

## COMMUNITY NOTICES

### These HIPs HOP too!

West Auckland's brand new provider of  
Hip Op-eration Dance Academy™.

Fun, relaxed hip hop classes for over 50's. Henderson North School hall,  
every Monday starting 20 February 7:30pm,  
\$5 per class.

For more information call Caitlin : 02108110694



### Filling lunch boxes

Protein is important for helping children grow and to  
sustain energy levels throughout the day.

#### Protein-rich ideas for lunch boxes:

- ♥ Cheese sticks, cubes or grated cheese  
-grated carrot and cheese is also a  
tasty sandwich combo
- ♥ Yoghurt
- ♥ Boiled eggs, in a sandwich or whole
- ♥ Lean meats: chicken or turkey, tuna, or  
salmon
- ♥ Dips such as hummus are ideal with  
vegetable sticks or crackers
- ♥ Cooked or canned chickpeas or falafel
- ♥ Homemade leftovers, roast chicken,  
tuna or bean pasta salad, pizza,  
chop suey, frittata etc.



For more lunchbox ideas visit [www.fuelled4life.org.nz](http://www.fuelled4life.org.nz)

Dear Families

20 March 2017



### 'BE RESPONSIBLE'

In being responsible we will  
Take care of ourselves, our friends,  
our classmates, the school and of course our families.  
We will keep our classroom (and our bedrooms) tidy,  
We will remember to do our homework and bring our  
book bags and swimming gear every single day  
We will be on time and ready for  
school before the bell goes.



#### UPCOMING EVENTS

Every Thursday Kapa Haka in the School hall 3.15 - 4.00pm

## kidpower®

is back this week! See attached flyer  
Come and learn more at the Parents meeting on  
Thursday 23 March at 2.45pm

### EASTER RAFFLE

Tickets will come home with this newsletter today.

Each child has received 6 tickets to sell.

\$2 per ticket or 3 tickets for \$5

This raffle will be drawn on Thursday 13 April

All tickets must be back by Monday 10 April

We have 1st, 2nd & 3rd Prize



Irene Ogden - Principal



# Henderson North School Cookbook

We need your help! - please get involved and start sending in your recipes and offering your help. This is a very exciting!

## 'THE GOLDEN HALF HOUR'

It is called the 'Golden Half Hour' when children meet and greet their friends, unpack their bags, get ready for the day! It starts at 8.30am.



## The Magic Box

I will put in my box -

The baby blue suit my little brother came home in.

The power of a magic unicorn guiding the way.

The sea blue water that washes up my feet.

My first ever card I made especially for Nana.

The biggest peach from the smallest tree.

The first kiss from the silkiest pug.

I will put in the box the kindest saying spoken in French.

The first song sung by my Aunty Kim.

And the last laugh from my great great grandma

I will put in the box a skipped season and a yellow harvest moon.

A sweet kind fairy on an aggressive bull.

Brooke & Brie-ana Room 1



## Whakakoha - Be Respectful

Rm 1 Sebastian Belcredi Cifuentes

Rm 2 Edward Taleni

Rm 3 Kayden Haycock

Rm 4 Vakai Taleni

Rm 5 Danielle Dimasuhid

Rm 6 Lawrence Ulu-Kini

Rm 7 Raiden Message

Rm 9 Joseph Matthes

Rm 11 Avishika Prasad

Rm 12 Karl Mandizvidza

Rm 13 Falanika Vaofusi

Rm 14 April-Angel Nafoi

Rm 15 Manu-James Te Rito

Rm 17 Rheek La-Morena

Rm 18 Kyle Treadaway



## 'HAVE A GO' - SURF DAY AT PIHA

50 of our Year 5 & 6 children had the amazing opportunity of going to Piha last Thursday. Here are some stories from Room 4.



