

Counselling
Assessment of Needs
Resources & Information
Equity

C.A.R.E Services Trust

support for families of children with special needs

PARENT GROUP

Where: Hamilton Lake Coffee Shop - **Hamilton Lake.**

When: Tuesday May 28th, 9:45am-12pm.

Why: Come for a chat and a coffee or tea with other parents from the school

RSVP to Lillian, 021 067 4390 (phone or text)

If you need help with transport please ring Lillian a few days before

SUPER SWAPS
Here are 3 easy, healthy swaps to make:

- BLUE TOP MILK → LIGHT BLUE/GREEN TOP MILK
- FRUIT IN SYRUP → FRUIT IN JUICE
- FULL FAT CHEESE → LOW FAT CHEESE

DRINK SWAPS
Fruit juice and cordial contain a lot of sugar. Try swapping this for water flavoured with fruit.
Take a glass of water and add a slice of lemon, apple or orange.

School Dates 2013:

Term 1: Wed 30 January to Fri 19 April
Term 3: Mon 29 July to Fri 27 Sept

Term 2: Mon 6 May to Fri 12 July
Term 4: Mon 14 Oct to Fri 13 Dec

Other School & Public Hols 2013:

Queens Birthday Mon 3 June
Labour Day Mon 28 October

School Photos Date:

School, class and individual photos will be taken this term - Fri 21st June 2013.

Hamilton North School Specialist Learning Centres

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

23 May 2013 Volume 08

Principal's Corner

We are only into week 3 and the students have been involved in a Special Olympic sports tournament, had Circus performers visit the school and attended the Navy band performance. This is on top of working hard to improve their fitness for the Walkathon tomorrow at the Hamilton Lake.

Walkathon: Hamilton Lake Tomorrow 24th May

This will begin at 10:30am outside the Yacht Club at the Hamilton Lake. Come along and support the students and staff as they venture around the lake. This is a "fun" fund raising event and the money raised by your child will be used in their classroom. (If too wet parents/caregivers will be contacted by the classroom teacher.)

Fieldays - June 12-15

Thank you to those parents/caregivers who have sent in their in their Fieldays Returns of offers to help. If you are still undecided or have yet to return the form there is still time. 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. Reminder Satellite classes at Crawshaw and Waipa - continue to attend school as normal.

Special Olympic—Soccer Tournament:

We had a number of students from SLC 2,3 and 7 attend the Special Olympics Soccer Tournament in Matamata on Wednesday and they returned very jubilant after winning a major trophy for the 'skills section' of the day. The students all performed extremely well and were able to gain RED RIBBONS for their endeavours.

BOARD OF TRUSTEES : The new Board has it's first meeting on Monday at 3:30p.m.

PARENT REPRESENTATIVES:

DON BRIGHT
JANET HODGSON
SHELLEY CAMPBELL
CHRIS HARVEY
KARA LOCKHART

STAFF REPRESENTATIVE:

SHANE JESSOP

RETURNING OFFICER:

MARTIN HARRIS

IMPORTANT TERM DATES

Queens Birthday Monday June 3 - School closed as a Public Holiday

Fieldays 12th -15th June

School term ends Friday July 12th

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

Tony Kane
Principal





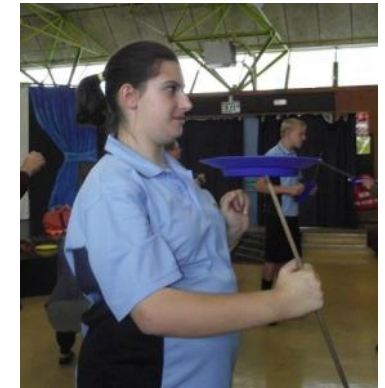
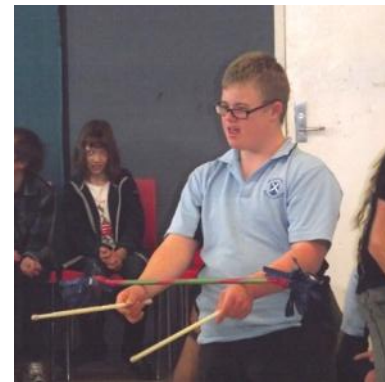
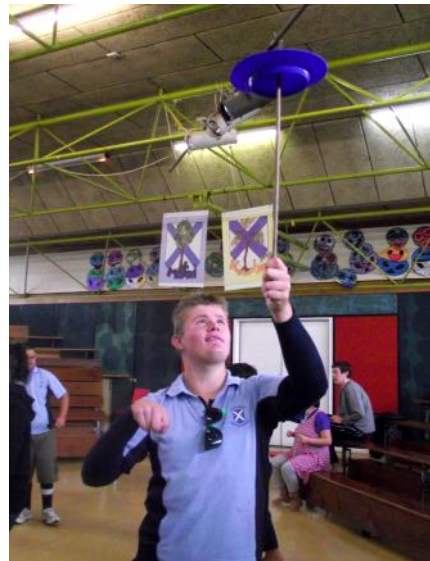
This term SLC 1 is focussing on developing their gross motor skills and fitness.

SLC 1

Every week we attend gymnastics sessions. We have become very brave at using the equipment to help us swing, jump and roll. Some of us like to climb up the wall and touch the ceiling.



Everyday we do our stretches and core strength exercises together. At first it was difficult to get the positions right but with our physiotherapist's help we can now get it right on our own.



We participated in a circus workshop at school and used our skills in balancing and strength to spin plates and throw juggling sticks.