



# Taihape Area School

Monday 20th June, 2011

Term 2 Newsletter Number 8

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## *Tena koutou katoa*

Week eight, and another term racing to a conclusion. The shortest day, or Midwinter, has passed, and although we will suffer short daylight hours, and long nights, for some time yet, it is encouraging that from now on the amount of daylight gradually increases.

As is normal for this time of the year, life at school has been disrupted by the normal range of colds, flu, and illnesses that always seem to strike during winter.

**Absenteeism** can severely disrupt student’s learning, as well as impact upon their involvement in school events and activities, in particular their academic endeavors and sport.

The following extract has very sound advice from the Director of Public Health – **please note the emphasis on personal responsibility for promoting basic hygiene practices.**

“Schools and early childhood services by their nature are susceptible to many viruses

and influenza in particular is readily spread by children. Dealing with any health issue like this is problematic for schools and early childhood services, although there is evidence that suggests that some basic measures will slow down the spread of viruses like influenza.

The key to prevention still lies with the promotion of good infection control messages: -

- regular and effective hand washing;
- when coughing or sneezing cover your mouth and nose with a tissue and afterwards promptly dispose of the tissue and wash your hands;
- or cough into your arm;
- keep your hands away from your mouth, nose, ears and eyes as mucous membrane can let the virus into your body through your airways or eyes;
- stay at home when unwell with flu-like symptoms”

- **Dr Mark Jacobs (Director of Public Health).**

It is essential effective infection control practices are encouraged at home as well as at School. We all tend to get run down from time to time, and therefore susceptible to the various bugs and illnesses that do the rounds. By promoting healthy living and healthy practices, we may be able to at least minimize the damage.

As well we are very concerned about the number of students who are arriving at school tired and often without breakfast. **Breakfast** is the most important meal of the day and the meal most often skipped. This article explains the importance of breakfast for children.

“Adults skip breakfast for a wide range of reasons, including not feeling hungry, lack of time, and a dislike of "breakfast foods". Establishing the habit of eating breakfast in childhood is very important. A good example should be set by the whole family

in order for our kids to develop good habits, just like any other behaviour. (You can't expect your child to develop the breakfast habit if you don't eat breakfast yourself).

Have you heard the expression:

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper" - *Adelle Davis*

### **Why is breakfast so important?**

There are many reasons why we promote breakfast as being the most important meal of the day:-

- Generally there is a long break between the evening meal and breakfast. The name of this meal comes from the long period without food - i.e. you are "breaking your fast" from dinner the night before. At this time it is important to refuel your body to kick-start the day. Overnight glucose (sugar) stores tend to be depleted and to ensure your energy levels are back on track it is important to eat breakfast. Children need to refuel to help them cope with their energetic day ahead.
- Studies show that breakfast helps with weight control. Eating breakfast means you are more likely to snack less during the day. Children who don't eat breakfast may graze during the morning, eating more energy than they need. Also at school they may be more inclined to eat all of their lunch at morning break leaving them with nothing to eat at lunch time, leading to hunger and more snacking after school.
- It is also a well-documented fact that breakfast is important for concentration and mental performance. We all want our children to be able to concentrate and perform to the best of their abilities at school.

- Breakfast is also one of our three main meals each day. If you skip this meal then you are at higher risk of not getting adequate nutrients from your diet. Breakfast foods typically tend to be a great source of fibre, carbohydrate, and a wide range of vitamins and minerals.”

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Our hearts go out once again to the people of **Christchurch** – another horrific week of aftershocks, and more damage. It is unbelievable what they are going through. The encouraging news however is that this time there was only one death. For the thousands who have been forced to clean up houses and sections yet again, this recent quake must be soul destroying.

Richard McMillan  
Principal

## **The Week Ahead**

Wednesday 22<sup>nd</sup> Celebration Assembly

## **What's on this Term**

### **July**

Thursday 7<sup>th</sup> School Photos

Friday 15<sup>th</sup> End of Term

### **August**

Monday 1<sup>st</sup> Beginning of Term 3

## **2011 Term Dates**

<b>Term</b>	<b>Start Date</b>	<b>End Date</b>
3	1 <sup>st</sup> August	7 <sup>th</sup> October
4	25 <sup>th</sup> October	13 <sup>th</sup> December

## Celebration Assembly

This Wednesday (hosted by Maunga)

Start Time 11.00am

All welcome

## Hockey

Last week we played PNBHS 9 in Palmerston North. This proved to be a hard fought game with TAS winning 3-1 after the scores were locked 1-1 at the break. TAS started slowly and took some time to work into the game. Inaccurate passing and lack of continuity resulted in periods of sloppy play, although Oliver scored a quality early goal. A number of other scoring opportunities were also created but squandered.

The second half was much better with Ryan (a classic) and Nathan scoring excellent goals.

