

Dear Parents and Caregivers

We would like to welcome the following children and their families to Frimley: Ayla, Isabelle, Nina, Lian and Rarua. **School Roll 547**

Reminder: To all parents, please enrol your youngsters as soon as they turn four. We have an enrolment zone that is being monitored by the Ministry of Education and we need to know the number of five year olds who will be starting at Frimley in any given period of time. Those who live outside of the Frimley School zone need to fill in an out of zone application form.

The 1st day of July in every school year is a crucial date for all Primary Schools. A school's roll number on that date dictates the number of teachers and the funding that is available for the following year.

School Diary

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| 30 th June – 5 th July | Scholastic Book Fair at Frimley in our Utility Room Open 8:30am - 9:00am / 2:30pm - 3:15pm daily and Monday evening, 4 July from 5.00pm – 7.00pm Great opportunity to purchase books at very reasonable prices for holidays, birthdays and Christmas presents. |
| 1 st July | Assembly Item Rm 4 9:00am All welcome. Request forms for Learning conferences due back. |
| 4 th – 8 th July | Classroom Teachers release week. Relieving teachers at school. |
| 6 th July | Barefoot Rugby 3:20pm P.T.A. Winter Disco Night Yr 0 - 3 6:00pm–7:15pm Yr 4 – 6 7:30pm–9:00pm Entry Fee \$2 Drinks, Chippies, Glow sticks all on sale. Parents free. |
| 8 th July | Assembly Item Rm 10 9:00 All welcome. |
| 11 th & 12 th July | Parent / Pupil / Teacher Learning Conferences 2:45pm – 5:00pm and 6:00pm – 8:00pm School finishes at 2:30pm to allow teachers time to prepare. |
| 14 th July | Next newsletter includes holiday programmes. Requests by 13 th July please. |
| 15 th July | Last Day Term Two PTA Sausage Sizzle Luncheon. |



Congratulations:

Numeracy Night Thanks to the 270 parents and children who attended this very successful evening. I trust that you got a lot out of it and are still playing maths games at home. Check them out on our website www.frimley.school.nz under Numeracy.

Sinclair Sticker Art Twenty five children had their work selected to be sent to the USA . A number of them will go into an International Calendar that promotes N.Z. Fruit.
Cottages NZ. Selected children from Rm 15 demonstrated a range of reading activities to the guests who attended the opening of Cottages NZ new classroom design.

Water Polo Thanks to all of those children who participated during the season. Special thanks to Mrs Adams and the parents involved.

Meeting of the Minds at the National Aquarium in Napier. Eleven Frimley students were selected to complete a research project covering many different areas on forensic science before attending the session. Then entered it to be judged for the Jock McKenzie Award. While at the session, the students were mixed up with students from other schools attending and had to work through a series of stations focusing on a variety of scientific skills used in a crime investigation. At the end of the investigation two Frimley pupils, **Anna and Andre**, won the Jock McKenzie Award, each winning a year's pass to the National Aquarium for their Research Project.

Active Families / Sport Hawkes Bay Offers free support and fun activity sessions for 5 -12 year old children and their whanau to get more active and improve their health.

1st Aim Getting children more active

Is your child overweight?
Do they watch too much T.V. or spend too much time on a play station?
Do they lack interest in taking part in sport based activity?
Are you concerned about their health and well being?

2nd Aim Getting parents more active

As a parent when was the last time you walked, jogged, cycled, worked out or played in a team game for more than thirty minutes?
Are you a good active role model for your children or are you teaching them to become a couch potato just like you?
When was the last time you played an activity based game as a family?

How to read Nutrition Information Panels

Almost all packaged products must now be labelled with nutrition panels providing information on the levels of: **Energy (kilojoules), Protein, Total Fat, Saturated Fat, Carbohydrate, Sugars, Sodium (salt)**

Using this information can help us make comparisons between foods, to select the healthier option for ourselves, and our families.
Look at the 'per 100g' or 'per 100 ml' column in the nutrition panel so you can easily compare products.



Look for foods that are low in fat, sugar and salt:

- * Fat – less than 10g total fat per 100g.
- * Sugar – less than 10g sugar per 100g.
- * Salt – less than 120mg salt per 100g.

If reading the labels is too hard, just look for the Heart Foundation Tick. It is a trusted signposting guide for busy shoppers looking for healthier food choices. When you choose a product carrying the Heart Foundation Tick logo, you are buying a healthier product in that food category. For example, Breakfast cereal with the Tick is healthier choice of breakfast cereal.



Influenza (It has arrived back again)

There are some basic rules to reduce the risk of infection:

1. Cover coughs and sneezes.
2. Wash hands with soap and water and dry thoroughly.
3. If you are sick, stay away from work and school.
4. If your child is sick, please keep them at home and don't send them back to school until they have completely recovered.

If you or your child get sick you should contact your doctor asap.

Symptoms of influenza include:

Fevers and Chills Coughing or Sneezing Headache Sore throat
Body aches and pains Sore chest Extreme tiredness

Community News

Bakers Delight Hastings (Next to the Mad Butcher) Enclosed with this newsletter is a voucher card with the Frimley School number for you to use whenever you go to Bakers Delight. From your purchases Frimley will receive 10%. Sincere thanks to Amanda Hunt for her very generous offer please support her.



Thank you for your continued support. Malcolm Dixon Principal.