



OPUA SCHOOL

Est. 1886

Term 2 Week 3

*Manaakitanga me te Awhina
Caring and Sharing*

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Kawakawa Puff n Pull May 26th 2013

Puff 'n' Pull is a major event in our school calendar. Our Board of Trustees have agreed to it being considered as a school day. As a result, we will get a 'Day in Lieu' later in the year. We also, therefore, expect students to attend if they possibly can. Normal attendance rolls will be taken. If students can't attend, please send in a note, as normal, with an explanation for their non-attendance.

The important details of the day are as follows:

The event is on this **Sunday, May 26th**.

There are 2 main events. The 'Trek the Track' and the pulling of Gabriel, the steam train.

There is no school bus so could parents please organise transport to and from the event for their own children;

All students are to **wear their red school shirts**;

All students will be doing the 'Trek the Track';

Everyone needs to **assemble in the car park of the Ngati Hine Health Trust building on the edge of Kawakawa by 8.15am latest**;

All students have been asked to fill in sponsorship forms and hand them in, with their collected money, to our Main Office, by the end of school on Friday. A portion of this money goes to 'The Bay of Islands Vintage Railway Trust' and the remaining amount to school funds to help with purchasing more sports and computer equipment for our students' benefit;

If any steward asks you to donate a gold coin in their buckets for the 'Trek', just say that Opua School is putting in a cheque to cover everyone rather than everyone making an individual gold coin donation;

All students in Rooms 3, 4 and 5 can volunteer to pull Gabriel but there is a maximum of 40 students allowed in a team. We will organise our team on Friday.

It would be very nice if all other students come along and, from behind the barriers, cheer us on!

At the end of Opua School's pulling of Gabriel, our 'school day' can be considered at an end and students are allowed to leave for home with their parents, if parents wish to take them at that time. To make this easier, all students are asked to gather by the **North Indian takeaway / restaurant on the main road through Kawakawa** straight after our school's pulling of Gabriel so we can be clear that all our students have an adult with them before leaving;

If parents wish to, there are other events which will continue including more train pulling, a fair in Johnson Park and, usually, displays and presentations from Bay of Islands

College also in the park.

MORE DETAILS ON PAGE 2 OF THIS NEWSLETTER

Mr McGowan

Principal

Opua School

PUFF N PULL

- Opuia School is first on the list to pull the train - 10.10am. Therefore we will be the first bunch to be sent off on the Trek the Track. We NEED everyone to be at the assembly point (on page 1) BEFORE 8.15 please.
- The forecast is for rain on Sunday - the Trek the track may be the only part of the day that is cancelled depending on the weather. Please listen to the Radio Networks cancellation service on Newstalk ZB, Classic Hits and Radio Sport stations. The organiser will make the call Saturday afternoon.
- The pulling of Gabriel will take place regardless of the weather.
- SHOES ARE MANDATORY for this event.

I look forward to seeing you at the event. Have a wonderful day!



HOCKEY

Saturday 25th May

Paihia Div 2 vs Kaikohe East 3 at 9am

Springbank Legends vs Opuia TWO
at 11.40am

Kerikeri High School vs Opuia ONE
at 1.30pm

BOI REP 7 & 8 training 12.30

All team members are to be at the fields
20 mins before start of game.

Thank You

PLEASE remember to pay your sports fees promptly. Talk to your sports coach/manager to find out the cost and pay the appropriate person as soon as possible.

FREE FITNESS GROUP

Free Fitness Group – Fitclub-Paihia-Bay of Islands. Join us for walkfit. Meet on the beach opposite Alfresco's, Marsden Rd Paihia. Every Wednesday Rain or shine Meet 9.15am for a 9.30am Start. Free Wellness Evaluations, Free one-on-one Nutrition coaching, Free online community supporting each other. Wayne and Nicky 021 384 940

NETBALL

Saturday 18th May

Opuia Yr3/4 v Riverview

Court 4 9.45

Pohutukawas v Mini Mystics

Court 7 9.00

Opuia Yr 7 v Pro Ninjas

Court 9 11.15

Opuia Chiefs v Royal Rubies

Court 7 10.30am

All team members are to be at the courts at least 20 mins before start of game. Thank You

Email Maree at opua@xtra.co.nz if you have sports draws, reports or photos of weekend activities. It would be good to hear from Soccer, Rugby or other sports our pupils are into.

