



Kia ora tatou katoa - hi everyone

No 28

7 September 2017

Spring has sprung - well it's been a damp and changeable start to the season but all the signs are there lambs, blossoms, daffodils and hayfever if you're unlucky.

HEALTHY EATING

While out on lunch duty recently I saw some amazing school lunches - healthy food that will sustain children's energy levels throughout the day. Childhood is a time of rapid growth and development, and a time when many habits and behaviours are set. A healthy lifestyle, including healthy eating, in childhood will help to ensure a healthy future. Children's diets do have an influence on their energy and concentration levels.

Making good food choices are decisions that parents and children share. One of the key messages for the children is to 'know what you are eating' and 'know what is healthy' and getting the balance right for a healthy diet. The pictured lunch was not only highly nutritious but had reusable containers so was 'no rubbish'.



I also noticed a lot of highly processed food in packets. I am not suggesting you stop providing these but the quantity and frequency of types of food need to be balanced with other items from the food pyramid. The change to EZLunch was partly due to the CDHB endorsement of their healthier food options.

ELECTIONS - 16 days to go

Since my last item in the newsletter there have been some new education policies announced by the various parties so I hope you're keeping up to date with what's on offer.

I can understand why some people don't feel connected with politics and therefore don't vote - feeling their vote won't make a difference. However a community or a society is not about individuals or just ONE- it's about **EVERYone**. So if everyone votes it will make a difference.

As parents, your vote counts for your children too, so VOTE EDUCATION if you're undecided.

Piwakawaka children got onto, "Who will be the next Prime Minister?" They were challenged to nominate someone who they thought would be good, here are just two (edited slightly to fit in).

Santa for Prime Minister

For my vote, I want Santa to be the Prime Minister because he flies by Rudolf's red and shiny nose and that is how he can be the Prime Minister. I also want Santa to be the Prime Minister because he could be the most famous guy in the world. I think he could be the Prime Minister because he wears a fancy, fancy suit.

By Charlotte Collins, Room 2

Richie for Prime Minister

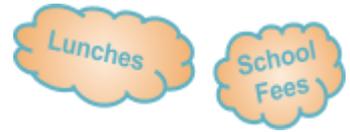
I really want the Prime Minister to be Richie McCaw because he was the captain of the All Blacks until he retired! Now, since he is retired, he doesn't play rugby anymore and he only flies a helicopter so I think he should definitely be Prime Minister. I would love to see him and get a photo with him! Richie McCaw is the fastest player in the All Black team.

If Richie McCaw was Prime Minister he would be at the Beehive where all of the Prime Ministers in this country work. The helicopter Richie McCaw flies can save people from earthquakes. He will be an amazing leader of the country and he will wear a suit.

By Ryan Loader, Room 2

kindo.

www.papanuiprimary.school.nz
School Shop



For those of you who ordered from the new lunch service last week, we hope your children enjoyed it. If you have any feedback you would like to share, please see the School Office. Remember if you sign up to the School Shop on our website, you are able to order lunches and track and pay your child's school fees.

Don't forget to close your Lunch Online account. If you have been in credit and lose \$5 from your refund, please let the Office know as soon as possible.

BASKETBALL

Well done to the Pelicans and the Pythons for a great season of basketball at Bishopdale YMCA. Both teams played their hardest and achieved great results. The Pelicans won their play-off and were 3rd placed in their grade. Thank you Mel Isitt for managing and motivating the team on game night.



UPCOMING EVENTS

8 Sep Junior Cricket

Kia kaha te menemene - keep smiling
Paul

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PAEMANU:
Nohoaka Toi
Ngāi Tahu Artists
in Residence

8 September –
26 November

Exhibition

The Centre of Contemporary Art Toi Moroki on our upcoming exhibition *Paemanu: Nohoaka Toi, Ngāi Tahu Artists in Residence*. This exhibition is a celebration of Ngāi Tahu ideas, values, and beliefs by visual means and aims to engage the wider Ngāi Tahu artistic community, along with Ngāi Tahu whānui (broader community) and the general public.

School for Young Writers

Saturday Morning Classes - spaces available in Term 4 for Years 4-13. Rhythm and Rhyme Writing Competition - deadline 30 October. Our Summer Writing School for teenagers is currently in the planning stages. January 22-26, 2018. Details and updates can be found here: <https://youngwritersnz.wordpress.com/>. For more information: young.writers@xtra.co.nz

Christchurch Netball Centre - are running a holiday programme for Under 5's and 5-7 years in the October school holidays at Bishopdale YMCA. Thurs 5th & 12th October, Under 5's are 9am – 10.15am and 5-7 years from 10.30am – 11.45am. Cost: \$5 per child per session. Caregivers are compulsory. Fun activities, skills and games for children aged 2 – 7 years. Contact Sara 027 9194474.