

Tena koutou katoa

Moffett Cup week! The children are very excited about this event. We hope that it will be on for all children. If it is too wet, there is a possibility that the rugby will be cancelled but with netball inside it will go ahead anyway. Thank you to all of the helpers that make this possible. It is wonderful to have all of the Mums and Dads out there with the children coaching them.

John Parsons worked with our children and parents last week. He has the most current knowledge on how to support our children around technology in a safe way. Research shows that technology is driving a wedge between guardians and children because of the lack of socialising and effect on relationships. Key messages included:

- Between 2-5 years of age, devices are in competition with time with Mum and Dad. At this age the most important thing for a child's development is to be socialising with parents. Put the device down and away
- No child between 3-5 should be left unattended on devices
- Technology is introduced to children by watching caregivers
- Keep technology and food apart – be mindful of eating, have conversations at mealtimes
- Technology should not be in bedrooms or bathrooms and not used first thing in the morning. Get the chores done and be ready for the day before going on to technology
- In adults who have less than 6 – 7 hours sleep/day, there is an increased risk of heart attack, cardio vascular disease, strokes, diabetes and early onset of Alzheimer's. If our children aren't getting enough sleep because they are continually using technology in the bedroom, what will the impact be on their health and well being?

So get active and interact with children up to age five years and then introduce technology with strict regulations. Look at the whole child – are they active, getting enough sleep and eating well. If these things are right then they probably aren't on technology too much. When one of these isn't right, look into how much time they are spending on technology.

Have a great week.

Kate Stevenson

Principal

"It has become appallingly obvious that our technology has exceeded our humanity". - *Albert Einstein*

Calendar of Events:

Thursday 1 st August	- Moffett Cup Practise 1.30pm
Friday 2 nd August	- Moffett Cup
Monday 5 th & 6 th August	- Goal Setting Conferences 3.30 – 5.20pm both days
Tuesday 6 th August	- Year 7 & 8 Technology – Menzies
Thursday 8 th August	- Indoor Bowls Tournament
Friday 9 th August	- School Speech Competition – 9.30am
Friday 9 th August	- Assembly Team Karaka
Monday 12 th August	- Home & School Meeting 7.30pm in Library
Tuesday 13 th August	- BOT Meeting 7.30pm
Friday 16 th August	- Disco – 6.00pm at Tokanui Hall
Monday 19 th August	- Year 5 Netball Tournament
Tuesday 20 th August	- Year 6 Netball Tournament
Wednesday 21 st Aug	- Year 7 & 8 Netball Tournament
Friday 23 rd August	- Assembly Team Whero
Saturday 24 th August	- Ski Trip
Tuesday 27 th August	- Polyfest

Class Reports:

Team Kikorangi: We have replanted our beans so they have more room for them to grow. This week in discovery time we have been creating objects out of Lego and playdough.

Team Kowhai: This week we have Constable Marty coming in to talk to Team Kowhai about keeping ourselves safe. We have also been learning to debug programs with the bee-bots and with an app called Lightbot.

Team Whero: Thank you to all the parents and friends who are helping with Moffett Cup practices, we are loving getting outside and working on netball and rugby skills.

Team Karaka: will be presenting their speeches on Monday the 5th August. We will be starting at 11:30am sharp, you are welcome to come.

Team Papura: We had a great day yesterday at Menzies College for Technology. We will be making pewter pendants, cooking and learning about science. We would like to welcome Jhia Morrison who started in our class this week.

NZ Police recently launched a new non-emergency number, **105**. We've done this to make it easier to get hold of us in the event of non-urgent situations or 'Things which have Already Happened', which don't require Police assistance immediately.

You can call us on 105 for all non-emergencies, or you can go online at 105.police.govt.nz to report things like:

- Lost property
 - Theft for a public place or car
 - Intentional property damage
 - Or to get an update or add info to a previous report
- In the event of an emergency, always call 111 - Things that are Happening Now.

Book Club – Due Monday 5th August.

