NEWSLETTER

25 March 2010

No.8

Dear Parents/Caregivers

School Dates

25 Mar – Canterbury Swimming Sports
26 Mar – Queenspark School Disco
30 Mar – Yr 4's Acts Of Kindness Day
1 Apr – Last day of Term 1
19 Apr – Term 2 begins
20 Apr – Senior School Cross Country
22 Apr - Cross Country postponement day
26-30 Apr – Yr 5-8 School Camps
28 Apr – Teachers' Union Meeting – **school closes at 2.00pm**
4 May – Eastern Zone Cross Country
6 May – Zone Cross Country postponement day
9 June – Canterbury Cross Country
14-25 June – Yr 1-6 Swimming programme

Congratulations

Karl Mulholland Rm 23
Most Valuable Player – Crusty Demons
North Shore Touch

Easter Raffle

The raffle will be drawn tomorrow. Please ensure all money and/or unsold tickets are returned to the office by 9.00am tomorrow.

Winter Sports Coaches Needed

We are in need of parents/caregivers who are able to coach a team in this winters' Friday sports tournament. Without your assistance our children will not be able to take part in the weekly winter tournament. If you can help in any way please contact Steph Deavoll, Rm 22, or leave your details at the office.

Statements

We will be mailing statements home within the next few days. Your account may be paid in full, term by term, or at set intervals via cash, cheque, eftpos, direct credit or on-line to our bank account .
Your statement will include any outstanding payments from 2009 – we would appreciate the settlement of these asap.
Please feel free to contact the office to discuss your account in the strictest confidence.

Disco

Friday 26 March
Entry $2.00
Yr0-4 6.00pm – 7.15pm
Yr5-8 7.30pm – 9.00pm
Food, drinks & glow sticks are available for purchase, from 50c to $2.
Disco Dollars in $5 and $10 denominations will again be available from the office prior to the disco and at the door on the night.
Please Note: The disco is for Queenspark School children only. Pre-school siblings are welcome provided an adult stays with them. Children must be collected from INSIDE the hall of the end of their disco.

Teachers Union Meeting

Wednesday 28 April
NZEI have informed us that the planned teachers' union meeting is now being held on Wednesday 28 April 2010. **Children will be leaving school at 2.00pm on this day.** Please make arrangements for your child's care on this afternoon.

Yr 0-6 Swimming Programme

14-25 June 2010
Notices went home this week to all Yr 0-6 children advising of their swimming programme at QEII this year. The cost for the programme, which includes 10 x 25 minute lessons and bus transport to and from the pool, is $40 per child. Payments may be made at the office.

Canteen Helper Required Tomorrow

The canteen still requires a person to help on the 11.30am shift this Friday 26th March.

Please call Glenda 383-7272 or leave your name at the office.
The roster for Term 2 is now available in the canteen. If you are able to help at either of our two shifts 9.00am-10.30/11.00am or 11.30am-1.00pm please come and put your name down. Any help you can give us no matter how big or small will be much appreciated.

News From The Dental Clinic

We are now back and working at Queenspark Dental Clinic Monday – Fridays
We are running a little behind on the children's recall dates but everyone that is due this term and next will be seen before we leave again. If your child brings a form home from the dental clinic, it needs to be filled out and returned before any treatment can be provided.
Cleaning/Scaling, Dental X-rays, Fluoride Varnish and Fissure Sealants will be provided if necessary without prior approval. Please contact us if you have any concerns.

Yr 5-8 Sports Shorts

It is intended that all Yr5-8 students will have their own sports shorts as part of their uniform. These shorts will be worn for Athletic Sports, Cross Country, Swimming sports (over their togs), Syndicate weekly sports afternoons, Winter sports tournament, Summer sports tournament, School basketball team, House assemblies, PE lessons and lunchtime 'physical' games. They are not to be worn during the day in place of the usual uniform shorts.
They cost $13 and are available from school.
Try on and buy in the hall foyer from 8.30am – 9.00am, or place an order on any of the following days:
Monday 29 March – Thursday 1 April, Monday 19 April, Tuesday 20 April.
From then on they can be purchased from Mr Browne's office before 9.00am and after 3.00pm daily.

