

## TUMUAKI NEWS

### Enviroweek

The latter part of the term has certainly been a period of 'Weeks', hasn't it? I like this concept when it fits in naturally with our School's Aims because it benefits everyone, as all of the pupils are sustaining learning about a particular concept for a period of concentrated time. Also, there are opportunities to go beyond normal class based routines and involve a wide range of activities for pupils to be collaborative problem solvers, activists and even entrepreneurs. A week's worth of learning about an idea in a more holistic way certainly has benefits when talking about concepts becoming embedded in a pupil's psyche.

This week, (which has been well planned for by staff since the beginning of the term), is aligned to Port School's Silver Status as an Enviroschool. This status is monitored therefore we strive to continually sustain and improve upon our School's environmental activity.

In 2009, we adopted the idea of current thinking at the time that the safe limit of CO2 in the atmosphere was 350 ppm. We created a wee garden in a '350' layout near the ECO Hut, we had the whole school make an almost complete circle on the courts (350 degrees) and wrote messages in chalk on the concrete. The reason that I bring this particular action week activities up is that currently, in this short period of time, are operating at around 406 ppm. Hmmm.....

So, even though the metrics are changing globally, we can certainly do our bit locally.

This week, pupils will begin to take all of the items that are not compostable, home in their lunchboxes. We completed a waste audit with Daniel from the DCC and concluded that 20 % of the actual rubbish produced over a day of snacking and eating was landfill based and that 80% could have been recycled. Consider the idea of buying a large bag of crisps and put a desired amount into a re-usable snap-lock bag or container. Not only does this work out a great deal cheaper but it avoids unnecessary packaging.

Pupils will be making beeswax wraps for sandwiches and the like. They will be creating re-usable bags using items of recycled clothing. A group of senior pupils have been putting a great deal of time and effort into upscaling our Edible Garden. These kids will be running a stall at this Saturday's Dunedin Farmers Market selling items to raise money for the things we need to really 'jazz the garden up'. Support them if you are in town, please!

There are lots of other things going on too. If you feel that you could lend a hand or contribute to our programme, please talk to any staff member. This particular 'Week' will run until the end of term and beyond!

Haere ra, Jared

### Health Snippet

#### Sugar in drinks

In New Zealand the consumption of sugary drinks is increasing, which may contribute to the growing number of children and adults becoming overweight or obese. Sugar is high in energy, and when we consume more calories than we burn, we will put on weight. Sugar in drinks becomes 'empty calories' because the drink usually contains no valuable nutrients, and does nothing to satisfy hunger.

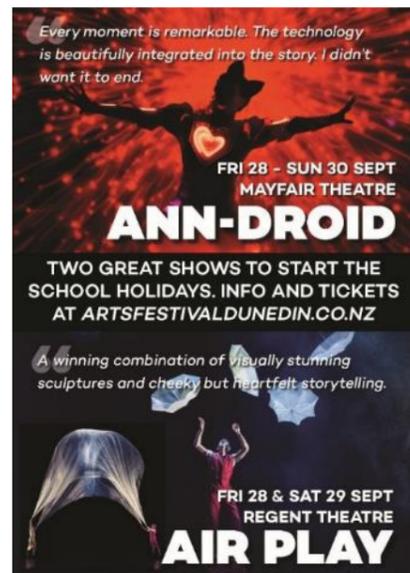
Fruit juice contains the same amount of sugar as soft drinks (fizzy) – about 10 teaspoons of sugar in a 350ml bottle (or a large glass). A glass of orange juice contains the sugar of several oranges - so drink water and eat the whole fruit instead. You'll feel fuller and consume less sugar.

**If you drink a 600ml bottle of soft drink a day, you will consume 2kg of sugar a month!**

Water is by far the best drink for both children and adults. If your child is used to sweet drinks they may protest when you give them water, but do persevere until they get used to it. You can start by diluting the sweet drink with water, gradually adding more and more water.

Sports drinks/energy drinks are not necessary for children, even if they play a lot of sport. They just need water to drink, and maybe a healthy snack before and after exercise.

