

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

Welcome back to the third term. Its been great to have all our learners back and ready for our mahi this term.

Musical

The school is all abuzz with planning underway for our musical. We usually have a musical every second year and this should have been last year. We all know that lockdowns and COVID-19 had other ideas. The exciting part of all the waiting is that we are primed and ready to entertain you all this year.

The musical allows all our children to be brave and perform in front of their whānau. The things that we can share with you at this stage are:
Dress Rehearsal Wednesday 29th September at Otago Boys High School Auditorium. The important thing to note about this day is that we will not be getting back to school until after 3:30pm.
Performance is on Thursday 30th September at 7:00pm at Otago Boys Auditorium.

Assemblies

So we can focus on our musical performances we have decided to just do two assemblies this term. Our Senior team (Rooms 2 & 4) will be on Friday the 3rd of September at the usual time of 2:15 pm. Our Junior team (Rooms 5, 7 & 8) will present their assembly on Friday the 10th of September at 2:15pm. This will allow classes to focus on the musical.

Policy Consultation

The Board of Trustees has been reviewing our employment policies. Copies of these are available from the school office or we can email them to you. Please email office@portchalmers.school.nz with employment policies in the subject line.

Coffee, Cake and Chat about Yr 7 & 8

Are you wondering what Year 7 & 8 learning looks like at Port Chalmers School? If so, do we have the event for you. On Tuesday 10th August between 5:00 – 7:00 pm Jared and I will be in the senior classrooms ready with coffee, cake and plenty of answers to your questions. Please put this in your diary as we'd love to show you what we do.

Notifying the Office of your child's absence

We do need to know if your child is at school or not, hence our vigorous procedure around contacting whānau when children are not present at school. Please make Katy's job easier by contacting the school early if your child is going to be absent (text message, phone call, Skool Loop notification or email). This is for the health and safety of our tamariki. Something I'm sure you want as well. Thank you to the families who are doing this.

Heoi anō tāku mō ināiane - That's all for now
Nāku noa nā. - Yours sincerely
Vicki Nicolson

Miniball Draw for Monday 2nd
Yrs. 7 & 8 5.30pm vs STM Raptors on Court 2.



Subway can be ordered on Fridays. If you go to Lunchonline.co.nz it is easy to set this up.

Welcome to Maggie in Room 5 and her whanau. We are sure you will enjoy your time here as part of our learning community.
Welcome back to Laksmi and Jasper.



Our automated system is now up and running. All overdue notices will now be emailed. When returning overdue items please hand them to Katy at the office not the Library, so any charges can be removed from family accounts. Thank you.



e tama mā	... boys and others
... e hine mā	... girls and others
Kei te pēhea koe?	How are you? (to one person)
Kei te pai	Fine

Heart Foundation **WHOLE GRAIN GOODNESS**

Whole grain foods are packed with nutrients that are good for our bodies, like fibre, vitamins and minerals. They keep you full for longer and often cost no more than refined grains, which have all the goodness removed during processing.

Here are some simple affordable swaps, from refined grains to whole grain foods.

- Breakfast: Rice bubbles → porridge or weetbix
- Lunch: White bread, roll or wrap → wholemeal/whole grain bread, roll or wrap
- Snacks: Shapes or Snax crackers → whole grain crackers
- Dinner: White rice or white pasta → brown rice or wholemeal pasta

Eat whole grain foods alongside plenty of other foods that are close to how they're found in nature like veges, fruit, legumes (lentils, chickpeas and kidney beans), oily fish and some dairy, chicken and meat.

For more information visit heartfoundation.org.nz



REMEMBER
ONCE A WEEK,
TAKE A PEEK

Please remember, if your child has sniffles or is generally feeling unwell, do not send them to school. Children who have vomited are to be kept home for 48 hours after the last bout. Thank you.



Our School Fun Run will be held on Friday 27th August. We need some parent helper volunteers to marshal at points around the course. Please see Katy in the office or Jared if you can spare some time to help in this area. More information about this event will be forthcoming.

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.

Some Holiday Stories from Room 7

I went to the Dinosaur Skate Park. There were street lights. It had a tunnel too. I was riding my bike through the tunnel. I rode past a speed limit. I went 23 on the speed monitor.

By Jack

In the holidays we did some mountain biking. We were up Mt Tarahoa. I accidentally fell over and cut myself on the palm. I have a pump bike; my cousin Theo use to have it. We went boating to the sand bed. We saw a Goldmine there was no one in it. There was a chair lift and zipline but we didn't go on there. It was fun

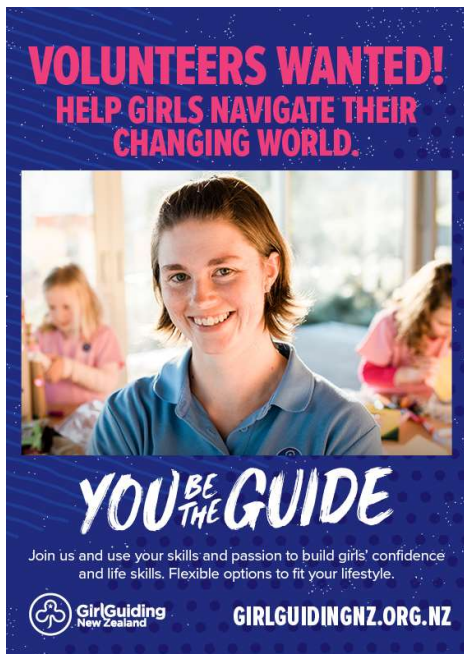
By Edmund

I pulled my tooth out by myself. I got a five dollar note. I saved up.

By Charlii

Dad pulled my tooth out. I got 3 toys. One was a dog. One was a tiger. One was a wolf. I love them. They are soft and snuggly. I have got two wiggly teeth now.

By Coralie



Port Chalmers Library Book Club

The first Monday of the month is coming around again, and that means Book Club at Port Chalmers Library. As usual, we'll be starting off with some nibbles and drink before launching into some fun and games. Our theme for August has a little bit more to do with the baddies than the heroes, so maybe you'll have some suggestions for the best (or should that be worst?) villains and anti-heroes from your favourite books!

Come on down this Monday August 2nd at 3.15 for nibbles, then Book Club from 3.30 – 4.30pm.

CALENDAR OF EVENTS

2 nd August 9:15am	Waste Free Wanda Show
10 th August	Coffee, Cake and Chat about Yr 7 & 8
16 th August 7:00 pm	BOT Meeting
17 th August or 19 th August	North Zone Cross Country Yr 5 -6
18 th August 9:00 am	Ukulele Jam (Rm 4)
27 th August 1:45pm	Fun Run
3 rd September	Senior Team Assembly
10 th September	Junior Team Assembly
29 th September	Musical Dress Rehearsal 1 pm-3:30pm
30 th September 7:00 pm	School Musical
1 st October	Last day of term
18 th October	First day of Term 3
25 th October	Labour Day School Closed
26 th October	West Harbour Sports Day

www.portchalmers.school.nz