After the heights of the previous week, this was a rather stop start affair. Rowan was a standout performer and covered huge amounts of territory as he worked hard in both defense and attack. Kayla and Zoe worked hard as well, while Ryan and Nathan keep the opposition defenders on their toes. Kerran, Adrian and Marewa had their best performances of the season.

**Player of the Day:** Rowan Bradley

### Draw - Tuesday

TAS v PNBHS 6, on Turf 2 (Palmerston North) @ 4.15pm. The bus leaves at 2.30pm.

Next week we are playing PNBHS 8 on, Turf 1 (Palmerston North), @ 4.15pm. We will be leaving from school at 2.30pm.

## Rugby

Who needs to watch Super 15 rugby? Bone crushing tackles, contested rucks and mauls, quick feeds of the back of the scrum and brilliant phases of play.

What a team we were on Saturday when we played Wanganui Collegiate at home.

Our three players from Ruapehu College Jason Paul, Tei Pongatehuia and Tuhirangi Akapita fitted into our team exceptionally well. These boys came to play bringing a lot of heart and commitment to the game with Tei being named Player of the Day.

Kaine Davidson-Kahu, who played on the wing, was there to receive the handoff from fellow team members resulting in him crossing the line to score four tries. Our other top try scores Robbie McFarlane and Alex Hawira with three each with Alex also successfully kicking a drop kick conversion in front of the posts off the try scored by Anthony.

Kicking duties went to Anthony Hanson and Dylan Sincock having varying results. It's not easy to get them from out wide.

Well done boys! It was a thrilling game to watch. You played as a team and as a team you were successful.

Final score: 105 - 0

### Reminder

To our nominated Under 16 Wanganui

Rugby Reps:

Mitchell Overton

Jack Murrell

Te Awa Transom-Kerr

Hamuera Kahukaka

Russ Finn

Alex Hawira

Your first of 3 development camps start this Sunday 26<sup>th</sup> June. The van will leave from school at 9am.

### Congratulations

Congratulations to Zoe Whatarau who has earned selection in the Turbos (Manawatu) Women's NPC Team. Zoe has made the team after an extended period of trials and for a Year 12 Student this is a significant achievement. Well done Zoe and best wishes for the representative Season ahead!!

## Netball

### Results

TAS Seniors vs Breethaz..... 22 – 32

MVPs: Nicola Mary Geraghty and Shayleigh Horton

TAS Stars vs TAS Sonics ..... 36 -12

MVP for Stars: Team award

MVP for Sonics: Daejah- Dean Collings

TAS Jaguars vs TAS Tigers ..... 15 -7

MVPs for Jaguars: Tori Coles and Rakaia Corbett

MVP for Tigers: Xavijah Crow-Nepe

TAS Idols vs Country Ferns..... Defaulted

MVP: Courtney Fannin

Marewa is the Year 7&8 Rep who has been selected to train with Senior A this week. Well done.

### TAS Junior A Results

18 June:

vs Wanganui High Jun B1 won 23 – 19

11 June:

vs Rangatikei Junior A won 25 – 14

## Football

Taihape score a big win over Awatapu on Saturday winning 12 – 1 at the Rauma Road ground. Leading the scoring was Kresten Andersen with 6 goals in what was to be his final game as Kresten returns to Denmark next weekend. Kresten has been a main stay of the team over the last year scoring regularly and contributing greatly to the humour of the team. He will be missed by all of us. Other scorers on the day were Jonathon George, 3 goals, Josh George and Josh Fellingham with 1 goal each and Awatapu scored an own goal. The football was rather untidy as there was little real pressure from Awatapu, though they did manage to score one goal and reserve keeper Bryan Santos had to make one excellent save.

## Horse Sport

Congratulations to Rhiannon Scott, who has again been selected for the Under 21 National Dressage Squad.

This means she gets special coaching from the German trainers who are brought to NZ to coach the Olympic level riders.

Recently Rhi won a National Competition and she donated her prizes to the Horse Welfare Division of the SPCA.



## Panui from Learning Street

The following are some acknowledgements from the Interaction Time Books

- Estee and Olivia – Nice to see you skipping with the teina.
- Lots happening on the courts, skipping, rugby, handball and basketball
- Awesome chaos in gym. Dave there-students active, a really great buzz
- Year 13's being great role models to the younger students, playing volleyball together.

"Whatever the area, fulfilling one's potential requires worthwhile goals, a ruthlessness in setting standards and the courage to avoid the soft options that constantly present themselves."

Sir Peter Blake

A **big thank you** to those parents who have ensured their children are dressed in correct school uniform. There has been a noticeable difference in the standard of dress in Years 1-8. As staff we will continue to monitor this to ensure our students are presenting themselves to a high standard. Shoes appear to be the biggest issue and I have managed to get a supply of girls schools shoes and these can be purchased from the school office for \$28.00. If we don't have the correct size immediately, I am able to get these couriered to the school within a week. It was interesting talking to one parent about their child's footwear. The Mum had no idea the child was swapping shoes before arriving at school. It seemed very amusing to be making an issue when none actually existed...a quick phone call to Mum was all it took. Communication seems to be the key!

