

KAPANUI SCHOOL

NEWSLETTER No. 3-27 February 2019

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For absences and events cancellations ring 902 5015



Kia Ora parents, children, caregivers and whānau.

Has autumn arrived? The cooler mornings feel as though autumn is almost here. I'm hoping that this is a big trick and that we have plenty of sunny warm weather ahead!

Parent/Whānau Evenings

Thank you to everyone who has popped along to our Parent/Whānau evenings over the last few weeks. The teachers have enjoyed meeting and catching up with you all, building relationships and finding out a bit more about your child. We hope that you have also found these informative and useful. We are committed to working together in the interests of your children so please stay in touch with your child's teacher ask questions when unsure, and keep the lines of communication open.

Kapiti Schools Triathlon

Well done to our senior children who competed at the Kapiti Schools Triathlon yesterday at Waikanae Park. They ran, rode and swam their way around the course in teams and as individuals. Ka pai kids!

Camps

As mentioned last week camp season is underway. Last week and this week classes from the Inquirers Syndicate (Years 5 & 6) stayed for 2 nights at El Rancho and Rangatahi Syndicate (Years 7 & 8) are staying at Curious Cove in Queen Charlotte Sound for the entire week.

The El Rancho kids had an awesome time with the camp activities-water slide, archery, horses, swimming, abseiling, swimming and exploring the Waikanae River and swimming at the beach-fun fun fun! Reports from Curious Cove are very

positive and they navigated the ups and downs on Cook Strait ferry Monday morning!

A huge kai pai and thank you to **ALL PARENTS and WHĀNAU** who have helped or are going to help with our camps-you guys rock!

I will be away at Curious Cove next week. Please see **Mr Brunton or Michelle Whittaker** if you have any queries.

Staff News

Next Monday will be **Barbara Chatters final day at Kapanui School** as our caretaker and gardener. Thank you Barbara for your 12 years' service and work. Enjoy the next stage of your life. Kapanui School will not be the same without the 'Chatter's around!

Welcome to the following student teachers who will be working at Kapanui School this year, **Julie McHugo (Room 8), Rachel Rehu (Room 13) & Alana Thorn (Room 21).**

Play Play Play

Whaea Sue passed on this really interesting article and 3 minute video on the importance of PLAY in children's lives. It might take you back to the 'glory' years of being a child yourself...I'm sure that you will enjoy this. Keen for your thoughts Click below

[Why your kid needs time just to be](#)

TeethTooth Decay

Last year the Dental Service visited Kapanui School. They have sent us a summary of the dental examinations completed.

No of children examine	No. of children with tooth decay	% of children with tooth decay
506	128	25%

I thought that this was a high %. Do you? To quote from the summary report

How tooth decay affects children

- Pain & Infection
- Days off school
- Orthodontic problems
- Speech
- Eating & Nutrition
- Overall health & well being
- Learning and school performance

One of the simplest ways to reduce tooth decay is to REPLACE SUGARY DRINKS, ENERGY DRINKS, SPORTS DRINKS, FRUIT DRINKS, JUICES, FLAVOURED MILKS with WATER or PLAIN MILK- how simple is that!

Last thoughts.....

- Coastella-a really fun event!
Congratulations to **Ollie Singh** and his band **Thorn** who blasted out 5 wicked rock songs. The future's bright with young boys smashing out AC/DC & Ozzy Osbourne and Rco
- Ouch, what's been happening with NZ Hockey?

Medical Room

A big thank you to Keegan and Hunter Lloyd's Grandma who has gifted the school two lovely handmade quilts for the beds in our medical room. They look great.

Swimming Sports - 13 March 2019

10am-12:30 all heats for the freestyle events and all finals for backstroke, breaststroke and butterfly. 1:30pm all finals for freestyle and relay races. Parents we need your help for placings on the day. Please contact the school if you are available. Parents will need to organise themselves one relay team of 5. Mixed gender please. Parent Help needed for the Sausage Sizzle, please contact Lianne Templer on 021 547 263 if you can help on the day.

March is coming – Let's Get Movin'!

Make the most of the beautiful weather and encourage your child to Walk or Wheel to and from school. Why Movin' March? Not only does walking or wheeling to school reduce congestion and chaos at the school gate, it also provides an opportunity to slow down and get in some quality time with our tamariki. Walking or wheeling to school solo or with friends can be a real confidence boost. And, as one parent put it last year, the fresh air and

exercise before school helps 'get the wiggles out!' How to make it work for your whanau Establishing active travel routines can be a challenge for some families. Our [Active Schools' Toolkit](#) is a great way to find some pro tips on how to get around the common barriers: Our mediators will be at the gate every morning stamping travel passports. Plus they will have activities and competitions weekly to celebrate Movin March. Watch this space!

Interested in being a School Trustee?

