



Nga mihi ano – greetings again,

This week is Maori Language Week. Kia ora te reo – Let the Maori language live! Language is the key to learning and understanding a culture and Maori culture is unique to New Zealand.

The Spring National Synchronised Swimming Championships are being held at Splash Palace from 9<sup>th</sup> – 12<sup>th</sup> October. There will be 150 athletes competing from China, New Caledonia and nine New Zealand clubs. There will also be the NZ development team, which includes four Southland swimmers, doing a display before they head to the Singapore Opens. Our very own Aimee Beale will be competing at this National Championship event. Come along and have a look. You will have received the forms to complete for sporting options in Term four.

Please send these back to school with payments. It is so good to see our children being active and having fun playing sport. Being more active helps children in so many ways including helping them to sleep and to achieve more with their learning at school. "A Canadian study found that children aged 10-12 years who slept the least on school nights were significantly less active and more sedentary than those who slept most. Additionally, children with higher physical activity levels are less likely to be sleepy during the daytime." (Ministry of Education Gazette).

SIT LESS, MOVE MORE, SLEEP WELL! We all know that physical activity can help people live longer, healthier lives.

Our classes have all had some specialist art lessons with Moira Short over the last couple of weeks. Look out for their masterpieces around the school. Moira has been working with the children and classroom teachers.

There is a lot of talk through the media about the General Election coming up. The children are taking part in a mock election as part of their learning about the General Elections.

The children are all working hard to bring together the final stages of Production. You will be getting a note home asking for costuming. It is all pretty simple and you should be able to find things at home or borrow from a friend. We don't expect families to be paying for anything. Keep Wednesday the 27<sup>th</sup> September at 7pm free to come along and enjoy the show. Community members are welcome to join us. Admission is a gold coin donation for adults and children are free.

Ka kite ano  
Kate Stevenson  
Principal

Exercise should be regarded as tribute to the heart. ~Gene Tunney

#### Calendar of Events:

Monday 18<sup>th</sup> September - Book Bus  
Tuesday 19<sup>th</sup> September – BOT Meeting  
Wednesday 20<sup>th</sup> September – No Technology for Yr 7 & 8. School as usual.  
Thursday 21<sup>st</sup> September – School Photos  
Friday 22<sup>nd</sup> September – Sausage Sizzle  
Friday 22<sup>nd</sup> September - Room Rima Assembly  
Tuesday 26<sup>th</sup> September - School Production Dress Rehearsal – 1.00pm  
Wednesday 27<sup>th</sup> September – School Production – 7.00pm  
Friday 29<sup>th</sup> September - Last Day Term 3  
Monday 30<sup>th</sup> October - Home & School Meeting – 7.30pm

#### Class Reports:

**Room Tahī:** This week we have had Mrs Short come in and teach us some art, we all really enjoyed it and all our paintings are displayed with Room Rua's in our cloak bay.

**Room Rua:** We had an awesome morning yesterday working with Mrs Short. We mixed paint and painted flowers, vases and backgrounds. Thank you to Mrs Short for sharing your knowledge with us. We have also been learning about healthy eating and the importance of eating fruit and vegetables every day.

**Room Toru:** We really enjoyed our art with Mrs Short last Thursday. We have some beautiful still life art work in the class now. This Thursday we have Production practice – our costume is dark skirt or pants (not trackpants) and a bright shirt.

**Room Rima:** This week Room Rima is working on Readers Theatre. This is to enhance students reading skills and confidence by practising reading with a real purpose to read aloud.

**Room Wha:** We loved having Mrs Short in our classroom last week as we created landscapes and learned a lot about layering, tinting and shading. We created our

five Day Movie Challenge on Friday for the Media Mash competition. This has been uploaded to You Tube if you would like to view it.

We have just signed up as a drop off location for Terracycle. We will collect your old Colgate products and send them away to be recycled. This includes toothpaste boxes, empty toothpaste tubes, toothbrushes, packaging for toothbrushes and empty floss containers.

Send them to School with your child or drop them at the School Office. Please remove any excess product before you send them to school. Thanks for your support.



*If you have an orange school vest or spare yellow high vis vest, please return them to School.*

#### Can you believe it?

We have six Tokanui School hoodies, varying sizes, in our lost property bin from last term. Some of them look nearly new. Please check and see if any member of your family is missing one.

