



Tena koutou katoa

It's great to be back at school with your lovely children. I hope that you have had an enjoyable couple of weeks with family and out of the school routine. I have had a lovely break and enjoyed some sunshine over the ditch!

The Ministries of Health and Education together with Sport New Zealand have released new Physical Activity Guidelines for children and young people. The new initiative is called, "Sit less, Move More, Sleep Well." For school-aged children and young people high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day achieves greater health benefits. A healthy 24 hours includes: 9 to 11 hours per night of uninterrupted sleep for up to 13 year olds and 8 – 10 hours for 14 – 17 year olds. At least one hour a day of moderate to vigorous physical activity. No more than two hours per day of recreational screen time. Also, break up sitting times and take part in light physical activities (I'm sure that this includes doing the dishes, bringing in the wood and coal and taking out the rubbish). Look at what your family is doing and consider if any areas need to be worked on. The start of term is probably a good time to focus on getting structures in place to help our children to balance their lives.

Thank you to all of the parents that have once again come forward to help with Moffett Cup. This competition is unique to our Zone and has a long history. Thank you for helping to keep it alive. It is being held in town this year as it is hosted by Tisbury School. The good news is that the netball will definitely be on and we hope that the rugby will too. Do you know anything about the history of the Moffett Cup? I understand that many years ago it used to be held at various venues and it was more recently that it was always held at Woodlands or Tokanui. It started in 1948 when Mrs Moffett donated a trophy for a rugby competition for Standard 3-4 (year 5-6), pupils in Southern Southland. The Moffett family had a sawmilling business near Tokanui. Originally school teams travelled to Fortrose School for a day of 7 aside rugby and basketball (now called netball). In the early days some schools provided a farmers truck and the pupils sat on the deck and travelled down and back. When cars became more plentiful they were literally filled with children, (no seatbelts in those days). We must be into third generation of Moffett Cup families! If you can tell us more about Moffett Cup in the past, I'd love to hear about it.

Sports overdue accounts that went out at the end of last term should all be paid by now. If you haven't please get this sorted straight away. If you can't, then please talk to me about it so that we can arrange something. When children are signed up for a sport, it is expected to be paid at that time. The school should not be out of pocket for individual sporting commitments.

Have a great week.

Ka kite ano
Kate Stevenson
Principal

“Sit Less



Calendar of Events:

- Monday 31st July - Speech Competition Year 5 – 8 – 1.30pm
- Monday 31st July - Home & School Meeting – 7.30pm
- Wednesday 2nd August - Year 7 Netball Tournament
- Wednesday 2nd August - Year 7 & 8 Technology – Menzies College
- Thursday 3rd August - Year 5 Netball Tournament
- Friday 4th August - Moffett Cup
- Monday 7th August - Book Club Orders due
- Monday 7th August - Learning Conferences 3.30pm – 7.30pm
- Tuesday 8th August - Learning Conferences 1.00pm – 5.00pm
- Wednesday 9th August - Year 6 Netball Tournament
- Tuesday 15th August - Year 8 Netball Tournament
- Tuesday 15th August - Board of Trustee Meeting 7.30pm
- Saturday 19th August - Ski Trip
- Monday 21st August - Book Bus
- Monday 21st August - Polyfest
- Monday 31st August - Cyber Safety – John Parsons
- Tuesday 26th September - School Production Dress Rehearsal – 1.00pm
- Wednesday 27th September - School Production – 7.00pm
- Friday 29th September - Last Day Term 3



Class Reports:

Room Tahī: Welcome back to everyone, we are busy practising our Kapa Haka item for Polyfest. We are all looking forward to having our new students start their visits on Monday.

Room Rua: We are very excited to be back for another term and we have three new children in our class. Welcome to Madison, Hunter Watson and Araya. We are working hard on our Production songs this term. This week we are finishing off our statistics unit by making graphs to display data.

Room Toru: We are straight back into work. Technology starts on Wednesday 2nd August. We are entering two teams in an EPro8 challenge. We have our second Moffett Cup practice today. We are managing to fit Reading, Writing and Maths in as well. It's good that we like to keep busy.

Room Wha: are getting back into their learning routines and are enjoying sharing their speeches with the class. Our salmon eggs hatched over the holidays and are now alevin's, next time you are at school come on in and check them out.

