

Date: Wednesday 7 April, 2021 Term 1, Week 10

Message from the Principal

Dates to Remember

- **♦ Next Friday 16th April** is our last day for Term One and we finish at the normal time of 2:45pm.
 - **❖** Term Two commences 3rd May at 8:55
- **Last day for the Homework Centre** is Thursday 15th April.

School Lunches Menu

Please note that the school lunches weekly menu is posted onto the notice board outside the school office beside Rm 12 and we will also post this to our Facebook page.

Anzac Day 26 April

Poppies are available at the school office if you would like to make a donation



Anzac Day is a national day of remembrance in New Zealand and Australia that broadly commemorates those "who served and died in all wars, conflicts, and peacekeeping operations".

Martin Genet **Principal**



Rakau Disco

Rakau is hosting a disco on Thursday 8th April.

Kakano & Mahuri 5-6pm Rākau & Taiohi 6:30-7:30pm

You must pick your child up from the hall door. No child will be allowed to walk home without an adult. \$2 door charge.

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Our Three Kete Focus



Our Three Kete Focus until the end of the term is:

"HOW WE REACT HAS IMPACT."

We are making sure that our reaction matches the situation and that we don't over react.

New Enrolments: Please remember to pick up an enrolment package from the school office if there are younger siblings starting at Peterhead this year. This helps us with forward planning.

New Entrant Cohort Start Dates

Term 2 - 3 May and 7 June

Term 3 - 26 July and 30 August

Term 4 - 18 October - 16 December

Treasure Seekers Invitations

Please remember to return the permission forms to the school office as soon as possible.

Ngā mihi, Janine Lardelli

Netball - Wed 07/04/2021

Yr 1 & 2 - PH Sapphire vs Flaxmere Toa 3.45pm, Ct 6a

Yr 3 & 4 - PH Diamonds vs Te Mata Fleury 3.45pm, Ct 4

Yr 1 & 2 - PH Pearls vs Frimley Sting 3.45, Ct 7a

Basketball - Thurs 08/04/2021

Yr 3 & 4 - PH PH Raptors vs HNP Tiger 4:30

Yr 7 & 8 - PH Thunder & PH Breakers 5:40

St John's College - Information Days Jervois Street, Hastings Ph 8786853

Prospectus Evening - Wed 13th May 7pm - Information

Taste of St John's Day - Wed 16th June Commences with Powhiri at 9:30 a the school gate and day programme concludes at 2:10pm.

Open Evening Sunday 8th August at 6pm



The Food Pyramid – children are learning about what to include (and what to cut down) in a healthy diet. This updated food

"pyramid" could help you to continue the conversation at home: **Fruit** is a perfect, pre-packaged snack. Make a fruit salad to snack on during the day, keeping it in an airtight container in the fridge. A bowl of fresh fruit at home and at work also makes a convenient, readily-available snack. **Frozen pineapple slices** are a handy snack for a hot day.

Nuts and seeds are a delicious, satisfying snack. Try raw nuts such as almonds or cashews and mix with sesame, pumpkin or sunflower seeds. Add some dried fruit for extra variety. Nuts are full of 'good' oils, but this makes them high in energy (calories/kilojoules), so limit the amount you eat to a small handful or two a day

Why SIT when you can STAND? Why TXT when you can TALK? Why DRIVE when you can BIKE?

Why DROP THEM OFF when they can safely WALK?

Why WORK when you can PLAY? Why WALK when you can RUN? Why WATCH when you can DANCE?

Kids in the Kitchen

Many children love to learn in the kitchen and they are always so proud of their results. One way to encourage your kids in the kitchen is to use cooking videos that show you exactly what to do. It's even better if they make tasty, healthy kai. A great place to look for ideas is the website of the Heart Foundation. They have plenty of recipe videos like this one.

 $\frac{https://www.heartfoundation.org.nz/educators/edu-r}{esources/chicken-soup-video}$

Community Notices

Unison Switch Gala Day - Thurs 8 April

This is an opportunity for girls aged 7 to 18 to come along and give rugby a go in a fun and safe environment. The day will run from 9.45am to 2pm and there will be a sausage sizzle and prizes.

There are 6 grades open for entries:

Year 3-4 Rippa Year 5-6 Ruppa

Year 4-6 Sevens

Int Sevens, Under 15 Sevens, Under 18 Sevens.

To register your team follow the link below:

https://www.sportv.co.nz/hbrugbv/Womens-Rugbv/Gala-Day

Riverbend Bible Church - Medieval Kids Camp

26-30 April. Registrations open 16 March www.riverbend.oorg.nz/kids-camp

National Aquarium of NZ - Rock Shore Explorer's Holiday Programme.

Ages 8-13 years old.

Investigate rock pools and discover the amazing animals that live there. Study these creatures under microscopes, link in with international researchers and become a citizen scientist.

26-30 April. Each day is a stand alone session.

Dates To Remember

(Please check dates regularly as they may change)

16 April Term 1 Ends o₃ May Term 2 Begins 07 June Queens Birthday 09 July Term 2 Ends 26 July Term 3 Begins Term 3 Ends o1 Oct **18 Oct** Term 4 Begins **22** Oct HB anniversary Day 25 Oct Labour Day

25 Oct Labour Day **16 Dec** Term 4 Ends

OUR KETE AWARD WINNERS FOR THE WEEK



Hayley McKinley Lennox Te Whare



Gloriah Amosa

