

### SCHOOL NOTICE

We have had a case of Chicken Pox in the school. Time between exposure and sickness is 13-17 days. Early signs are fever and spots with a blister on top. Children are infectious for up to 5 days before the spots appear and until the spots have crusted over. Children can not attend school until the spots have crusted over (usually about 5 days).

### COMMUNITY NOTICES

#### Making a Scene

New Drama Classes in Whangarei and Bream Bay Mondays, Tuesdays and Wednesdays from ages 5 - teens. Theatre games, Characterisation, Storytelling are just some of what we cover. Speech NZ Exams and Festival Performance offered. For more info or to enrol go to [www.makingascene.co.nz](http://www.makingascene.co.nz)

#### Circool Circus

Circool Circus will start on Friday 20th of February at the Coronation Hall Waipu. Primary students session 3.15-4.15pm Cost \$9 per session/child Enrol on the day or contact Achmed 4321773 02102777294

#### Habitat for Humanity

Habitat for Humanity and Jason Shon Bennett presents "Do you want exceptional health" seminar.

Find out why the modern diet is poison and discover the links between what you eat and your health.

26<sup>th</sup> Feb 6:30 – 8:30, \$20 per person. Order tickets online at [www.jasonshonbennett.com](http://www.jasonshonbennett.com) or email [dianec@habitat.org.nz](mailto:dianec@habitat.org.nz)

#### Pulse dance studio.

Taking enrolments for 2015 New classes available. Limited spaces Jazz, contemporary, conditioning and lyrical classes. Boys team also. Ph 0223542651 or email [pulseperformingstudio@gmail.com](mailto:pulseperformingstudio@gmail.com)

### SPORT NORTHLAND

EVERYDAY CHOICES

## NUTRITION INFO PANEL

Look at the 100g column, if...

- **Total fat is less than 10g**
- **Sugars less than 15g**
- **Fibre more than 5g**

then it's an everyday choice!

**NUTRITION INFORMATION (Average)**  
Serving Size: 30g (2 Biscuits)  
Servings per package: 1

	Per Serve	Per 100g
Energy (kJ)	441	1470
(Cal)	105	352
Protein (g)	3.6	12.0
Fat, Total (g)	<1.0	1.4
- Saturated Fat (g)	0.1	0.3
Carbohydrate, Total (g)	20.0	67.0
- Sugars (g)	0.8	2.8
Dietary Fibre (g)	3.2	10.5
Sodium (mg)	85	285
Potassium (mg)	106	355
Thiamin (Vit B1) (mg)	0.55 (50%)*	1.83
Riboflavin (Vit B2) (mg)	0.42 (24%)*	1.4
Niacin (Vit B3) (mg)	2.5 (25%)*	8.3
Folate (µg)**	100 (50%)*	333
Iron (mg)	3.0 (25%)*	10

\* Percentage of Recommended Dietary Intake  
\*\* 1 serve provides 25% of the folate RDI for women of childbearing age.

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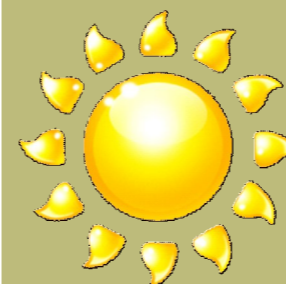
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Find us on Facebook:  
Ruakaka Primary  
School Friends

Website  
[www.ruakaka.school.nz](http://www.ruakaka.school.nz)



### TERM 1

19 Feb—School Picnic  
Postponed from the 12  
Feb

26 Feb - Junior  
Swimming Displays

5 Mar - Senior  
Swimming Sports

12 Mar - Interschool  
Swimming Sports BBC

18 - 20 Mar - Senior  
Camp

25 Mar - Junior School  
Tent City

2 April - Last Day of  
Term



Have you found dub  
dub yet?? If so fill in  
a form at the office  
and pop it in the box.



### TERM DATES 2015

Term 1 - 2 February  
to 2 April

Term 2 - 20 April to  
3 July

Term 3 - 20 July to  
25 September

Term 4 - 12 October  
to 18 December

# RUAKAKA SCHOOL NEWSLETTER



12th January 2015

### Dear Parents/Caregivers

Welcome back to the 2015 school year. A special welcome goes out to the 15 new children that we have enrolled and their whanau. The powhiri we held last week is always a great way to start the year. We have started with 15 more children than we had at the same time last year so I am glad that we started our 9<sup>th</sup> classroom. All class sizes are very manageable at this stage.



