



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

It was lovely to see so many of our families and the wider community on Sunday at the unveiling of the mural the children have created with Kate Stevens West.

Here is some of the narrative behind the mural...

Mihiwaka is a prominent mountain in the area and its name means mihi – to greet and waka – a canoe. Māori would either mihi to the land from offshore, addressing this mountain or they would use it as a land-based navigation point.

The other mountain close by is Māpounui and together they cradle incoming mist that provides moisture to the native cloud forest.

Orokonui refers to the awa (stream) that runs down the valley and exits into Blueskin Bay at Waitati. Orokonui is a peaceful planting phase of the moon.

The Orokonui Valley where the sanctuary is located sits under the guardianship of the Rūnaka. The Rūnaka is closely involved with supporting the Otago Natural History Trust in its development of the 307-hectare Orokonui Nature Reserve, near Waitati. They have actively engaged with the conservation of wildlife especially taoka species and efforts to reintroduce threatened native flora and fauna to the sanctuary. This includes Kakarūi (South Island Robin), South Island Saddleback, Jewelled Gecko, Haast Kiwi, Tuatara and Kākā. Furthermore, the Rūnaka initiated the establishment of a pa harakeke (native flax grove) to preserve the many different cultivars used by Maori. Our mural also refers to an important story from Moeraki, the story of Āraiteuru.

Āraiteuru is the name for a waka that crashed at what is now known as Shag Point. Āraiteuru also became known as the eastern southern coastline. The tradition of the waka Āraiteuru and its sinking at the mouth of the Waihemo has led to the coastal area of Otago being known as Te Tai o Āraiteuru (the coast of Āraiteuru).

Accounts of the foundering, the wreckage, and the survivors of this waka are marked by numerous landmarks almost for the length of the Otago coast. The boulders on Moeraki coast (Kai Hīnaki) and the Moeraki pebbles are all associated with the cargo of gourds, kumara and taro seed which were spilled when the Āraiteuru foundered.

Finally, a big thank-you to Kate and the WHACT (West Harbour Arts Charitable Trust) for making this happen and Orokonui, Puketeraki, DCC, Port Otago, North Dunedin Shed Society Inc, Union Cafe, Otago Community Trust and West Harbour Community Board for their support also.

Peta Hill (Assistant Principal)  
[www.portchalmers.school.nz](http://www.portchalmers.school.nz)



### Calendar of Events

<b>13<sup>th</sup> November</b>	<b>Teacher Only Day</b>
<b>30<sup>th</sup> November</b>	<b>PTA Disco</b>
<b>8<sup>th</sup> December</b>	Christmas Developmental
<b>11-12 December</b>	Year 8 Camp
<b>13<sup>th</sup> December</b>	Year 8 Dinner
<b>14<sup>th</sup> December</b>	Final Assembly

### Boating Timetable

<b>Thursday 23<sup>rd</sup> November</b>	1-3pm
<b>Thursday 7<sup>th</sup> December</b>	1-3pm

### Assembly Timetable

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

### Enviroschools Hui

On the 3rd of November 4 Year 6's were chosen to go to the Enviroschools Hui. We got to make seed bombs, bird feeders and seed tape to bring back to school. We have put the bird feeders into the trees in our playground. We also got some vegetable plants. They were lettuce, tomato and chilli plants. For lunch we made our own pesto and breads to eat. It was a fun day that we all enjoyed.

Rex, Eulalia, Emerson and Ariaahna.





### Healthy Teeth, Healthy Smiles

Last Friday was National Oral Health Day in New Zealand. Here at school we have the mobile dental bus on site. Many of our tamariki have been to see Robyn, the dental therapist already. They are here another month and hope to see many more that are due in this time. If you haven't had an appointment time for your child(ren) arrive in the post and would like to have them seen, you can contact Robyn on 027 28449954 to make a booking. Robyn and her team have provided the following information for families...