International Competitions and Assessment for Schools (ICAS)

Queenspark School will be offering the opportunity for pupils in Year **Levels 4,5,6,7 and 8** to take part in an Australasian academic competition. For more than 20 years the University of New South Wales (UNSW) has been conducting the International Competitions and Assessment for schools. Queenspark pupils will **compete against equivalent age pupils** from schools in Australia, New Zealand, India, Singapore, Brunei, Malaysia, South Africa, Hong Kong, China and the South Pacific region.
Every pupil who enters the ICAS receives a certificate acknowledging their results. The certificates are for **Participation,** (for general results), **Credit,** (Top 20% of Entrants in New Zealand), **Distinction,** (Top 10% of Entrants in New Zealand) and **High Distinction** (Top 1% of Entrants in New Zealand). Certificates are accompanied with an analysis of entrants score.
Before each actual test date there will be a practice session to help entrants familiarise themselves with the test procedure and to answer any concerns they might have.
Children wishing to enter one or more of the competition subject areas will need to go to the school office for a **school entry form**. We have been notified that the cost of the 'Writing' assessment has increased this year. Costs are as follows: -

EXAM SUBJECT	COST	YEAR LEVELS	SITTING DATE
Computer Skills	$7.50	4 to 8	Tues 25th May
Science	$7.50	4 to 8	Wed 9th June
Spelling	$9.50	4 to 8	Tues 22nd June
Writing	$17.50	4 to 8	Tues 22nd June
English	$7.50	4 to 8	Tues 3rd August
Mathematics	$7.50	4 to 8	Tues 17th August

Practices will be held approx a week before the exam date depending on classroom timetables.
The competition **dates** have to be **strictly adhered to**. All **entries with payment** must be into the school office by 3:31pm, **Thursday 27thApril.** (1st Week, Term 2)
Please contact Tony Mabin (ex 719) if you require further information or visit the ICAS website: www.eaa.unsw.edu.au

Have a great weekend.

Kind regards

Ross Willocks
Principal

Parenting Advice

Hot Tips From Parents Inc

Don't Let Technology Take Over

At what age should children carry a phone? When should phones be switched off? How do we share computer time and keep usage at a healthy level? What steps do we take to make sure that our kids are using electronic devices in a way that's safe and age-appropriate? As the big people in your family, decide what's appropriate for you, and then put some plans in place. Discussing the boundaries around using technology can be a great family exercise in negotiation, team-work, and responsibility, so it's well worth the effort to make some family agreements and resist taking the easy road of letting kids decide what's OK.

Kiwi Kids Learn

A new educational magazine has been launched for parents and caregivers to support their children to be all they can be. Kiwi Kids Learn is a fantastic resource and full of useful information to use with school age or preschool children. Kiwi Kids Learn also includes two sections specifically for kids. There is a dedicated 8-page lift-out for the kids with activities and games. There is also a section within the magazine for students to 'showcase' their work to the rest of New Zealand. To find out more or to order a copy go to www.kiwikidslearn.yolasite.com

Healthy Food Healthy Teeth

Having a healthy diet is not only important for our nutrition but also for our dental health. It is important to consider both aspects when choosing what to eat.

TOOTH DECAY IS PREVENTABLE

- Brush teeth twice a day using a fluoride toothpaste
- Choose water or milk first

Looking after teeth isn't just about brushing. The kinds of food we eat can affect acid levels in our mouths and cause decay. The more often your child eats sweet food and drinks – like lollies, cakes and biscuits, fruit juice and fizzy drinks – the more likely they are to get holes in their teeth.

If you give your child sweet foods and drinks, it is best to do so only occasionally (less than once a week) at meal times. Saliva is the body's natural defence against tooth decay- constantly replacing the minerals in teeth and washing away acids. To give saliva a chance to work, limit the number of times your child eats throughout the day.

- Eating three meals and two snacks each day is best
- Give teeth a rest from sugar
- Try to offer healthy snacks between meals

A GLASS OF SOMETHING

Get your child to drink a glass of water after having a sweet drink. Even though diet drinks (such as diet cola) do not contain sugar they are very acidic and they can cause erosion of your child's teeth. The best drinks for your child's teeth are water and milk. Save sweet drinks for meal times (if at all), and use a straw. Encourage your child to choose water – it's fresh and free!