Singing the National Anthem and raising the flag for Waitangi Day

### Whakatauki (proverb) of the Week

**Ehara taku toa i te toa takitahi**  
*My achievements are not mine alone*  
**engari taku toa he toa takitini**  
*They are the achievement of many*

*A Balanced Education in a supportive environment*

### NEW STAFF

I would also like to welcome our new staff:

Miss Tracey Morgan (Room 1)

Mrs Maureen Waata (Whaea Maureen) Room 8

Mr Ryan Green (Room 7)

Mrs Sally Usher (Room 5)

Billie Axon (Teacher Aide) - It is wonderful to have them all on board as part of our team.

### FOOD IN SCHOOLS

This started on Tuesday. Every child and staff member is provided with a hot meal and dessert every Tuesday by the Food For Life organisation. The meals are vegetarian and very healthy. The main aims of doing this are: to be inclusive so that all children are eating the same food for one day a week, to encourage the children to eat the vegetables that we grow here as an enviro-school, to encourage good manners, and most of all to encourage them to try new healthy foods. Thank you to all of you who sent along a gold coin donation – it certainly helps to pay for this as our Support Group fund this.

### SWIMMING AND SUN SAFETY

It is great to see so many children swimming every day. If your child is not yet swimming and there is a problem, please ring and have a chat. Some children just don't like the water and this is why we need to work together to increase their confidence. The ocean is so much part of our environment.

I am still noticing many children who are not wearing hats every day – and sadly it is often the senior children. If they do not have a hat they will be restricted to play only in shaded areas.

### CENTURY BATTERIES BEACH AND BOAT FISHING CONTEST

This is being held at the Marsden Cove Marina. As with last year, we're needing about 10 parents to help transport competitors between their accommodation and the marina between the hours of 6pm and 1am on Friday the 20<sup>th</sup> of February and Saturday 21<sup>st</sup> of February. Vans will be provided – we just need drivers. If we get enough helpers then we can split into 2-3 blocks or however long you are able to help out.

Ari Carrington is organising the drive so if you are able to help then please ring Ari on 0212066090. By providing drivers we receive funds from the contest organisers which will go towards resources for the school. We have just received some funds from last year's competition which we purchased 3 more iPads with so this is very worthwhile.

### PART TIME CLEANING JOB

We have a part time cleaning job available at School. It is 3 hours Mon to Fri from 2:30 to 5:30pm plus the term cleans. Please send your CV and covering letter to the school. Applications close 27 February 2015. Applicants must be reliable and have a clean police record.

### ABSENT FROM SCHOOL

Please let the office know if your child is away from school for any reason. If you don't let the office know, they have to ring you to find out where your child is. We do this for your child's safety. Children have been known to disappear between home and school and never seen again. The shorter the list to be phoned, the sooner this can happen and perhaps a child's life would be saved! If everyone did this, we would not have to phone people and our office staff would be very happy. Please either phone the office on 4237503 and leave a message on the absence line or send a txt to 021 0233 2267. Remember to include your child's name and room number and the reason for the absence.

### THIS TERM'S FOCUS

All classes will be studying "CHANGE" this term. They will all be looking at life cycles and each class will be studying different topics.

### STATIONERY \ SCHOOL DONATIONS \ CAMP

Well over half of our children now have their stationery which is fantastic! There are also many families who have paid School Donations. Thank you so much – the children love getting their new books and the donations certainly help towards school resources. If you would like to pay for stationery and or the school donation, our bank account number is 12-3099-0483260-01, please include child name and either stat or donation in the reference.

**Senior Camp** is coming up fast - middle of March. If you wish to start paying towards this, we can keep a record of payments made here at school. Use the above bank account number and your child's name and camp as a reference. Costs are roughly \$120.00 per child for camp this year and with 6 weeks til camp that works out to be \$20.00 a week. Let the office know if you would like to do this.

### SCHOOL PICNIC

Due to the weather the School Picnic has been postponed until Thursday the 19th Feb. Look forward to seeing you all there.

### SLIPPERY SLIDE

At lunch times a slippery slide has been setup for children to use. Below are some photos of the Junior School enjoying the slide.

