

Buckland School Newsletter

Buckland School is committed to providing quality education that engages students fully in a wide range of learning experiences that will assist them in preparing for the challenges of the future.

23 February 2015

www.buckland.school.nz

Wk 4 T 1 2015

Dear Parents and Community Members
Tena Koutou

- ◆ **Value for the Term: Excellence**
- ◆ **Welcome** to our new students and their families: Rm 1—Fynn, Rm 9—Sundee and Rm 10—Pooja.
- ◆ **Junior EOTC Week**—We wish all the junior students a wonderful week full of exciting and challenging activities. Any queries please see your child's teacher.
- ◆ **Franklin Primary Schools' Triathlon**—Entries are now full so no further entries will be accepted. We will have a full triathlon practice this Wednesday after school for those who can make it. All equipment needed. Parents are needed to assist on the road.
- ◆ **No School Assembly** this week due to EOTC week.

Thank you

- To all parents who joined staff for the Parent meetings and the Maori consultation meeting.
- To Parents who joined Board members for Friday night's Family BBQ & sports evening.
- To PTA members for attending the PTA meeting. The AGM will be held on 17th March (please put this date in your diaries.)
- To parents who joined the Travelwise team from Auckland Council to discuss a walking bus for the school.

Swimming Pool Opening After School

As Mrs Glasgow is away on a course Monday and Tuesday this week the pool will not be open these days. From Wednesday on, parents are welcome to supervise their children for a swim in our school pool after school from 3 p.m.—5 p.m. Arrangements must be made with parents if you are going to supervise other children. The key must be collected from Mrs Glasgow or Mrs Mills, and be returned at the end of the swim. The last family in the pool are asked to carefully put on the pool covers to keep the pool warm for the next day.

Scholastic Book Club

Orders for the Scholastic Book Club close tomorrow (Tuesday 24 February). If you received a \$2 discount token from the last 2014 issue, this can only be used on this order. Vouchers will not be valid after this time.

Senior Swimming Sports

**Tuesday 24 February
Starting at 9.30 am**

All placegetters are taken from timed heats—there will not be any finals. Please see the school website for the order of events.

Events This Week

Junior EOTC week

- Mon 23 Feb—Mr Bird to work with Junior School on Water Safety
- Tues 24 Feb—Senior Swimming sports (Yrs 4—8) beginning at 9.30 a.m. All Welcome. The order of events are on the website. Please ensure children have togs, towels, sun screen, hats and a water bottle.
- Tues 24 Feb—Junior trip to Hamilton Zoo—**buses leave at 8.30a.m.**
- Wed 25 Feb—Junior "W" day (at school)
- Thurs 26 Feb—Yr 7/8 Technology
- Thurs 26 Feb—Water safety lessons for Senior School with Mr Bird
- Thurs 26 Feb—Junior School trip to Pratten's Bush and Sleep Over
- Fri 27 Feb—Junior trip to Wave Pools

Events for Next Week

- Tues 3 March—Franklin Triathlon
- Wed 4 March—Junior Swimming Sports beginning at 11 am
- Thurs 5 March—Pukekohe East School will be using our school pool.
- Fri 6 March—Full school Orienteering Lessons with Mrs Robinson

Congratulations to:

- ◆ An ex Year 8 Buckland School pupil; Blake Vincent who has achieved a leadership role at Hamilton Boys' High School this year as part of the Senior Prefect team.
- ◆ Nathan Hickmott who won a bronze medal in the 100m Freestyle and swam a personal best in all races at the National Swimming Championships in Wellington at the weekend.



REDUCED FAT

This means there is less fat than the regular version, whether it's 2% less or 40% less.

"Fat Free" products might still be high in sugar – check the label!

QUANTITY		DAILY INTAKE		QUANTITY	
PER SERVING	PER 100g	PER SERVING	PER 100g	PER SERVING	PER 100g
ENERGY	240 kJ	28	2400 kJ	ENERGY	240 kJ
PROTEIN	1.0 g	2%	60.0 g	PROTEIN	1.0 g
FAT, TOTAL	6.5 g	13%	130.0 g	FAT, TOTAL	6.5 g
SUGAR	0.0 g	0%	0.0 g	SUGAR	0.0 g
polyunsaturated	1.0 g	2%	10.0 g	polyunsaturated	1.0 g
cholesterol	0.0 mg	0%	0.0 mg	cholesterol	0.0 mg
ALU	0.0 mg	0%	0.0 mg	ALU	0.0 mg
monounsaturated	1.0 g	2%	10.0 g	monounsaturated	1.0 g
PHOLESTEROL	0.0 mg	0%	0.0 mg	PHOLESTEROL	0.0 mg
CARBOHYDRATE	1.0 g	2%	10.0 g	CARBOHYDRATE	1.0 g
SODIUM	30.0 mg	2%	600.0 mg	SODIUM	30.0 mg
VITAMIN A	10.0 µg (2000 IU)	20%	100.0 µg	VITAMIN A	10.0 µg (2000 IU)
VITAMIN C	10.0 mg (20.0 mg)	20%	100.0 mg	VITAMIN C	10.0 mg (20.0 mg)
POTASSIUM	10.0 mg	0%	100.0 mg	POTASSIUM	10.0 mg

* All specified values are averages. † Percentages Daily Intake are based on an average diet of 2000 kcal. ‡ New daily intakes may be higher or lower than those on your average menu. †† Recommended Dietary Intake.

