

Dear Parents and Caregivers

We would like to welcome the following children and their families to Frimley: Anneliese, Emily, Luca, Mackenzie, Zara, Quize, Luke, Saan, Kristal, Jacob and Sophia.
School Roll 557.

Special welcome also to Miss Natalie Revell, who has started teaching in our latest new entrant room. Also to Katie Arnold (Beginning Teacher), Rebecca Wright and Sandra Hale (Teacher Trainees).

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.

August School Diary

5 th August	Assembly 9:00 Item Rm 15 All welcome
8 th – 12 th August	Art Week at Frimley Rei Hendry Art Specialist here to assist.
10 th August	Barefoot Rugby Frimley Hurricanes v Clive at Frimley, Frimley Crusaders v Mayfair at Frimley Frimley Blues v tbc
12 th August	NO ASSEMBLY ART DISPLAY in the HALL for viewing from 11:00 All welcome
Sat 13 th August	ART DISPLAY set up the hall for parents to view 9:00 – 12:00
15 th – 25 th August	Yr 3 / 4 Learn to Swim programme at Flaxmere Waterworld.
15 th August	Learning Journeys go home for parents to view, discuss and comment.
17 th August	Kids Sing Choir competition at the H.B Opera House, More details later.
18 th August	The Minstrel performs at Frimley 9:30 -10:30 \$2 per pupil. More details later. Barefoot Rugby 7 aside tournament HBHS / Akina Park 11:30 – 2:30.
19 th August	Assembly 9:00 Item Frimley Kids Sing Choir. All welcome. Learning Journeys due back at school.
22 nd August	Parent Literacy Evening with Murray Gadd. This was very popular last year so please put it in your diary now. 7:00 – 8:15. School Hall.
23 rd August	BOT meeting 7:00 All welcome. Heretaunga Int Open Evening for Yr 6 students and their parents.
25 th August	Hearing and Vision testing for new entrants plus any referrals.
26 th August	Assembly 9:00 Item Rm 9 All welcome.
29 th August	PTA meeting staffroom 7:00. All welcome.

Art Week

Throughout next week all classes will be involved in a range of art activities. Selected children from across the school will also work with Rei Hendry an art advisor in the hall. On Friday from 11:00 and on Saturday morning until 12:00 the work will be display in the hall. If you have some spare time and would like to assist your child's classroom teacher, then please offer your services to them.

Dental Clinic – Our school clinic has now closed and children who require treatment will be required to be taken by their parents to the Mahora Community Clinic. For rest of this year we are going to use the clinic as a Language Learning Centre for our children who have English as a Second Language or are reluctant reader.

Learn to Swim Programme Yr 3 / 4 children 15th – 25th August at Flaxmere Waterworld. Sincere thanks to the Endeavour Foundation whose donation has once again funded a large portion of the cost. All Yr 3 and 4 children must bring their togs and towel daily across the two weeks of this programme.

School Uniform / Nametags

I have asked classroom teachers to check that all children are wearing the correct Frimley School uniform. If your child is not conforming you will be advised in writing. Please ensure that all garments are named. Nametags can be purchased from the office. 12 for \$5. A named garment usually finds its owner. Un-named can end up anywhere.



The ABC of Healthy School Lunches

A good guide to making sure your children's school lunch is nutritious is to remember your ABC's. If the lunch has a source of Vitamin A, Vitamin B and Vitamin C (and calcium), the odds are the lunch will satisfy your child's appetite and provide one third of the daily intake of vitamins, minerals and calories a good lunch should contain (try to make it sugar



free). Muesli Bars/Roll Ups/Fruit Leathers are not good choices because of the high sugar content.

A = Half a cup of yellow or orange fruit or vegetable – carrot sticks, baby carrots, melon, dried apricot.

B = Whole grain breads, crackers, oatmeal, raisins, sunflower seeds, nuts, peanut butter, meat.

C = Half a cup of berries, pineapple cubes, orange, mandarin, one cup of yoghurt or milk, cheese.



Other Ideas for Healthy Snacks

Apple, bagel, beans, banana, carrots, canned fruit, capsicum, celery, chicken, cucumber, dried fruit, muffin, gingerbread, grapes, ham, hardboiled eggs, kiwifruit, lean meat, lettuce, milk, nuts, pasta, peas, peanut butter, pita bread, raisins, salmon, sardines, strawberries, sweetcorn, tomato, tuna, turkey, wholemeal bread or buns, yoghurt.



Some extracts from the N.Z. Readers Digest March 2005 edition.

What your Child's Teacher Would Really Like to Tell You applicable at all levels.

“Talk to Your Child. Even 15minutes a day would make a difference”

Teachers Tip - If your child seems unable to listen and then respond, ask yourself, do you ever give him practice in the art of conversation? Ask him to tell you what he has learned at school, then get him to explain it. And take the T.V. out of his bedroom.

“Don't believe everything your child says about a situation at school. Get both sides of the story”

Teachers Tip – If you are worried about a situation concerning your child, make an appointment to discuss it with the teacher. They would like to know about it.”

“Please give your child breakfast before sending them to school”

Teachers tip – It's not rocket science – get your kids up in time to eat a nutritious breakfast.”

“Your child is so disruptive I shouldn't be expected to teach him”

Teacher tip - Train your child to resolve physical or verbal violence. If he is out of control, teachers / schools can suggest agencies to help.



Community News

Starship Mobile Phone Appeal – We have a box in our office to collect all unwanted mobile phones.

Bakers Delight Hastings (Next to the Mad Butcher) Use your voucher or mention Frimley and we will receive 10%. Thanks to Amanda Hunt for her very generous offer please support her.

Thank you for your continued support.

Malcolm Dixon Principal