

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

We are looking forward to hosting our annual fun run tomorrow afternoon.

If you are able to help during the run as a marshal on the course, please see Jared.

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.

The PTA will be doing a BBQ at the fun run also. \$2.00 a sausage. Bring some cash!

They are also providing an ice block for all the runners on completion of their race.



Cross Country Timetable for Tomorrow

1:45 pm	Y 5& 6 Champs
1:50 pm	Y 7& 8 Champs
2:00 pm	Y 5&6 Non-Champs
2:10 pm	Y 7 & 8 Non-Champs
2:15 pm	Y3 & 4
2:25 pm	Y 1
2:30 pm	Y 2

Fun Run Sponsorship



Could we have all Fun Run sponsorship cards and money returned by Wednesday 30th August please.

Assemblies start next week. The timetable is below. The children are looking forward to sharing their learning from this term with families and the other classes. Assemblies start at 2.15pm on Fridays in the hall.

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

88 St Leonards to Port Chalmers shared path opening



Grab your bike or walking shoes and be among the first to try the stunning new 5km St Leonards and Port Chalmers harbour side shared path. It is time to enjoy this safe, uninterrupted world class walking and cycling route between Dunedin and Port Chalmers.

Make sure you are at the new path opening on **Saturday 26 August 2023**. Be at the car parking area adjacent to the main road entrance into Sawyers Bay by **12:15pm** for a **12:30pm start**. Note: No on-site public parking is available.



Calendar Art Order Forms

All classes have completed their calendar art for this year. Order forms went home last week. These need to be returned by 8th September. The PTA bank account is listed on the form if you prefer to pay via internet banking. Please send in your order form still and note on it that you have paid by internet banking. Please use your child's name and Calendar Art as references. The art is displayed in classes for you to look at.

Hockey

Wow, what an awesome season the Port Chalmers hockey team has had!! In their final game last week, they won 5-1 and Riley Stanger got player of the day.

Can all sports tops now be washed and returned to Katy, thank you.



The West Harbour Arts Charitable Trust will be holding their AGM at the Careys Bay Hotel at 8pm on Wednesday September 13th. Anyone interested is welcome to join us!

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.



FREE Reclaimed Building Materials

Most of you will have noticed the demolition work occurring around the Avenue at the moment. We have been approached by the company undertaking this work and they would like to offer our school community building materials that can be reclaimed, recycled or even used for firewood. The most useful stuff for many will be the timber or the bricks although there will be a lot of other materials that will otherwise end up in landfill. The company is also selling household whiteware from these sites and donating the proceeds to our school for us to purchase playground equipment and sports gear. A very generous gesture indeed. If you are interested in any of the building materials or firewood, please contact either Craig on 0226182747 or Lala 0223281179. They are happy to talk to folk who may be interested in any of these items.

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.

Your public health nurse is Laurie Mahoney 476-9833

Calendar of Events

Tomorrow (1:30pm)	Fun Run
1 st September	Otago Cross Country
8 th September	Calendar Art Orders Due
22 nd September	Last day of term
9 th October	Term 4 Begins

Absences

If your child is absent from school then please, get in touch with us. "Won't be in today" is not a valid reason and will be marked with a truancy code. Ring, text, use the app or email please. If we don't hear from you and we can't contact you then this will be marked as truant too. The Ministry requirement is that there be a valid reason for all absences. Truancy can be followed up by the Ministry.

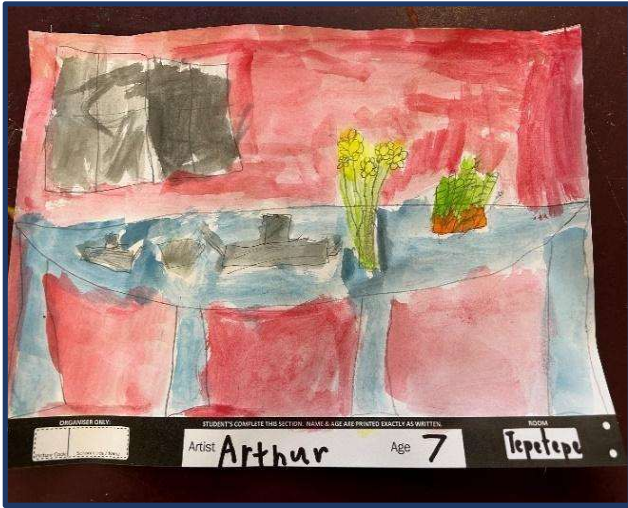
Thank you.

Some Calendar Art from Rūma Tepetepe
Animal faces



Still life watercolour paintings based on work by NZ
artist Joanna Margaret Paul by Rūma Tepetepe





The New Zealand Navy Band Visit

