

KAI IWI SCHOOL NEWSFLASH!

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Week 3, Term 4

27th October 2016

PRINCIPAL'S COMMENT

GREAT NEWS !! - We were advised yesterday by the Ministry of Education that our staffing numbers will remain the same for next year. We were in danger of losing a teacher next year but as our roll is looking good at the moment, and for next year, they have confirmed we can keep all five teachers (plus myself).

ERO VISIT - We have had our ERO visit this week. They finished their on-site investigations today and then had a meeting with our Board members and myself, and appear to be very happy with how our school is running. We don't expect to see them back hopefully for at least 3 years. More great news.

CRICKET - Cricket begins tomorrow but both our teams have a bye so we will begin next Friday. Our teams are made up of the following students:-

Team 1:- Rakeinohowhetu Hawira
Tamaura Hawira-Harrison
Isiah White
Bronson White
Mitchell Thomas
Jazmyn Hoyte

Coach: Shawn Thomas

Team 2:- Yuri van der Wees
Jackson Godsiff
Jimmy Fletcher
Oliver Jones
Oliver Jenkins
Angus Jenkins
Caleb McCracken.

Coach: Nathan Fletcher

It is VERY IMPORTANT that you are committed to playing each week as we only have just enough players for each team. Please don't let your team down by not turning up. A big thank you to Shawn and Nathan for agreeing to coach our teams.

Ross Harvey. **PRINCIPAL**



REMINDERS

UNIFORM ORDERS - A reminder that uniform orders are due back in by next Friday please. This will be the only order this term so please make sure you are prepared for uniform needed for the start of next year as the next order won't be until the middle of Term 1, 2017.

NETBALL UNIFORMS - have you returned your uniform? We don't seem to have had many of the pleated skirts back.

TOUCH

Kai Iwi played Ratana this week. Awesome game. We won 4-3. Player of the Day was Tyrel. Good work Tyrel.

GOOD LUCK

Emma Ross has been selected for the Wanganui under 11 Girls Football team and will be competing in a tournament in Napier this weekend. Well done Emma.

USING EGGS IN THE LUNCHBOX

Eggs are an easy, healthy and affordable addition to the lunchbox



SUCCESS OUTSIDE SCHOOL

We always love to hear of our students achievements in outside-of-school activities so please let us know so we can share it with our community.
Don't be shy -
Be proud !!

Did you know?

- As a good source of protein, eggs help keep you fuller for longer and are good for growth and development of children and adolescents
- Eggs contain all the essential amino acids, for healthy bodily functions
- Eggs contain 11+ vitamins & minerals
- Hard boiled eggs will keep, in their shells in the fridge, for up to a week
- With vegetables, eggs make a great quick and easy meal, for either family dinners or lunchboxes

Ways with eggs

- Sandwich fillings
- Hard-boiled for snacks
- Quiche or frittata
- Vegetable fritters or egg pancakes



Diwali

Diwali is a significant festival in India's culture which is celebrated on **30th October** this year.

It is a festival of lights where houses are decorated with candles and colourful lights.
Fireworks displays are also held and families share gifts and feast together.

Chapati Recipe:

Try this easy chapati recipe. It's tasty and goes well on the side of your favourite dishes or with a chutney.



Ingredients:

- 1 cup wholemeal flour
- 1 cup plain flour
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 cup water

Makes: 10 -16

Method

Mix all ingredients together and knead well.

Leave to rest for 1 hour.

Divide dough into pieces. Roll out thinly using extra flour.
Cook in a dry pan (medium heat) for 30 secs - 1 minute each side.

It is ready to turn when the surface begins to bubble slightly or forms light brown spots.

Serve and eat!

For more recipes, visit: <http://www.fuelled4life.org.nz>

WHANGANUI DISTRICT HEALTH BOARD INVITATION

We would like to invite you, your staff and community members of your school to hear keynote speaker
Dr Robyn Toomath,

Author of:- ***Fat science: Why diets and exercise don't work, and what does?***

When: 7PM on Thursday 17th November 2016

Where: Whanganui Room, Whanganui Racecourse, Purnell Street

Cost: FREE

To help us set up adequate seating, please email Toni Regan toni.regan@wdhb.org.nz to confirm your attendance.

Kindly sponsored by Wanganui Medical & Research Foundation & the Whanganui DHB, the Porritt Lecture is a public event which we invite Whanganui district residents to attend.