Thursday 14 September 2017

Dear Parents/Caregivers,

Each term different opportunities are advertised in the daily notices for students to join. These opportunities are many and varied. Over the following weeks we will be showcasing these with our school community and what our students have been doing.

**Mud Monsters Club**

This is a group of 24 students from Years 3 to 6 that have joined together to design and create two mud kitchens to be used within the school outdoor environment. Now that the planning and designing process is complete the group meets twice a week during lunch times to work collaboratively together to build our kitchens. We’ve been fortunate to have the wisdom and advice from Mr Phelan as we embark on the building process.

For some of us this has meant learning new skills, such as working with different tools, how to be safe in a workplace environment and importantly, compromising and re negotiating our original designs!

We have decided to repurpose old pallets and an old kitchen sink for one of the kitchens and using a tub creatively for the other kitchen. We are now on the look out for donations of old kitchen pots, pans, muffin tins and utensils to use for stirring and mixing. If you are able to donate please see Ms Towner.
The year 5 classes have been learning about nutrition over the last few weeks, as part of the Food For Thought programme. Two sessions in class were spent learning how to read nutrition information labels on common food and drink products, in order to make informed choices about what we eat and drink. A third session was intended to take place at Pak’nSave, but took place in the classroom instead due to inclement weather.

Here are some graphs created by students from Room Twelve, with their own reflections on the respective merits of each product.

Daniel's findings:

The first graph is showing the ingredients for the Ritz. They have a lot of other ingredients and have less sugar than Oreos. Ritz has a quarter of fat and a quarter of carbohydrates. The second graph, showing the ingredients in Oreos, is less healthy. They have a lot of sugar and fat. After my comparison, Ritz is more healthy than Oreos.

Matz's findings:

The Be Natural bar is a lot healthier than the Muffin Bake bar because it has less sugar and less fat. Also it has lots more dietary fibre which is very good for your body and helps clean out your body. The Muffin Bake bar has lots more sugar and fat and can make you get diabetes. The Be Natural bar also has more carbohydrates which are good for you and make your bones stronger. In conclusion, the Be Natural bar is a lot better to eat than the Muffin Bake bar.
Erin’s findings:

As a fact the Be Natural bars are healthier than the Muffin bakes because there is less fat and sugar. In the Be Natural bars there is more dietary fibre that you can benefit from. On the other hand Muffin Bakes don’t have much dietary fibre. As a consequence of eating Muffin Bakes you will not be as healthy as if you eat Be Natural bars instead because there is less of the unhealthy things than Muffin bakes.

Mackenzie’s findings:

It is true that Meal Mates have more fat, but Lollie Strings are 15% sugar, when Meal Mates are 0% sugar. You could argue by the name of Lollie Strings that it is less healthy, but they are actually quite similar in this way; they both have no dietary fibre. Meal Mates have more fat and Lollie Strings have more carbohydrates, but I still believe that Meal Mates are healthier. Meal Mates however have more ingredients from the healthier food groups. Lollie Strings have more colouring and juice to make the flavour. It is true that Lollie Strings have more energy at 1420 kj, but because of the higher level of sugar you’ll get a high burst of energy then a massive sugar crash. Meanwhile if you eat Meal Mates it gives you 560 kj of energy.
Congratulations to this week’s Yummy Apple sticker collectors:

- Louis Nixon Rm 5
- Mido Chen Rm 9
- Connor Van der Walt Rm 5
- Kaylee Fang Rm 10
- Ryan Xu Rm 14
- Xavier Wakelin Rm 4
- Thomas Smallfield Rm 16
- Richard Meng Rm 22

PTA NEWS

Calendar Art

Calendar Art order forms have been sent home this week. These make wonderful Christmas presents for friends and family. Please see your child's class teacher to view the artwork. We have extended the final date for returning orders to Friday 22nd September.

If you are paying by internet banking make sure this goes into the PTA account 12 3087 0130855 00 and please use your child’s name and “Calendar” as the reference. Please do not return your order form until payment has been made.

Reminder: Contact Details

Please ensure the school office has up to date contact details for your child should we need to contact you in an emergency.

Host Families Wanted

Looking for homestays for Japanese students coming in January - March for 1 - 4 weeks. It can be up to 3 zones to City by bus/train.
Contact: homestay kl@okcnz.com, 022 475 7072
Your Child Can Become A Great Guitarist!
Auckland’s only specialist modern guitar school, Auckland Guitar School, has just opened a new location in Auburn Street, Takapuna.

Teaching all ages and levels. Innovative teaching methods make learning guitar fun and will help your guitarist make fast progress.

It is also a valuable life skill that can benefit your child's creativity, confidence and social skills.

Limited places available, so please visit the website: www.aucklandguitarschool.co.nz or call 09 533 5246 for more information.
Learn to Draw and Paint

(for ages 7 – 12yrs)
Kids that love drawing and painting keep coming back to these school holiday one-day workshops and After-School classes with step-by-step guidance from artist Eoin Bryant.

ONE - DAY WORKSHOP: October 10th, 10.00am – 3.00pm, Browns Bay, cost $50.

AFTER - SCHOOL ARTISTS:
Wednesdays, 3.30 – 5.00pm for 6 weeks starting November 1st, cost $105.
Bookings: eion@eionbryant.com, ph. 483 6703

An evening with Nadia Lim

Thursday 26th October, 6:30 – 9:30pm at Westlake Boys to hear Nadia Lim talk about her new cookbook, “Let’s Eat!”. This is a great chance to be inspired and try some new food and support Plunket! General admission tickets are $25 and includes a glass of wine or hot drink on arrival, samples of food from the cookbook, and a goodie bag. For $75 you can have a VIP experience which in addition to the general admission ticket you’ll also receive a personally signed copy of “Let’s Eat!” cookbook, exclusive opportunity to mix and mingle with Nadia 30 minutes prior to doors opening, and a VIP goodie bag to the value of over $120. Tickets available by emailing Sam.Farquhar@plunket.org.nz

Fairy Tale Light Party

Northcote Baptist Church, 67 Eban Ave.
Tuesday 31st October 4:30-6:30pm
Bouncy castle, food, fun, face painting, games, and crafts. Come dressed in your best fairy tale outfit.

Tickets are limited this year and cost $5 per child or $15 for a family of three children or more. Pre sale tickets will be available from 26th September at nbc.org.nz or you can buy tickets at the door.
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Milford: Level 1, 9 Shakespeare Rd 09 486 0026
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