



Thursday, 6 August 2015

Dear Parents/Caregivers

I watched *That Sugar Movie*, a documentary highlighting the effects of a high sugar diet on a healthy body. At the very least I feel a sense of duty to share some of the bitter truths and hope if nothing else it prompts discussion at home about the food we eat and encourages scanning of food labels before purchasing.

1. It is estimated that around 80% of food items have sugar in them even things that are perceived to be healthy such as low fat yoghurt, muesli bars, juices and cereals.
2. Because of its highly addictive nature and the amount of sugar in food items (an eye opener for me!) it is not surprising many of us consume large quantities of sugar often without realising.
3. Sugar is sugar. It can be disguised in many ways on a food label, but it's all sugar. Sugar is hiding everywhere: cane sugar, beet sugar, High Fructose Corn Syrup, glucose. There are over 50 names for sugar.
4. In USA 1980 there were no cases of Type 2 Diabetes diagnosed (ages 8-19). In 2010 57,638 (ages 8-19) cases were diagnosed. High sugar diets also contribute to excess body weight and in fact a whole range of health issues.
5. The message is that our food system is a disaster and it isn't going to fix itself. Health authorities agree that the problems we face are real and serious and we need to do something NOW. Arguably the impact on our children's health is likely to be greater than on us as adults. Certainly when I grew up supermarket shelves looked very different from what they are now! There's no question that we all need to work together to save our kids and to save ourselves.

FUTURE PROBLEM SOLVING

As some of you may be aware selected groups of children are involved in Future Problem Solving with Gifted and Talented teacher, Mrs Sandy Coutts. Last week Hauraki was awarded certificates, one of six schools in New Zealand for their excellent futuristic thinking. The problem involved students identifying challenges and creating solutions using an action plan from a scenario that looked at the quality of food we will be eating in the future.

Congratulations to Mrs Coutts and group of year 6 students!

KEY DATES

Friday 7 August

Fact-a-thon tests

Monday 10 August

Class and portrait photos

Tuesday 11 August from 8.30am

Sports and cultural photos

Wednesday 12 August

Rooms 2, 3, 4, 5 to Howick Village

Thursday 13 August

Rooms 6, 7, 8 to Howick Village

Thursday 13 August

Rugby field day

Monday 24 August – Friday 28 August

Ski team at North Island Primary Schools Competition at Ruapehu

Monday 24 August 7.30pm

BOT meeting

Friday 25 September

Term 3 ends school closes 3pm

Monday 12 October

Term 4 begins 8.55am



Belmont Intermediate J Rock group performing at Hauraki!

POETRY COMPETITION

Congratulations to the following winners of the North Shore *Through a Child's Eyes* poetry competition organised by Harcourts.

Winners: 1st Place Joe McCarthy (see to the right)
2nd Place William Huang
3rd Place Eleanor Stobbart



**The amazing North Shore,
What a fine place to be.
Let's go out,
And swim in the sea.**

**The great big schools,
They teach you lots.
When you're done,
Go sail some yachts.**

**When you buy a house,
Do not fear.
All the houses,
Are good around here.**

**Sunday morning,
Off to the market.
You'll come back,
With an overflowing basket.**

**So come to the Shore,
Take it from me,
You will be amazed,
By the sights you see.**

PHOTOS

Next week Photolife will be visiting the school. Payment instruction sheets have already been sent home.

Monday 10 August will be class and portrait photos. Please make sure your child is especially well presented that day to include silver socks (or girls can wear black tights) and black shoes or black sandals.

Please note that anyone wanting sibling photos must pre-pay these before the photo can be taken. You or your child can pick one of these order forms up from the school office.

Tuesday 11 August from 8.30am will be team and cultural photos. It would be great to have coaches and managers for these photos as well. Complete teams in uniform with coaches/managers will be given priority and photographed first as close to 8.30am as possible. All other teams and cultural groups, house captains etc will be photographed throughout the day. Orchestra children need to remember to bring their instruments on this day.

It would be great to have 100% attendance on this day so that no one misses out on their photo(s)!

UNIFORMS

A reminder that **black socks** are not part of our school uniform. We request all children to wear silver grey socks that can be purchased from the school office. Thank you.

KINDNESS

Kindness is our term 3 value. We will be talking about this as an integral part of day to day life and encourage you to do the same at home. An act of kindness by senior student, Lily Morgan is worthy of mention. During the recent holidays she gave her hair that had never been cut to Freedom Hair who specialise in creating hair pieces for people suffering from alopecia. Thank you, Lily.



FAMOUS STUDENTS

Congratulations to **Taine Walker-Blanchette, Hunter Rush** and **Sam Davies** for making Roller Mills, a prestigious rugby rep side!

And a message from Kumgang Taekwondo informing us that **Rocco Conaghan, William Huang** and **Finn Holbrook** have recently graded and attained a Blue, Blue-tip and Blue Belt respectively. Lots of dedication and practice has resulted in this achievement. Congratulations to these students.

FACT-A-THON

Test day for the fact-a-thon is this Friday morning, 7 August. Please ensure your child has returned their sponsorship form to the class teacher by no later than this Friday morning. The test will be marked, stapled to the sponsor sheet and sent home on Friday afternoon. Children should then start collecting sponsorship money and all money should be returned to the class teacher. Last day for handing in money is 17 August.

