

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

TUMUAKI NEWS

Dunedin Primary and Intermediate School Triathlon

On Wednesday 10th March (Friday 12th March, postponement date) the above triathlon will be happening around Watson Park, the Port Chalmers Pool and the streets surrounding from 9:00am. Please be mindful of traffic on this morning as families will be dropping children off to compete in the triathlon. There will be no parking on the outside of Albertson Ave. This day is always very busy so please think about walking to school. Access and parking in Albertson Avenue will be at a premium.

Swimming

Our six sessions of swimming lessons with JC Swim School will finish tomorrow. Our grateful thanks to Port Otago for sponsoring these lessons.

Wildlife Expedition

All classes have enjoyed our trips this week to explore some of the features and nature in our own backyard. The trip on the Port to Port Cruisers and Wildlife Tours boat and the informative talk about what the Wildlife Hospital does for native wildlife not just in Dunedin but all-over New Zealand was fantastic. Our thanks to Port Otago for sponsoring this.



PTA News

The PTA are going to have an Easter Raffle. We are asking for donations of goods for this raffle. Please send these donations to the Office. Thank you.

Goal Setting Learning Conferences

The goal setting learning conferences are happening next week on Tuesday and Wednesday. Almost all families have made appointments however if you are still to do so please contact Katy at the office urgently. If you need to change your time for any reason, again contact Katy. We look forward to sharing and developing learning goals with you next week.

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

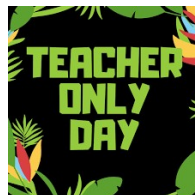
Te Reo

manuhiri (guests, visitors)

Māori (indigenous inhabitants of New Zealand, the language of the indigenous inhabitants of New Zealand)

marae (the area for formal discourse in front of a meeting house, or applied to a whole marae complex)

maunga (mountain)



Advanced Notice Teacher Only Day 23rd March

The Board of Trustees have approved a teacher only day on Tuesday 23rd March, Week 8. This Tuesday is the day after Otago Anniversary day.

Breakfast Club

We are very keen to continue with our Breakfast Club however that does depend on volunteers. Can you help us for about 20-30 minutes before school, one day a week? This programme depends on your help. We only need 1 helper now.

Please consider putting your hand up.



An excellent win over St Marys by 66 runs to 34. All girls batted really well. Isabella was in top form and Ness did the same great hits. Willow and Amelia bowled beautifully. The fielding was a bit sloppy with most girls tired from their big day out earlier on the wild life expedition



HAPPY BIRTHDAY TO YOU!

Heart Foundation: Birthdays are a time to celebrate and to make each child feel special. They are also a chance to be consistent with the healthy eating messages we teach our tamariki.

Why not try some of these healthy celebration ideas:

- ♥ Cakes made entirely from fresh fruit and veges
- ♥ Fruit smoothies
- ♥ Fruit kebabs
- ♥ Fruit and vege platters
- ♥ Mini pizzas
- ♥ Cookie cutter sandwiches.



Or try some of these non-food ideas to make the child feel special:

- ♥ Use a special chair, cape or crown
- ♥ Have a special birthday lunch tray and tea cup
- ♥ Birthday child chooses their favourite song, book, dance or game
- ♥ Have a scavenger hunt or play musical games
- ♥ Make a playdough cake.





Welcome to the 2021 Season.

Harbourside Junior Football Club Registrations

Harbourside Football Club provides Junior Football in the West Harbour areas from Ravensbourne to Aramoana. Our players range from 5 through to 13.

Registrations are now open and will close on Saturday March the 20th.

Contact either **Tim Cook** on 4728024 (email timrcc@yahoo.co.nz) or **Ian Landreth** (email ian_landreth@yahoo.com) on 4728381 to register or for further information.

Health Snippet

WHEN TO KEEP YOUR CHILD AT HOME

When your child:

Has signs of being unwell, i.e. grizzly, unsettled, listless or tired

Has a runny nose

Has a high temperature or appears very hot

Is complaining of, or appears to have a sore tummy, throat or ears

Has a continuous cough

Has had diarrhoea or vomiting in the past 24 hours and not able to eat their normal food

Has had diarrhoea and vomiting within the last 48 hours

Has weeping, red eyes and/or a yellow discharge around the eyes

Has broken skin sores

Has become ill with a communicable disease e.g. measles, chickenpox.

If you are unsure, call your child's school or public health nurse.

Please inform your school if your child is going to be kept home due to illness.

The Public Health Nurse for your School is Laurie Mahoney 476-9833 or 027 444 1649

First Aid for the whole school

Everyone in the school got a chance to work on their first aid skills. A big thank you to Kate, from St Johns for her great tuition!



S.T.R.E.S.S. Workshop for whānau

Start Trying Radical Efforts to Stop STRESS!

Managing stress in a global pandemic

Offered by our Kahui Ako Ōtepoti Ki Te Raki (no cost)

Keep Calm and Carry On

7 – 8pm Opoho School, 96 Signal Hill Road.

Every family responds differently to the new normal of life in Covid times. Lockdown has created precious memories for some, but for others the strain took them to breaking point. Aaron draws on research from the fields of Psychology and Counselling to explain how the body's autonomic responses hijack our brain and our child's. Learn the skills and strategies you need to understand to meet your child's core needs for emotional safety, connection and love. Little changes can bring BIG results.

Please register by Monday 15th March using the following link.

<https://tinyurl.com/y9bqp4w9>

BOATING

Thursday 5 th March	12 noon - 2.45pm
Thursday 12 th March	12 noon - 2.45pm
Thursday 8 th April	12 noon - 2.45pm

ASSEMBLIES 2.15pm

Friday 12 th March	Talent Assembly
Friday 19 th March	Room 4
Friday 26 th March	Rooms 5 & 7
Friday 9 th April	Room 8
Friday 16 th April	Room 2

CALENDAR OF EVENTS

9 th & 10 th March	Goal Setting Conferences
22 nd March	Otago Anniversary Day
23 rd March	Teacher Only Day – school closed
2 nd April	Good Friday
5 th April	Easter Monday
6 th April	Easter Tuesday
9 th April	Year 8's HPV
14 th April	Puketeraki Marae Visit Rm 5,7 & 8
15 th April	Puketeraki Marae Visit Rm 4 & 2
16 th April	Last day of Term
3 rd May	Term 2 Begins