



CLYDE QUAY SCHOOL
Te Kura O Matairangi



3 July 2019

Tēnā tātou katoa e te whānau

Dobar dahn, Nabad, Hola, Ciao, Ni hao, Namaste, Talofa, Bonjour, Χαίρετίσματα, Grüß Gott, Zdravím, Приветствия, สวัสดี, Sawasdee, Konnichiwa, Pozdrowenia, Selamlar, Guten tag, Salaam, Salama Aleikum, Leikum Zdras-Tvuy-Te, Ahn-Young-Ha-Se-Yo, Marhaba, Nay Hoh, Ayubowan!

Staff and Board hope whanau is able to spend some time with family over the holidays; we realise most of you are probably working. Regardless the little time you do have, we hope it's fun for you all.

Reminder

I have emailed caregivers mathematic workshop information from June 13 meeting. As reported each whanau has provided a summary of the lesson delivered on the night. Feel free to contact me if you have any questions. Whaea Liz

Consultation

Health Education

Any Feedback Welcome

Most of you are aware schools in New Zealand are required to consult with their school community on their health education programme every two years. Health education is part of the Health and Physical Education (HPE) learning area. Sexuality education is a key area of learning within which aspects of relationships and sexuality are explored.

The seven key areas of learning are:

- mental health;
- sexuality education;
- food and nutrition;
- body care and physical safety;
- physical activity;
- sport studies;
- outdoor education.

All seven areas are included in teaching and learning programmes at both primary and secondary levels.

In terms of sexuality education, the juniors Y1-4 follow Ka Puawai covering:

- Developing a positive classroom environment;
- Developing and maintaining healthy relationships with our friends;
- Expressing and managing our feelings;
- Acknowledging and celebrating differences;
- Talking about our bodies – growth, change and how to care for ourselves.

The Y5-8 programme is a focus on puberty education. Staff has a speaker from Family Planning and parents are invited along to the information evening. Topics covered include:

- Growing – why and how it happens;
- Anatomically correct descriptions of body parts and functions;
- Hygiene and health care;
- Body image and media influences!;
- Sexuality in society;
- Hormonal influences on feelings and emotions;
- Peer influence, pressure and relationships;
- Understanding puberty as a transitional phase (between childhood and adulthood).

Feedback Welcome

Pizza Lunch

Last Friday we saw 195 pizzas delivered to school and the ASB Sports Centre. The students were really excited by the prospect of a warm lunch and many thanks to all those parents who offered assistance on the day. If you have any ideas for future school lunches or are able to make a donation towards purchasing or preparing food, or helping to serve on the day, please contact clydequaypta@gmail.com.

Pizza sales raised a total of \$195.00 and the school also received a lovely generous donation of \$600.00.

Wellington City Mission brown bag APPEAL

Our most needed items are:

- Muesli Bars
- Biscuits
- Peanut Butter
- Marmite/Vegemite
- Jam
- Sugar and milk powder
- Canned fish/meat
- Tinned fruit
- Tinned Vegetables
- Tinned and Packet soup
- Pasta sauces
- Rice
- 2 Minute Noodles
- Body wash
- Deodorant



In the first week back of Term 3 your child will come home with a Wellington City Mission brown bag.

We are asking families to contribute 1-3 items to put in the bag and bring back to school for us to consolidate.

The City Mission will be coming to the school to pick up the bags on 31 July 2019.

Parents please remember to order school photos online at www.schoolmemories.co.nz using the SHOOT KEY on your child's envelope.
Orders close 7 July 2019.

Important Dates TERM 2 2019	What's happening
Friday 5 July 2019	General Assembly 9.15am Pohutukawa at Kidzstuff 1.40pm Last day of Term 2 
Term 3 2019 Monday 22 July 2019	School starts back for Term 3
Tuesday 6 August 2019	Board of Trustees meeting 6.00pm
Thursday 8 August 2019	Yr5 and Yr6 Production 6.00pm
Wednesday 14 August 2019	Junior School Open Afternoon (with afternoon tea in staffroom)
Tuesday 20 August 2019	Central zone swimming
Wednesday 21 August 2019	Japanese students 11.30am-1.50pm Speech Competition
Wednesday 28 August 2019	Senior School Open Evening
Friday 30 August 2019	Table Tennis Tournament 9.00am-3.00pm
Tuesday 3 September 2019	Board of Trustees meeting 6.00pm
Thursday 12 September 2019	Inter zone swimming
Monday 16 September 2019	Wearable Art Artsplash rehearsal 9.30am-1.30am Artsplash Music concert 5.00pm
Tuesday 17 September 2019	`Immunisations Yr8 Gardasil
Thursday 19/20 September 2019	Artsplash Dance
Friday 27 September 2019	Last day of Term 3
Monday 14 October 2019	School starts back for Term 4

Keep your child safe online. Please read this useful information about apps that are frequently used, and note the age restriction that applies to these apps.

App of the Week: Group messaging apps



Messaging apps are used much the same as texting calling friends. Examples of these apps are Messenger, Whatsapp or Kik messenger. Users sign up with an email account and are able to use wifi to message and call their friends, meaning there is no need to be connected to a cell phone network. A feature that users enjoy is the ability to create “group chats” which is multiple users all talking together on the same thread. People can add anybody into a chat that is on their friends list and add friends using their username. Age limits for creating accounts vary, as Messenger is linked to Facebook the restriction is 13+ whereas other messaging services can be 16 or 17+.

