

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

Kia Ora folks

Our annual school Cross Country Fun Run is set to take place on Friday 25th August between 1.30 pm and 3pm. During the

last few weeks, all classes have been preparing for this by practising daily, slowly increasing the length of runs or the time spent on running. In order that the pupils feel comfortable enough to complete the courses, this preparation is important, as the incremental build up helps them gain strength and stamina.

To help you to organise your schedules so you can be here to watch and support your kids, I include the timetable for the start times for the various year groups. We endeavour to stick to this as best possible.

As the pupils move through the school, we extend the length of the run and we also adapt the course to suit pupils as they get older. The Year 1 pupils start at the start line beside the Edible Garden then they run around the fitness track and finish at the finish line on the courts. The Year 2 pupils follow the same course but run around the fitness track twice. The Year 3 & 4 pupils run a course that has them run around the Ave, through the fitness track and finish on the courts. The Year 5 & 6 pupils run the same course but they run around the Ave twice.

The Year 7 & 8 pupils run around the Ave twice then move around the fitness track, continuing up the path onto Wickliffe Terrace. They move along, under marshal supervision, until they use the Zebra Crossing and carry on down the Pool track back to school and finish on the courts. In order that we can select the runners for the North Zone Sports, Otago Champs and our trophies, we have a 'Champs' and 'Non-Champs' system. The Y5-6 pupils who want to be considered for selection for these opportunities also run the Y7 & 8 course, due to distance considerations. Our school also has a long-standing history of awarding trophies to pupils in these age brackets who win events, at our end of year Prizegiving.

Keeping our kids fit and active is a big part of our vision at Port Chalmers School and we make sure that our athletes who demonstrate talent are given opportunities to compete at local and regional events. I always appreciate parental support to help with organisation of our school events and, if you have time to help with marshalling, I would be pleased to hear from you.

Please be mindful that we use the gates and finishing chute in front of the Junior Block onto the courts for the run and we would appreciate that you stand at a safe distance out of the path of our runners as they move around the courses.

There will be a BBQ with sausages and bread available on the day. \$2.00 per sausage, so bring some cash. All runners will get an ice block on completion.

Sponsorship cards will be in school bags today. Please support the PTA as they fundraise for playground equipment.



We look forward to seeing you here supporting our pupils! Mā te Wā

Jared Roddick (Deputy Principal)

www.portchalmers.school.nz

Cross Country Timetable	
1.45	Y5&6 Champs
1.50	Y7&8 Champs
2 pm	Y5&6 Non-Champs
2.10	Year 7&8 Non-Champs
2.15	Y 3&4
2.25	Y 1
2.30	Y 2

Port Chalmers School Community Voice Survey

The Port Chalmers School Board of Trustees is asking our school whānau and learning community their thoughts as we plan for learning in the next 3 -5 years. We are keen to work alongside and engage with our community to focus on delivering excellent learning opportunities for all our tamariki.



We have created a survey to gather this important voice.

Please use this QR code on your device to access the survey.

Please remember to call in absences via phone, skool loop app or text, or email, each day your child is absent. This saves time for Katy having to ring or text each family.

Please do not ring the cell phone as it is only for texting.

Thank you



Te Reo Māori

- [Whakatau](#) – visit
- [Manuhiri](#) – visitor, guest
- [Paepae](#) – speakers' seats (for both visitors and hosts)
- [Hui](#) – meeting, conference, gathering
- [Marae](#) – complex that includes meeting house, dining hall, forecourt, etc.
- [Tangihanga](#) – funeral ceremony in which a body is mourned on the marae
- [Tangi](#) – shortened version of tangihanga. Also means to cry or to mourn
- [Karanga](#) – the protocol of women calling guests onto the marae

Health Snippet

Head lice

Head lice are an (unwelcome) part of life, and are easily spread between people, particularly children. The key to managing head lice is early detection: Look through your child's hair on a regular basis - nominate a certain night of the week so it becomes routine.

Use your fingers or a head lice comb, and look for little brown insects on the scalp. The eggs are almost invisible before they hatch, so by the time you spot the little white eggs on the hair shaft they are already hatched.

Do not treat your child unless you see live lice.

The best treatment is thorough combing with a head lice comb and lots of conditioner in the hair. This should be done every 2nd day for 10 days.

If you choose to use a head lice shampoo, you should still do the combing as described above. Shampoos do not kill eggs, and do not always kill all the live lice.

Do not use animal products on your child's scalp. They are harmful to humans.

For more information look up

www.healthed.govt.nz/resources/headlice-facts

or **contact your public health nurse:**

Laurie Mahoney 476-9833

Health Advice

- We are experiencing an unusually high rate of illnesses at school presently. To mitigate this, please wear a mask if you are in school with any symptoms. Please also ensure that your kids understand that they should wear a mask when in close proximity to their classmates if they have been ill, or are pre or post symptomatic at school, for a day or two. Thank you.



Fun Run sponsorship cards have gone home today. Could we have these returned by Friday 25th August please.

Let's go fishing



Otago Fish & Game Council is running four free Take A Kid Fishing session from 10am to noon at Southern Reservoir, Reservoir Road, Dunedin, on September 2, 3, 9 and 10, 2023.

You must register to attend this popular event.

Go to the Otago Fish and Game Council Facebook page, or follow the link below:

<https://www.surveymonkey.com/r/CNDY7L2>

Due to popular demand, participants may only register for one day only. Numbers will be limited to 120 children per event.

Spare fishing rods will be available along with experts to help kids get started. Please bring a few fishing lures. Parents or

caregivers must be present to supervise children.

Thanks to our supporters at the Otago Community Trust, Oceania Gold and Dunedin City Council.



Calendar of Events

15 th August	North Zone Yr 5 & 6 Cross Country
17 th August	North Zone Cross Country Cancellation Day
17 th August	NZ Navy Band Concert
25 th August (1:30pm)	Fun Run
22 nd September	Last day of term
9 th October	Term 4 Begins

Assembly Timetable

1 st September	Rūma Wheke
8 th September	Rūma Pāua
15 th September	Rūma Tepetepe and Rūma Pipi
22 nd September	Rūma Mangō



**REMEMBER
ONCE A WEEK,
TAKE A PEEK**



4 WEEK
JUNIOR UPSKILL

WHAT:
Junior Upskill is a 4 week program for Year 3/4 netballers covering fundamental skills with a focus on fun to build confidence!

INCLUDES:
Weekly skill progression
Limited edition NETFIT GEN tshirt
Personalised feedback

LOCATION:
Edgar Centre, Dunedin

WHEN:
Monday 21 August
Monday 28 August
Monday 4 September
Monday 11 September
4-5pm

NETFITNETBALL.CO.NZ



Some Calendar Art from Rūma Pāua


For calendar art this year Rūma Pāua created art influenced by the famous artist Andy Warhol. Each child got 4 photos taken and then we made them look like pop art by choosing bold colours for our backgrounds and portraits.



THE 2023 GENERAL ELECTION

Enrol, check or update your details now for the 2023 General Election.

Visit **vote.nz** or call **0800 36 76 56**

 **ELECTORAL COMMISSION**
TE Kaitiaki Take Kōwhiri