This week I have also included our Prime Ministers address to the **National Young Leaders Days**...whatever your political leanings I think it provides inspiration not only to our children but also to the other members of our community...

When I was around your age, I dreamed of being the Prime Minister. There were a couple of reasons for that. I thought it was a great job, and I knew that being the Prime Minister would give me the chance to make a real difference in people's lives. At the time it seemed like a far-fetched goal. But with a lot of hard work and a lot of support from my family, my workmates, and people around the country, it's a dream I have been able to achieve.

Along the way, I've learnt that leadership is about many things, integrity, dedication,

believing in yourself, and being a team player. It's also about inspiring other people to be the best that they can be, to make the most of their potential, and to reach for their dreams.

I believe that everyone has the power to make what they want out of their lives. And I believe that everyone can be a leader - at school, at work, in your personal life, in sport, in the community, or as a leader of ideas. Every single one of us can be someone that other people look up to... John Key

Have a great week with your wonderful children.

Deb Logan - Assistant Principal

## School Banking

Gennavieve from ANZ will be at the Hub from 8.15-8.45am Thursday

## Scholastic Bookclub

Issue 4

Closes Wednesday 29<sup>th</sup> June

Please make cheques payable to Taihape Area School

## Celebration Assembly

This Wednesday (hosted by

Maunga)

Start Time 11.00am

All welcome

## Kiwi Can

Kia Ora!!

We are now working on the module EXERCISING and the benefits of keeping active!!

Over the last few weeks we have enjoyed a session of FRUIT KEBAB MAKING and an ACTIVITIES DAY with the students. This I'm sure has been a highlight for them as well!!

We would also like to thank the Junior teachers for all their assistance and participation during our KC lessons!!

Nga mihi mahana ki a koutou :)

Last but not least REMEMBER to wrap up and keep warm as winter is well and truly upon us!!!!

Kool Kiwi Cannors

Te Whetu Witika - Black - Awesome attitude and participation in Kiwi Can!!

Room 2 students - Displaying great Team work skills!!

CONGRATULATIONS TO YOU ALL!!

KC See you!!

Whaea Wanda & Whaea Moo



## **PUBLIC HEALTH NURSE SNIPPETS - BE SAFE IN CYBERSPACE**

**Cyberspace** is the environment created by communication technologies such as the internet, mobile phones, and other devices. Communication technologies are extremely useful tools. However, you need to know how your children might be at risk and how you can protect them.

### **Risks children and young people may face:**

- They may meet people online who may want to frighten, bully or harm them.
- They may take part in chat and possibly agree to a face to face meeting with someone they have only been communicating with online.
- They may be cyber bullied by text, pxt, instant messaging, video or email. The effects of this can be devastating and many victims are not reporting the abuse.
- They may post photos or information about themselves or others online and lose control of it.
- They may not question the truth of what they see in cyberspace. Anyone can post information on the internet.

### **Things parents can do:**

- Explore cyberspace yourself, with your children.
- Keep the home computer in a family living area rather than a private area such as the child's own room. This will help to monitor home use.
- Talk with your children about their use of mobile phones and the internet – discuss family rules and strategies for dealing with online risks.
- Computer security is essential such as antivirus and firewall software.

For help, information and advice contact NetSafe (0508 632723) or visit

[www.netsafe.org.nz](http://www.netsafe.org.nz)

*This information is provided for parents and caregivers.*

## **Awesome Colgate Carton Race**

Dear Householder

We need your empty **Colgate  
Toothpaste Cartons!!**

Our Schools is competing to win a share of \$60,000 worth of new sports gear. It's part of a campaign called the Awesome Colgate Carton Race and the winning schools simply have to collect the most Colgate toothpaste cartons per pupil. That's how easy it is.

**N.B.** This competition finishes next week.

## **Quotes of the Week**

"In individuals, insanity is rare; but in groups, parties, nations, and epochs, it is the rule" - Friedrich Nietzsche.

"Nothing tests my love of my fellow man more severely than the third day of a three-day conference" - John Gardner.

"Champions practice every day" - from Jump Rope Expo.

## **Celebration Assembly**

**This Wednesday (hosted by Maunga)**

**Start Time 11.00am**

**All welcome**

# school health clinic

*- free & confidential -*

Hi. My name is Vicki Andrews and I am the Public Health Nurse for your School. My clinic days are Mondays from 12:25pm to 1:05pm. You can come and visit me in the consulting room, next to sick bay.



I can help with things like:

- Health information
- Assessments
- Advocacy
- Support
- Contraception
- STI checks
- Assist with health concerns
- Referrals to other services and agencies.

You can contact me on 06 388 0926 or 027 491 2183.

***This service is free and confidential.***



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