Goal Setting Conferences

August 5th and 6th 3.30pm – 5.20pm

To book a time go to www.schoolinterviews.co.nz

*Make a booking

*Code tudeg

Southland Primary School Netball Tournament

We need some coaches for this tournament. If you are able to help please contact Sue at school.

Tournament dates are

Year 5 - 19th August,

Year 6 - 20th August,

Year 7 & 8 - 21st August



Moffett Cup Friday 2nd August

Rugby Venue: Pirates Old Boys Rugby Club

Netball Venue: ILT Stadium southland

Please be at venue at 9.15am

Cleaner wanted:

The school is looking for a relief cleaner. If you are interested in this position, please make a time to meet with Kate by phoning the school office, 2468 738.



Tokanui School Community Ski Trip is booked for Saturday

24th August 2019 to the Remarkables. If you would like to

join us for the ski trip please contact Nic Johnstone 027 406

5204, or Deanne Paisley **before next Wednesday**

7th August 2019 for further information.

This week's joke: Why is there a button in my Salad?

It must have fallen off when the salad was dressing.



Curio Bay Christian Fellowship

Services will be held on the 1st and 3rd Sunday of each month.

Contact John & Jenny Wilson 032468 722 or

June Stratford 03 2468 363

2019 Baleage for Sale - \$70 + GST per bale.

Waikawa Valley area, phone 2468 741

Please mark this date on your calendar

Daffodil Day Friday August 30th 2019 at Tokanui tavern

any donations or support you could give towards this auction and cake stall would be greatly appreciated.

Please contact Janice 03 2469 566 or Lianne 03 2469 703

More info to follow





Btpilates at Tokanui Community Hall
Wednesdays, 9.30am
Bookings for Term 3 of 2019
 10 sessions from July 24th until September 27th

Three options:

- * Full term 10 sessions * \$12 = \$120.00.
- * Half a term, come when you can (5 sessions * \$14 = \$70.00)
- * Alternatively no booking, just pay \$16.00 on the day.

Please make your choice and let me know,

- * Payment is by cash or cheque, or internet banking to:
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Come along! - Invite a friend!

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Meeting of **Waikawa Museum** to discuss the changes to the constitution as this was set 1972.
 It is time to renew.

This will be on Wednesday 7th of August at Museum at 1-30pm.

Apologies to Gay 2468 402 or Pani 2468 855

Waimahaka Collie Club

AGM Monday 5th August 7.00pm

At Tony Buckingham's Woolshed

Contact Roz on 2469 747



Celebrate with us

We invite family and friends to join us for a pot luck dinner
 to celebrate the marriage of Tim & Jo

Tokanui Rugby Club, 23rd August at 6.30 pm.

No presents, bring a plate and we will supply some beer and
 wine.

Judy & Rodney



Menu Available - Open 7 days 10.00am

Sundays Roast Available 12.00pm

Strictly Coffee - All day Cabinet Food

Set menu options for groups

Dinner Booking Recommended

Pop in and see Ange and the friendly team

www.curioscape.co.nz - phone (03) 2468 897

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 Catlins.

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Or 1 year passes for only \$45 (1 person)

Or 1 year family passes for only \$60



Toi Toes Guides and Scouts Maintenance Committee AGM Tuesday 6th August 2019.

7.30pm at the Tavern, all welcome, at the commencement of this short meeting there will be
 information for all Jamboree Parents to prepare for the upcoming Jamboree. It would be
 great to see you all there.

England Fundraiser for Shianna, Charlee and Ella

Catering Pack of Foodwrap 33 x 600m. \$36

Baking Paper 30 x 120m \$35

Caterers Foil 44x90. \$32

Orders in by Friday 16th August delivery end of August

Kelly Earwaker 027 4410 050

Kathryn Voice-Templeton 2468 466 or 027 825 0117

Thanks for your support

Tokanui Medical Centre - Phone 2468 850

Doctor Day: **Wednesday 14th August - Abraham**

Wednesday 28th August - Kirsty Lewis

You don't have to be enrolled in this practice to have

this vaccination at Tokanui. Please contact Balclutha Medical Centre to
 make an appointment and for repeat prescriptions (03) 4190 400

Anyone wanting a smear test, contact the Tokanui Medical Centre.

