

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

### Artist in Residence Unveiling Sunday 5th November.

Our annual celebration for our Artist in Residence programme is happening this Sunday. Unlike other years we are not parading up George Street, however we are meeting at school at 11:00 am on the court in front of the Hall. At 11:15 am we will hikoi to Watson Park where the unveiling of the mural will occur. Once the formalities are completed, we will come back to school and be entertained by our marimba band. Our usual food stalls will then be open for business (curry, BBQ and drinks). Bring cash and smiles. This event will happen whatever the weather so if it's raining, please bring umbrellas and wet weather gear.

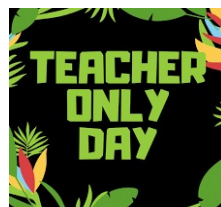


### Asthma Inhalers and Spacers

Yesterday all our staff had their bi-annual First Aid refresher course. When we got to the subject of Asthma we were told to encourage all pupils who use an inhaler to also use a spacer. The statistics show that using a spacer increases the medicine going straight to the lungs instead of the roof of the mouth.

There are many children who think spacers are just for little kids, this is not true. We ask that children who do have asthma also use a spacer please.

I have added information below from the Asthma Society. A spacer is a clear plastic cylinder, designed to make a metered dose inhaler (MDI) easier to use. MDIs contain medications that are inhaled. Instead of inhaling directly from the inhaler, a dose from the inhaler is puffed into the spacer and then inhaled from the mouthpiece of the spacer, or with a mask attached if it is a child under the age of four years. The spacer helps deliver the medicine directly into the lungs, instead of the mouth and throat, and therefore increases the effectiveness of the medication by up to 70 percent. As many adults and most children find it difficult to coordinate the inhaler with their breathing, using a spacer is recommended for everyone who is using a metered dose inhaler, especially preventer medications. Spacers are available free of charge from your general practitioner or respiratory educator at one of our asthma societies.



### Advanced Notice Teacher Only Day 13th November

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

[www.portchalmers.school.nz](http://www.portchalmers.school.nz)

### Calendar of Events

3rd November	Ukulele Jam (Rūma Pāua)
3rd November	Yr 8s HPV 2nd Round
5th November (Sunday) 11:00 am	Artist in Residence Unveiling and Celebration
6th November	Kiwi Golf @ Port Chalmers Golf Club
7th November	North Zone Sports
13th November	Teacher Only Day
8th December	Christmas Developmental
11-12 December	Year 8 Camp
13th December	Year 8 Dinner
14th December	Final Assembly

### Boating Timetable

Thursday 9th November	1-3pm
Thursday 23rd November	1-3pm
Thursday 7th December	1-3pm

### Assembly Timetable

10th November	Rūma Wheke
17th November	Rūma Tepetepe & Pipi
24th November	Rūma Pāua
1st December	Rūma Mangō
14 December	Final Assembly starting at 2pm
Wednesday 31st January	Term 1 2024

### Cricket Results

PC Red lost by 2 runs against Bradford Kowhai  
PC Black lost by 2 runs against Storm  
PC White lost against the Renegades



### Futsal Results

Team Rūma Wheke and Tepetepe won 7-2 against Abbotsford School. Player of the day went to Teru.  
Team Rūma Pāua drew 5-5 against Balaclava Orange. Player of the day went to Sam.  
Team Rūma Mangō won 8-0. Player of the day went to Charlie.

**First Aid Kit Orders need to be in tomorrow please.**



Aroha – compassion, tenderness, sustaining love

Ihi – power, authority, essential force

Mana – authority, power; influence, reputation

Mauri – hidden essential life force, or a symbol of this

Noa – safe from tapu (see below), non-sacred, not tabooed

- Tino rangatiratanga – the highest possible independent chiefly authority, paramount authority

### Health Snippet

#### HANDWASHING

Washing hands kills germs but how much difference does it make to a child's health? Children who wash their hands regularly have fewer sick days with colds and influenza (flu), and less time off with 'tummy bugs'. The reason hand washing is so effective is because it removes and flushes away germs and bacteria.

