



Wednesday 25th May 2016

Kia ora, Talofa lava, Malo e lelei, Kia orana, Fakaalofa lahi atu, Malo ni, Bula, Greetings

The weather is beginning to change and I guess we should not be surprised as we are a week off June. Last week we still had some warm days, but this week we may be wearing more layers! So please monitor the clothing that leaves home, as a temperature drop last week saw some students struggling to enjoy their day, as they were feeling cold.

Lunches

Teachers have decided to make healthy lunches a focus, as they are very passionate about the health of their students. We do accept that appetites increase in winter, but we plead that you please consider what can be placed in your child's lunchbox. As with adults, too many carbohydrates give a sluggish feel and can hinder concentration. Packet foods are convenient but not all are healthy options.

Following is a suggestion with a web address that leads to further ideas.

Heart Foundation

THE COST OF A LUNCHBOX

Kids need a healthy lunchbox so that they can grow and learn well.

Eating different kinds of healthy food across the whole day is key.

Here's the cost of this lunchbox:

- Orange 90c
- Kiwifruit 60c
- Cheese (40g) 32c
- Vege Noodle Stir Fry (half portion) \$1.50
- Total \$3.32 (as at May 2016)

Tip: Buy vegetables and fruit that are in season, they'll be cheaper.

For more lunchboxes and recipes, visit www.fuelled4life.org.nz

Education Help for Parents/Whanau

You may be aware of the following, but if not, the website stated below is to help parents/whanau understand and support education in our New Zealand school settings. If you visit this site and have any questions please do not hesitate to contact the school. The address is www.education.govt.nz/ once on this site select Parents.


Students Returning After School

As you are aware we have an After School programme that is user pay, supervised and they have the use of the school grounds. We have had students coming back after hours and upsetting other students as well as being disrespectful to adults. We ask that you please monitor your children after hours and establish another place of play as the school is committed to the programme from 3pm to 5.30pm.

Parenting Support

We have been asked to promote the following event and we do so willingly as this speaker has been reported as worth hearing!

mind health for families



As parents, we want the best for our children, for them to grow up in a family that nurtures their skills and abilities as well as their emotional health. Richard Black, Director of *Strength to Strength* has developed tools to assist us, as parents, learn simple strategies to apply in our home. Strategies that will help children choose their attitude, live beyond blaming, handle disappointment, and more.

He will speak about these tools in ways that you can apply them within your family to create emotional health; Richard calls this, mind health.

Richard is easy to listen to – you definitely won't fall asleep! He has been appreciated at mainly music conference events because of his down to earth humour and the simplicity of his strategies.

We'll make this a fun, as well as worthwhile, night out!

Whangarei – Monday 13 June
Clark Road Chapel, 9 Clark Road, Whangarei.

All venues 7.30pm coffee & calories. 8.00pm Evening event.
\$15 per person at each venue.
Buy tickets from your local mainly music or on-line from our events section.

**mainly
music**
est. 1990

www.mainlymusic.org

Thank you for supporting Kamo Primary School.

He waka eke noa

A canoe which we are all in with no exception – We are all in this together.

Sally Wilson
Principal

In the weekend I went to Waipu and had lunch. That was on Mother's Day. It was just with my family.

Hunter Lee Rm 17

On Mother's Day I went to the Town Basin park for morning tea. My grandma and grandpa and I had eggs and bacon. I had fun.

Ayla Plaisted Rm 17

On Saturday I went to netball with my family. I got player of the day. I won a trophy. I didn't know that I won the trophy. Next week I will have to bring back the trophy.

Kirra Gribble Rm 17

SCHOOL NOTICES

Stationery - Reminder Activities contributions/School Donation are now due please pay ASAP.

Bank a/c number is 12 3093 0156736 01 - Please put child's name and a reference: eg activities contribution/donation

Contribution Fee \$14.00 per child

School Donations are now due 1 child \$60.00 Family \$90.00

Eftpos is now available in the school office. Eftpos only no credit cards accepted.

