

Wednesday 2 August 2017
Week 2, Term 3
Phone: 839 4911
office@hamwest.school.nz



QUOTE FOR THE WEEK

“Education is beautification of the inner world and the outer world.” Amit Ray

From the Principal

Leafcutter Bee House and Bumble Bee Nesting Box

Last week I received an email that we are to receive a Leafcutter Bee House and Bumble Bee Nesting Box supplied by New World Supermarket.

Leafcutters are a gentle breed of bees that specialise in pollination. They're regarded as solitary bees that are safe around children - they will only sting when directly squashed and there have been no known cases of anaphylaxis in New Zealand as a result of a Leafcutter sting.

Growing the Leafcutter Bee population is part of a nationwide initiative with the goal being to reach 15 million bees in five years. As a country we desperately need a resilient bee population to pollinate our fruit trees, flower gardens and vegetables - the Leafcutter Bee is immune to Veroa Mites and will play an important role in maintaining pollination levels. Bumble Bees are also important pollinators and so your school will also receive a Bumble Bee Nesting Box.

I think we will place these in our gully at the back of the swimming pool.

Sports Extension Programme

Over the last 9 years we have regularly run a sports extension programme, primarily for our intermediate age students. This year we have been lucky enough to have Daniel one of our school parents running the programme. I am pleased that he will be available to run the programme next year as well.

Clubs

During term 3 I always like to see clubs run at lunchtimes for the kids to enjoy. If any parents would like to take a club at lunchtime they are welcome to contact me. Possibilities could be art, drawing, chess, games or anything you have a passion for.

Mindfulness at Ham West School

Mindfulness is increasingly being used in the health sector, the education sector, the business world and even by high-performance sports teams and individuals.

The Pause, Breathe, Smile (PBS) programme that Mr. Jesse runs at school is a specific evidence-based mindfulness programme. New Zealand's only locally developed and researched mindfulness-in-schools programme.

Mindfulness in schools can act as early intervention and is a positive, relaxed way to build resilience, coping strategies and overall well-being.

Grant Rix, the Pause, Breathe, Smile programme's developer, is a leader in mindfulness training and delivery in New Zealand and has created mindfulness programmes in the health and education sectors, including PBS during his time at the Mental Health Foundation.

You can see Grant and the PBS programme mentioned in this One news story talking about young people and mental illness/health.

<https://www.tvnz.co.nz/one-news/new-zealand/youth-suicide-caused-more-modern-social-pressures-than-mental-illness-nz-study-finds?auto=5521712689001>

If you have any questions about Mindfulness or the PBS programme please feel free to contact Mr. Jesse.

School Band

On Friday night the school band Eclipse, will play in their first band competition for the year - Bandslam Mr O'D is confident they will perform well - good luck to Molly-Rose, Aieva, Fletcher, Ropa, Chloe, Rhanzi and Kiera.

Watering the gardens

Believe it or not last week we had to water the gardens planted up by Ham West Garden group. See the picture below of Tumai and Veer from Room one who did the watering from me. Last weekend Lyn, Mark & Sue (Garden Friends) pruned a lot of our roses. I've asked Mr Mike to get some rose fertiliser to spread on the rose gardens.



Look what I saw next to one of our rose gardens - daffodils (see photo), we all know what that means - spring is not far away.

Te Rapa Exchange

This will be taking place next Wednesday 9th August. A notice has been handed out to the students involved with this. Any queries please contact Sheree Julian on email: sheree@hamwest.school.nz.

Parachutes

Kids from Room 1 were excited about the parachutes and dropped by my office on Monday to show me. Looks like a lot of fun. See photo of Indigo, Veer and Alex below.



International Kea's Day

Yesterday I came across Caleb and Brooke coming into school with their Kea's scarf on to celebrate international Keas Day. See below

Sports Draws/Notices/Reports

Football Draws for Saturday 5 August

Ham West Dynamites vs Ngahinapouri Mustangs @ 09.00 Ngahinapouri School 4

Ham West Strikers vs

Ham West Rockets vs Wanderers Falcons @ 09.00 Raymond Park 4

Ham West Pukekos vs Northern United Roar @ 09.00 Ham West School 2

Ham West Stars vs Rovers Dragons @ 10.00 Ham West School 2

Ham West Kingz vs Western United Rustlers @ 10.15 Bremworth Park 3

Ham West Phoenix vs Te Awamutu Tornadoes @ 10.15 Sherwin Park 1

Ham West Hammers vs Fairfield Fury @ 09.00 Ham West School 1

Ham West Strikers vs Te Awamutu Hurricanes @ 09.30 Sherwin Park 6



Football Results for Saturday 29 July

Ham West Strikers lost 7-2 to Ham Marist Rockets. PoD was Xavier Fairly-King

Ham West Rockets drew 2-2 with Tamahere Hunters. PoD was Lachlan Payne & Azdyn Humphris.