Another App of the Week: Youtube



Youtube is a popular video streaming service where people can watch thousands of hours of different content or upload their own videos. Users can sign up and subscribe to their favourite uploaders or gain subscribers on their very own channel. YouTube requires account holders to be 18, but a 13-year-old can sign up with a parent’s permission. While the videos often provide hours of entertainment, some risks can be coming across videos with bad language or inappropriate content either within videos or as suggested next videos. Youtube have also released a Youtube Kids app which is designed to make it easier for children and parents to find relevant content and restricts some content choice.

<https://www.netsafe.org.nz/wp-content/uploads/2017/02/2018-Netsafe-Staying-Safe-Online-Guide-1.pdf>

If you have any further questions, we recommend having a discussion with your child or downloading the app yourself and getting to know it's features.

**Well done to all the students who attended Regional Cross Country yesterday.
Tessa and Jos both ran great races.**



The Healthy Food Corner

Check out the website for more healthy delights www.nznourish.me

Vegetable, Bacon and Feta Frittata

Such a great dish to keep in the fridge or freezer, ready for breakfast, lunch or dinner!



Ingredients:

- 2 Cups Diced Pumpkin
- 2 Onions
- 1 Cup Diced Mushrooms
- Olive Oil
- Ground Cumin
- Rock Salt
- 150g Shoulder Bacon
- 1/3 Block Feta
- 12 Eggs

Directions:

In a roasting dish, drizzle olive oil over the vegetables and sprinkle with cumin and rock salt. Roast vegetables for 20-30 minutes.

Line a deep dish with baking paper and fill with the roasted vegetables, chopped bacon (uncooked) and crumbled feta.

Whisk up the eggs and pour over until nearly covered.

Bake for 20-25 minutes or until cooked through and slightly browned.

Best served warm with a side salad.

Serves 8, freezes well.

Flu can be anywhere-Influenza—Don't get it. Don't give it.

Several schools and early child education centres (ECC) in the greater Wellington region have had influenza outbreaks. The outbreaks have resulted in 30% absenteeism on the worst days, which is disruptive and stressful for families and affected schools/centres.

The main symptoms of influenza are:

- fever
- cough
- sometimes vomiting or diarrhoea in younger children.

Symptoms usually last three to four days, but can last up to seven days

Parents should: Keep sick children at home until they are feeling well and are free from symptoms (usually three to four days but up to seven days).

LOST: Black down/puffer jacket, Torpedo7 brand, sz14. If found, please return to Eleanor Royson in Rimu.

Community Notices

Harbour City Gymsports are taking enrolments for term 3

Gymnastics is a great activity for developing confidence, co-ordination, agility and having fun. Harbour City GymSports, Hataitai Park, currently have spaces available in Preschool, Ribbon Award (5&6 year old) and Badge Award (7-9 year old) classes for term 3. For further information or to register call 386 4443 or email the office office@hcg.org.nz.

Art—Inverlochey Art School-Children & Teens July School Holiday Programme

Our popular children's holiday programme is running both weeks of the July school holidays this term with our Teens' class running in the second week. Rachel, Rowena and Denise have plenty to keep the kids busy these holidays so come and enjoy a fun filled learning experience in our warm, cozy school. See website for details and to enroll: www.inverlochey.org.nz. You can now book and pay online. For enquiries phone: 04 9392177 or email: manager@inverlochey.org.nz

Don't miss out on Wilderkids

Gosh, the year is just passing by and it's almost time for another round of school holidays with WILDERKIDS!!

As you may recall, during the Easter school holidays, we trialed a longer day option. Although it was well received, we have made the difficult decision not to continue it.

We know that there will be some disappointed parents out there, but we hope you understand that this decision has been made with the well-being of your children in mind. Due to the energetic, outdoor nature of Wilderkids, our educators need to be fully rested to be able to do the programme justice each day and keep everyone safe and happy.

The good news is, that our team of educators is ready to deliver another memorable round of Wilderkids!

Dates: 8 to 12 July and 15 to 19 July

Cost: \$56 per child, per day -10% discount on full week bookings

The Children's Bookshop

The Children's Bookshop are holding two free events in-store in the first week of the school holidays.

Groovy Fish & poetry with Paula Green

Poet Paula Green invites children to write and perform poems with her and hear her read from her new book, Groovy Fish & Other Poems. Bring a pen and something to write in and go in the draw to win one of Paula's illustrations from the book. Ideal for ages 5 to 12.

When: Wednesday, July 10th and Time: 11am until 12pm

Flying Furballs with Donovan Bixley

Author and illustrator Donovan Bixley will entertain with stories, drawing and reading from Breakout, the latest book in his hilarious Flying Furballs illustrated junior fiction series set in a reimagined World War 1 of cats versus dogs. There's even a chance of designing your own Flying Furballs character which might turn up in a future book. Donovan's picture book How Maui Fished Up the North Island is a finalist in the 2019 NZ Book Awards for Children & Young Adults. For ages 5 to 12.

When: Thursday, July 11th and Time: 11am until 12pm

Where: The Children's Bookshop, Kilbirnie Plaza, Kilbirnie

RSVP to books@thechildrensbookshop.co.nz or phone 387 3905