

Building a Good Life—Hamilton Workshops for Family/Whanau

For many years SAMS, an independent family governed Trust, has provided family members and caregivers with an opportunity to meet with other families and share helpful ideas and access information about disability services. SAMS are facilitating workshops in Hamilton that enable family/Whanau to be informed and effective contributors to planning and designing supports. The workshops are open to any family member. However, these events will be of particular relevance and value to families with a family member about to transition from school or families who may be potentially associated with Enabling Good Lives (i.e. families who have a family member using existing vocational or day services).

Course are: Free to participants and limited to twenty participants for each of the four sessions. Sessions will build on content from previous workshops. Attending all workshops is recommended (although not essential).

Venue: The Rotary Lounge at Hamilton Gardens Pavillion (off Cobham Drive, off Hungerford Crescent)

Times: Workshops start 9:30am and finish 2:30pm

Dates: 15 May 2013, 19 June 2013, 14 August 2013 and 16 October 2013

Refreshments: Tea and Coffee will be provided (please bring your own lunch)

Content of workshops will be negotiated with participants. Some options may include:

“Enabling Good Lives” / Rights / Service design options / Partnership techniques / Innovations in New Zealand / Aspiration based planning / Negotiation/Conflict strategies / Developing personal networks.

Contact: Gabrielle Venz—Freephone: 0508 726 769 samsqv@compassnet.co.nz

Keep cool with water!

DIY flavoured water:

Flavoured waters from the shops can be packed full of sugar – some have 7tsp of sugar per bottle!

While these drinks can taste nice, too much sugar isn't good for our bodies so try flavouring the water naturally to avoid all that extra sugar.

Try using some of these to flavour your own water:

- Mint
- Strawberries
- Orange
- Lemon



HOT DRINKS

Tea and coffee contain caffeine, so they should be for adults only.

Milo has a lot of sugar in it (1 teaspoon Milo has ½ teaspoon of sugar), a low fat milky Milo is a good way to get calcium but limit the Milo to 1 teaspoon and don't add any sugar.



2013 BOT Elections Timeline:

15 April 2013—Nominations called for

6 May 2013 at noon—Nominations close

20 May 2013—Election Day—Voting closes at noon.

School Dates 2013:

Term 1: Wed 30 January to Fri 19 April

Term 2: Mon 6 May to Fri 12 July

Term 3: Mon 29 July to Fri 27 Sept

Term 4: Mon 14 Oct to Fri 13 Dec

Other School & Public Hols 2013:

Anzac Day	25 April (during school holidays)
Queens Birthday	Mon 3 June
Labour Day	Mon 28 October

Change of Date:

School class and individual photos will now be taken in Term 2, Fri 21st June 2013.

Hamilton North School

Specialist Learning Centres

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

18 April 2013 Volume 06

Principal's Corner

Where has the term gone?

After 12 weeks of hard work by students and staff, everyone is ready for time-out to re-charge their batteries and have a well earned rest. As you will see, next term is already looking exciting and full of learning activities for our students. We continue to expand and work towards our goals of giving each student the best possible education and experiences. For this reason we continue to provide as many and varied experiences as we can, whether they are here at school, out in the local community or on camp in other towns.

Congratulations – Kapa Haka Group:

Who performed at the opening of the RDA new covered arena. This group has only been together for a short time but were tremendous. They welcomed and entertained the many special guests at the opening.

Early Notice: Fieldays - June 12-15

Selling and bagging Programmes for Fieldays, at Mystery Creek. For those new to the school, this is a whole school initiative. We intend operating the same way as in previous years with everyone working a full day at Mystery Creek. I will send out a form early next term asking for those able to assist. Please fill in and return this to school. We have had a number of people keen to help already. For many of those who couldn't help with selling, they offered to keep their children at home so that support staff were freed up to help at Fieldays with the selling of programmes.

Walkathon: Term Two - 24th May

Hamilton North School is holding its bi-annual 'Walkathon' in Term Two this year. Students will walk or wheel around Hamilton Lake. This is also a "fun" fund raising event and the money raised by your child will be used in their classroom.

Bereavement: Alex Henry: Was a very determined and passionate Teacher Aide who worked initially at our Waipa Satellite Class before transferring to the SLC classes. Our thoughts are with Maria and whanau as they cope with the passing of Alex at the weekend.

Quote: "It's not how much you do but the effort you put in to doing it."

Tony Kane
Principal





Some of the staff from Genesis Energy had their 'Volunteer Day' here at school. They brought with them their favourite story books to share with the students.

"Perky The Pukeko" story about a bird that lived on a farm enthralled students.

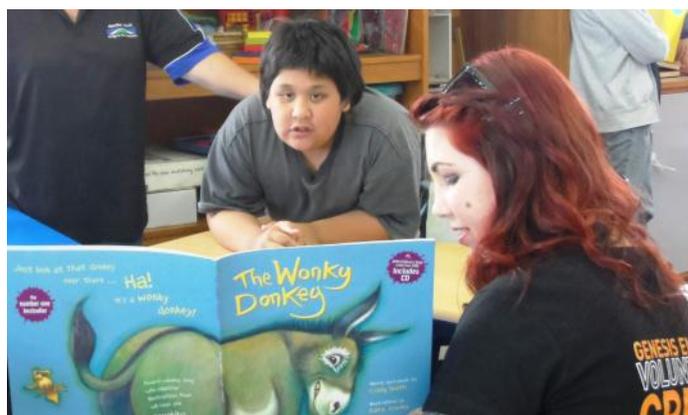


Genesis Readers

The variation of how each reader was able to capture the students and have them engage in the stories was wonderful. A big thank you to those people involved!



Great excitement was shown when "The Wonky Donkey" was read. Some students even tried to get as close as possible to the person reading the story.



Students were able to sit engaged throughout the length of the story, "Kiwi kicks For Goal"