Emergencies phone 111 Ambulance, Fire and Police



Odd Spot: Placing a piece of charcoal, chalk or several mothballs in a
 toolbox prevents tools from rusting.

We are currently undergoing updates on the Community Response Plans
 (previously known as Sector SOPs) for Southland and we would like to get the
 ball rolling on the Tokanui area. We will start with a coastal plan (including
 Waikawa, Curio Bay, Fortrose) and then return next year to complete the rest
 of the area.

We would like to get as many members of the community as possible involved
 to contribute to these plans, as no one knows the area better than the people
 who live there. We will be discussing community response planning, emergency
 preparedness and what we can all expect if there is a Civil Defence emergency.
 The more prepared a community is, the more likely it is that the community will be
 able to look after themselves and others and given the isolation of Curio Bay,
 Waikawa and Fortrose it is good for us to know that plans are in place for these
 communities.

Where: CurioScape

When: Monday August 5th at 2.00pm

Please feel free to share, and we
 welcome as much input as possible.

Aly Curd

Community Advisor

Emergency Management Southland

Phone 0800 76 88 45 Mobile 021 300 761



Stainless Steel Peg England Fundraiser for Shianna, Charlee and Ella,

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 layered pants in the wind, no problem. It also can hold very thin & delicate clothes securely.
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 every year. Look no further, these are the best "FOREVER PEGS"!!

There are 2 grades

- Standard Peg (20 in a set). \$20

- Marine Grade Pegs (20 in a set). \$28 if you live near the sea

If you would like to order any please contact either Kelly 027 4410

050 or

text Kathryn on 027 8250 117 or phone 03 2468 466



TOKANUI JUNIOR RUGBY DRAW FOR THE 3RD AUGUST

Callahan Transport Rippa U6 vs Blues. Kick off 10:30am at Tokanui

Borlase Dipping U8 vs Blues. Kick off 11.00am at Oreti Park, Otatara

Titiora Transport U9 vs Collegiate. Kick off 10:30am at Tokanui

Tokanui Bistro U11 vs Woodlands. Kick off 10:30am at Tokanui

Tokanui Woodlands A Grade vs DSL. Kick off 11.00am at Tokanui

Canteen Roster:

There are amendments to this week's roster as this is the last home game for the
 season.

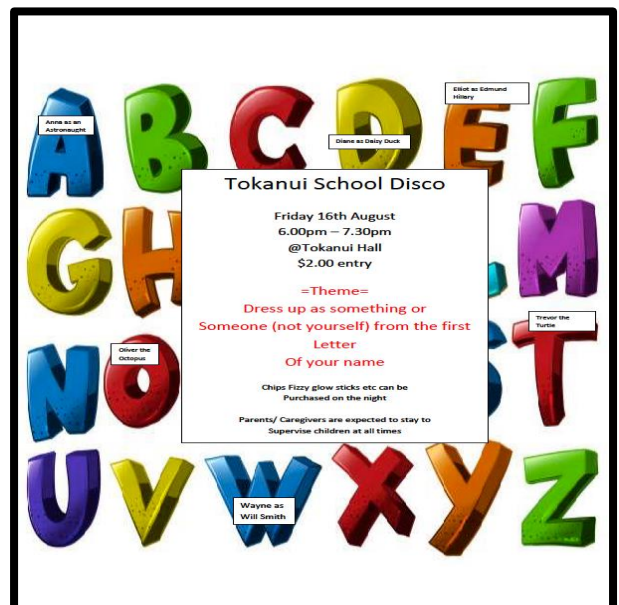
- Tina and Sean McMullen

- Jillian and Quentin Strang

- Logan Dean

- Georgette Karamaena

- Naomi Worthington



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