Room Rima: We are working on speeches for the next few weeks. Please remember gear for Moffett Cup practices.

Conferences – Goal Setting

Monday 7th August 3.30pm – 7.30pm

Tuesday 8th August 1.00pm – 5.20pm (Buses leave school at 12.30pm)

Bookings now open – schoolinterviews.co.nz – code **ec7vh**

The School Enviro Group is selling "worm juice" from our worm farm. We are asking for a donation of \$3 or more for a 2L bottle of worm juice. This juice needs to be diluted down at a ratio of 1:10 and is great on the garden. If you are interested in buying some please contact the School Office or Kate Jarvie kate@tokanui.school.nz. Thanks for your support.

If you have any unwanted Tokanui School hoodies or want to order a second hand hoodie (\$10) then please contact Beth 2468 558

ODD SPOT: Teeth are only parts of the human body and can't repair themselves.



Tokanui Home & School new updated telephone lists are now available from the School Office- \$10 per list.

Zone Sports News A Facebook Group called 'Southern Zone Schools Sport' has been started; it will have useful information, draws, news and some photos on it.



**Firewood for Sale
DRY BLUE GUM**

\$60/m proceeds to Toe Toes Pool

Contact Cheryl Leith 027 2468 721 or Roger Buckingham 2468 434

Tokanui Medical Centre – Phone 2468 850

Doctor Days: 9th August – Abraham
21st August - Abraham



Flu vaccinations will be available on these days. You don't have to be enrolled in this practice to have this vaccination at Tokanui.

Please contact Balclutha Medical Centre to make an appointment and for repeat prescriptions – (03) 4190 400

Anyone wanting a smear test, contact the Tokanui Medical Centre
Emergencies phone 111 Ambulance, Fire and Police.

WANTED

Some only, house flooring for hut. If walls available would take a room 3 x 3mtrs. can help pull down if still standing Phone 027 7567 486 Bam

Waimahaka Collie Club AGM will be held at Waimahaka Hall on Thursday 27th July at 7.00pm

Thank you to all who helped or ran dogs at the recent nursery trial. Special thanks to Allan Fox for providing the facilities and sheep. A very successful day.

Contact Ros Cook 2469 747

OPEN DAY AT SOUTHLAND GIRLS' HIGH SCHOOL

Thursday, 3 August 2017.
School – 3.30pm to 7.00pm
Hostel – 2.00pm – 4.00pm
All welcome.

JAMES HARGEST COLLEGE OPEN DAY

at the Junior Campus

Sunday 30th July 12.30pm – 2.30pm

(Please allow an hour)

MENZIES COLLEGE OPEN DAY

Wednesday 16th August

Curio Bay Christian Fellowship

Sharing the love of Jesus

Meeting 1st and 3rd Sunday of each month

Service 10.30am All Welcome

John & Jenny 2468 722

June 2468 363



Rosie & John's 110th Birthday 7.00pm, 29th July at the Waikawa Hall

Come along for a Pot Luck Tea and dance the night away with the band.
Some beverages supplied
No presents please

Why not embrace winter and head to Fortrose Café & Restaurant on Friday, 28 July for a special Midwinter Dinner, details on Facebook (@FortroseCafeNZ) or call 03 2469 888 and we can email you the menu!



We are holding our **Annual District Dinner** at the **Otara Community Hall** on Friday evening, **28th July** A family friendly gathering.

Please bring Finger Food to share Meet & mingle 6.30pm
Eat 7.15pm. BYO refreshments. Tea & Coffee provided.
Gold coin donation to help with Hall costs please.
Any queries to Tim 2468 493 or Anne 2468 822

DANCING with the STARS LOCALS!

Interested??

Are you 18 and over?

(way over is fine)

Tutors from

Rachel Ferguson School of Dance
will come to Tokanui once a week.

Practice starts early October.

The big performance is early Dec.

Excited?? – then call....

Janice 2469 566 Cala 2468 434

Blue Jeans the Movie

Ross "Blue Jeans" McMillan

a Naseby bush poet

A dramatisation made about

"When Jean Deans Raced The Train."

