

## Be Friendly'

- |                     |                      |
|---------------------|----------------------|
| 1. Mary Lou Silva   | 2. Destiny Chote     |
| 3. Riya Naidu       | 4. Alilia Manu       |
| 5. Lance Brevia     | 6. Nevaeh Nimo       |
| 7. Te Awatea Lemon  | 9. Logan Hurricks    |
| 10. Tyra Williamson | 11. Rhys Anderson    |
| 12. Darlene Rickit  | 13. Prachi Kumar     |
| 14. Tane Fairburn   | 15. Terrence Bulatao |
| 17. Evan Aporillo   | 18. Layce Kerehoma   |



## GENERAL ELECTION

23 September 2017

We live in a democracy so please make sure your vote is counted by ensuring you are registered to vote.

You can come to school to vote in our school hall.

Dear Whānau

14 August 2017

## 'Be a Learner'

I arrive at school on time and every day,  
I make sure I have everything I need to do my work,  
I listen carefully, I read lots of books,  
I practice my spelling & Basic Facts,  
I tell my family about what I have learnt.



Monday 21 August - 9.15am

## Powhiri

to welcome our new Deputy Principal  
Matua Paul Simmons  
& new children who have started this term  
ALL WELCOME

- THURSDAY SUBWAY DAY -

On Thursday children will be able to buy subway only for lunch,  
our normal lunch menu will not be available for this day.

## SPCA Cup Cake Day - Friday 18 August

Every year Henderson North School supports the SPCA  
by holding a 'Cup Cake Day' and selling cupcakes.  
Please support us once again by making cupcakes  
and buying cupcakes we will sell them at  
morning tea time on  
Friday 18 August.



Irene Ogden - Principal

## NUDE LUNCHES

We are encouraging 'Nude Lunches' at Henderson North School. Children who come with a nude lunch regularly will be rewarded with a treat.

Teachers are regularly talking about healthy foods and how important they are for children's growing bodies and how children who have sugary foods and snacks are often less focused in the afternoon after lunch.

We have also been talking about how food is wrapped in silver foil and plastic wrap, which is not good for our planet. The school is promoting "Nude" lunches. This is lunch that does not contain any plastic wrapping and uses re-usable plastic containers to hold foods like chips, cut up fruit/veggies or yoghurt. We are trying to eliminate rubbish from our school grounds. Some ideas:-

- ★ You could wrap a sandwich in paper lunch wrap, a brown paper bag or a paper towel - As these are all compostable.
- ★ You could buy chips, crackers and biscuits in larger packs - then put small amounts into reusable plastic containers. This is also a lot cheaper!
- ★ or You could buy large yoghurt or 'Easiyo' and send it to school in smaller containers that can come home to be washed. Also cheaper!

We will encourage children to bring their rubbish home to reduce the load on our school waste services.

Please try to help our school and our planet by thinking about packaging in lunches. Please try to reduce your impact on the planet. By doing this we are also teaching our children to be kaitiaki (guardians) for the future of our planet earth.



We would really appreciate your help with this.

At our Board of Trustees Meeting last week we agreed on a 'No Sweetened Drinks Policy' at Henderson North School. Please see our policy below.

## NO SWEETENED DRINKS POLICY

### Rationale

#### We care about the health of our students

Sugary drinks are one of the most significant causes of poor oral health and contribute greatly to childhood obesity and Type 2 diabetes.

#### We care about their achievement

Sugary drink consumption is associated with problem behaviours. Studies have found poor diet and nutrition are associated with lower academic achievement.

### Our Commitment

We will ensure parents and students receive clear, consistent messages about the importance of healthy choices and the impact of sugary drinks by:

- continuing to educate students about the importance of healthy drink choices and the benefits of consuming water.
- actively promoting water as the best option in school publications.
- ensuring staff commitment to model healthy drinking habits.

And we will create an enabling environment by:

- actively discouraging sugary drinks being brought to school by students.
- providing water (and plain reduced fat milk) as the only drink option for students.
- allowing students access to water during class time.
- not associating our school with programmes that promote sugary drinks.
- ensuring school lunch options don't include sugary drinks
- ensuring sports teams will only use water as their source of hydration.
- not selling sugary drinks as part of school fundraisers.



Child's Name: \_\_\_\_\_ Room: \_\_\_\_\_

I HAVE READ MY CHILD'S NEWSLETTER.

Signed Parent/Guardian \_\_\_\_\_

Cut out and return to the letterbox in the school office to go into the draw for a prize!

Winners this week were

Shey-Rey - Rm 12, Gabrielle - Rm 15, Frank - Rm 4, Phoenix - Rm 5