School Photos will be on Thursday th June. Orders due 8 th June

photos@lizdaviesphotography.so.nz

Ice-cream containers wanted for the Art Room please

SPORTS NOTICES

Kamo Primary School Netball - Please pay netball subs are now overdue. Please pay to the school office asap.

Hockey - Hockey fees are overdue. Please pay these to the school office urgently.

Hoodies have been ordered. Please pay the \$50 to the school if you ordered a hoodie for hockey.

Hockey Results 7th May

Pink Wk 1 POD Finn Gilbert-Keene

Pink Wk 2 3 all draw POD Sam Wech

Pink Wk 3 won 5-0 POD Kayleigh Soper

Blue Wk 1 POD Baylee Gorrie-Brown and Lester Huang

Blue Wk 2 POD Cody Wickliffe and Dante Edmonds

14/5

Purple lost 4-1 POD Caitlin Henderson

Yellow won 1-0 William Liang

Black lost 7-0 Bailey Quigg

Red POD Anastasia Gallagher-Sime

White lost 8-0 POD Bob Waa

21/5

Purple won 6-4 POD Keeley Morgan

Red won 3-1 POD Lorilee O'Hare

Yellow 1 all draw POD Shelby Huang

WPSSA Sports Day Wednesday 8th June. - Due to a change in plans Kamo Primary School will not be attending this year.

Scholastic Book Fair

This will be from Friday 10th June to

Thursday 16th June.

**It will held in the school library before and
after school.**

On the weekend me and Poppa and Dad got a movie card for Nana. She was very happy we got some flowers for Nana. We went to get the flowers from the warehouse.

Oliver Marsh Rm 17

I went to the hockey. Jacinta was there and we got seven goals together just like a team. We are going to play for Kamo Primary School next time.

Addison Elliot Rm 18

I was sick. I was at hockey and I saw Addison and we got 7 goals and we needed 10 goals to get the player of the day. I am going to play for Kamo next year. I saw TePaea too. It was fun.

Jacinta Liang Rm 18



Board of Trustees Elections

We received 8 nominations for the Board of Trustees Elections. Voting papers have been mailed.

Voting closes at 12 noon on Friday 3rd June.

Please deliver your voting papers to the school office or post to Kamo Primary School in the envelope supplied.

David's 
PHARMACY

Pop in and see the friendly staff at
Davids Pharmacy.
Right next door to Savemart.

The Whole Cake and Caboodle
Phone Lisa 4355257

Email

cakeandcaboodle@xtra.co.nz

photo site ref [www.flickr.com/
photos/lisas_cakes/](http://www.flickr.com/photos/lisas_cakes/)

KAMO RADIATORS

Specialist

KAMO RADIATORS

Specialising in all your RADIATOR Repairs

09 4351160

11 CLARK ROAD

KAMO

(directly behind McDonalds)

Open Monday – Friday



DAVE'LL DO IT
Need a job done, Dave'll do it

Fencing, Painting, Landscaping
Property Maintenance
Driver, Labourer

Contact Dave
021 124 9987
09 4350 933

DAVE FERGUSON

**Julies Advanced
Skincare**

13 Parkland Crescent
Whau Valley, Whangarei
Phone 437 6079

Mobile 027 2474869

Treatments include waxing, tinting,
microdermabrasion, skin peels, and IPL.
Julie is a fully qualified beauty therapist with 16
years experience. Call or text today for a free
consultation.

Bookings by appointment — weekends and late
nights available.

School Gates - Parents/Caregivers
can you please ensure you shut the
school gates when you come
through them anytime during the
day. We seem to have an ongoing
problem of the gates being left
open, especially the Clark Road
Gate. If you do see them open can
you please shut them. Thanks



ST. TROPEZ

Let's
GLOW

MOBILE
SPRAYTANNING

Ph Keri: 021 204 8209

Community Notices

Te Kamo Kindergarten
We have spaces coming
available soon!

All qualified teachers

Hours are 8:30am – 2:30pm

Monday – Friday

Please contact us on 09 4350 378

Or Call in and see us at 5 Farmer
Street, Kamo



Niamh and
Angus
McGunnigle -
Trail
delivering
blankets and
woollens to
children in
Nepal.