BOARD OF TRUSTEE NEWS

Voting papers were posted yesterday afternoon to each and every eligible voter. If you do not receive a voting pack by the end the next week please come in to the school office and pick one up. Please make an effort to vote for your Board representatives. If you have any queries please do not hesitate to ask.

The nominees are as follows:

Roger Young, Julie Kidman, Charles Parker, Philippa Vincent, Barry Nielson, Nick Voorhoeve, Craig Worthington, Nineke Metz, Melanie Going, Duncan McAngus, Amanda Turner, Malcolm Shaft, Sandy Elliott.

THANK YOU MRS. GOING

Yesterday we said a sad farewell to Colleen Going who is leaving to concentrate on other projects. Colleen took over as Opuia School librarian a couple of years ago and has really whipped it into shape! The library is now the hub of the school. Colleen has transformed the library. It is now a bright, fun, well organised and comfortable place to be.

The children have started a book club, chess competitions, Ethan reads aloud to the younger pupils at set times and many more activities are planned. We have thoroughly enjoyed having Colleen as part of the team and look forward to seeing her when she comes to check up on her mokopuna!

We would like to welcome Heather Dixon to the staff. Heather will be our new Librarian and she is looking forward to the challenge of learning the ropes.

Please remember that everyone is welcome to use the library. Pop in with your children and choose some books to read together. We have a wide range to choose from.

THANK YOU

A BIG Thank you to Opuia Engineering for one again coming to our rescue. The children have really missed having their EziRider trolley and they are so excited to have it back! Thank you for your expertise and generosity.

Please keep the Teacher's Carpark CLEAR at all times. Kindly do not leave your car in the staff carpark during school hours. Thank you

LUNCH MENU

Monday - Egg Sandwiches \$2.00

Wednesday - Soup 'n' Scone \$2.50

Friday - Sausages \$2.50

All orders must be placed at the school office before 9am on the day.

FOR SALE!

Opuia School Water Bottles - a good deal, they are great quality and long lasting! Available from the school office for \$12.

P.T.A. NEWS

Movie night 24th of May

Opua School Hall

'Wreck it Ralph' rated G

There will be a \$3 door charge for children and adults in return which includes one serving of popcorn and a drink. Food and drinks available to purchase. Donations of baking will be gratefully accepted.

Please bring your own blanket/beanbag/cushion etc.

Doors open at 6 - movie STARTS at 6.30pm

Soup Wednesdays are a great hit with the kids, we are making 35-40 sales per day. We need more volunteer soup makers though. If you can help please let Maree know asap.

Don't forget the PTA are looking for donations of suitable items to sell on Trademe. (note - no electronic items unless new and still boxed).

THANK YOU

Lunch Box Ideas...

Growing kids need plenty of starchy foods to fill them up and give them energy. Nutritious meals packed with fibre, protein, carbohydrate and vitamins will also help your child's growing bones and give them a healthy dose of brain power for the afternoon ahead.

These along with fruit and/or vegetables should form the main part of your child's lunch. Try some of these ideas:

Sandwiches or wraps, wholemeal, seedy, white bread. OR Scone, bagel, pita, bread roll (homemade), naan, pancakes or pikelets.

Carbohydrate based salads such as pasta salad, rice salad, cous cous, potato salad, tabbouleh, egg based foods such as quiche, mini quiche or frittata. Baked items such as savoury muffin, cheesy corn triangles, pizza slice, mini pasty, cheese and potato roll, croissant, samosa.

Any combination of the following, in a small pot or bag: raisins, sultanas, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes, whole fruits - mandarin, apple, banana, pear, peach, plum, grapes, (whatever is in season). Fruit salad pot, .Homemade fruit puree, fruit jelly made with fruit pieces and pure fruit juice or any combination of prepared raw vegetables: cucumber, lettuce, pepper, celery, cherry tomatoes, carrot sticks, slices or coleslaw.

TRY THIS EASY COOKIE RECIPE WITH THE KIDS THIS WEEKEND...(one recipe makes about 70 bikkies)

- 500g butter (softened)
 - 1 & 1/2 cups of sugar
 - 1/4 tin condensed milk
 - 4 cups flour & 4 teaspoons of baking powder
- * Cream butter and sugar together until light * Add condensed milk and flour
* Roll into small balls and press with a fork * Bake at 170c for 10-15 minutes
Try adding choc chips or dried fruit or cocoa.

YUM!!

Making your own lunchbox food is SO much better for the kids, and it turns out to be MUCH CHEAPER too!
It just takes organisation and a bit of time.