- If your child is a reluctant hand washer, liquid soap (from a pump) may be more fun. Use this soap and warm running water.
- It takes 20 seconds to wash your hands properly.... that's the same time it takes to sing 'happy birthday to me' twice, and then rinse hands well.
- Drying is very important too; as wet hands attract bugs like a magnet, paper towels are best to dry hands if available at school, while hand towels that are frequently washed are best at home.
- One way to reduce the spread of viruses is to teach children to cough and sneeze into their elbows rather than their hands. This reduces the risk of viruses being transferred to surfaces such as door handles and school desks. This is a good practice for all of us to get into.

Your public health nurse is: Laurie Mahoney 476-9858

### Port Chalmers Library Afterschool Book Club

**Monday 6  
th November  
3.15 – 4.30pm  
Come along!**

**We'd love to see you there for some  
Treasure Box Making!**

### Lunch Orders

#### Sushi Johnny

Every Wednesday

Rice Ball \$4.50

Sushi 5pc \$6.00

Crispy Chicken on Rice \$8.50

**Please supply correct change. It is a struggle to find  
change for \$20.00 notes**

#### Subway

Each Friday (ordered through lunch online)

<https://www.lunchonline.co.nz/>

### Banana Savannah

Deep in the jungle, quiet as a mouse, no animal stirred.  
Well, except louse!

But what is this? A figure is hopping! It comes to a tree,  
halting and stopping. The creature is furry, it has a pouch  
too. Yep, you guessed it. She's a kangaroo!

She looks up the tree, the last in the world, and marvels  
at the fruit, yellow and curled. She hops and she skips and  
she twirls with delight. Then reaches up to take the first  
bite. But a foot comes down, nearly squishing the banana!  
The toes are as sharp as the teeth of piranha! Kangaroo  
looks up at the huge being's jaw. It isn't an elephant... it  
is a Dinosaur!

He looks down at the scrumptious fruit and licks his lips.  
Time to claim the loot! But down on the ground  
Kangaroo isn't scared. I think down there she might've  
even sneered!

"Release my treasure!" Kangaroo roars. Then she jumps  
up the tree on her big furry paws! "Why should I do  
that?" The dinosaur laughs. "I travelled to find this! I  
took every path!" This bickering went on, day after day.  
They didn't even notice the banana. It had Rotted away!

So, let this be a lesson to you brothers and sisters.  
Grandma and Grandpas, babies and misters! Don't fight  
over things, don't shed a single tear. Because all you  
have to do is... learn how to share!

By Finn Wheeler

### Artist in Residence Week







### Triathlon

Yesterday was the annual Triathlon. Well done to all our competitors for giving it a go. A big thank you to our lovely parents, and Charlie who manned the BBQ.





## You can make a difference in one child's life

We have children and young people who need a safe, stable and nurturing home away from home.

If you're interested in welcoming a child into your family, either on a short or long term basis, give us a call to find out more about Shared Care or Foster Care with CCS Disability Action.



*Put yourself in the picture. Contact us today.*

National  
☎ (04) 384 5677 or 0800 227 200  
✉ [info@ccsDisabilityAction.org.nz](mailto:info@ccsDisabilityAction.org.nz)  
🌐 [www.facebook.com/ccsDisabilityAction](http://www.facebook.com/ccsDisabilityAction)  
📺 [www.twitter.com/ccsDisabilityA](https://www.twitter.com/ccsDisabilityA)  
🌐 [www.ccsDisabilityAction.org.nz](http://www.ccsDisabilityAction.org.nz)



**ccs  
disability action**  
Including all people

TE HUNGA HAU MAURI MO HŌA TĀNGATA KATOA

## Thinkit Art kids workshop

### Sunday Workshops

Ages 7 - 12

October 29th

November 26th

December 17th

10.30 - 12.30pm

\$38.00 per workshop

136 Princes Street

Dunedin



**Book Now: Kiri Scott mob: 0211189888**