

Hello everyone

This week we had the last session of our clubs before the children go to their next choice of activity for the next four weeks. Clubs will be extended into the first week of next term so that we get four weeks on the second activity. Thank you to all of the parent and community support that help to make this possible.

On Monday we carried out our first Lockdown drill following our newly formed procedure. A lockdown can be required for a number of reasons and usually we will be guided by the police. Constable Marty attended our drill so that he could give us some feedback and help talk us through a variety of situations. This is about the children and teachers being prepared but we are very aware that in such a situation, common sense will be key. The important things for parents/caregivers to know are:

- **Parents will receive notification and updates via the school app – if you don't yet have this, come into the office and get Marylyn to help you load it or let her know if you can't access this technology.**
- **Parents are encouraged not to phone the office during the lockdown, but keep up to date via the app.**
- **Parents are to keep away from the school until notified that the lockdown is lifted and it is safe to come and collect their children.**
- **Once the lockdown is lifted, parents can collect their children. If someone other than a caregiver is to collect them, parents are to notify the school, (preferably by text).**

Constable Marty was pleased with how the layout of the school gave good visibility and he was impressed that he could walk right around the school and didn't know where the children were because there wasn't a sound and they were out of sight. Tino pai Tokanui School!

Thank you for supporting Yellow Day at school. Cancer affects us all one way or another so it was good to support this worthy cause.

Have a great week and enjoy the lovely spring weather.

Kate Stevenson
Principal

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do."-Mark Twain

Calendar of Events:

Monday 16th September - Book Bus
Tuesday 17th September - Science Fair
Tuesday 17th September - BOT Meeting 7.30pm
Friday 20th September - Assembly Team Kikorangi
Wednesday 25th September - SMAC Maths
Friday 27th September - End of Term 3
Monday 14th October - Day 1 Term 4
Monday 14th October - Book Bus
Friday 25th October - Pet Day
Friday 15th November - Soccer Tournament



Class Reports:

Team Kikorangi: We welcome Hope Johnston to our class this week. We have all enjoyed our first round of clubs and can't wait until the next round of clubs starts on Tuesday.

Team Kowhai: This week Team Kowhai have been doing some science with Mrs Stevenson. Team Kowhai is on Assembly this Friday.

Team Whero: We are learning about legends and re-telling the legend of Rona and the moon using a picture map.

We've also been working on partitioning in maths and this week learned that the whole class has improved on their basic facts tests. Woohoo.

Team Karaka: Are away enjoying the National Health & P.E. Day in Invercargill.

Team Papura: Mrs Stevenson taught us on Monday and we did some science experiments. We are continuing our Sexuality Education unit. We are looking forward to having Mr Hayes teaching us from Monday.

Odd Spot: Rice is the main food consumed for half the people worldwide.

Headlice: Once again these nasty critters are at school so, could you please check your child/ren's hair. It is recommended that hair be checked two or three times weekly as eggs can hatch in that time. If you want information on how to treat or even to look for contact the School Office.

Kapa haka

We would like to say a big thank you to Mrs Patricia Poole for making our dresses for the older girls and also to Cala Paenga for coming along and helping put all our mokos on. We all really appreciate everything you have done for our group.

VIRUS SPREADING

These steps can help stop the Virus Spreading:

- Don't go to school, early childhood centre or work until well and for 48 hours after the last episode of diarrhoea or vomiting.
- Don't prepare or handle food for at least 48 hours after the symptoms stop.
- Immediately remove and wash any contaminated clothes and bedding using detergent and hot water.
- Thoroughly clean and disinfectant contaminated surfaces by using a bleach-based disinfectant.
- Wash your hands thoroughly with soap and water and dry.

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](https://www.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.

This week's joke: What do you call a tiger that eats your mother's sister?

An aunt - eater.



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Ceila & Paul Watson (03) 2468 421

Tokanui Medical Centre – Phone 2468 850

Doctor Day: Wednesday 11th September – Abraham
Wednesday 25th September - Abraham

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



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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 027 2468 089



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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

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Phone 03 2469 726



Otara Anglican Church Service on Sunday, 8th September beginning at 2.00 pm. Afternoon tea to follow. All welcome. Any inquiries to Barbara Morrison 2468 403

Starting soon - Lawn mowing including lawn clipping removal if required

Phone Pani & Finch 2468 855 in evenings or leave a message



PACKING SNACKS FOR SCHOOL SPORT COMPETITIONS



Nutritious food and plenty of water provides the right fuel for a good performance at school sport competitions. Plan to fuel up before, during and after the competition.

Ideas for snacks to bring on the day - high in good quality carbohydrate and protein:

- ♥ Have a filling breakfast 2 - 4 hours before the event, which should include good quality carbohydrate and protein foods.
- ♥ Have a light snack 1-2 hours before the event - eating too close to the event may cause a stomach upset!
- ♥ Be prepared! Pack nutritious snacks, like nuts and fruit to avoid having to buy food at the event.
- ♥ Store snacks like yoghurt, cheese and milk at safe temperatures. Bring a cooler bag with a frozen bottle of water to keep cold foods chilled.
- ♥ To support recovery after an game the best foods are a good source of carbohydrate and protein like a filled sandwich or sushi.
- ♥ Drink plenty of plain water before, during and after the tournament. Keep a chilled water bottle at the side line.



For more information, visit: heartfoundation.org.nz

Some of Team Kikorangi Speeches

I want to be a Shop Maker because I like shopping
 Amelia Anderson

I want to be a dairy farmer as I have a dairy farm. I like cows because they give us milk. I like shifting cows with my dog.
 Tilly Barnes

I want to be a dairy farmer with my Dad. I want to milk cows.
 Shaynae Hansen

I want to be a tractor driver, a rugby coach and a speech maker at the rugby. I want to be like my uncle Daryl because he lets me drive in the tractor.

Oscar Manson



We raised \$80 for Daffodil Day

Thank you for supporting those who support our school.

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