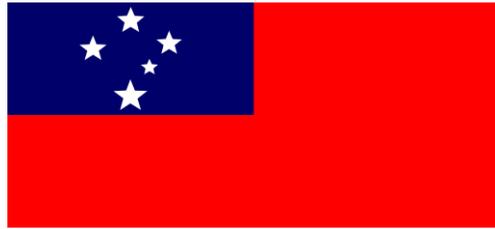


Wednesday 1<sup>st</sup> June 2022  
Rāapa 2 o Haratua 2022



### Samoa Language week & Independence Day Celebrations

This week has been a buzz of activity as we celebrate all things Samoan. We had the Kava Ceremony on Monday, classroom activities, traditional food shared with the whole school and tomorrow we have the climax with raising of the flag, the march pass, and a school assembly. Our congratulations and thanks to everyone who is involved and helping especially to Mrs Tauofaga and the bilingual team.



### School Policies

The Collegiate has a website for our policies and procedures that is available to our school community.

The policies and procedures supply specific information such as our charter, procedures for behavior management, reporting to parents, etc. SchoolDocs updates, modifies, or creates policies in response to changes in legislation or Ministry guidelines, significant events, reviews/requests from schools, and regular reviewing. Our board of trustees has the opportunity to view changes/additions and comment on them before they are implemented.

You are also welcome to have your say on the polices. The Policy areas for review this term are:

### Health Care

Dear Whanau/Caregivers,

### Goal Setting

It was great to see everyone with their child attending goal setting last week. And a special congratulations to our Māori whanau who had the strongest whanau turn out with 89% of whanau meeting with their child's teacher. Kei te pai. We hope you enjoyed the flexibility of meeting by choosing your times, the options of either face to face or phone call or zoom. I still prefer the face to face option but the important thing is the korero/talk. Powerful learning occurs when whanau and school work together.

### BOT Tri-annual elections

Well it is hard to believe but it has been three years since the last BOT election and it is time again, where you need to consider if you or someone you know would like to stand as a Board member. Being a Board member means you would like to support our school in guiding and overseeing its progress. This means you need to have the time to commit to reading reports, attending monthly Board meetings and some additional sub-committee meetings. You may also be asked to get involved in special projects or work in a variety of ways that will improve the Collegiate. None of this is too onerous but it is a commitment of time for the next three years. If you would like to know more about what's involved feel free to come and see me and have a chat.



### Behaviour Management

We invite you to visit the site and follow the steps to put in your comments/thoughts. The address is at <http://sehc.schooldocs.co.nz> (note that there's no "www"!).

Our **username:** sehc and **password:** hillary.

### Health and Nutrition

As you are aware from the news there is big concerns about the amount of sugar and salt in our diets and how this can lead to obesity and health issues like diabetes later in life. Our community surveys have also shown your concern too for better nutrition for your child. So in the Junior School pupils can have options



for juice, milk or water as a drink but **no fizzy drinks please**- they are just full of sugar. (**Up to 8 teaspoons in a 330mls can**) Similarly we are asking that there are no big bags of chips/burger rings etc brought to school. If you want your child to have this treat food please send only snack size packets with your child's lunch. Or you could try cutting up a carrot or apple or some raisins... Did you know that your child gets free breakfast and lunch and a piece of fruit every day?

### Big Ben Pies – are not your friend



Some of our tamariki are arriving at school with a pie on a daily basis. An occasionally pie is not a health issue, but having a pie everyday is a bad idea.

Sadly, pies are not great as a regular part of your diet. An average individual meat pie provides around 450kcal, but the biggest problem is the **12g of saturated fat** inside it – that's more than half the daily guidelines on what you should have. Eating pies everyday will develop an unhealthy eating pattern and will increase the likelihood of your child gaining weight. Far healthier options are cereal, toast and milk. I really encourage you to look at these options for your child and give the pies up. It will probably save you money too.

### NZEI Paid Union meeting

On **Friday 17<sup>th</sup> June** the Junior School will need to close at 1pm to allow teachers to attend their paid union meeting. If you would pick up your child earlier at the 1pm time on Friday 17<sup>th</sup> June that would be appreciated. Our apologies for any inconvenience.

### Queen's Birthday Weekend

**Next Monday 6th June is Queen's birthday** and is a public holiday. **School will recommence on Tuesday 7<sup>th</sup> June at 8.45am.** I hope you enjoy the long weekend with your child.

### Junior Award

The hardest working pupils this week are: Hanganaki Latu for working hard & helping others and Leighton Hefa for completing work on time. Both in Room 2 .Our congratulations to both these pupils.

Yours truly,  
**John Shearer**  
**Principal**

**Return Slip** (Return this slip and go in the draw for a book prize!)

I have received the newsletter & I have read it.  
Signed.....

