

## 2014 School Term Dates

Term 1 - Thurs 30th Jan to Thurs 17th April

Term 2 - Mon 5th May to Fri 4th July

Term 3 - Mon 21st July to Fri 26th Sept

Term 4 - Mon 13th Oct to Fri 12th Dec

## Important Term 1 Dates

- March 12th Special Olympics Swimming Sports at Te Awamutu.
- March 17-21 Camp at Rotorua (SLC 3,4,&7)
- March 26th Hot Air Balloons

## Parent to Parent - upcoming events

“**Tips for Autism**” - is a course where a team of people dedicates three days to learning about and developing interventions and plans to support their child with autism spectrum disorder (ASD). The course is free for participants and available nationwide for teams supporting school-aged children with ASD. Upcoming course in Hamilton - Te Rapa Racecourse, Ken Brown Drive, Hamilton.

When: 13-15 May 2014. For more information or to register please go to [www.tipsforautism.org.nz](http://www.tipsforautism.org.nz)

**Coffee and Chat @ Agora** - Does your child/teenager/young adult have a disability, special need or health impairment? Would you like to meet other parents? Share experiences? Access information? Get support and meet new friends? Then come and have a free coffee with us at Café Agora!

When: Thursday 20th February. Where: Café Agora, 13b Kent Street, Hamilton (Plenty of free on-street and off-street parking). Time: 10:00am. RSVP: Carol [waikato@parent2parent.org.nz](mailto:waikato@parent2parent.org.nz) or phone 07 848 1362. We have a Parent to Parent Sign on our table so you know where we are located.

**Dinsdale Lions 18th Annual Zoo Day** - A day of fun at Hamilton Zoo for people with disabilities and **immediate** family/caregiver. When: Sunday 16th March 2014. Time: 10am—2pm. Entry: Free for people with disabilities and their **immediate** family/caregiver. Entertainment with the Art Gecko Band. Sausage Sizzle, Soft Drinks, Ice Blocks will be provided. Dinsdale Lion contacts are; Graeme Opie 07 825 2005 and Roger Bell 027 440 0370.

**Knowing how to read food labels can help you to make better food choices. Aim for the '5, 10, 15' rule.**

Breakfast Cereals	Per serve	Per 100g	Per 100g
Energy (kJ)	444	1480	1600
Protein (g)	3.6	12.0	21.9
Fat			
- Total (g)	0.4	1.3	0.6
- Saturated	0.1	0.3	0.1
Carbohydrate			
- Total (g)	20	67	69.4
- Sugars (g)	0.8	2.5	3.2
Dietary Fibre (g)	3.3	11.0	2.7
Sodium (mg)	84	280	600
Potassium (mg)	102	340	147
Iron (mg)	3.0	10.0	10.0

Less than 10g of total fat per 100g

Less than 15g of sugar per 100g

More than 5g of fibre per 100g

**Aim for your breakfast choices to meet these recommendations**

# Hamilton North School

Specialist Learning Centres

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

13 February 2014 **Volume 2**

Principal's Corner

## Week 3

The school year is now well under way and all classes have settled quickly to the new challenges ahead. Planning for sports days and camps is well advanced with information being sent out in the next week. Please refer to the back page for all the important dates for term 1.

**Sunscreen:** Due to many students requiring a variety of sensitive sunscreens to suit their individual needs, we are asking parents/care-givers to provide this. We are a Sun Smart school and with our climate we need to ensure our students are protected.

**Transport:** Please remember if you are shifting addresses or adding addresses for shared or respite care then you need to fill out a full transport application form. The whole process can take up to 2 weeks. So please, if you know changes are to occur, act early and request the forms or come in to school and pick them up. If your child is to be away from school or your child is experiencing a problem on the bus could you please contact **Go Bus**; for Hamilton ph:021 314 442, Huntly ph:021 747 191 or Te Awamutu ph:021 759 084. This means the drivers can be notified early of absences and issues.

**Phone Calls to School - Reminder:** Can I please ask parents and caregivers to leave a message at the office rather than disturbing classrooms during class times (9am—2:30pm). Either Martin or Tracy will record your message and pass it on at the first break. We would appreciate your support in this matter.

## School Wide Fundraiser in association with New World Te Rapa & Fly Buys:

Hamilton North School has the on-going opportunity to earn grocery vouchers for the school. All you have to do is use your Fly Buys card at New World Te Rapa. The school earns \$1 for every Fly Buys point that you also earn. Please note, this sponsorship arrangement does not affect how you earn or redeem your Fly Buys points. If you would like to help, all you have to do is give us your Fly Buys number and we will do the rest.

**Quote: "Pursue the highest ideals. If you must submit, let it be only to the loftiest mountain"**

Tony Kane  
Principal



# SLC 7

# Cooking



The students worked together to toast the sliced almonds.

Using fresh fruit, sliced toasted almonds, and whipped coconut cream the students were able to create their very own delicious watermelon cake.



They removed the rind from the watermelon, then carefully iced and decorated the melon with coconut cream and fresh fruit.