*When I looked out the window there was a wonderful sight. I saw Lion Rock. When it was time for surfing Fleur gave me some tips about getting up and being brave. When it was my turn I had a shiver down my back. I wanted to make myself proud. I got to the first instructor. It was colder than me stuck in an ice cube! I said in my mind, "I can do it". So I lifted myself up and I jumped and believe it or not I was SURFING! I felt so proud. I was laughing so hard I fell over. That was the funniest time of my life.*

Kareja

*The instructors showed us some techniques and then we tried to stand up on our boards with each of the instructors. After our individual lessons we had free time for 15 minutes. I managed to stand up on the board. It was amazing.*

Kiritea

*On Thursday 16 March children from Henderson North School went to Piha beach to learn how to surf. It was fantastic. First, Dan from Surfing NZ told us about rips. On my first turn I stood up and surfed all the way to the sand without falling. On my second turn I stood and fell right away and got a mouthful of sea water. It was disgusting! When everybody had had a turn with the instructors we surfed by ourselves. It was pandemonium!*

Frank

*The surf instructors waited for a big wave then let go of the board and I went zooming to the sand. I tried to stand up but I fell off. I tried again and I was standing a little longer. After we had four turns with the instructors we could surf by ourselves. It was a little scary because I accidentally flipped over with my board. This was one of the best days of my life.*

Jennika

*I was scared because of rips. I thought I would get stuck in one but I didn't. I stood on the board seven times. I counted so I could tell my Mum. It was awesome. I am hoping to get a surf board for my birthday.*

Shayla

## Life Education Caravan

Just a reminder if you have not paid for Life Education can you please do so.

**LIFE EDUCATION**

Please give to your classroom teacher

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

**Attached is \$2**



## REMINDERS!!

### CLASS ROOM ACTIVITY FEE / DONATIONS

**Class Room Activity** - \$30 per year - \$10 per Term for Terms 1, 2 & 3

Teachers use this money to buy supplies for their classrooms -  
Donation - \$20 per term or \$80 for the year - \$150 for a family.  
thank you to those families who have already paid these.

**Kapa Haka Group** - will begin on Thursdays from 3.15 - 4.00pm in the school hall. This will start on 23 February. If your child would like to attend you will have to make arrangements to have them collected at 4.00pm.

**READING** - if you have any spare time and would like to come and read with children please contact the school office.

**Car parking** - please do not come into the staff carpark or walk your children through the carpark.

**Late children** - school starts at 8.55am - please ensure your children are on time and not arriving late and disturbing the class. If children are late they must report to the office.

**Fridge Magnets** - with school dates, times etc are attached to this newsletter one per family. They are named.

**Stationery** - can be purchased at the school office - please make sure your child has their stationery this week so children can start working in their books. If you have any problems please contact the school office.

**Breakfast Club** will run on a Monday, Tuesday and Wednesday 8.15 - 8.45am in the school hall. If you are available to help please come and talk to Pauline or Alba at school.

**Fruit in Schools** - we are fortunate once again to be a part of the Fruit in Schools programme. Everyday every child will get a piece of fruit - we started today with carrots, plums and apricots. Please talk to your child about what fruit they have had and encourage them to try new fruits and put waste in the bin.

**School Times** - School starts at 8.55am every day and finishes at 3.00pm. We have crossing monitors from 8.30 - 9.00am to ensure your children get safely into school. Morning tea is from 10.45 - 11.05am and lunch is from 12.45 - 1.45pm (the first 10 minutes of lunch time children are required to sit and eat their lunch in their classroom).

**ABSENT CHILDREN** - If your child is going to be absent it is VERY IMPORTANT that you let us know! You can let us know via our school App email us on [office@hns.school.nz](mailto:office@hns.school.nz), phone 838 8229 and leave a message on our absentee line or text us 021 0248 3806. Please also ensure we have your current phone numbers on record.

**FIVE YEAR OLDS** - Please let us know if you have a five year old or you know of a five year old who will be coming to school. It is important that we manage our school roll and so we need to know how many spaces we need for in zone children.