

FUN THINGS TO DO WITH YOUR FAMILY

With the holidays coming up at the end of next week, I thought I would put some ideas into this newsletter of activities you may like to do with your children –

- Go on a bike ride
- Go on a breakfast picnic
- Go to the park and hike or climb trees
- Make popcorn
- Plan a scavenger hunt for outside
- Play a board game
- Work on a jigsaw puzzle
- Go roller skating
- Make your own pizza
- Make a collage using seeds, rice, old buttons, and sewing scraps
- Plant a winter veggie garden
- Construct something out of blocks or lego

LOST PROPERTY

All lost property at the end of term will be donated to a worthy cause. Please come and check outside Room 1 before the end of term. There is heaps here, new shoes, togs and towels, jumpers, hats etc etc.

Community notices

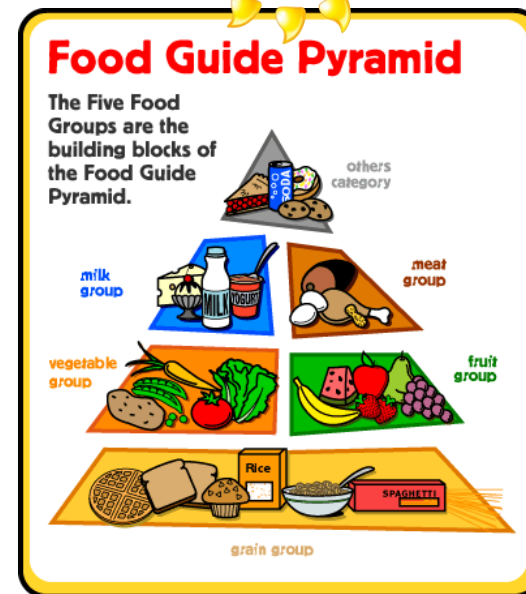
Marsden Bay Christian Camp
Action zone kids camp April 21-26 2013 The School Holiday camp that is packed with action 9-12yr olds for more information ph 4330167 or email actionzonecamps@gmail.com

Play with clay kids holiday classes
Quarry Arts Centre 21 Selwyn Ave, Whangarei 9-30 to 11.00 daily
22 April-3rd May ages 7-14yrs call the quarry for more information.

Top team competition
Sunday 14th April in Marsden Bay Tavern grounds article about this in the Bream Bay News

12 Sandford Rd
Ruakaka
RD1 Whangarei

11 April 2013



Below is one child's entire lunch for the day. This sort of food makes it difficult for a child to concentrate, feed their growing brain, and make good choices in the classroom and playground. Help your child to reach their full potential by providing healthy lunch box options.



Unhealthy lunch being bought to school



Healthy lunch option

A Balanced Education in a supportive environment

Dear Parents and Caregivers

Tena koutou

It is wonderful to at least arrive at school with the sun coming up this week. Daylight Saving is great but starts to wear thin with the dark mornings of late. Now comes the winter with hopefully some rain, cooler temperatures and frosty mornings.

ERO Visit

This week has been a very rewarding week with visitors here from the Education Review Office. Bill Ahern and Norma Black arrived on Monday morning and were welcomed to our school by a powhiri. They spent time visiting classrooms and talking to children, talking at length with me and other staff, and also members of the Board of Trustees. They may have even had an opportunity to talk to you if you were in the school. Once they leave here on Thursday, they will go away and write up report about their findings which will be shared with you. This review gives us an opportunity to assess our performance as a school to ensure that we are providing the very best education for your children. I am sure they will have enjoyed their time with us.

TRAIL BIKE RIDE

This weekend, the 13th & 14th of April, we will be holding our annual trail bike fund raiser at the property of Frieda and Gary Sands in Springfield. I'm sure we are still looking for more helpers so if you are able to help in any way – even for an hour or two on either day, please either phone Julie Paton (432 8446) or the school office (432 7503). Thanks again to Frieda and Gary for the use of their land and for all the setting up that is done before the event.



ROOMS 5 & 7 CAMP

Thank you so much to those of you who were able to help with this very successful camp last week. The children thoroughly enjoyed themselves and without your help, this could not have happened.

HOME READING

If your child is in the junior school, they will usually bring a book home to read each night. This book is one that they have read before and it is purely for them to practise their reading. It really helps your child if you can spare some time each night to listen to them read. We would also appreciate it if you could sign to say that you have heard them read and then send the book bag back to school the next day. I'm sure you will see your child's reading improve as a result of this.

PARENT SUPPORT GROUP – LET'S GET THIS GOING AGAIN!

Over the years that I have been at Ruakaka School, we have always had a very strong parent support group lead by our wonderful Julie Paton. Julie and her small group of supporters have done a wonderful job organising galas, raffles, sausage sizzles, special lunches, racing days, trail bike rides and now it is time for others to get involved. This is a great way to meet other parents and it is also a way of keeping up with what is happening for your children here at school. If you are new to the school or have thought about getting involved in this way, now is your chance. Meetings are held to suit members, usually after school one day a month or as needed. If you are keen to support this group in any way, please either pop in and see me or phone the office – 432 7505.

WE NEED YOU!

LUNCHES

I am constantly reminding children that our bodies are like a car – if we don't put the correct fuel into them, they will not run well – if at all. We are very concerned about some of the food that a few of our children are bringing to school. Dry noodles and energy drinks are not suitable for school lunches. Below are some suggestions to help fill their lunches with healthy foods. Chopped fruit – either fresh or canned, muffins, sultanas or raisins, yogurt, boiled egg, wraps, pita pockets, leftovers, sandwiches (wholemeal bread) filled with cheese slices; tuna mixed with mayonnaise; grated carrot; mashed egg; cucumber; shredded lettuce; tomato; alfalfa sprouts; creamed corn. I hope this helps. If the children help to make their own lunches, they will include things that they like and food does not get wasted.

GATE - Year 4 to 6 Children

This will be starting next term, nomination forms for you to fill out to identify your gifted child will be sent home this week. Please return these as soon as possible.