

NEWSLETTER NO 16
TUESDAY 12th OCTOBER 2010

Dear Parents and Caregivers

Welcome to the beginning of Term 4. I hope you had an enjoyable holiday with your children and managed to make the most of the fine weather. We have a really busy Term planned with syndicate camps, Year 6 visits, cultural evening, leavers' dinner and disco, final assembly and several interschool sports events. Syndicate leaders will publish a Newsletter shortly to give you details of important dates and classroom programmes planned for Term 4.

Teachers Union Meeting

The reason this Newsletter is published two days earlier than usual is to inform you that our teachers will be attending a union meeting to discuss pay and conditions this Thursday the 14th October starting at 1.30pm. Students will be permitted to leave school at lunchtime (12.25pm) on Thursday as long as you can provide supervision for them at home. If you do not have adequate supervision and would like your child to stay at school until 2.50pm could you please contact the school office on 939-8216. These students will need to bring lunch from home and will be supervised by our Technology staff during the afternoon.

Education Review Office Visit

As you'll be aware, on the last week of Term 3 we had a visit from the Education Review Office. They spent the week looking at documentation,

visiting classrooms and talking to staff and members of the Board of Trustees to determine how effectively our school's curriculum promotes student learning, engagement, progress and achievement. On the last day of their visit they gave senior staff members and the Board of Trustees a verbal report. This was extremely positive, affirming and they said lots of good things about the quality of education we were offering our students. I'll be able to provide you with more details when we receive the draft written report in a few weeks time.



Swimming Sports

Also on the last week of Term 3 we held our school swimming sports at the Naenae Pool. We were really pleased with the high level of participation. Congratulations to all the students who took part and in particular the following students who finished either first, second or third in their events.

Year 7 Girls

50m Freestyle - 1st Ariel Hemara. 2nd Tayla Taggart. 3rd Lakyn Irving.

50m Backstroke - 1st Ariel Hemara. 2nd Lily McKeefry. 3rd Lakyn Irving.

50m Breaststroke - 1st Ariel Hemara. 2nd Tayla Taggart. 3rd Lily McKeefry.

Year 7 Boys

50m Freestyle - 1st Jack Bird. 2nd Shaun Ellis. 3rd Lani Silbery.

50m Backstroke - 1st Joey Basire. 2nd Lani Silbery. 3rd Te Omeka Tangiwai-Billing.

50m Breaststroke - 1st Jack Bird. 2nd Joey Basire. 3rd Te Omeka Tangiwai-Billing.

Year 8 Girls

50m Freestyle - 1st Renee Jensen. 2nd Kelly Byford. 3rd Sharne Paku-Toma

50m Backstroke - 1st Renee Jensen. 2nd Kelly Byford. 3rd Marina Hazeldine.

50m Breaststroke - 1st Renee Jensen. 2nd Shontaya Hutton. 3rd Lakia Mikaio-Baker.

Year 8 Boys

50m Freestyle - 1st Nick Mallender. 2nd Finley Macdonald. 3rd Jacob Hogwood.

50m Backstroke - 1st Nick Mallender. 2nd Jordan Sutton. 3rd Jacob Hogwood.

50m Breaststroke - 1st Jordan Sutton. 2nd Jacob Hogwood. 3rd Nick Mallender.

Girls Open 100m Freestyle - 1st Ariel Hemara. 2nd Tayla Taggart. 3rd Renee Jensen.

Boys Open 100m Freestyle - 1st Jacob Hogwood. 2nd Jordan Sutton. 3rd Jack Bird.

Brain Fuel

Andrew Fuller is a clinical psychologist who works with schools and communities in Australia and internationally. In 2008 he spent a day working with our staff. From time to time he sends out newsletters to schools and I thought you might find the content of his most recent one interesting.



Andrew says that research is telling us that if you want your child to do well at school they **must** eat breakfast.

Breakfast eaters get 40% higher marks in maths than non breakfast eaters. People who eat breakfast are less likely to be absent from school and less likely to be late. Studies indicate that non breakfast eaters are twice as likely to get depressed, four times as likely to suffer anxiety and 30% more likely to be hyperactive. Having a higher protein - lower carbohydrate mix for breakfast enhances concentration and memory. So avoid lots of sugary cereals, juices and

heaps of toast. Eat eggs, milk and porridge or bacon.

Some juices and fizzing drinks give kids the wrong sort of buzz. One study at Yale University gave 25 healthy children the same amount of sugar found in one soft drink and found that their adrenaline levels were boosted to more than 5 times the normal levels for up to 5 hours later!

Andrew also states we don't need to reach for the medicine cabinet every time we want to feel better. Often making sure we get some exercise, sleep well and eat well can make an amazing difference to how we feel.

New Regional Dental Clinic



You may be wondering what is happening on the site of our old dental clinic. A new regional dental clinic is being built which will service students from schools in our local area. Dental nurses will travel to schools and check children's teeth in specially modified vans. Where a child needs work on their teeth, parents will be notified and asked to make an appointment at the new clinic. The building should be finished by the end of the year.

College Enrolments

There are approximately 40 students who have not enrolled at a college for 2011. On 21st October students who have enrolled at Naenae College will visit the college to select their options for 2011. If they are not enrolled by this date they will be unable to visit the college and therefore their course options will be severely limited.

Thank you.

Steve Black