Thought for the Week

*"The soul is healed by being with children.
Feodor Dostoevsky (Russian writer)*

Have a super week

Regards

Mavis Glasgow (Principal)

Community Notices

Counselling Offer for Children at Buckland School

Hello, everyone. My name is Marguerite Cooke. I've now completed a degree in counselling at the Manukau Institute of Technology (phew!) and am working toward full registration with the NZAC (New Zealand Association of Counsellors). I have two grown-up children of my own.

I am privileged to be able to continue volunteering at Buckland Primary School one or two afternoons a week. I'm under professional supervision, and sometimes will ask if I can record sessions, so that I can learn to do a better job.

Everyone has times when things get us down and life seems unusually hard and it's good to have someone to share our concerns with. Children often don't know how to talk about things that are bothering them, and we might see only changes in behaviour. I provide a safe, confidential space where children can express what's going on for them. I listen and work alongside them and their families to help bring about change. I'm happy to talk to parents and for students to 'drop in' of their own accord. Some of the issues that come up are: anxiety, depression, grief and loss, trauma, anger, family changes, bullying, and sibling conflict.

I love working with children and use a variety of activities to engage them, including clay, painting and drawing, games, small figures, and sand tray.

I look forward to continuing my work at Buckland this year.

Contact me:
021 1669 218
marguerite.cooke@clear.net.nz

BOMBAY 150th CELEBRATIONS

Celebrations are to be held in Bombay during the weekend of the 13—15th March. Registration forms and further information are available on the Bombay School Website under links. A book: "Bombay the next 50 Years" has also been printed and is available. Enquiries can be made to Mrs Glasgow.

FRANKLIN CHILDREN'S ARTS FESTIVAL

Pukekohe Town Hall

Saturday 7 March—10am to 2pm

There will be FREE art, music and movement workshops, entertainment and interactive performances for all the family, a fun filled and inspirational day. For more information contact Anna on 0297 712 923 or 'like' our facebook page.

MISSING UNIFORM

New size 4 shorts named Lincoln with the phone number on the tag. Please return to Room 1.

CLARKS BEACH YACHT CLUB LEARN TO SAIL PROGRAMME

Sailing is a great way to build independence and self reliance for your child and it's a great activity that you can do together. Clarks Beach Yacht Club offers a sailing education pathway for children aged 0+ in Optimist class boats. We supply the use of a plastic Optimist boat and life jacket. We also cater for Adults Learn to Sail.

Ph Neil on 021 228 6159 or
email reception@clarksbeachyachtclub.org.nz

PUKEKOHE JUNIOR BOYS RUGBY Registration Dates for 2015 Season

Sat 28 Feb 9am—1pm

Tues 3, Thurs 5, Mon 9 & Wed 11 March 5-7pm

Colin Lawrie Fields, Reynolds Rd, Pukekohe

All players welcome—5-13 years

Fees \$65

All enquiries to Andrew Armitage on 027 277 7750

BOMBAY JUNIOR RUGBY CLUB

Registration Dates for 2015 Season

Thurs 26 Feb, Tues 3 & Thurs 5 March 5-7 pm

Clubrooms, Paparata Road, Bombay

Boys & Girls 4 yrs and over (birth certificate required for first time registration)

Boot swap, new shorts and socks for sale
\$70 player, \$110 family—to be paid at registration

Muster Sun 22 March at 10 am

Parents needed to assist, manage or coach

Enquiries to Shay Bailey on 233 6644

WANT TO MAKE HEALTHIER FOOD CHOICES?

Would you like to take part in a 5 week nutrition labelling study using your smartphone?

Many people find it hard to understand nutrition information on packaged food labels. The aim of the Starlight Study is to compare different nutrition labels and see which of them make healthy food choices easier.

To take part you need to: be 18 years or older, have a smartphone with at least occasional internet connection (eg free Wi-fi zones), do at least half of your household shopping and shop at a supermarket at least once a week.

- ◆ No appointments, just download a smartphone app
- ◆ Use your app to look at nutrition labels while you shop and record food and drinks you buy
- ◆ Collect grocery till receipts
- ◆ Receive \$10 at week 1 + \$80 at completion (5 weeks + final questionnaire)

To join visit www.diet.auckland.ac.nz/content/starlight
Questions—contact Dr Katya Volkova on 09 923 4742.

Supporting success
in your school

For every new ASB home loan
over \$150,000 taken out before
30 June 2015, ASB will donate:

\$500
cash

to participating schools.

See reverse for offer details.



Ranch Rentals

**Hire Equipment / Gas fill & delivery
Paddock Mowing or Topping**

Ph. 09) 236 8813 email: ranchrentals@xtra.co.nz

Or visit our website: www.ranchrentals.co.nz

Newsletter Return Slip Draw —Wk 4 T1 15

The family received the newsletter this week.
(enter family name)

Signed: _____