

Kia ora everyone

Congratulations to the students in Team Karaka who have been working very hard on their Science Fair projects. They travelled by bus to town on Tuesday and set up their displays ready to answer the judges questions. This has been a steep learning curve and also a great opportunity to present work to a high standard for an event. They were quite nervous before speaking to the judges which just shows their commitment to their work. We now wait to hear how they got on and the projects get collected on Friday after school. With the weather being wet and cold, we didn't visit Queens Park, instead opting for the warmth of Stadium Southland to eat lunch.

School lunches have been a topic of interest in the media lately so I thought it an opportune time to make sure that you know what we do at Tokanui School. The children have a 'Healthy Food Break' at around 10.00am. At this time they can have the Fonterra milk if it is Monday, Wednesday or Friday. They can also have a piece of fruit or veggie sticks from their lunch box. This is to ensure that all children have something in them to feed their brain. After they have had their play at morning tea time they come in to class for 'Feed and Read'. At this time they have their morning tea while either the teacher reads to them or they read while they snack. Eating after playing has reduced the amount of rubbish around the playground and also means that they are sitting to eat, rather than eating on the run. Lunch time is at 12:30pm and the children sit for 15 minutes or as long as it takes them to eat their lunch. Teachers check that children have a lunch and that they eat the main part of their lunch before releasing them to play. Children are encouraged to take home anything not eaten so that parents are aware of what they are eating and to save on wastage. The children are asked to take home any rubbish that is produced through their packed lunch to help families to consider what they can do to reduce the amount of rubbish that they have in their lunchbox. Many families have changed to reusable containers, Beeswax Wraps and other systems that mean that they aren't eating out of packages or using gladwrap. Our approach is to support families to make good choices. Ways that you can help your child include:

- Talk about what would be suitable to eat at 'Healthy Food Break'
- Discuss what is suitable for morning tea
- Buy big bags of chips, biscuits or popcorn to then put into a reusable container for lunches rather than purchasing a big bag of lots of small bags of these items
- Send your child to school with a drink bottle full of water – in the summer it can be nice to get it out of the freezer in the morning

I have enjoyed working in the classrooms this term with a focus on science. Next term I hope to spend some time in classrooms making 'Beeswax Wraps'. Let me know if you would like to help.

Ka pai to wiki/have a great week

Kate Stevenson

Principal

"We can't always choose the music life plays for us, but we can choose how we dance to it." Unknown

Calendar of Events:

Friday 20 th September	- Assembly Team Kikorangi
Friday 27 th September	- End of Term 3
Monday 14 th October	- Day 1 Term 4
Monday 14 th October	- Book Bus
Thursday 17 th October	- Jerome Kavanagh
Friday 25 th October	- Pet Day
Monday 28 th October	- Labour Day
Tuesday 29 th October	- Life Education Truck (Parent Session)
Tuesday 29 th October	- Life Education Truck
Wednesday 30 th October	- Eastern Golf Tournament
Monday 4 th November	- School Photos
Friday 15 th November	- Soccer Tournament
Friday 29 th November	- Menzies College Open Day
Wednesday 4 th December	- Mitre 10 Mega Tough Kids
Thursday 5 th December	- Mitre 10 Mega Tough Kids Postponement
Tuesday 17 th December	- Last Day and Breakup for 2019



Class Reports:

Team Kikorangi: Over the next couple of weeks we are making our own recipe book. Some of the children have started writing their own recipes.

Team Kowhai: are collecting Countdown Scrabble Tiles. If anyone has these tiles and would like to donate them to us, they would be very much appreciated. We are also writing a recipe book with Team Kikorangi. If you have a special recipe you'd like to include please bring it along.

Team Whero: We are all celebrating making some huge improvements in reading and maths lately so ka pai team. We are exploring some Pasifika art and in writing doing the 100-word challenge. Well done to all our science project teams and the Year 5 and 6's who went to Science Fair!

