

KIMBOLTON SCHOOL



May 15, 2024

I have been following with interest, the proposed changes to education, with the changing of government. The majority of proposed changes have no impact on where we are headed as a school. We already have no issues with cell phones at school, we already do at least 5 hours of Reading, Writing and Maths a week and our teachers are already trained in and, where needed, teaching structured literacy.

I have also followed the debate around proposed changes to the lunch in schools programme. We are not involved in this, and despite me looking into it early in my time here was told we don't qualify and can give you no actual reasons why. With this in mind, I am comfortable with the changes being made, and in regards to the lunches in schools supporting the reduced cost, allowing for wider distribution of decent food to preschoolers.

With healthy eating on my mind, I thought I would outline three key aspects of nutrition for kids that I value.

Balanced Diet: Children need a variety of nutrients to support their growth and development. A balanced diet should include fruits, vegetables, whole grains, lean proteins (such as poultry, fish, beans, and nuts), and dairy or dairy alternatives. This ensures they receive essential vitamins, minerals, carbohydrates, proteins, and fats.

Adequate Hydration: Water is essential for all bodily functions, including digestion, circulation, and temperature regulation. Children should drink an adequate amount of water throughout the day, especially during physical activity or in hot weather. Encouraging water over sugary drinks is important for dental health and overall well-being.

Limiting Sugary and Processed Foods: While it's okay for children to enjoy treats occasionally, a diet high in sugary and processed foods can contribute to obesity, dental problems, and other health issues. Encourage healthier alternatives like fresh fruits, homemade snacks, and minimally processed foods. Reading food labels can help identify hidden sugars and unhealthy additives.

Greg

Teacher Only Day

A reminder that we have Teacher Only Day in Term 2 on Monday, May 27. This is a call back day that is counted as a school day. The cluster will be getting together to continue work on the curriculum refresh.

Easter Raffle

This was drawn at the end of last term and prizes have all been handed out. Thanks to all of you who supported this raffle and congratulations to the following winners.

- 15: Leana-Lee Tiopira
- 14: Sara Martin
- 13: Rosemary Richards
- 12: Bailey Booth
- 11: Christine
- 10: Dominique Mcglashan
- 9: Ella Burton
- 8: Boy Manunui
- 7: Wendal Masters
- 6: Alexandra Watkins
- 5: Olivia Manley
- 4: Pepe Remuera
- 3: Corey
- 2: Burt
- 1: Pepe Remuera



Illness

We currently have some ongoing illness among our students.

We would like to thank those of you who are keeping sick children home from school.

Below is a link to ministry advice for families around who should be at school. This link was sent home via email and the app on Monday.

<https://info.health.nz/pregnancy-children/childhood-conditions/known-if-your-child-is-well-enough-to-go-to-school-guidance-for-parents/>

We want all our students at school to learn everyday, but respect these guidelines and appreciate there are times when children are too sick to attend school.

If you have any questions feel free to get in touch with Greg.

KIMBOLTON SCHOOL MATARIKI POT LUCK DINNER **AND QUIZ**



- Dinner will be 5.30pm and we will aim to start the quiz at about 6.15. The aim is to be finished by 7.30pm.
- A movie will play in the hall for any students that come along.
- Make up your own teams, or give us your name and we can add you to a team.
- Students can be in your team, but the questions are not specifically designed for kids.
- Uncles, aunts, grandparents etc are welcome to attend and be part of your team.
- The quiz is not about Matariki. There will be at least one question on the Wests Tigers and at least one farming question.

**Winning team receive a \$150 school credit,
shared across team members.**

THURSDAY JUNE 20 FROM 4.45pm

3 Steps For Life Awareness Session



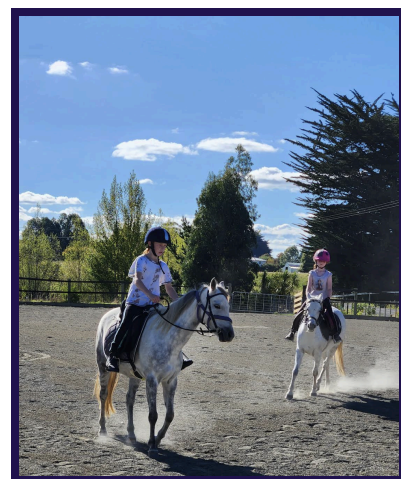
As you are aware we are very soon to have an AED installed at school.

A defibrillator often referred to as an AED (Automatic External Defibrillator) is a small device that gives a safe electric shock to someone having a sudden cardiac arrest, increasing their chance of survival by 44 per cent.

St John's have kindly offered to come out and run a session on how to use this. The session is to be held on **Friday, June 7**, after assembly. It will start at 2.45pm and normally goes for about an hour.

Holiday Photo Competition.

We have had a phenomenal response to our holiday photo competition from the Term 1 holidays. Congratulations to the two winners, Indy and Lyla and Evie.



Occupation Dress Up Day

We were thrilled with the quality and effort that went into our recent dress up day. As always it was a mighty challenge choosing just one or two overall winners, but we did and they were Naish and Wyatt. The real winner was the excitement the students showed during the day.



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MATARIKI POT LUCK DINNER
AND QUIZ



THURSDAY JUNE 20 FROM 4.45pm

ANZAC Day

A huge thanks and well done to Alexandra, Cadence, Charlie and Inka who represented Kimbolton School at the ANZAC Day service in Kimbolton.

Vision and Hearing Checks

The Vision Hearing Technician plan to visit our school on:

Date: **Thursday May 30 – Mid Morning**

Children to be screened during this visit are:

- New Entrants who have not had/ completed their B4 School Check
- Year 7 distance vision for all Students
- A Number of Year 8 Students - those who have previously not been screened as a year 7
- Children who have no previous screening record.

*** If any parent/guardian does not wish their child to be checked could they please inform the school.**



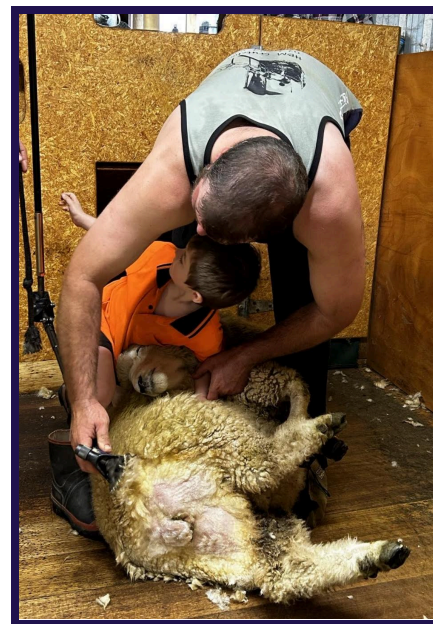
KIMBOLTON SCHOOL SUPPORT COMMITTEE

Another fun day was had crutching at the Masters last month. The children always have fun and the food is always worth noting! Thanks to everyone who was there, we raised \$1,560. See the picture of Luke Brennan having a go.

It seems early to be thinking about Pet Day, but we have to be organised and are happy to say that Hellers have approved a donation of all our sausages for this year. Thanks Hellers!

The meeting for this term is next week, Friday 24 May. In the school hall after assembly.

The KSSC Committee (Janelle, Sara, Heidi, Emma, Georgia, Nat, Gemma, Liv, Kirsty, Naomi)



KIMBOLTON SCHOOL MATARIKI POT LUCK DINNER AND QUIZ



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