

Bodywise Programme - (For managing weight issues in children 5-12 yrs)

Bodywise is a family based programme held in Hamilton aimed at managing weight issues in children of primary and intermediate school age. Each group runs initially for 6 weeks, with twice weekly meetings, after which time children and their families are followed up with support for a period of 12 months. Label reading for healthy food choices, food preparation, family goal setting, introducing new foods and backyard games are just a few of the things included in the group activities.

If you would like further information have a chat to your school public health nurse, or phone Helen or Soroya for an information leaflet or follow the link:

www.waikatodhb.govt.nz/page/pageid/2145848362/Bodywise

Bodywise Programme is a District Health Board/ Sport Waikato initiative.

Bodywise Programme contacts: Helen Stockman Bodywise Dietitian - 07 8383565 ext 22142

helen.stockman@waikatodhb.health.nz

Soroya McGall–Bodywise Active Families Co-ordinator Sport Waikato 07 8585388
soroyam@sportwaikato.org.nz

Reminder - Health Concerns

The Board of Trustees is using the following guidelines for when students are sick.

<u>Illness</u>	<u>Recommended Recovery Time</u>
Vomiting	Until 24 hours after Last vomit
Diarrhoea	Until 24 hours after last runny bowel motion
Conjunctivitis	Until eye discharge has ceased
Measles	For at least four days after onset of rash
Whooping Cough	For five days after antibiotics treatment commenced
Mumps	For nine days or swelling has gone
Chicken pox	For seven days from the onset of the rash and scabs are gone
School sores	Until 24 hours after antibiotics started
Streptococcal Throat	For 24 hours after antibiotics started
General Anaesthetic	Allow 2 days to be fully alert.
Flu Symptoms	Until temperature has dropped and the nose is clear

Term Dates 2012

Term 1 - Wednesday 1st February to Thursday 5th April

Term 2 - Monday 23rd April to Friday 29th June

Term 3 - Monday 16th July to Friday 28th September

Term 4 - Monday 15th October to Tuesday 18th December

NAPIER CAMP DATES 2012 - Monday 12th – Friday 16th March



Hamilton North School

Specialist Learning Centres

Their potential will be maximized by offering them new challenges and opportunities.

1 March 2012

Volume 3 2012

Principal's Corner

Welcome to week 5

The weeks are certainly flying past!

Thank you to all those parent/caregivers who have attended I.E.P meetings. These are an import part of every child's education planning and allow for all stakeholders to have input into the development of shared goals.

Coming Events

Swimming Sports March 7th

A number of students from SLC have been entered in the Special Olympic Swimming Sports to be held in Te Awamutu next Wednesday, March 7th. For some this is their first time competing and a chance to compete against students from around the Waikato.

Senior Camp - Napier 12th-16th March

SLC1,2,3, 4 and 7 will be spending this week exploring Hawkes Bay and the surrounding areas as part of their curriculum studies which are based around Social Studies, Science and Physical Education. I'm sure every student will return having experienced challenges that they will remember for many years to come. It is also a time where the students are able to socialise with their friends outside of the school environment. Leonie Matthews our Deputy Principal is the Leader and I will attend as a helper. If you require assistance or need information then please contact the school and ask for Michele Smith our Assistant Principal.

Board of Trustees Meeting

The monthly meeting of the Board is on Monday 5th March at 3:30p.m

TRANSPORT REMINDER*

If you are shifting house at anytime you will need to fill out a **NEW Transport Application** for your child. Please see me at the office for this application as they do take up to two weeks to be processed by the Ministry of Education.

New Students and Families.

Welcome to the Stoneham, Morrison, Hiwinui and Wyatt-Scown families to Hamilton North School. We look forward to being part of your children's learning journey and you being part of our school community.

Quote: "Be more prompt to go to a friend in adversity than in prosperity".

Tony Kane
Principal





Jackie our Drama teacher shared with us about a performance she saw in the Chinese garden. We practised some slow martial arts moves.



S.L.C 7 have been learning about the Arts Festival at the Hamilton Gardens.



Once we managed the moves, we used our voices to add excitement to our performance.

