

# NORTHPIKE GROWING STRONGER

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



This month's winner was

## SCHOOL NOTICES

**Family Picnic** – Just to confirm that the family picnic will be held here at school on Tuesday the 27th of February (next week) between 5 - 7pm. We will provide some sausages and bread, but you are most welcome to bring along any other food that you would like to eat and to use the barbeques. We will have sports equipment out for you to use with your children and the pool will be available to swim in. Children must be supervised while they are swimming.

The classrooms will be open from 5 to 5:30pm for you to wander through and to see all the changes we have made. These will be locked at 5:30pm.

We look forward to seeing you all there.

## COMMUNITY NOTICES

**Bream Bay United AFC** – 2018 Registration, Saturday 24, Feb 9-12 at the Ruakaka Community Trust (next to the fields). Existing members can register on-line using their MyComet login/password

Fees: 5-8th Grade \$60, 9-12th Grade \$105, 13-17th Grade \$115, Seniors \$235. Contact bbuaafc@gmail.com, www.sporty.co.nz/bbu for more details.

**Waipu Rugby Squash Club Junior rally 2018** - Thursday 8th March and Thursday 15th March, 5-6 pm upstairs in the clubroom.

Grades U7 (Rippa) U8, U9, U10, U11, U12, U13, U14.

Contact Dylan Jones 021 366960 or Lisa Jones 021 1630237

**Extra help for students with dyslexia** - Is your child being well taught but still not making the progress you would expect? Could your child be dyslexic, have a specific learning disability?

To discuss this please contact Dyslexia PLUS, provider of both educational assessments and customised 1:1 private tutoring.

Phone 09 430 0693 or email: [admin@dyslexiaplus.org.nz](mailto:admin@dyslexiaplus.org.nz)



## SPORT NORTHLAND

# EGGS ON TOAST

Eggs-ellent ways to have eggs on toast!

- Soldiers
- Poached
- Scrambled - add herbs for extra flavour
- Microwaved



**DID YOU KNOW:**

Eggs are a great source of protein which helps to grow strong healthy muscles

**SOLDIERS**



**SCRAMBLED**



**POACHED**

Developed by Sport Waikato 2017



1st Mar - Senior Swimming Sports at Bream Bay College

8th Mar - Senior Swimming Sports Postponement date

15th Mar - Interschools Swimming Sports at Bream Bay College

16th Mar - Interschools Swimming Sports Postponement Date

17th Mar - Pukapuka Party at Village Green, 10:30 til :30

27th - 29th Mar - Bilingual Camp

30th Mar - Good Friday, No School

2nd April - Easter Monday, No School

3rd April - Easter Tuesday, No School

13th April - Last day of term

## TERM DATES 2018

Term 1 - 30 January to 13 April

Term 2 - 30 April to 6 July

Term3 - 23 July to 28 September

Term 4 - 15 October to 13 December

# RUAKAKA SCHOOL NEWSLETTER



22nd February 2018

## Our mission statement

**He kura whakamana i ngā ahurea o ngā tamariki, tōkia, tūkia o rātou pūkenga, o rātou manakotanga o rātou auahatanga, poipoia rawatia ka whakanuia e te whānau whānui me te hāpori.**

To be a rural school where innovation and cultural identity are embedded, students' individual talents, needs and abilities are nurtured, celebrated and supported by whānau and community.

## Whakatauki (proverb) of the Week

*E iti noa ana n ate aroha*

*Small gift, given in love.*

## Support appreciated

The recent tragedy in our community hugely touched many of us in so many ways. I would like to assure you all that the wonderful koha that so many of you shared with the whānau was greatly appreciated and it just showed what a supportive community we are. Thank you.

Tena koutou katoa

As I write this letter, I am so glad that we missed the worst of the recent cyclone that hit much of New Zealand and I feel sorry for all of those affected by the terrible weather. It was also very fortunate for us as we have so many children out on camp this week.



## More words of wisdom

I have recently found an amazing book of quotes so thought I would add one to each newsletter as well as our whakatauki.

*Live so that when your children think of fairness and integrity, they think of you.* (H.Jackson Brown, Jr)

**We love to learn together**  
**Ka aroha tātou ki te ako tāhi**



### NETBALL MUSTER

Tuesday Feb 27th 2.30 to 3.30pm.

If your child is interested in playing netball this year please organise them to stay on Tuesday afternoon. Please notify the office if your child is staying, for bus changes or afterschool care arrangements. Someone needs to be at school to collect your child at 3:30pm. This is the same afternoon as the school picnic.

Netball is played every Saturday at Kensington Netball courts. More information will be given to the children who attend muster.

Coaches will be needed for each team, if you are interested in coaching and can attend on Tuesday afternoon please do so, otherwise let school know.

### WEETBIX KIDS TRYATHLON

We had so much fun last year at the Weetbix Tryathlon that we thought this year we would enter a school team. This is for ages 7+. So far we have 3 entered, we would need a school team of 15 if possible, to be eligible for the prizes.

