

## Kaye's Korero

Kia ora whanau

Last week we sent home a separate notice about nutrition and nits. We asked for some feedback from you about whether children having breakfast is an issue for your household. This will help us to find out the reasons some children are not appearing to have breakfast. Many of our whanau take the responsibility seriously of ensuring their children are well nourished and do not want us to provide food for them. However, we can support whanau in a range of different ways so please return the slip to school so we can plan accordingly. I have also added some more information about head lice in this newsletter.

Learning this term has largely focused around health and this week the Life Education van is here with lessons focused on healthy habits and friendships.

Thank you so much to those who came along to our recent quiz night. It was a lot of fun and we raised \$786.64. This will contribute to the maintenance of our adventure playgrounds.

Nga mihi nui. *Kaye*



Ako



Hākinakina

## Year 4 SportFest

Year 4 students (Kōtīri) had a great time at Te Rauparaha Arena last Thursday at the sportsfest. Thanks to Whaea Joan who accompanied them.

## Hahana parent interviews

Whaea Sacha knows your children well enough now to be able to have an informed discussion with you about their progress. A separate notice will come home for Hahana parents to tell us their preferred times to meet up.



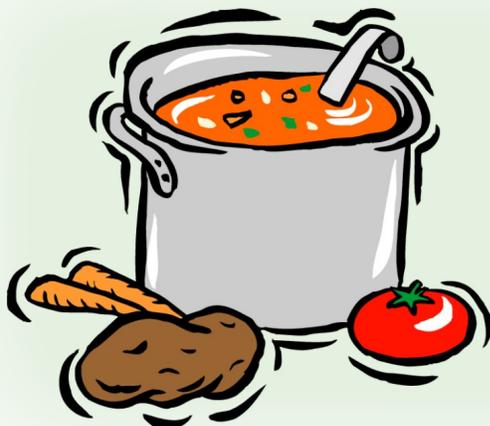
Iti kahurangi

## Bikes

Next week we have the cycle maintenance team coming in to work with our bike track monitors and Glen to maintain our cycle fleet. If you have a bike lying around at home that needs fixing to make it functional, send it along and we will see what we can do to get it up to speed.



Kotahitanga



Aroha

## Artsplash

ARTSPLASH is held at the Michael Fowler Centre, Wellington, to give children the opportunity to perform.

### CHOIR:

When: Wednesday 18th September, 5:00pm. Your child will need to be at the Michael Fowler Centre at 4:45 pm.

Dress Rehearsal for Choir is on the same day, at the Michael Fowler Centre, 9:30-11:30 a.m.

### DANCE:

When: Thursday 19th September.

Our dance team will need to be at the Michael Fowler Centre at 7pm. I will bring in the costumes. Audience is to be seated by 7:30 pm.

### TICKETS for ARTSPLASH audience:

\$5 per ticket, two tickets allowed for each performer for their families, available from Ngāti Toa School Office. Extra tickets will be available as door sales on the day from 4pm.

## Whanau Potluck Dinner (Save the date!)

When:.....**Wednesday 11 September, 6:00pm**

Where:.....School hall

Why:.....To get together as a school community and enjoy a meal and each other's company.

## Recycle your plastic drink bottles!

Please send along your 1.5 and 2L plastic drink bottles to Mrs Clubley in Room 7. They will be put to use in the garden.

## Hoodies and beanies

See the attached picture of school hoodies and beanies. \$50 for child's hoodie (plus \$10 for name), \$15 for beanies. Order through the school office.

## Kindling

We have bags of kindling available to purchase at the office - \$15 per bag. Proceeds to education outside the classroom. Thank you Eva Mattock for this opportunity.

## School donations

School donations of \$25 per child or \$40 per whanau may be paid either at the office or using internet banking:

If paying directly to school bank account please use:

ASB Ngāti Toa School Board of Trustees

**12-3254-0191023-00**

**Reference:** Child's name + Donation (e.g. Anne Doe Donation).

## Junior readers and library books

As you are cleaning out around home, please send back to school any junior readers or library books that might be floating around. We are always grateful to have them back!