**Heidi Genever**  
**Public Health Nurse**  
**Tel Direct dial 03 476 9851**



Welcome to Matilda in Room 5 and Elijah in Room 8 and their family. We are sure you will enjoy your time here as part of our learning community

### Smash Cricket

Girls Smash Cricket starts again in Week 5 of Term 4. Notices have gone home, please return these to Mr Landreth by the end of this term.

### Port Pongers

Our Port Pongers Liam & Ryan had another win. This time they beat George St 5-0. Well done!

### Lets Go Fishing

Otago Fish & Game Council is running two FREE Take-a-kid-fishing days at the Southern Reservoir (located off Reservoir Road) on Sat 22nd and Sat 29th September 2018.

Registrations for the event start on Monday 27th August and are essential. To register, visit <https://fishandgame.org.nz/otago/freshwater-fishing-in-new-zealand/fishing-news-and-events/otago-take-a-kid-fishing-days-2018/> alternatively, come into the Fish & Game office on the corner of Hanover & Harrow St, Dunedin.

Registrations are limited to 130 kids per session. Spare fishing rods will be available along with experts to help kids get started. Parents or care givers must be present to supervise children.

### Otago Farmers Market

On Saturday 22nd September from 8am - 12:30pm Port Chalmers School will have a stall at the Otago Farmers Market at the Railway Station in Dunedin to raise money for the Edible Garden. Some students from Room 2 who have been working in the garden will be there to talk about what they have been doing over the past few weeks and what their plans are for the future of the garden. They will also have some items to sell such as flax flowers, lavender oil, 'class made' toothpaste, beeswax wraps, deodorants, and various other items. If you have any other items that they could sell such as reusable bags, home-made craft items, etc. then please leave them at the school office on Friday 21st September. Otherwise come along to the market and check out the stall.

Talk to Jennie Upton if you have any questions. 😊

### Ringing the Bell to welcome the Albatross Back



### Firewood Fundraiser!

The arborists are gone and now we would like the wood gone! We would like to use the raffle funds to enhance our school grounds and to upscale our Edible Garden. The wood will go as is. It will need to be picked up and taken away by the new owner as soon as possible. The raffle will be drawn next Thursday. Contact Jared at school if you win, to arrange pick up. Good Luck!



### Calendar Art

Order forms for the Calendar Art went home last week, can all orders please be returned by the 28<sup>th</sup> September. Art works can be viewed in the classroom or Office area.

### Holiday Programmes

As we get a number of advertisements for Holiday Programmes, we now post these on our website [http://www.portchalmers.school.nz/community\\_noticeboard.html](http://www.portchalmers.school.nz/community_noticeboard.html)

**Can Families please supply the CORRECT money for Tuesdays and Friday Lunches, this makes the ordering process a lot easier for the people who have to sort them.**  
**Thank you. 😊**

**Nga kaimahi pi awiki 9**

**Book Review**  
 Moana Rm 7

**Handwriting**  
 Van Rm 7

**Writing**  
 Laksmi Rm 5    Aurora Rm 5  
 Ariaahna Rm 5    Ness Rm 5

**Spelling**  
 Malakai Rm 7

Can we please have old T Shirts or Shirts- for making reusable bags during Enviro Week? 😊 We also need Glass Bottles and **Fabric**. Thank you. 😊

### VOLUNTEER NEEDED Thursday Morning for just 20 mins

Next term we will be down a volunteer for the Breakfast club. If you can be that special someone, then please get in touch. This is a fantastic initiative that give our kids the best start to their day.

### Assembly Timetable

21 <sup>st</sup> September	Room 2 Assembly
28 <sup>th</sup> September	Marimbas & Len's Send Off

### Calendar of Events

28 <sup>th</sup> September	Last Day of Term 3
28 <sup>th</sup> September	Lens's Send Off
15 <sup>th</sup> October	Term 4 Begins
22 <sup>nd</sup> October	Labour Day
14 <sup>th</sup> December	Last Day of Term 4