Held on the 8th April 2017 at the Waitangi Treaty Ground, Bay of Islands

#### DISTANCES FOR AGE 7 (APPROX.)

Swim 50m, Cycle 4km, Run 1.5km

#### DISTANCES FOR AGES 8-10 (APPROX.)

Swim 100m, Cycle 4km, Run 1.5km

#### DISTANCES FOR AGES 11-15 (APPROX.)

Swim 200m, Cycle 8km, Run 1.5km

**Every participant receives a medal, certificate of achievement, triathlon t-shirt, swim bag and swimming cap, breakfast on the day and the chance to win spot prizes.**

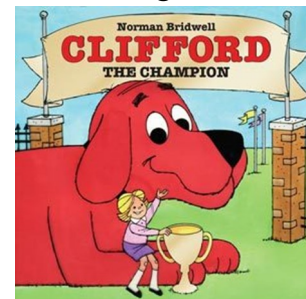
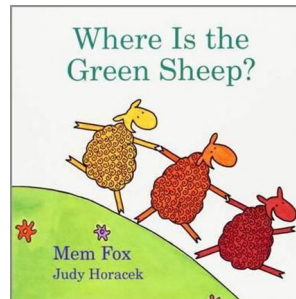
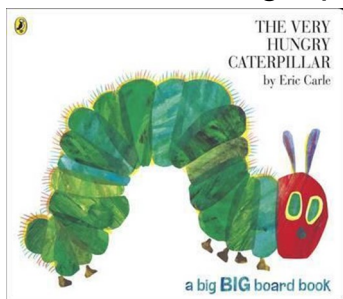
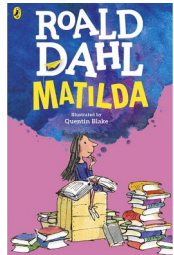
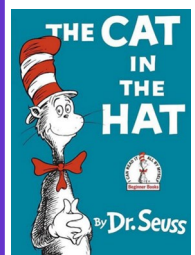
**Our school registration details are:**

<https://registration.tryathlon.co.nz/Home/Event/33/Package/0/Wave/0/Sequence/0/School/1688c7fa-395d-4811-8546-7a85b1175eae>

**Early bird registration close on the 8<sup>th</sup> of March. Any questions- please contact Jo Irvine on [joannei@ruakaka.school.nz](mailto:joannei@ruakaka.school.nz) or phone the office.**

### PUKAPUKA PARTY

The Pukapuka party will be held on Saturday 17th March on the Village Green in Ruakaka from 10:30 til 1:30pm. This is a free community event. Children will be given passports with activities to complete through out the day. Every child who completes their passport will receive a gift pack. There will be free sausages and bottled water available.



### BUILDING UPDATE

As you may have noticed, we still do not have a start on our new classroom. We are still waiting for council sign off and it will be all go. What a celebration that will be!

### CAMPS

As two classes return to school today, another two left. We have had some very excited children this week and some very tired ones too – as well as very tired parents and staff.

I would like to acknowledge the staff who organise and plan these wonderful experiences for our tamariki. It is huge amount of work as well as a huge responsibility where teachers are on 24/7 duty for 2 plus full days. Without the support of such wonderful parents, this would be impossible so thank you to all of you who helped in some way to make these camps happen.

The bilingual camp is still to come from the 27th to 29th of March!

### ZONES OF REGULATION

You may have heard the children talking about being in the green zone, blue zone, yellow or the red zone. This year the whole school is learning about the Zones of Regulation. It involves learning about our feelings, what zone the feeling belongs to, how to self-regulate and learn strategies to move between the zones. It is giving us an emotional literacy, the skills to be able to recognise what zone we are in and the tools to be able to calm down when we need to.

**The Blue Zone** is used to describe when one feels sad, tired, sick or bored. This is when one's body is moving slowly or sluggish.

**The Green Zone** is used to describe a regulated state of alertness. A person can be described as calm, happy, focussed or content.

**The Yellow Zone** is used to describe when a person is in a heightened state. They may be feeling nervous, silly, anxious, frustrated or confused. The yellow Zone is when we are starting to lose some control.

**The Red Zone** is used to describe when a person is in an extremely heightened state. A person maybe experiencing, panic, rage, anger, elation, terror or explosive behaviour. Being in the red zone can be best explained by not being in control of one's body.

The Zones can be compared to a stoplight or traffic light.

Green Zone... Good to go

Yellow Zone - Caution... slow down or take warning.

Red Zone - Stop... need to regain control.

Blue Zone... pull over to the rest area.

No Zone is perceived as bad as you can be angry in the red zone but you can also be excited in the red zone and we all experience each zone from time to time. This programme is focussed on what to do to self-regulate/calm down when we are not in the green zone. If you would like to know more or to use the zones at home - there are plenty of ideas on Pinterest and you tube.



### LOST PROPERTY

Its that time of the year again when hats and jumpers are taking off and dropped on the ground. Please make sure your child's clothing is named as we have a lot of lost property that isn't and we cant return it to the rightful owner.