## Shared whakamoemiti

Every second Friday morning we have the whole school together to celebrate our school values. Do join us if you are free. It starts just after 9:00am and goes for 15-20 minutes. Dates are: 13 September, 27 September.

## Tuesday after school Art Club

Last session for this term is 10 September.

First term 4 session is 22 October (week 2).

## Hub caps / wheel trims

If you have any old metal hubcaps / wheel trims hanging around your place, we would like them for an art project. Check out the ones already done up on the top fence by the vegetable garden.



### SHARED WHAKAMOEMITI

- **Friday 13 September**, 9:05 am
- **Friday 27 September**, 9:05 am

### What's coming up

- **Wednesday 11 September**, 6:00pm: Whanau potluck dinner
- **Friday 13 September**, 9:05 am: Shared whakamoemiti
- **Wednesday 18 September**, 5:00pm Choir at Artsplash
- **Thursday 19 September**, 7:45pm: Dance at Artsplash
- **Friday 27 September**, 9:05 am: Shared whakamoemiti
- **Friday 27 September**, 3:00pm: End of term
- **Monday 14 October**, 8:55am: Term 4 begins

# Head lice

## What are head lice?

Head lice are small, flat insects that live and lay eggs on the human scalp. They are sometimes called nits, kutis, kutu bugs, utu or riha. They live on the hair and feed by sucking blood from the scalp. They are pale grey (before feeding) and reddish brown (after feeding). They can look like grains of sand or dandruff. Head lice do not carry or pass on disease.

## Who can get head lice?

Anyone can get head lice. They are a common problem and cause concern and frustration for parents and children. Catching head lice has nothing to do with poor hygiene.

## How do people get head lice?

People get head lice from head to head contact with someone who already has head lice. This can easily happen when children play or sleep together and their heads touch. Head lice can only crawl from hair to hair. They can't fly or jump from head to head. Head lice only survive on humans. They die quickly when they are not on the head, usually within 24 hours.

## How do I check for and treat head lice?

Head lice can live all over the head but particularly like warm places behind the ears, around the bottom of the hair line, and on top of the head. Treatment of head lice is usually by physical methods (wet combing) or chemical/herbal treatments. You don't need to buy expensive products to get rid of head lice. You can buy a fine-tooth head lice comb from your pharmacy. See instructions on the following page. If you choose to use a chemical or herbal treatment, speak to your pharmacist, doctor or nurse for advice about what treatment to use and how to use it. Never use fly spray, kerosene or treatments intended for animals – these may harm children and adults.

If you find live head lice or eggs on your child's scalp, use the wet comb method to get rid of as many nits as soon as you can. Remember to check everyone in the house for nits as well. Use the wet comb method every day on everyone who has nits. You can stop once you find no lice or eggs for 3 days in a row. Check the hair of everyone in the house twice a week for the next 2 weeks to make sure everyone stays clear.

Check for lice and eggs whenever you are brushing your child's hair or any time they are scratching their head.

# Energy Drinks



Energy drinks are high in sugar and contain caffeine and herbal extracts which are not suitable for children and young people.

We support schools to become 'water-only'. This means making water (and plain milk) the only drinks available at school.



Schools that become 'water-only' see the benefits to teaching and learning as well as student health and wellbeing.

From September 1, supermarket chain Countdown will ban the sale of energy drinks to children under the age of 16.

For more information visit: [heartfoundation.org.nz](http://heartfoundation.org.nz)

## HEALTH & PHYSICAL EDUCATION DAY THURSDAY 5 SEPTEMBER 2019



**“Good for children, good for schools, good for community”**

We all have a role to play in helping our tamariki and young people be active for a healthier and happier lifestyle. HPE Day supports a greater focus on health and PE in schools.

### Simple ways to be more active:

- Set aside time to be active as a family
- Teach your children the basic skills
- Visit a local club and play organised sport
- Unplug the technology and play
- Use active transport - walk, bike or scooter
- Walk the walk by being a positive role model

(From [hpeday.com](http://hpeday.com) – see Parents & HPE Day flyer)

Pledge to spend 30 minutes being active with your children on HPE Day at [hpeday.com/parent-pledge](http://hpeday.com/parent-pledge)



For more information, visit [www.hpeday.com](http://www.hpeday.com)