This is always a significant event for us and we encourage you all to support your child with participating. As well as being a fund raiser it is an opportunity for children to improve their basic facts!

A CHANCE TO LEARN CHINESE

Flying Fox Language Learning are offering the learning of mandarin as a weekly after school option for children in years 3-6. Parents are welcome to attend as well at no charge.

The class fees are \$16/class and \$13 for sibling. If there is lots of demand, a group for younger children school years 1-3 could be started as well.

To register please phone Elisabetta 021 02655241 or email elisabetta@flyingfoxlanguages.nz

FRENCH CLUB FOR KIDS

Enjoy French learning!
Games, songs, stories, and crafts!
First time FREE Trial - Just come along!

Place: Hauraki Primary - Language Room

Time: TERM 3: Fridays / 3.15pm

Price: \$20 per lesson (pay after 1st class FREE trial)

Register now because spots are limited!

Julie Yu [021-138-2463](tel:021-138-2463) / julie.yu@lcclubs.co.nz / www.lcclubs.co.nz

SPORTS

Netball

Hauraki JN1 vs Northcote PS 20-4 win

Hauraki JN1 vs Glenfield 11-3 win

Hauraki Green vs Vauxhall Rainbows 11-1 win

Rainbow Magics vs Belmont Ferns 4-2 win



Hauraki Green vs Vauxhall Rainbows

Sincerely
Clarinda Franklin (Principal)



Term 2 Value:
Accountability

PTA NEWS

What's New with the PTA?

For calendar art this year we are using photos as a focus. Junior children (rooms 1-8) are asked to bring in a hard copy photo of your choice for the calendar and hand it to the teacher. Please put your child's name and room number on the back. It will be put on a background that is to be created at school. It should be on photo quality paper no bigger than about 10 x 15 cm. Watch out for further information in homework sheets.

Middle and Senior students are asked to send a digital photo to their teacher. Details will be in homework sheets soon. Meantime please select a suitable photo of your choice.

COMMUNITY NOTICES

KEYS TO RAISING RESILIENT & RESPECTFUL KIDS

Tuesday 25 August 7:30-9:00pm, Vauxhall School Hall, Devonport, \$10pp.

Too many children today lack resilience resulting in a lack of confidence and self-doubt. On the other hand, society is promoting to our kids' their rights but not always making them aware of their responsibilities. In 30 short years these children will be adults at their peak, leading the world. That world will be influenced by the quality of our parenting today!

Yvonne will share valuable Keys to Building a Generation of Children who have The Competitive Edge (have resilience) with Equally Great Character (are respectful).

About Yvonne Godfrey

Yvonne is the founder of Miomo (Making it on my Own) Life Skills and Leadership Programme to equip young people for adult life. She is the author of Parenting Yadults 'How to Set up Your Young Adult for Independence and Success in Life'. Yvonne is also world famous for her role as a host of The World's Strictest Parents where her episode has had close to 3 million views.

MATHS AND ENGLISH TUITION

Boost your Child's confidence and education with NumberworksNWords specialists after school tuition. We provide individualised instruction in Maths and English for students who are struggling to keep up and those bursting to race ahead. Phone now for an assessment and introductory lesson. Phone 489-8388 or visit www.numberworksnnwords.com for more information

FUN FAMILY YOGA, ARTSPACE, MT VIC



Come and have some GREAT FAMILY FUN and creative learning on the mat!

Sunday 16th August. BOOKINGS ESSENTIAL www.YOGIKIDS.co.nz

Yoga can be a magical way to bond, learn and laugh with the ones you love.

Kids classes in Devonport too! Michaela 021 229 0197 info@yogikids.co.nz

MIZUNO DEVONPORT CLASSIC – RUN DEVONPORT

Grab your friends and family for a fun day out- great run/walk and loads of spot prizes.

The 'Classic' is coming home to Windsor Reserve in the heart of Devonport.

When : Sunday 20th September 2015 8.30am – 11.30am **Where:** Windsor Reserve, Devonport Village

Distances: New 25k,15K,10K,5K and 2K Kids Dash Entries are open/Register now : www.devonportclassic.co.nz

COMMUNITY NOTICES



Companionship and Fun Morning Activities for Seniors 65+ Volunteers Needed

We are urgently looking for volunteers at our CMA Centre in Belmont. Help needed with crafts / cooking / driving and other tasks. The centre operates out of the Rose Centre, School Rd, Belmont from 10:00am – 12:30pm on Thursday mornings during primary school terms. If you can spare a few hours to give back to the elderly in our community then we would love to hear from you.

Call Leah for more information on 09 489 8954

www.cmans.org.nz

Belmont Park Racquets Club

www.belmontracquets.co.nz or **ph 445-8077. 133 Bayswater Ave, Bayswater.**

Open Days - Juniors, Seniors, & Mid-week tennis.

SENIORS:

Enrolment day: Sunday 16 August 2015.

CONTACT -Clive Melling if players want to play interclub this season, before 30th August

MID WEEK TENNIS

Opening day Wednesday 19 August 2015.

JUNIOR TENNIS

Opening day Saturday 12 September 2015 & Junior interclub sign up.

Please note: you can join the club before the enrolment days - see website for membership forms or call into the club during office hours.