

**Tena koutou katoa nga mihi ki te whanau o te Kura o Koputai – greetings to all families of Koputai (Port Chalmers) School.**

**Whanau Hui**

Our whanau hui group met last term and are excited to be working towards a matariki breakfast for our learning community on the 22<sup>nd</sup> of June at 7:30am. You will hear more about this exciting event closer to the time, however please mark the date in your diary. If you want to be part of our whanau hui group and help with planning this event, we are meeting at 5:30pm on Thursday 18<sup>th</sup> May in the staff room. Kai will be available and tamariki are most welcome.

**Sushi Johnny Tomorrow**

Orders will need to be in at the Office before school in a named envelope with room number and choice, and **correct** change. We will order the lunches which will then be picked up and given out at 12:30pm. **Please ensure you choose Chicken or Vegetarian**

**Price List**

Teriyaki Chicken or Vegetarian Rice Balls \$3.50  
Teriyaki Chicken or Vegetarian 5 piece sushi \$5.00

**Can you please tell your child they must eat their Sushi at lunchtime and not leave in their lunchbox for later. Sushi is great when it's fresh but may cause food poisoning if consumed after being left in a lunch box for hours.**

**Please be vigilant in your weekly check of your child's hair. One egg left starts the breeding cycle all over again 😞**  
**We are asking if children with long hair could have it tied up or in a bun.**  
**Using a bandana can also help reduce the incidence of head lice spreading.**

**Free head lice treatment**

A message from the Public Health Nurse  
Head Lice Treatments can be obtained by prescription from your doctor for little to no cost.

**Free Dental Care**  
for 0-17 year olds

NEW Online Enrolment  
You can now enrol or update your details online at:  
[www.southernhb.govt.nz/pages/oral-health-enrolment](http://www.southernhb.govt.nz/pages/oral-health-enrolment)

LIKE our Facebook page and go in the draw to WIN one of our monthly oral health prize packs!

Talkteeth - Southern  
Community Oral Health Service  
Otago 0800 672 543  
Southland 0800 570 300

Southern District

**QUIZ NIGHT**

**PORT CHALMERS SCHOOL**  
Fundraiser to resource science and technology equipment

Friday MAY 26th @ 7pm  
Port Chalmers Golf Course Reservoir Rd, Sawyers Bay

\$20 per team of four  
\$5 extra member

To register your team phone Steve Walker

**Health Snippet**

**Good sleep practices**

Good sleep practices include providing an adequate opportunity for sleep based on age and individual sleep needs and an environment that is conducive to good sleep quality and safety.

1. Make sure your child gets enough sleep by setting an age-appropriate bedtime (preferably before 9:00 pm or 21:00 hours) and wake time\*.
2. Keep a consistent bedtime and wake time on weekdays and weekends.
3. Establish a consistent bedtime routine and recommend wearing comfortable clothes in bed, including strong absorbing diapers for infants.
4. Encourage your child to fall asleep independently.
5. Avoid bright lights at bedtime and during the night and increase light exposure in the morning.
6. Keep all electronics, including televisions, computers, and cell phones, out of the bedroom and limit use of electronics before bedtime.
7. Maintain a regular daily schedule, including consistent mealtimes.
8. Have an age-appropriate nap schedule.
9. Ensure plenty of exercise and time spent outdoors during the day.
10. Eliminate foods and beverages containing caffeine, including many sodas, coffee, and tea.

**\* TABLE OF RECOMMENDED SLEEP AMOUNTS**

AGE	SLEEP NEED
3-12 months	14 to 15 hours
1-3 years	12 to 14 hours
3-5 years	11 to 13 hours
6-12 years	10 to 11 hours
12-18 years	8.5 to 9.5 hours

**SOUTHERN CHILDREN'S CHOIR**

Does your child enjoy singing? Are they aged between 9 and 13 years? Then you might like to check out the Southern Children's Choir! Established in 2007 to fulfil a need in Dunedin for a children's choir that explores a wide variety of music, the choir is led by a professional musical director and brings opportunities for the children to perform to an audience in diverse settings.