Ham West Pukekos beat Raglan Kinass 3-2. PoD was Carlos Chandler

Ham West Stars beat Cambridge Clarets 2-1. PoD was Karter Mckenzie.

Ham West Kingz beat Matamata Eagles 4-1. PoD was Taylor Leaning and Caleb Bromley

Ham West Phoenix lost 6-4 to St Peter's Prep B. PoD was Amish Kumar

Ham West Hammers beat Te Kowhai Rebels 4-1. PoD was Ayush Lal



Knockout Game Results for Sat 29 July

Ham West Stars lost 3-0 to Northern United Brazil

Basketball

Anyone who did not receive a basketball notice or is unsure if they are playing this season after notices went home last week, can they please come and see Miss Julian in Room 17 to get clarification.

Year 1 and 2 basketball

Please wear a shirt under your game singlet, preferably red or black. Thank you.

Hockey

On Saturday the Ham West Dynamite hockey team had a top of the table clash against Pukete Seals. There was a lot of nervous and excited energy in the team before coming up against the unbeaten Pukete squad. The teams seemed evenly matched in the first 5 minutes but some accurate passing and field positioning secured a goal for the Dynamites. At the restart Ham West kept up the attacking pressure and scored a goal seconds after the first. The Dynamites continued to dominate the ball and field and ended the match with a 7-0 win. Player of the day was awarded to Kaylee because of her field awareness, play with the ball and ability to score under pressure. Next weekend sees a Ham West clash as the Dynamites come up against the Cheetahs. Go the west!

Ham West Demons

The Ham West Demons were on fire on Friday night in a thrilling game against Rotatuna which saw the Demons completely out playing the opposition. Having 90% of the possession throughout the whole game, which was mostly played out in the oppositions half of the field, the Demons scored four excellent goals. Carter had a brilliant first game of the season and scored all the goals! He was well supported by Hik, Bronte, Aieva, Zoe and Sophie in that effort who played upfront and the team was well captained by Jenna who led the defense well too. Player of the day went to Carter. Well done Demons you were fantastic! 4-1 win.

Ham West Rockets

One of our parents sent me the photo below of the Ham West Rockets playing their football game at school last Saturday. The Rockets had a 2 all draw vs Tamahere. What a great photo it is with the kids playing sport on a Saturday morning with the main classroom block looking resplendent in the background.



PTA/School Notices

OXFORD PIES FUNDRAISER

We trust everyone had an enjoyable break over the school holidays. Hopefully you had a chance or two to spread the word about our terrific Oxford Pies fundraiser. If you need any more order forms, there may be some in the rack in the office or you can download a copy from www.tinyurl.com/hwsop2017. We have some excellent prizes for the top ten selling students, kindly donated by Douaine - Zaqary's dad – and his computer company, Alset Technologies. These include:

First Prize: An 8" Android Tablet with a Quad-Core Processor, Wifi, Bluetooth, HDMI Port, Micro-SD Slot, Wireless Display capability and Cover. This also comes with both a 12-Sided Fidget Cube and a Multi-Pattern LED Fidget Spinner.

Second Prize: A Customisable Monopoly Set, a 12-Sided Fidget Cube and a Multi-Pattern LED Fidget Spinner.

Third Prize: Both a 12-Sided Fidget Cube and a Multi-Pattern LED Fidget Spinner.

4 th-10th Prizes: Choose from either the Multi-pattern, high-tech LED Fidget Spinner OR a 12-Sided Fidget Cube.

TOP CLASS PRIZE: Oxford Pies will shout lunch for the top selling class. Each student will receive a hot mince, mince & cheese or vegetarian lunch pie, and a lamington. Your order forms need to be returned to the office, with the money, by the 1 st of August to qualify for the prize draw. Any late orders may not be fulfilled, may not qualify for the prize draw, and may be returned – so please don't forget to get them in on time. The orders will be delivered to the school on the 10th of August. Please mark the delivery date on your calendars as we are unable to store uncollected orders. Items arrive freshly cooked on the day – not pre-frozen. For those wishing to pay online, please make the deposits to "Hamilton West School PTA", Westpac: 03-1555-0063499-00. Ensure you use as the reference the student's initials and room number that matches the order form, e.g. Jack Smith in Room 32 = Ref: "JS32". If you have a second reference field available, please use "OXFORD". Please write "Paid Online" beside the total on the order form. Happy Selling Everybody! From the Hamilton West School PTA.

