5		Ollie	Hannah	
Year 6		Lachlan F	Lachie W	
<b>ICAS Writing</b>				
Year 4		Grace, Clara, Sadie		
Year 5		Bailee		
Year 6	Alex	Jinudhi, Lachlan F, Emily		Lachie W
<b>ICAS Spelling</b>				
Year 4		Grace B, Clara, Leo, Bonnie	Joe	
Year 5	Ollie	Bailee		
Year 6	Joe	Lachlan F, Lachie W, Alexander		
<b>ICAS Digital Technologies</b>				
Year 4	Maggie			
Year 5		Hannah		
Year 6		Charlie, Lachie W	Lachlan F	
<b>ICAS Science Results</b>				
Year 5		Hannah, Ollie	Harry	
Year 6			Lachie W	
<b>Australian Maths Competition</b>				
	Proficiency	Credit	Distinction	High Distinction
Year 4	Olivia, Sarah, Leo	Dylan	Madison	
Year 5	AJ, Hannah, Joey		Harry, Uno, Oliver	
Year 6	Charlie, Fiona, Lachlan F	Lachie W, Nate, Alexander, Joey		

**Switch to Water Challenge!** Avoid Sugar Traps - When it comes to what to drink, water really is the BEST choice! Its free and it has no sugar! Many of the drinks we have every day in New Zealand are PACKED with sugar and more than you might realise. **It is recommended that we eat less than 6tsp a day of ‘free’ sugar.** Free sugars include things like white and brown sugar, coconut sugar, syrup, honey and fruit juice. It doesn’t include the sugar when you eat fruit whole or in unsweetened milk or milk products like yoghurt. Here’s how much sugar is in some common drinks:

- 500mls Coke = 13 tsp
- Organic Feijoa and Apple = 8 tsp
- 375mls Lemon lime & bitters = 9.5 tsp
- 500mls Chocolate milk = 10 tsp
- 250mls Fruit juice = 6 tsp
- 375mls Ginger beer = 9.5 tsp
- 200mls Chi herbal water = 4 tsp
- 500mls Iced tea = 7.5 tsp

You can see that water is a MUCH better option! If you are looking for extra flavour to add

to your water to make it more exciting, here are some ideas:

- Add one of the hot and cold brew teabags you can find next to the other teas at the supermarket
- Add sliced fruit like lemon, lime, apple, pear or a small handful of frozen berries
- Add herbs to your water: crushed mint, a spring of rosemary and basil all work well
- Add lime, mint, cucumber or lemongrass or make a combo!

You can also mix it up from time to time with sparkling water. The New Zealand Dental Association (NZDA) recommends sparkling waters be consumed only occasionally, due to their acidic nature, with lower pH levels than plain water. This is due to the potentially erosive effect on teeth. Enjoy healthy drinking!

### Y3/4 Athletics Day – Wednesday 20<sup>th</sup> November 2019 Kererū and TTRR Athletics Day Rotations

	Year 3 Girls A	Year 3 Girls B	Year 3 Boys A	Year 3 Boys B	Year 4 Girls A	Year 4 Girls B	Year 4 Boys A	Year 4 Boys B
Welcome and warm up 9:10 Begin rotations 9:20								
Rotation 1 9:20	Long Jump	Shot Put	Middle Distance	High Jump	Sprints	Discus	Hurdles	Fun races
Rotation 2 9:40	Shot Put	Middle Distance	High Jump	Sprints	Discus	Hurdles	Fun races	Long Jump
Rotation 3 10:00	Middle Distance	High Jump	Sprints	Discus	Hurdles	Fun races	Long Jump	Shot Put
Morning Tea 10.20 -10.40								
Rotation 4 10:45	High Jump	Sprints	Discus	Hurdles	Fun races	Long Jump	Shot Put	Middle Distance
Rotation 5 11:05	Sprints	Discus	Hurdles	Fun races	Long Jump	Shot Put	Middle Distance	High Jump
Rotation 6 11:25	Discus	Hurdles	Fun races	Long Jump	Shot Put	Middle Distance	High Jump	Sprints
Rotation 7 11:45	Hurdles	Fun races	Long Jump	Shot Put	Middle Distance	High Jump	Sprints	Discus
Rotation 8 12:05	Fun races	Long Jump	Shot Put	Middle Distance	High Jump	Sprints	Discus	Hurdles

Class relays to begin at approximately 12.30 – 12:45

### PTA NEWS

- **Market Day** - What a fantastic turnout on Sunday for our school market day. A huge thank you to everyone that made this event happen including our committee, volunteers, stall holders, sponsors and all those who attended.
- **Calendar Art** - Realised you've forgotten to place an order or missed someone off the Christmas list? It's not too late!! Orders have been reopened until the end of this week, simply go to [www.kidsartworks.com](http://www.kidsartworks.com). If you have lost your child's unique code then please email [sharon.oconnor@stalbans.school.nz](mailto:sharon.oconnor@stalbans.school.nz)
- **School Disco Coming Soon!** Friday 29 November - Y0/1/2 4.15pm to 5.30pm, Y3/4 5.45pm to 7pm, Y5/6 7.15pm to 8.30pm. Tickets will be available to purchase from the Cafe from next week.
- **Croissants** - We have some of our delicious croissants still available for purchase. \$20 for a bag of 20 - plain or pain au chocolat. Come and see us in the Cafe to stock up for Christmas!

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