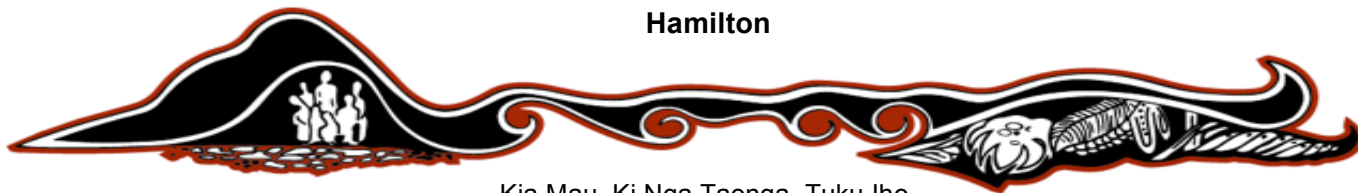


# Insoll Avenue School Hamilton



Kia Mau, Ki Nga Taonga, Tuku Iho

**Principal: Linda McCabe**  
**Phone: 855 5067**

**Board Chairperson: Blair MacKenzie**  
**Text absences to: 027 249 4911**

14/11/2013

## NEWSLETTER

Newsletter No 36 Term 4

**Dear Parents and Caregivers – Kia Ora Koutou**

### Camp

Three classes of years 5 & 6 left for Camp Karakariki yesterday. What great weather and at the last report everyone was having great fun. Perfect weather for all the activities like kayaking.

### Maori Language Awards

On Friday evening our school will be considered in the finals of the Maori Language Awards being held in Gisborne. It's fantastic we are in the top 3 nominations for our category - "fingers crossed" for Friday night.

### Art Exhibition

Some of our best artists have had their work selected to be put on display in our school hall. Well done to the artists below who are having their work exhibited.

*Rangiataea, Taki, Marama, Izarna, James, Ivana, Waiwera, Phoenix, James, Kleia, Ryleigh, Amil, Lania-Rose, Vegas, Katana, Atirikona, Harmony, Rangi, Matariki, Raumiria, Samie, Hinauri, Deanna, Dyllan, Karewa, Te Arani, Haram, Shaevana, Ray, Ali, Alizay, Paige, Mei Leigh, Varno, Deisharn, Zane, Dynasty, Jesmin June, Anabella, Henare, Tony, Sonny, Nahdia, Darnell, Styles, Hineira, Mhirau, Tainui, Marley*

Parents/whanau of these artists will be invited to a special viewing on Wednesday November 20 – look out for your special invitation. All other children/classes and interested parents are able to view the art work in our hall anytime on Thursday 21 November or Friday 22 November.

### Cultural Festival

Keep the late afternoon and evening of Wednesday 27 November free for the Fairfield Cluster Cultural Festival.

Venue: Fairfield College field (hall if wet)  
Time: Starts at 4.15pm until 7.45pm  
Cost: Free entry – koha/donation if you want to

Who: Eleven schools will be performing a range of kapa haka, drama, bands, pasifika items

Food: This is a BYO event – bring your picnic blanket and food.  
No food or drink will be for sale.

**Note: Insoll's performance will be at 4.45 pm.**

### Coming Events

15/11/13	Rooms 4, 5 & 6 return from camp at 2.30pm
19/11/13 20/11/13	Senior athletics – both afternoons. 1.00 – 2.30pm
26/11/13	Inter-school athletics at Southwell
27/11/13	Cultural Festival

### AWARDS

#### Individual Weekly 100% Attendance

James R4, Manaia R5, Tony R12, Rangimarie R14

#### Classroom Attendance

1<sup>st</sup> Room 7 - 98%  
2<sup>nd</sup> Rooms 1 & 6 - 92%  
3<sup>rd</sup> Room 15 - 90%

Eat a rainbow of 'glow foods' every day!

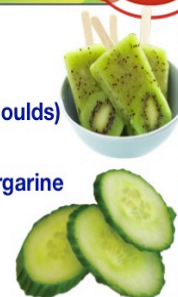


#### GORGEOUS GREEN

Kiwifruit iceblocks (freeze sliced kiwifruit and water in ice block moulds)

Spread avocado on sandwiches or crackers instead of butter/margarine

Crunch on celery and cucumber sticks at morning tea time



#### Intermediate 2014

If you've not yet enrolled your child for 2014 you need to do so as soon as possible to ensure a class place can be made/kept for them. Please contact your preferred intermediate directly.

### **Senior Athletics**

This will be held over two days – 19 and 20 November from 1.00 – 2.30pm. They will be doing track and field events on both days. We would like to thank the Year 9 and 10 students from Fairfield College who are giving up their time to be marshalls for us. Spectators welcome.

### **Softball / Tee Ball Draw for Saturday 9 November**

**Tee –Ball:** Onukutara Teina vs Uptempo Eagles  
Diamond B at 9.00 am

**Softball:** Onukutara a bye



### **Kids Can Cook Kitchen**

Ask your children about the mobile Kids Can Cook Kitchen which was at school on Monday. It was interesting and fun learning about cooking. Get your children to make silverbeet and apple crepes!

### **Sunsmart Hats – Term 4**

Hats are compulsory now for the summer months, ie Term 4 this year and Term 1 2014. Hats can be purchased from the school office at a cost of \$12

## **FREE Insulation for Low Income Households**

WARM UP FOR WINTER is a limited offer for low-income households to make their home warmer, drier and healthier for FREE.

For further information go to <http://righthouse.co.nz/services/government-funding> or if you have any questions, please, feel free to contact Right House NZ Ltd Healthy Homes Project on 0800 744 569  
Or email us at [healthy-homes@righthouse.co.nz](mailto:healthy-homes@righthouse.co.nz)

### **Head Lice**

Please check your children's hair for head lice. Try the home remedy below.

HOME REMEDY FOR HEAD LICE!! Coconut oil + apple cider vinegar. Coconut oil dissolves the lice's outer skeletal shell instantly. Apply that thoroughly to hair, comb and then rinse with vinegar. No nasty chemicals! Add a second rinse with vinegar, and comb through again with a nit comb. Repeat as necessary, and this is safe enough to use for your other members of the household who haven't yet shown signs of the little critters!

Keep a spray bottle with tea tree oil and water in it and spray hair daily also helps keep them away.

A promotional poster for 'SUMMER FITNESS with Energize'. On the left, a cartoon illustration of a young boy with dark hair, wearing a blue t-shirt, brown shorts, and a green cap, is flexing his right arm. The background is a vibrant green and yellow gradient. The title 'SUMMER FITNESS' is in large, bold, black letters, with 'with Energize' in a smaller, cursive font below it. A white text box in the center contains the following information: 'A FREE programme for Year 3-6 students catering for all levels of ability and fitness. Training will be held at Porritt Stadium over six weeks. Come along to Porritt Stadium from 3.30pm-4.30pm Tuesdays 22 October, 29 October, 5 November, 12 November, 19 November, 26 November 2013. Contact Dianne Rodger – 021 626 493 or Sonja Inglis - 027 2265 296 for more information'. At the bottom left is the 'sport waikato' logo with the tagline 'out there and active'. At the bottom right is the 'Energize' logo, which features a cartoon character's head inside a red circle with the word 'Energize' written in a stylized font.