PTA/School Notices contd

Entertainment Books

All books that are not required are now due back to the office immediately. If you wish to purchase the book your child brought home then please do so asap.

Scholastic/Lucky Book Club

Last day for orders Wednesday 9th August. Please make cheques payable to Scholastic NOT Hamilton West School.

Community Notices/Advertising

Marzipan

Is your child shy? Do they feel intimidated by the idea of public speaking and performance? Do they sometimes find it difficult to make eye contact? Do they just need dedicated time per week to just be CRAZY?! Come and join the revolutionary self-confidence programme - Marrzipan! We run awesome classes at school, which focus on key life skills and public speaking ability. We play fun engaging games and perform at the end of term once to parents and once to their peers. All scripts are original, engaging, educational and HILARIOUS. You can sign your child up for a Trial Lesson via our website www.marrzipandrama.co.nz (we have contact numbers on there too, should you prefer to talk to a human!).

Tap Dancing

Are you interested in learning to Tap Dance. Beginners Tap and Adult Beginners Tap too. Contact me, we may be able to get a class together for Term 3 - starting Monday 14 August. Also Competition tap classes - A couple of spaces have become available so if your daughter/son would like to give it a go, message me. I would love to hear from you. Leanne Wotherspoon 8381151 0212991684

ABSOLUTE CHAOS YOUTH NIGHT
5PM - 7PM EVERY SUNDAY DURING TERM TIME
 BY PETER'S CATHEDRAL 51 VICTORIA STREET
GOLD COIN DONATION FIRST NIGHT! FREE! BRING A FRIEND!

FREE ON A SUNDAY NIGHT? NOT SURE WHAT TO DO AT THE END OF THE WEEKEND? THEN WHY NOT TRY A NIGHT OUT AT THE ABSOLUTE CHAOS YOUTH NIGHT!
 ACTIVITIES BY YOUNG PEOPLE, FOR YOUNG PEOPLE: DJ, VJ, KARAOKE, SINGING, CHEERING, AND MORE ON AND OFFERS ACTIVITIES. ALL AGES 5 AND ABOVE WELCOME!

PROGRAMME February - April 2017

DATE	ACTIVITY	LOCATION
15.0	Fun Day: SPARKLE SLUD Dance & activities with musical, costumes, Oh! So much fun! (also with a performance)	Westmead
19.0	HALLOWEEN & MESSAGE	Central West Coast
24.0	Fun Day: Club - Family Night (age 14+) Family Fun, Karaoke	Central West Coast
3.0	EATERS OF PIZZA PARTY	Central West Coast
13.0	WASH FOR CLOTHES ART (with lights)	Central West Coast
19.0	Fun Day: THAT'S ONE GOOD SUNDAY (with a performance)	Central West Coast
24.0	THE GREAT YOUTH CAR SHOW OFF	Central West Coast
24.0	CAPTIVE RELEASE!	Central West Coast
31.0	END OF YEAR PIZZA PARTY & WASH NIGHT END OF TERM 1 - Year 5/6/7/8/9/10	Central West Coast

GOLD COIN DONATION 5PM - 7PM EVERY SUNDAY DURING TERM TIME
51 VICTORIA STREET
 PETER'S CATHEDRAL 51 VICTORIA STREET
 PHONES: 021 299 1684 021 299 1684
 GENERAL NUMBER: 021 299 1684 021 299 1684

Pharmacy on Meade

Pop up to see us, give us a call or email us for help with all your prescription needs, pharmacy medicines and advice, first aid products, gift ideas and more.

For details about our full range of products and services please visit www.mskatedto.health.nz

Pharmacy on Meade
 Level 1, Meade Centre Centre
 160-162 Meade Street
 Phone: 021 299 1684
 Fax: 07 636 9550
pharmacy@meadeonproducts.health.nz

Opening hours:
 Monday to Friday 9am-5pm
 Saturday 9am-4pm

GOOD NEWS BAPTIST CHURCH

We meet every Sunday at the Hamilton West School Hall

10am Bible Study
 10.45am Cuppa
 11am Service
ALL WELCOME!

Phone: 855 0126
www.goodnewsbaptist.org.nz

WUSHU KUNG FU

BEGINNERS & ADVANCED

FIRST LESSON FREE

Hamilton West School Hall
 Monday & Wednesday
 6pm - 7pm
 All Ages Welcome

Hamilton Wushu Academy NZ
 Phone or Text: 021508261
 Email: hamiltonwushu@gmail.com

847-2399 HAMILTON GLASS
 24-Hour-7 Day Week
 Glass Replacement Service
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