The Southern Children's Choir meet each Wednesday of the school term in Marama Hall at the University of Otago from 6:30pm until 8:00pm.

Check us out at our upcoming concert at:

**Dunedin Public Library on Saturday 27<sup>th</sup> May at 1:15pm.**

Or visit our Facebook Page

<https://www.facebook.com/southernchildrenschoir/>

**Auditions** will be taking place in June for any children interested in joining the choir. For more details contact Rebecca at [gmeikle@es.co.nz](mailto:gmeikle@es.co.nz).

**Anzac Day**

Where the red poppies grow  
In a field of green  
We will remember  
Who were never seen.  
They risked their own life  
For nothing but pain.  
The white crosses stand  
so we will never forget.  
Who could hear gun fire,  
Bullets racing by.  
To the ones who died or lived  
We hear them suffer.  
But we will remember forever  
**By Rosa**

**The Leaf**

Curved  
Brown burnt tip  
Brown Yellow Orange Sunset  
Minty  
Jagged Spikey edge  
Burnt deep red outer edge with a strip of whitish yellow  
Click click click  
A small row boat sailing on the river of air  
Toothe paste  
Green tea  
**By Coco**



**The Poem of a Leaf**

Yellow classical spikes  
Fragile crackly bending colourful old  
Crusty stem  
Tiny hooks rub along  
the desk  
Brown veins  
**By Liam**

**Bright**

Spiky  
Fell out of a tree  
Miss my home  
Miss my parents  
Taken away forever  
**By Riley**



**School Gates**

For the safety of all our learners we ask that you please close the school gates behind you. Although they are meant to be self-closing, sometimes this doesn't happen. We also ask that you don't wedge the gate open with rocks. We want to keep everyone safe and ask for your help in this.

**Family Accounts**

Family Accounts went home with this newsletter today. For larger amounts please consider setting up an automatic payment. \$5.00 a week soon get these paid off.  
Thank you to families who have already paid.

**SAUSAGE SIZZLE ON THURSDAY 25<sup>TH</sup> MAY.  
JUST \$2.00 😊**

**PMP Helpers**

The Perceptual Motor Programme (PMP) happens in Rooms 5 and 7 on a Tuesday and Wednesday morning 9:10 – 10:30am. We require adult helpers to assist with a station during this time. Please see Ian or Peta if you can help with this very worthwhile programme.

**Absences**

Please ring the school on 472-8685 or txt 027 697 3596 before 9.15am if your child is going to be absent (or late) from school. This means less time is taken up, trying to contact you if your child is missing from school.

"Won't be in today" is not a valid excuse to be absent and the Ministry codes this as truant and can follow this up. Thank you

**Calendar of Events**

16 <sup>th</sup> May	BOT Meeting 7pm
18 <sup>th</sup> May	HPV Year 8s
18 <sup>th</sup> May	Whanau Hui (5:30pm)
22 <sup>nd</sup> May	Bully Free Week
25 <sup>th</sup> May	Sausage Sizzle \$2.00
26 <sup>th</sup> May	PTA Quiz Night
5 <sup>th</sup> June	Queen's Birthday
23 <sup>rd</sup> June	Fundamental Fun Day Years 1 - 3
30 <sup>th</sup> June	School Disco 6-8.30. Carnival Theme
7 <sup>th</sup> July	Term 2 Ends
23 <sup>rd</sup> July	Term 3 Begins
28 <sup>th</sup>	Term 3 Ends
September	

**Caught Doing Great Learning in Week 2**

<b>Writing</b> Van Rm 5 Alesia Rm 5 Sybil Rm 7 Bella Rm 5 Angelina Rm 5 x2 Logan Rm 5 Mila Rm 7 Zen Rm 7	<b>Spelling</b> McKenna Rm 7 Robbie Rm 7 Rosa Rm 7 James Rm 7
	<b>Handwriting</b> Sybil Rm 7 Tommy Rm 7 Rosa Rm 7

**KEI TE PAI**

Vicki Nicolson

Principal