

2014 School Term Dates

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

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

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

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

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

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.

SUGAR

Sugar can be 'hidden' in lots of foods.
Read the ingredients list on packaged foods to find other types of sugar.

Other ingredient names for sugar include:
sucrose, glucose, lactose, fructose, sorbitol, mannitol, corn syrup, honey, maltose, dried fruit, malt extract, molasses and golden syrup.



FAT

The amount of fat in breakfast cereals can vary a lot.
Always read the label and ingredients list to find a healthy choice.

Tip: Toasted muesli can be high in fat as oil is added when baked.



FAMILY FUN RUN/WALK - SUNDAY 16TH

AWESOME SPOT PRIZES, FOOD & FAMILY FUN!

Your \$2 gold coin donation to enter will go to The Gift of Knowledge. Funds raised will be used to help create awareness about hereditary breast, ovarian & prostate cancer and support those impacted by it.

WHEN: 8:30am registration for 9am start, Sun 16th March 2014.
WHERE: Meet at the Lake edge of Innes Common, Hamilton
FOLLOW: www.facebook.com/hamiltonlakeoop for map and updates.

RAISING FUNDS FOR:



Hamilton lake loop logo & flyer by www.c-creative.co.nz

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Important Term 1 Dates

March 17th - 21st
Camp at Rotorua (SLC 3,4,&7)

Wed 25th March
Hot Air Balloons

Wed 16th April
School Photos

Hamilton North School

Specialist Learning Centres

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

13 March 2014 **Volume 4**

Principal's Corner

Week 7

Exciting times at Hamilton North with Base 5 moving into their up-dated classroom that offers space and an improved working environment. The students will greatly benefit from the extra space as will the staff.

The fantastic weather may be about to change but classes have continued to work on their physical fitness in the local community enjoying walks and sporting activities.

Special Olympic Swimming Sports were held yesterday at the Te Awamutu Sports Centre with our students achieving excellent results. Mason Pardoe, Liam Te Tuhi and Ngahina Williams were three students who stood out on the day.

Camp: SLC 3,4 and 7 students are looking forward to their camp in Rotorua next week. Families have been busily packing bags and these have been delivered to school in readiness for next week. I know the students really look forward to time together with their friends and class mates facing new challenges together. For some the memories last for many years and the stories grow longer!

Sunscreen reminder: 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.

2014 ACTIVITY FEES have remained at \$80:

The Board of Trustees has recognised the pressures that families are under and have again kept the 2014 fees at \$80. Unfortunately, with many price increases we are finding it difficult to fully fund all our activities. I can honestly say that Hamilton North's activity fees go towards covering the many costs that the school incurs in providing the many and varied activities for students such as: Weekly swimming, horse riding, transport to activities and community outings to local facilities. Student ORS funding only covers Therapy and Para Professionals (Teacher Aides). The activity costs are met from activity fees and fundraising. As costs continue to increase your assistance by paying the activity fee is appreciated. So for 2014 we are suggesting families may like to pay \$20 per term to make it easier to budget.

Quote: "A good name, like good will, is got by many actions and lost by one."

Tony Kane
Principal



Caterpillars and Butterflies Topic

Base 1 & 2 have been studying the changes that a caterpillar goes through to become a butterfly.



Students focussed well and enjoyed the tactile feel of the egg carton caterpillars as they painted them. Later the pipe cleaner antenna were added.



The students watched and listened to a butterfly life cycle (metamorphosis) song on Youtube showing the different stages.



Butterflies get thirsty so butterfly puddles were made with stones and water by the students.



As part of the "Very Hungry Caterpillar" story, the shredded paper caterpillar went through the hole to eat the ice cream.



They observed the caterpillars on the swan plants and watched them get bigger. The swan plants were watered to keep them growing food for the caterpillars.