### Key points about dental care for your child

- baby teeth need to be looked after and valued
- brush teeth twice a day with a fluoride toothpaste
- oral healthcare is free for all tamariki until they turn 18
- 

### What standard dental treatments are free for my child?

Standard treatments are free and include:

- checking teeth for decay and looking at the gums and mouth for any problems
- x-rays used to find tooth decay and other problems that can't be seen
- fluoride treatment, which helps make the surface of the teeth more resistant to decay
- fissure sealants, which are a thin layer of white filling, painted onto teeth that are at risk of developing tooth decay
- cleaning the plaque, staining and tartar from teeth
- fillings to restore teeth that have been impacted by tooth decay
- removing teeth that have been badly impacted by tooth decay

If your child needs extra treatments, you'll get a referral to another oral health service provider.

Many treatments will still be free, but you'll need to pay for some treatments - such as orthodontics (which includes braces on teeth).

### How can I care for my child's teeth?

Follow these 5 steps to protect your child's smile.

1. Brush teeth twice a day with a fluoride toothpaste.
2. Have regular dental check-ups.
3. Lift the lip every month to check for signs of tooth decay (holes).
4. Choose healthy snacks.
5. Drink water or milk.

Healthy teeth = a healthy smile.

Preventing tooth decay

Your child's teeth are at risk of tooth decay (holes) as soon as their teeth appear - this is usually at around 6 months. Tooth decay is easy to prevent by:

- brushing your child's teeth twice a day with regular-strength fluoride toothpaste
- ensuring that your child has a healthy diet that is low in sugar
- ensuring that your child has regular dental check-ups from an early age



### PTA

The next fundraiser for the PTA this term is a stall at the Artisan Market at the Edgar Centre on Sunday 26th November.

The stall will be selling baking and tickets in our Christmas raffle.



For this the PTA are wanting donations for the Christmas raffle and baking. Donations for the raffle can be sent to school over the coming weeks. Baking will be required on Friday 24th November.



Come and join in the fun at the School Disco on Thursday 30th November.

The theme is the end of Spring Fling. Rūma Pipi and Tepetepe start time 6:00 – 7:00pm

Rūma Mangō, Paua and Wheke start time 7:00 - 8:30 pm.

Entry is \$2.00. Of course, there will be yummy food to purchase.



### Teacher Only Day 13<sup>th</sup> November

The Ministry of Education teacher only day is on Monday 13<sup>th</sup> November





### Futsal

Team Rūma Wheke and Tepetepe drew 2-2 against the St Clair Jets. Player of the day went to Arlo P.

Team Rūma Pāua drew 2-2 against MHS Chelsea. Player of the day went to Rex.  
Team Rūma Mangō won 6-1. Player of the day went to Koa.

### Cricket Results

PC Red won by 2 runs - Player of the day went to Eulalia

PC Black lost by 1 run - Player of the day went to Aurora

PC White is not sure what their end score was but said they all played well so got a full team player of the day.



## Te Reo Māori

aone-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

Whenua – land, homeland, country (also afterbirth, placenta)

### Art from Rūma Pāua

On Monday Miss Flannery worked with some R2 and R4 children and they created these Koi Fish using water colour paint.







**Prize Giving Cups**  
 We need all cups to be returned to the office by Friday 25<sup>th</sup> of November so we can get them cleaned and engraved for this year's prize giving.  
 Just leave these at the office. Thank you.



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



PORT CHALMERS



SWIM CLUB INC.



# SWIMATHON

SUNDAY 19 NOVEMBER 2023

THE PORT CHALMERS POOL

Spot  
Prizes

2.00 – 2.30pm Width swimmers  
2.45 – 3.45pm Length swimmers  
4.00 – 4.30pm Nutrition Workshop\*\*

Cash  
Prizes



Come along on Sunday - anyone from the club or from the community is welcome to participate - anyone who can swim a width or a length, as few or as many as you choose!



Sponsorship gathering - Pick up your sponsorship form from either Port Pool, email the club or just ask your friends to donate via our Give-A-Little page.



Swimmers set a goal and complete the number of widths/lengths for a set amount of \$ per width/length (or a one-off donation).



Please note that a parent/caregiver is required to attend with each participating child.



All proceeds go to the swim club to purchase new equipment and for running costs. We look forward to seeing you all poolside on the day.



\*\*Join Associate Registered Nutritionist Xin (Jeffrey) Zhang and find out how nutrition can help you get the most from swimming. This hands-on workshop will focus on recovery.



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Port Chalmers Swim Club



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