

# Tapanui School

Newsletter #17 - 10 Pipiri / June 2022

## What's coming up?

- 15 June - First Aid Course
- 17 June - PTA Disco at BMC Hall
- 23 June - Kāhui Ako Matariki Festival
- 24 June - Matariki Festival - Waimumu
- 24 **and** 27 June - Matariki Long Weekend -  
School CLOSED
- 30 June - Board Meeting 5.30pm
- 6-7 July - Korero Whānau - Three-Way  
Conversations
- 8 July - Whole School Assembly  
Term 2 Ends

## Kia ora whanau,

We're sure getting through the weeks. Next week is Week 7 and that means it's the PTA Disco. Students need to have their permission slips in for this awesome event by today! ★

Hopefully you received an email from us mid week? We're really concerned at the growing number of students filling up on lollies and sugary drinks before school. Then there is the caffeine! For a child this is like having about 4 cups of coffee before work! Please work with us and ensure these treats are kept out of school. ★

Sleep is vital for growing healthy children. This last couple of weeks a number of children have fallen asleep at school! We know learning is hard work and tiring so do keep an eye on things and if your little one needs a break, just call and let us know. Children aged 3-5 need up to 13 hours a night while 6-9 year olds need 11-12 hours and 10-12 year olds still need between 9-11 hours per night.

Sleep deprivation is a major cause of irritability, loss of productivity (learning), increased risk of accidents and various other health problems. ★

The days are also getting colder and wetter. Kids love to play outside during their breaks, so how about making sure they have a jacket and appropriate footwear so they can still get out and about but stay warm and dry. Pack a jacket for those cooler days!

Finally a 'public' thanks to our support staff. It was the NZEI Support Staff Week this week and we just wanted to acknowledge the awesome work of Teresa, Emma and Ashlee in the classroom, Robyn in the Office and of course to Tineke, Emma and Sarah who keep our school clean and tidy. We couldn't operate effectively without you. Thanks for everything you do to support our kids, support learning and support our learning environment! ★

Noho ora mai – Stay well!  
Antony

## PTA

Please  
support the  
lastest  
Playground  
Fundraiser!



Pasta Vera Orders  
due 20 June  
Delivery on 9 July



# Eastern Cross Country

**Eastern**

## The results of the Eastern Southland Cross Country:

### 11yr Boys

6th Ollie M

9th Alex

18th Cohan

### 11yr Girls

7th Alyssa

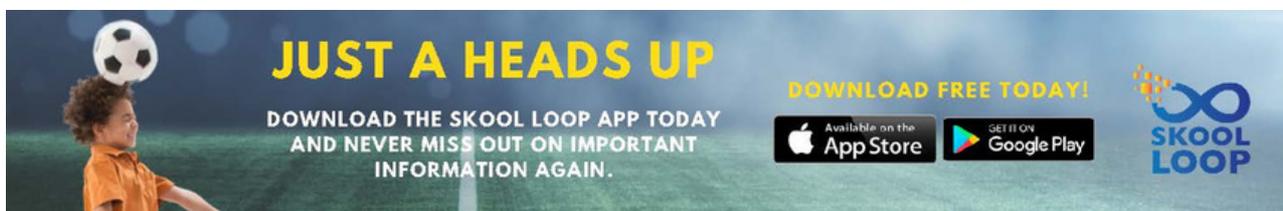
### 10yr Girls

5th Hannah

Congratulations to all and especially to Hannah and Ollie who qualified for Southland!

## SLEEP

- If you really need to catch up on sleep, it is better to go to bed earlier than normal and still get up at the same time as normal.
- Keep your daytime routine the same, even if you've had a poor night's sleep. Avoiding daytime activities because you are tired can reinforce your sleep problems.
- Include an hour of **screen free quiet time** before bed such as reading, having a bath or listening to music.
- At bedtime, make your bedroom dark, cool and quiet and ensure that your pillows, sleep surface and coverings are comfortable.
- Regular day-time exercise improves sleep.



**JUST A HEADS UP**

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The Poumāhaka Kāhui Ako Schools  
present

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# Mauri Ora Matariki

THURSDAY 23RD JUNE 1PM  
WEST OTAGO COMMUNITY CENTRE GYM

We invite you to join us for shared kai at  
12:10pm followed by Kapa Haka  
performances from all of our local schools  
and early childhood centres..

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TREE PLANTING CEREMONY

FRIDAY 24TH JUNE 2022

10AM

A Pōhutukawa Tree, donated by Blue  
Mountain Nursery will be planted at the  
gates to the Cemetery

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FRIDAY 24TH JUNE 2PM - 6:30PM

WAIMUMU

Dedicated West Otago Community Kapa Haka  
members performing at Waimumu Field Days  
site along with many other local groups.

Join them for Kai and fireworks.