Team Karaka: We had a great time at Science Fair. Mrs Stevenson is teaching us today.

Team Pāpura: We have been thinking about technology and the future; finding out a bit about genetic engineering, bionic engineering and cryogenic suspended animation. Most of us think that bionic engineering is the most useful technology for the future. We are finishing off our probability unit and will revisit addition and subtraction for the next few weeks.

Sports options for next term are due by Friday 20th. No late entries will be accepted as the entries for many sports close before the holidays.

Information about measles is available from the school if required.

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.

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.

Tokanui/Waimahaka Phone Lists

We now have the updated phone lists available from the School Office. \$10 per list.

Team Kowhai are collecting Countdown Scrabble Tiles. If anyone has these tiles and would like to donate them to us, they would be very much appreciated.

2019 HELL Reading Challenge closes this Friday 20th September



Curio Bay Christian Fellowship
Sharing the love of Jesus
Sunday Services 10.30am
All Welcome

Ceila & Paul Watson (03) 2468 421

Tokanui Medical Centre – Phone 2468 850

Doctor Day: 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

Police Non-emergency Number 105

'Woodlands Tree Topping & Hedges will be in the area from next week. Contact Nigel Crosbie 027 200 8903'

Odd Spot: In Pacific Grove, California, it is a misdemeanour to kill a butterfly

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:
03 1750 0362064 00

Come along! - Invite a friend!

Bruce Thomson

www.btpilates.co.nz

027 7564 469

This week's joke: Knock Knock, who's there? A broken pencil, A broken pencil who? Never mind it's pointless.



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If you are a member of our scheme, and have used the Ambulance service, unless it is covered by ACC, you will be sent an invoice from St Johns. Please scan and email the account to southerndistrictambo@gmail.com or forward the account to Kathryn Marshall,

120 Crosbie Road, Waikawa Valley, RD 1, Tokanui 9884

Subscriptions are \$20.00 and run from June to June each year, a notice was sent out late May. If you are unsure if you have paid for the year, just

email southerndistrictambo@gmail.com or phone 03 2468 498

We desperately need more Ambulance Officer volunteers. If you are interested or would like

to know more details please be in touch with Selwyn Earwaker 03 2468 520

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Adults \$25.00 Children \$5.00

Limited tickets Available soon **No door sales**



For more info contact

Janice 032649566 or Cala 032468434

Starting soon - Lawn mowing
including lawn clipping removal if required
Phone Pani & Finch 2468 855
in evenings or leave a message



Tennis season is approaching Edendale Tennis Club is calling on players now.

Age 7 & over, C Grade & Intermediate teams.

Coaching at Edendale Tennis Courts.

Inter-club games start Saturday 2nd November 2019

Contact Brendon Perriam: 021 330 221 or Dee McKenzie: 027 35 66 888

A Very Special Thanks

To Martin and Valerie Rabbidge for their time and help on the Tokanui Hall Committee.

Martin has been president for 14 years and a committee member before that. The Committee appreciates all of their work and wishes them both well with their move to Glenham. Les Lamb is now the new President.

Tokanui Hall Friendly Reminder

Please make bookings through Sandra Earwaker and sign the Tokanui Hall book at Isobel Leith's when using the key and list any items you are borrowing from the hall. Thank you.

Catlins Cleaners

Contact Kim Strang

027 2468 089



HOLIDAY PROGRAMMES

OCTOBER 7th & 8th QUEENS PARK INVERCARGILL
OCTOBER 10th & 11th HAMILTON PARK GORE

9AM-3PM
BOYS AND GIRLS AGES 5-13
\$30 A DAY OR \$50 FOR BOTH

TO BOOK A PLACE EMAIL MARK REID COACH@SOUTHLANDCRICKET.CO.NZ WITH NAME, AGE AND CONTACT NUMBER

SOUTHLAND CRICKET ASSN

RXP
by official

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