

PARENT TO PARENT

The Good Stuff – Positive Family Outcomes

Parent to Parent invite you to a presentation by families, for families. The Enabling Good Lives approach is a partnership between the disability sector and government agencies aimed at long term transformation of how disabled people and families are supported to live everyday lives. The primary focus is to enable disabled people and their families to have greater choice and control over the supports they receive and the lives they lead. The Enabling Good Lives approach is going to be demonstrated in the Waikato from July 2015 – The Good Stuff is a chance for you to hear what other families using the enabling good lives approach are doing.

When: Saturday 20 June 2015 **Time:** 9:30am – 1:30pm

Venue: Kingsgate Hotel, 100 Garnett Avenue, Forest Lake, Hamilton. Come along and discover new possibilities for your family. This event is at no cost, and a light meal is provided.



Bodywise is a family based programme aiming to manage over weight issues in children aged 5-12 years. Participation in a 6 week group programme is supported by on going individual

visits for a further 12 months. Programme topics include: healthy eating for families, school lunches and snacks, getting active, promoting self esteem and confidence, tips for dealing with bullying, problem solving and goal setting. Bodywise is now accepting referrals for programmes scheduled for term 3 and 4.

For more information contact either:

Helen, Bodywise Dietitian:

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Soroya, Bodywise Active Families Co-ordinator

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A recipe card titled 'WINTER WARMERS Creamy Pumpkin Rice'. It features a list of ingredients and a photograph of the finished dish. The ingredients are: 1 tsp oil, 1 diced onion, 3C of diced pumpkin, 2 rashers of bacon (fat and rind removed), 2 tsp garlic, 1 1/2 C short grain rice, 3C stock, 1C frozen peas, and 1C chopped silverbeet. The instructions are: 'Cook onion, pumpkin and bacon in a pan with oil. When onion is soft, add garlic and rice, stir well. Slowly add 1C of stock, stirring occasionally. Gradually add 2 more cups of stock until rice cooked and most liquid absorbed. Add peas and silverbeet. Cook on low heat for 10 minutes.' A small circular badge says 'Feeds a family of FIVE!'. The card is developed by Sport Waikato 2015.

2015 Term Dates and Events:

Term 2 ends - Fri 3rd July
Term 3 starts - Mon 20th July
Term 3 ends - Fri 25th Sept
Term 4 starts - Mon 12th Oct

17 Aug - students attend NZ Playhouse
11 Sept - students attend Physical Theatre "Rugby Fever"
18 Sept - 1st Nov - Rugby World Cup
27 Sept - Daylight Saving starts (clocks forward 1 hour 2am Sun morning)

Hamilton North School Specialist Learning Centres

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

18 June 2015 **Volume 9**

Principal's Corner

THANKS To all our parents/caregivers, staff and supporters who have assisted Hamilton North School over the last month with the Walkathon and Fieldays. Your assistance is key to our success. We appreciate your on-going help and enthusiasm with these events.

Walkathon

This years Walkathon was rained off on 2 occasions but all classes completed their own Walkathon, either at the Hamilton Lake or by walking various routes in the local community. A number of parents and families supported individual classrooms as they completed their Walkathon distance. All proceeds from this go back to the individual classrooms who will be able to purchase specific items or do activities that will benefit the students.

Successful Fieldays

Thanks to all the parents and caregivers who assisted the school with Fieldays. Special thanks must go to the staff and parents who attended, especially Neville Piercy for his four days and Kate and Karehana Kohu for their expert sales pitch! The response from all families was much appreciated and very positive. We managed to sell over 9,500 which will bring in over \$6000. This years money will again go towards purchasing electronic equipment which will benefit our students learning across all areas of the school.

Rugby League Visit

Tomorrow our Rugby League Team visit Mt Richmond Special School as part of their regular competition. The games are usually very entertaining and scores are always very close. This is an excellent opportunity for our players to interact socially with students who have the same background and love of sport.

David Ford

Sadly we acknowledge the passing of David Ford. David was the husband and father of Hazel and Richard Ford respectively, who have both worked here at Hamilton North School for a number of years and David visited at times. Our thoughts are with Hazel and Richard at this difficult time.

Quote: "I like the dreams of the future better than the history of the past"

Tony Kane
Principal





Goldilocks and the Three Bears

This term Base 4 have learnt about Goldilocks and The Three Bears. We have read and acted out the story, learnt about sizes and colour, made teddy bear biscuits and coloured teddy bear masks.

