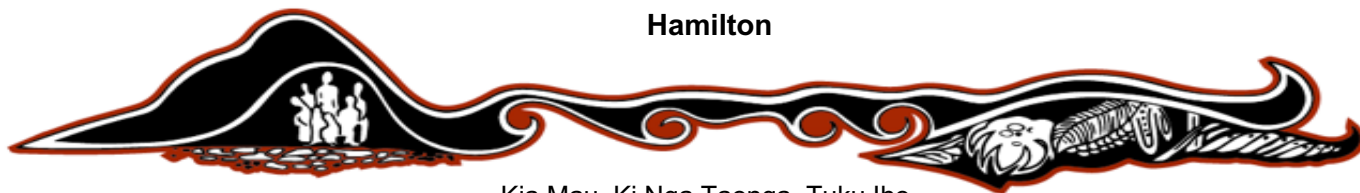


Insoll Avenue School

Hamilton



Kia Mau, Ki Nga Taonga, Tuku Iho

Principal: Linda McCabe

Phone: 855 5067 or 0800 855 506

Board Chairperson: Blair MacKenzie

www.insollave.school.nz

Text absences: 027 249 4911

4/11/2020

NEWSLETTER

Week 4 Term 4

Dear Parents and Caregivers

School Camp on Monday

A reminder that **Rooms 5 and 7** leave for Camp Karakarihi on Monday 9th November. They return on Wednesday 11th November. Please ensure you have a camp gear list so that you are all organised.

Te Whānau Nikau Trip (Rooms 1,2,11 & 12) to Rotorua

When: 12 November

Who: Rooms 1, 2, 11 and 12

Where: Te Puia, Rotorua

Times: Leaving school at 8.45am. Arriving back at school at 2.30pm

Enrolments 2021

• In-Zone Families

It would be very helpful to know how many children are starting as new entrants in 2021. Please phone in with names to our school office.

• Out of Zoners

There is the possibility of spaces for out of zone new entrants for 2021 (depending on the number of in-zone families that have new entrants starting).

Enquiries/Applications for all positions are now open. Please contact our office for further information.

Green Sunhats

All children are required to have a green sunhat. Get your children to check that theirs is here at school before buying a new one. These are available to buy at the school office for \$13.00.

Lucky Book Club Orders

The last date for lucky book club orders is Friday 20 November.

Enderley Community Centre After School Programme

These programmes have begun and will operate four afternoons per week, Monday, Wednesday, Thursday, Friday – note no Tuesdays. The programme will go from 3.00pm till 5.30pm with games and activities. The programme is open to all primary age children. An adult (Mikey) from the Centre will be at the school crossing in the afternoons and walk with the children to Enderley. The Enderley Community Centre contact person is Joe Koti and you can contact him on 021 113 4534 for further information.

Coming Events:

- 9 Nov, Rooms 5 & 7 go to camp
- 12 Nov, Rooms Team Nikau trip to Rotorua
- 13 Nov, Teacher only Day
- 16 Nov, Rooms 4 & 6 go to camp
- 18 Nov, Rooms 16 & 17 go to camp
- 30 Nov, Free Ear Van on Site
- 2 Dec, Interschool Athletics
- 10 Dec, Team Nikau trip to Clarence St Theatre
- 15 Dec, Reports go home
- 16 Dec, Last Day of School for 2020

Best Punctuality Awards

Week 1, Term 4

Team Kawakawa:	Rm 8 – 99%
Team Nikau:	Rm 12 – 95%
Team Mātai:	Rm 7 – 98%
Team Kahikatea:	Rm 16 – 97%



New Buildings

The Ministry of Education are building two new classrooms on our site to accommodate our growing roll numbers. Here's this week's update.



LABEL READING

BE AN EXPERT!

Food labels can be misleading. Examples are "Reduced Fat", "High in Fibre" or "Less Sugar". It's best to check for yourself by reading the label.

NUTRITION INFORMATION (Average)
Serving Size: 30g
(2 Biscuits)
Servings per package: 1

	Per Serve	Per 100g
Energy (kJ)	441	1470
(Cal)	105	352
Protein (g)	3.6	12.0
Fat, Total (g)	<1.0	1.4
- Saturated Fat (g)	0.1	0.3
Carbohydrate, Total (g)	20.0	67.0
- Sugars (g)	0.8	2.8
Dietary Fibre (g)	3.2	10.5
Sodium (mg)	85	285
Potassium (mg)	106	355
Thiamin (Vit B1) (mg)	0.55 (50%)*	1.83
Riboflavin (Vit B2) (mg)	0.42 (24%)*	1.4
Niacin (Vit B3) (mg)	2.5 (25%)*	8.3
Folate (µg)**	100 (50%)*	333
Iron (mg)	3.0 (25%)*	10.0

* Percentage of Recommended Dietary Intake (RDI).
** 1 serve provides 25% of the folate RDI for women of childbearing age.

www.sportwaikato.org.nz
© This resource was developed by Sport Waikato 2020

Discovery Christian Centre
Presents

THE HOMEWORK CLUB

For Years 4-6

Fridays 2.45-4.45pm

Discovery Christian Centre
Corner Insoll Ave & Peachgrove Rd

No Cost

Afternoon Tea Provided

Led by a registered teacher

Contact Jono on 021 211 9661

School Banking

First Credit Union have now resumed the school banking service. Getting started is easy - just pick up an application pack from the school office, fill in the application form and return it to the school office. If your children are already doing school banking, remember that the school banking is collected on Thursday each week

Te Whānau Matai Trip to the Waitomo Caves

A big thank you to all the parents who supported Te Whānau Matai on their recent trip to the Waitomo Caves. It was an amazing experience for children and adults.