Come along to NZSTA's Kōrari Programme to find out about becoming a school trustee on a school board. Hui at Waikanae School in the school hall/staffroom on 18 March 2019 at 6.00 pm in the lead up to this year's board of trustees' elections.

At the Hui you'll hear about:

- What is a school board of trustees?
- What do trustees do?
- What skills do trustees need?
- Who can become a trustee?
- How do I become a trustee?
- Who is on a board of trustees?
- How is a board elected?
- What help do school trustees get
- How does the board of trustees work?

RSVP to f.charters@waikanae.school.nz
nzsta.org.

Community News

Waikanae Football Club

2019 season registrations for children aged 4-13 close on 10th March. The season itself starts on 6th April. To register go to <https://mycomet-oceania.analyticom.de/en/NZ/login>. Contact wfa.jnr@gmail.com or see www.facebook.com/waikanaeafc for more details.

How to build and maintain relationships in the face of wrong-doing

Come and hear Marg Thorsborne, international expert on school (& workplace) bullying and restorative practices. Marg will also be presenting a whanau session at: Raumatī Beach School, Raumatī Road Thursday 28 February, 7-8pm. This will be held in the 'Learning Street' on the school's south eastern corner.

Park to Path is a free community fun run and walk with a 6km or 10km option

Starting at Otara Park, Otaihanga, the route takes you from the park onto the beautiful Waikanae river trail with the opportunity to take a selfie at the Selfie stand; before going onto the expressway track. The 10km option takes you towards Waikanae before looping back. There is a 1km kid's fun option with registration on the day.

Date: Sunday 10 March 2019

Time: 8.30am onwards

Where: Otara Park, Lancelot Grove, Otaihanga

<https://www.facebook.com/events/400986904009783/>

Fun Run on our Beautiful Beach

Just walk if you like. Sunday 31 March MacLean Park, Paraparaumu Beach.

Register or sponsor someone at

www.kapitirunforyouth.co.nz

After School Art Classes

Waikanae Art and Craft Society each Thursday

Give Nicki a call 027 688 2908 or email

nvmanthel@live.com

Kids Go Free at Staglands on Children's Day

Staglands Wildlife Reserve will be celebrating Children's Day on Sunday 3rd March by offering FREE ENTRY into The Reserve for ALL CHILDREN. In addition to their usual attractions visitors can enjoy free off-road tractor-trailer rides. So if you are looking for a fun Children's day outing for the whole family; meet at Staglands and Connect with Nature on Sunday 3rd March.

*Offer is not available with any other offer.

Children (0-16 years) must be accompanied by paying adult. For more information visit

www.staglands.co.nz

House of Sound in School Music Lessons

House of Sound provides professional but fun, curriculum based music lessons during the School day. Classes are 25 minutes long and are in groups of 3 - 5. Options available are: Mean Beats (Percussion and Drums), Six String All-Stars (Guitar) and Star Finders which is an introduction to music for year 2 & 3 Students covering Piano, Ukulele and Percussion. Mean Beats, Six String All Stars & Cool Keys are only available for years 4 and up. To enroll your child in these fabulous

music lessons grab an enrollment form from reception or go to www.houseofsound.co.nz and click the "enroll for in-school music lessons" button. For more information please email: info@houseofsound.co.nz

What Now TV

During 2019 we are broadcasting our first 10 shows from around Wellington, show casing a different community each week. On Sunday 31st March, our show will be coming live from Paraparaumu and I would like to invite your families to be part of the live audience!

www.whatnow.tv/bonus/audience

Free Workshops for children

Clay pinch pot workshop for children at Mahara Gallery with artist Harriet Bright, Saturday 23 March, 10.30am – 12.30, Make your own fun, educational board game Saturday 13 April & Monday 15 April, 10.30- 12 noon. Workshops are free but bookings essential (limit 12 people). Bookings phone 902 6242.

Waikanae Junior Rugby Club Registrations

Register online at

www.sporty.co.nz/waikanaerugbyclub and join us at a clubroom registration day - 2 March from 10am-12pm or Wed 27 Feb 6-7pm. All welcome but U8 grade up must attend to weigh in. \$50 per child and \$80 for 2 or more children. A new grade of Rippa rugby available for U8 & U9 players who do not wish to play tackle. Please contact Jane 021 836056 or Jaime 027 2559910 with any queries.

Kapiti Music Centre 5 year olds - adults

CONTACT US: admin@kapitimusiccentre.org.nz
www.kapitimusiccentre.org.nz

Phone 021 297 14143.

Music Lessons at Kapanui School

Piano, beginner guitar, recorder, flute, singing, music theory lessons available during school hours, by an experienced NZ registered and trained teacher. Contact Malu Jonas on 027 845 3094, 04 905 8686, or jonasmalu9@gmail.com. Lessons may also be scheduled before or after school, if this is preferred.