



OPUA SCHOOL

*Manaakitanga me te Awhina
Caring and Sharing*

11th FEBRUARY 2021
Term 1 Week 2

WHANAU FUN AFTERNOON MEET THE TEACHERS AND OTHER FAMILIES!

TODAY 3.30-6.30PM

ALL WELCOME!

We will be hosting a BBO at the school for anyone who would like to come along this afternoon. The school will provide sausages and bread. If you would like to bring your own picnic please feel free.

The sports shed and the pool will be open (if raining we will still be going ahead!)

We are looking forward to having a lovely time meeting you all.

School Stationery Fee - Opuia School provides our pupils with all their stationery needs throughout the whole year.

To help cover costs we are asking for \$50 per child, payable to the school before March 21st (if you can).

THANK YOU

Internet Banking - Opuia School Board of Trustees 12 3102 0085328 00
(reference 'child's name' and 'stationery')

Thank you very much to those who have paid already.

2021 TERM DATES

3rd February	16th April
3rd May	9th July
26th July	1st September
18th October	15th December



Have you ever considered joining the PTA?

Our next meeting is on the 12th of Feb in the Opua School Staffroom at 3.15pm.

It is a committee that enables the teachers and parents to work together, fundraising for the benefit of the school and its children.

If you have any fantastic fundraising ideas or have some spare time to help out with events then please come and attend the meeting.

We are a friendly bunch and welcome everyone.

****ADVANCED NOTICE****

TEACHER ONLY DAY TERM 1 2021

School will be closed all day on THURSDAY, 18TH MARCH, 2021. All our teachers will be in Whangarei that day. Our School's Board of Trustees has approved this event and school closure. This is the 4th day of 8 permitted days that teachers have been given by the Government for training purposes in their latest union's Collective Agreement running from 1st July 2019 - 30th June 2022.

****HAUORA DAY****

On Monday the 22nd of February the WHOLE SCHOOL is heading overseas!

We are going to Long Beach for a day of fun and games. Traditionally it has been a chance for us all to study the rock-pools and sealife but this year we have decided to have a wonderful, fun day out. We will be taking a bus but we welcome parent helpers to come along also. More information, volunteer and permission slips will be coming out next week.



SCHOOL SHARING 2021

This Friday we are starting up our traditional School Sharing afternoons from 2pm - 3pm. Everyone is welcome to come and join us to help celebrate what the pupils have created, learnt and share during these afternoons. There is a new format to the hosting/layout of this years School Sharing. Different HOUSE groups will alternate with different CLASSES, taking turns on alternate Fridays to host the event.

Friday 12th Feb - Kowhai House

Friday 19th Feb - Room 3

Friday 26th Feb - Titoki House

Friday 5th March - Room 5

Friday 12th March - Rimu House

Friday 19th March - Room 4

Friday 26th March - Totara House

Friday 9th April - Rooms 1 and 2



Waka Ama Nationals – Lake Karapiro

Bailey, Tui and Eli participated in the waka Nationals at Lake Karapiro over the summer. (Emma Smith also trained as support) There were over 750 paddlers competing in their age group with 70 teams from around the country. Bailey did the team very proud paddling in the singles and the Waka 6. Tui and Eli also did a great job with their teams in the waka 6 paddlers - with Eli's team placing first in the cup final. Both Tui and Eli's team combined for a waka 12 for the first time at Nationals (had not trained before) and placed the second fastest in their age group, walking away with a silver medal. Their new team that was formed this summer at Waitangi is made up of children who attend Opua School, Motatau Primary, Paihia Primary, Karetu School, Riverview and Oromahoe Primary. They all represented well. Here is a link to some footage.

<https://www.maoritelevision.com/shows/waka-ama-sprint-nationals-2021/S01E011/2021-waka-ama-championships-taitama-w12-250-champ-final>

Tui's mum said the team 'blew the whole tournament away', as the commentary to the end seemed to focus on them and not the winning team :-). Enjoy the 2mins of goodness (they are in lane one Tai Kotuku from Waitangi - some great shots!)



Kerikeri COLOUR BONANZA

COLOUR RUN

Sat 13th March 2021
BAYSPORT GROUNDS - 10am

 **Eventfinda**

OPUA SCHOOL IS GOING WATER ONLY!

How does it work?

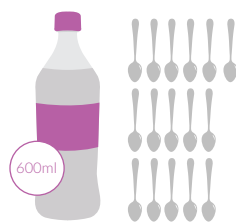
Being 'water-only' means plain tap water and plain, fat reduced milk will be the only drinks our students are able to have at Opuia School.

What do I need to do to support the school going 'water-only'?

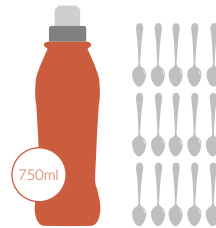
- give your child a drink bottle they can take to school
 - encourage them to fill the drink bottle with plain tap water at home and at school
 - at home, keep sugary drinks for extra special occasions only.
- Why do we love water?
- New Zealand tap water is safe to drink straight from the tap, plus it's FREE
 - unlike sugary drinks, water doesn't cause tooth decay, obesity, or diabetes
 - when we're thirsty, water is perfect.

We appreciate your support.
If you have any questions, do contact us.

HOW MUCH SUGAR ARE CHILDREN DRINKING?



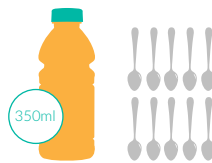
soft drink
16 teaspoons of sugar



sports drink
15 teaspoons of sugar



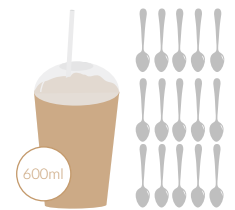
powdered fruit drink
15 teaspoons of sugar



fruit juice
10 teaspoons of sugar



flavoured milk
7 teaspoons of sugar



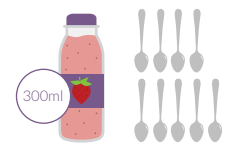
frozen soft drink
15 teaspoons of sugar



novelty soft drink
8 teaspoons of sugar



powdered chocolate drink
(with 200ml trim milk)
5 teaspoons sugar



smoothie
9 teaspoons of sugar



tap water
0 teaspoons of sugar

water is the best choice

low or reduced-fat unflavoured milk is a good choice too