# Matariki Puzzle

Bored children? Have a go at this

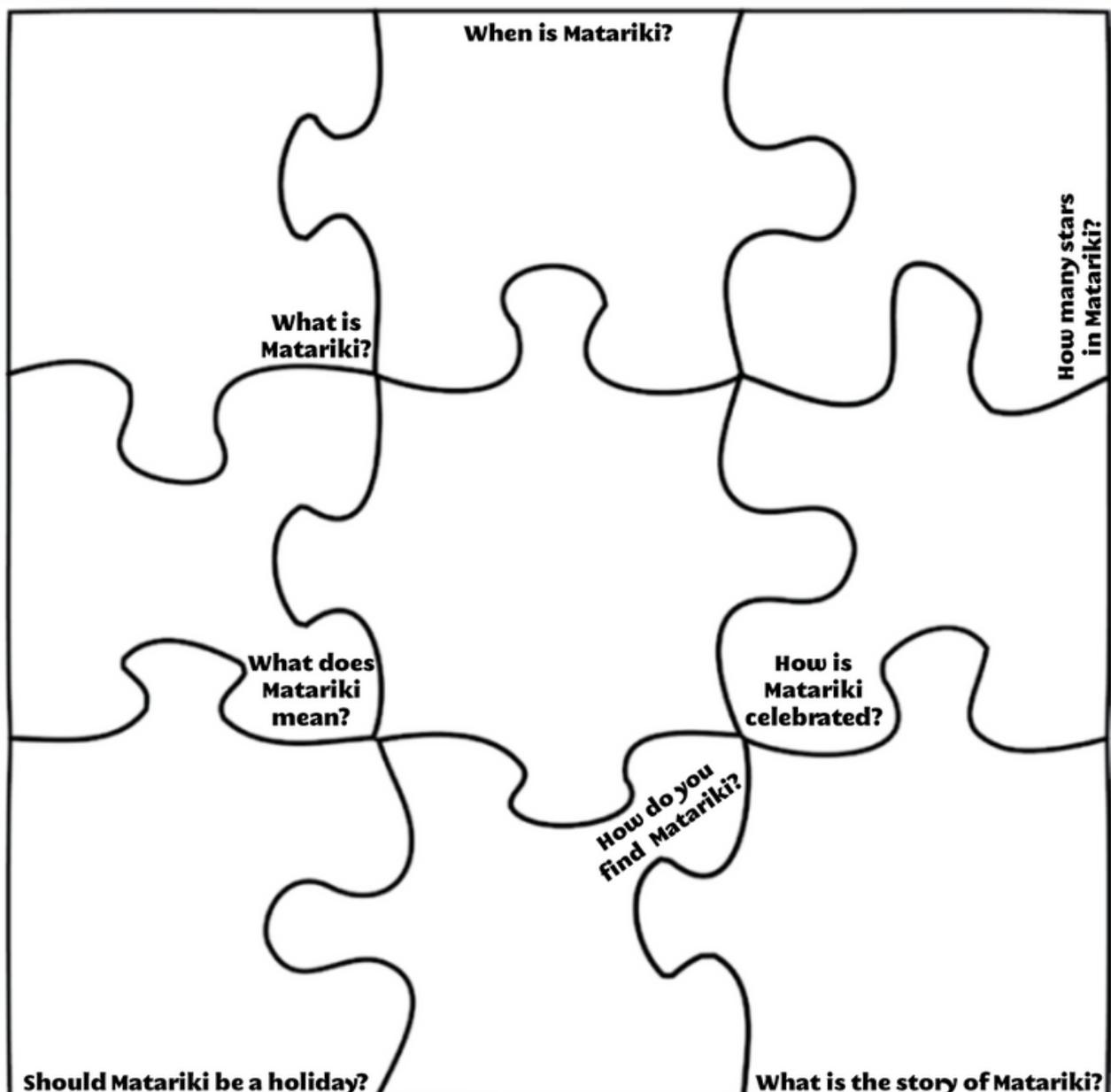
## Matariki Scavenger Puzzle

<https://www.kiwikidsnews.co.nz/matariki-resources>

Use the Kiwi Kids News website to answer the questions on the puzzle.

When you find the answer, colour the puzzle shape and then write in your answer.

The middle puzzle is a space for you to put in a Matariki image.



# FRIDAY 24<sup>th</sup> JUNE

## FREE ENTRY

- LIVE STAGE ENTERTAINMENT
- DISPLAYS
- FOOD VENDORS AVAILABLE
- FIREWORKS!!!

AT THE WAIMUMU  
FIELD DAY SHED  
2pm-6:30pm

Come and enjoy  
the festivities.

Join us in celebrating

# MATARIKI

This event is brought to you by the Hokonui Rūnanga, Lower Matura Valley Kahui Ako and Gore Kids Hub.

This event is supported and made possible by the following generous organisations:



# PTA UNIFORM

Second Hand Uniform - Call in to the school office for secondhand uniform sales.

**Wanted**

**Size 10 fleece tops**

**If you have tops that you can donate to the PTA, please drop them off at the school office. Thanks.**

## Hockey Skills - Tuesday

Hockey Skills with Faye Barlow continues on Tuesday after school on the school field OR in the WO Community Centre Gym (if wet).

Want to join in - small charge - contact Faye 2048078





## Kura Whānau

Teachers, School Support Staff,  
Parents, Students, Community

20 June - 3 July 2022

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