A true story about McMillan's mother as a young woman, racing the Oamaru postal train on horseback to get letters from her soldier sweetheart Curly Bill during World War I.

Friday August 18th – 7:30pm – 8:30ish

RSA Hall Tokanui

\$5 entry

Also showing

"Snow is the Boundary"

"Catlins Pioneers"

FOR SALE

Lange women's ski boots size 23.5 - \$35

Lange boys ski boots size 25.5 ish - \$25

Come try them on, saves renting.....

Head kids skis 130cms (10-12 year old). Would accept \$40 as they are scratched up but in good working order.

Aqua Blue Girls Ski Helmet and goggles. Helmet fits 57-59 and is RED brand, goggles are Anon brand with gorilla print band. Really nice kit....Price \$57

Boys black and grey snow board gloves XTM brand would fit 11-13 year old. Price \$15 (could be used as inners for ski mittens) again nice kit.... Sheila 03 2468 505 or 027 2468 505

Women's Farm Discussion Group.

We have started a discussion group for women interested in farming; we meet 2nd Wednesday of the month, 10.00am-2.00pm.

August meeting is on the 9th in conjunction with Beef and Lamb with a feed budgeting workshop at Colin and Dot McDonalds, 9am start.

Tom Fraser will be taking the workshop and it will be followed by ewe condition scoring. Lunch to follow. Everyone welcome to come along.

For more info phone Dot 027 4977 962 or Pip 03 246 8453

This week's joke: What do you get if you cross a chicken with a cement mixer?
A brick layer!

Pilates in Tokanui Hall Wednesdays, 9.30am

Coffee to follow at Tokanui Store

10 weeks - \$120.00

5 weeks - \$70 (plus casual price for workouts over and above 5 visits)

Pay as you go \$16.00

brucethomson@btpilates.co.nz



9th August – Beef + Lamb NZ – Taking the Guess work out of flock nutrition and body condition scoring workshop
9.00am -1.00pm – Colin and Dot McDonald's, 206 Pope Road, Haldane, Tokanui.

Learn how to better manage feed supply and demand, increase feed utilisation and enhance the value of the feed consumed from the humorous Tom Fraser.

Following Tom's presentation we will take you through a practical demonstration and hands on practical session in the yards on Ewe Body Condition Scoring and its benefits.

This free workshop will give you the skills you need to help you understand the importance of flock nutrition and feed requirements on your farm, as well as how to successful body condition score your own flock.

On completion you will be given a copy of the simple feed budget software demonstrated and supporting resources.

BBQ Lunch will be provided after the workshop finishes.

Book your place by texting or calling Olivia Ross 027 8017 868

Tokanui Junior Rugby –games at Tokanui

Rippa	9:45	Titiroa Transport Tokanui Vs Blues Southern Industrial Coating	Tokanui 2B
U8	10:30	Tokanui Bistro Tokanui Vs Woodlands G T Chamberlain Builders	Tokanui 2A
U9	9:45	Borlase Dipping Tokanui Vs Marist Vipers	Tokanui 2A
U10	10:45	Callahan Transport Tokanui Vs Tomlins Building Waikiwi	Tokanui 2B
U11	9:45	Woodlands Grevillia Ag Vs Marist Black	Tokanui 1
A Grade	11:00	Woodlands Southern Quantity Surveyors Vs Total Span Waikiwi	Tokanui 1

CANTEEN DUTY: Jillian Strang, Jade Knuth, Logan Dean, Missy MacRae, Ana Berguis

Photos will be taken Saturday morning, please arrive 30 minutes prior to your child/childrens game, thanks.

Wear uniform (i.e. shorts, rugby tops – no undergarments showing), rugby socks pulled up, no rugby boots.

PLEASE BE ON TIME ... if you are late you will not be in the photo.

This is the last home game for the season and we are lucky to have all our teams playing including Woodlands U11 and A Grade, which involves our older Tokanui players.

Please let all friends and family know so we can get lots of support out there for them.



Johnstone Contracting - delivering solutions to you this winter and also delivering this newsletter to the community. Talk to us now about winter work - now operating a 5 tonne digger with Tip trailer. Get those little jobs about the place tidied up now. Call 027 454 9024.

Thank you for supporting those who support our school.

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