



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

Port Chalmers School (Koputai te Kura) performed incredibly strongly at only our second appearance at Polyfest this year.

All of our Year 3 -Year 8 pupils take part in Kapa Haka at school and we have spent the best part of this year learning, practising and getting our set up to performance standard. Over the last couple of years, we have seen changes in our Kapa Haka providers for various reasons which has meant our middle and senior school staff have had to keep the journey to Polyfest on track. Earlier on this year we were lucky enough to secure the tuition and enthusiasm of Whaea Joan George who has really added 'punch' and authenticity to our group. Joan has invested a huge amount of time in us, not only in our performance but also in her work in organising costumes, make-up and providing us with advice on correct protocol, pronunciation and understanding of Te Reo. On Friday we also were fortunate to have Leila George helping us with our preparations. Port Chalmers School would like to extend a huge mihi to Joan and also to Leila and the group who met to tailor all of the skirts and headbands for our performers. Nerves were certainly evident on Friday morning as we prepared for the performance. The pupils were amazing to work with and they knew that the big day was finally here and they needed to be at the top of their game. The performance itself was well patronised by our school whānau and it was a real boost on stage to hear the applause and support from you all. Thank you! Well done, Kōpūtai kids! You were amazing! I would like to add this email from one of the main organisers of Polyfest this year. It really sums up our feelings also on how well you all performed.

Tēnā koe,

I am writing to mihi to your kapa haka group that performed on Friday morning.

I was absolutely blown away by the synchronicity and sound of your rōpū. I genuinely think the tamariki could give some adult groups a run for their money!

Again, a massive mihi to your rōpū and to the kaiako of the rōpū - they should all be very proud of themselves.

Kā mihi nui ki a koutou katoa ki Te Kura o Koputai,

Nā, Jesse Matheson

To view our entire performance, please click on this link.
We are on at 2 hours 48 minutes.

<https://livestream.com/accounts/15197514/otagopolyfest2023/videos/237578335>

Have a safe and happy holiday everyone!

Mā te Wā

Jared Roddick – Deputy Principal
www.portchalmers.school.nz

Swimming Term 4

Swimming starts for all classes on Tuesday 10th October. We will swim Tuesday, Wednesday, Thursday, and Friday for two weeks. Please be prepared.

Keeping Ourselves Safe



All classes will be spending time at the start of next term, on the Keeping Ourselves Safe programme which is co-taught with the New Zealand Police. If you

want to know more about the programme, Ross Greer from the New Zealand Police will be in the staffroom at 2:30 pm on Wednesday 11th October to share with you, the programme that will be delivered.

Futsal Fees

The fees for Futsal are as follows.

Years 3 & 4 \$32.00

Years 5 & 6 \$40.00

Years 7 & 8 \$46.00

Payment needs to be made before the season starts please.

Our bank account number is 06 0901 0216749 00.

Please use your child's name and futsal as a reference

Polyfest Performance



Calendar of Events	
22 nd September	Last day of term
9 th October	Term 4 Begins
11 th October 2:30 pm Staffroom	Keeping Ourselves Safe Parent Information Session
10 th - 20 th October	Swimming
26 th October	School Photos
30 th October	Artist in Residence Week
5 th November (Sunday)	Artist in Residence Unveiling and Celebration
13 th November	Teacher Only Day
14 th December	Final Assembly @ 2pm
Assembly Timetable	
22 nd September	Rūma Mangō

Port Chalmers Seafood Festival fundraising opportunity!

The PTA is providing volunteers at this year's Port Chalmers Seafood Festival as a fundraiser. We are looking for volunteers to help out between 10am - 5pm. This will involve a 2-hour stint clearing tables, picking up rubbish etc. You will get free entry so can then enjoy the vibe of the festival too.

The Festival is on Saturday 30 September, at Shed A, Port Otago.

If you are able to help out, email office@portchalmers.school.nz or leave a message at the school office 03 4728685.



Advanced Notice Teacher Only Day 13th November

The Ministry of Education teacher only day on Monday 13th November

Te Reo Māori

- [Taone-nui](#) – city
- [Huarahi](#) – road, highway
- [Waitangi](#) – national celebration of the Treaty of Waitangi; 'weeping waters'
- [Rohe](#) – boundary, the territory (geographical and/or spiritual) of an iwi or hapū
- [Tūrangawaewae](#) – a place to stand, a place to belong to, a seat or location of identity

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 476-9858

Otago Polyfest 2023





Rūma Tepetepe had their own Wacky Wednesday Yesterday