#### Hot Lunches

**Could you please make sure all food for the pie warmer has been thawed. We only have 1½ hours to heat it and we have had complaints it is not hot.**

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



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.

Home and School Meeting Monday 30<sup>th</sup> October (one week later than usual due to Labour Day) 7.30pm in the Library - all welcome.

**ODD SPOT:** A new born hedgehog starts to get it's spines within 24 hours of birth.

**First Aid:** A First Aid Revalidation Course has been booked with the Red Cross for Saturday 9<sup>th</sup> December. If you are interested, please let us know. This course will be half theory on line (4 hours) and half practical to be held at School (4 hours).

#### Nutrition – Public Health South Newsletter

Head online to the Big Change Starts Small website where you can find information to make healthier choices for children and whanau every day. This includes easy, affordable recipes and fun ideas for being active.

Some examples are:

Carrot and orange salad	How to get and instant lunch
Pitta bread pizzas	Vegetables that stay fresh longer
Breakfast on the run	Walks and playgrounds

Tips for getting kids more active

Try and make changes slowly, and not too many at once so you can maintain them. <http://www.eatmovelive.govt.nz/>

#### Homemade Nut Bars- (Not suitable for school)

##### Ingredients:

1½ cup rolled oats	½ cup roughly chopped almonds
1 packed cup of pitted dates	¼ cup sunflower seeds
¼ cup pumpkin seeds	1/3 cup sesame seeds
¼ cup maple syrup or honey	¼ cup unsalted peanut butter or almond butter

##### Instructions:

1. Preheat oven to 180 degrees
2. Line a tray with baking paper and set aside
3. Process dates in a food processor until they are broken down into a paste
4. Mix remaining ingredients together
5. Transfer to a small lined pan and press down firmly to flatten the mixture
6. Bake for 10-15 minutes
7. Remove from oven and allow to cool before cutting the board.

Tokanui School Presents...


# History Rocks

Includes songs like:


- Help - The Beatles
- Jailhouse Rock - Elvis Presley
- Rock Around The Clock - Bill Haley + The Comets

And heaps more!

Children: FREE  
Adults: Gold coin donation




**At the Tokanui Hall 7pm 27.9.17**

 **Tokanui Medical Centre – Phone 2468 850**  
 Doctor Days: Wednesday 27<sup>th</sup> September - 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.

### Curio Bay Christian Fellowship

Sharing the love of Jesus  
 Sunday Service 10.30am  
 All Welcome  
 Ceilia & Paul Watson 2468 431



 **Edendale Tennis Club AGM and General Meeting**  
 Tuesday 19<sup>th</sup> September at Edendale Pub at 7.30pm  
 All welcome. Apologies to Sandy Smith 021 147 8646  
 See our Facebook Page Edendale Tennis Club for info about our teams & Club.

**This week's joke:** Knock knock.      *Who's there?*  
 Nunya.                                      *Nunya who?*  
 Nunya business.

### Cash for Communities

This is an opportunity for farmers to raise funds for their local school or Rescue Helicopter.

PGG Wrightson and Balance Agri-Nutrients will donate \$1 for every tonne of qualifying Balance fertiliser purchased by farmers who have registered and nominated their school or

Rescue Helicopter at [www.cashforcommunities.co.nz](http://www.cashforcommunities.co.nz)  
 Give your school the chance to win iPads with the Cash for Communities 2017 Programme.



### **Girl Guide Biscuits**

They are available again!!  
 Plain, chocolate and minis.  
 \$3.50 a packet or 3 for \$10, a box for \$60  
 Please ring Angela 2468 741 or Sandra 2468 520 with orders for boxes.

**Tokanui Golf Club**  
**50<sup>th</sup> Jubilee**  
 Saturday 18<sup>th</sup> November 2017



*Weet-Bix Kids Tryathlon*  
*Dunedin 11<sup>th</sup> March 2018*

*Register now at [try.weetbix.co.nz](http://try.weetbix.co.nz) or call 0800 WEETBIX*

### ICE-WORLD

Ice Fest southland

The Ice World pop-up Ice Rink is coming to Invercargill for Ice Fest Southland. Located in Gala Street Reserve from 23<sup>rd</sup> September until 15<sup>th</sup> October.  
 Open 9.00am to 9.00pm daily (10.00pm Fridays and Saturdays).



Senior Room Art with Mrs Short



Thank you for supporting those who support our school.

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