TEETH FRIENDLY SNACKS

- Bread
- Cheese
- Raw vegetables
- Unsweetened and unsalted popcorn
- Nuts
- Yoghurt

Information from the Ministry of Health – 'It's Easy to Protect Your Smile'

For more information visit www.letstalkteeth.co.nz

Community News

Patricia Paul School of Dance

Patricia Paul School of Dance A.R.A.D, your local Dance School for over 18years Ballet R.A.D from 3yrs , Jazz N.Z.A.M.D, Hip Hop. Classes in Queenspark, Beckenham, City Central, Fendalton. Enrolments being taken now for Term 2 2010, Tel: 03 3729191 for further information or to book

Where Does Your Milk Come From?

Farm Day, Sunday 28 March, 10.00am – 3.00pm
Lincoln University Dairy Farm, Shands Rd
All welcome. Sausage sizzle available.

Farm days are a chance to learn more about farming, it's a fun and hands-on way for people to find out what goes into the farm and what comes out of it. So pack up your children and your gumboots and head to the Lincoln University Dairy Farm farm day and see where your milk comes from!

For more information visit http://www.farmday.co.nz/page919.html

Toolbox Course

Early year – 0-6 years, Starting 3 May, 7.00pm
Come and learn strategies for living with your children of differing personalities. Learn to play on their strengths.

Middle Years – 6-12 years will take place from July.

Contact Rebecca Rosser on 383-3388 for more details.

Surf Kids Holiday Programme

Learn the skills of Surfing and Bodyboarding in a fun, safe environment.
2 hour classes. All equipment provided.
Professional instruction from Aaron Lock.
Sundays 10am - 12pm until May
April school holidays 7th - 9th, 12th-16th April
Cost : Pre booked $27 per day or $120 for five classes
$30 casual
BOOKINGS ESSENTIAL
Venue : Scarborough Beach, Sumner, cnr Stoke St and Esplanade
For a registration sheet go to www.surfcoach.co.nz
<http://www.surfcoach.co.nz> or phone Aaron on 0800 80 SURF (78 73)

Quail Island Easter Egg Hunt

2nd April – 5 April

Take the family or gather up some friends this Easter for a fun filled day on Quail Island. Search the island for pink and blue stones and exchange for scrumptious Easter Eggs. On

your journey you may also discover ship wrecks, native birds, volcanic cliffs and leprosy graves!
Catch the ferry from Lyttelton at 10.20am or 12.30am, returning to Lyttelton at 12.30pm or 3.30pm
Price - $20 adults, $10 children (5-15 years)

- *minimum number of Easter Eggs per person applies*

Hunt for the Golden stone to win a giant Easter Egg.
Bookings essential. Phone 03-328-9078 or visit www.blackcat.co.nz

Wise Up

Wise-Up is an 8-week course for children aged 6 – 12 years, teaching skills for everyday life We look at how to recognise feelings & emotions and explore new and different ways of dealing with these. Wise-Up aims to teach children to maintain self-care, self-confidence, self-respect and self-control.
Programme Details:
Wise-Up is being run in Linwood, Addington, Shirley and Hornby from 3:30-5:00pm starting the week of 26th April.
For information & enrolments contact Sarah Rawson @ Methodist Mission. Phone 366 8839 ext. 845
Email sarahR@mmsi.org.nz

Aces

ACES… About Children Experiencing Separation, is a 7 week support programme designed to help children 8-10 years old understand and cope with their feelings and experiences around the separation of their parents.
For more information please contact Sarah Rawson on
366 8839, ext 845

Helen O'Grady Drama Academy

Kids Love Drama .... Parents Love the Results
After school drama classes in the Parklands Baptist Church Hall. We can help your child to become an effective communicator, a confident and happy student and empower them to participate fully in life.
Fantastic teachers! Fun Lessons! Proven results!
To find out more....please phone 359 6546

St Margaret's College

Open Day – Monday 3 May, 10.30am – 1.30pm
Come along and see the school in action, and find out about the scholarships being offered fro girls for 2011.

Family Times

Family Times have been distributed to the children. Parents, ask your child for your copy.

Fun 4 Us Holiday Programme

There are still a few places available in the upcoming school holiday programme. Please call Jacqui on 383-3128 to secure your booking.