

Nga mihi nui /greetings to all,

This week is Maori Language week. Yon Monday, Miss Gillard led a number of children in the school haka at 12pm to be a part of a New Zealand wide event. The children performed beautifully even though it was quite impromptu for them.

The three pillars of health are sleep, healthy food and exercise. These are needed for children to be healthy mentally and physically. Research into young children and young people indicates that insomnia and sleep problems are increasing around the world. Research done at the University of Otago surveyed over 4,000 young people and found that 39% of adolescents who took part were getting less than the recommended hours of sleep and 57% reported poor sleep quality. "What we find, which is a particular concern for children at school is that not sleeping well can really affect how easy it is to learn. It impacts concentration and memory. The other area of concern is that sleep issues are associated with poorer mental health outcomes, including anxiety, low mood and attention difficulties." (Dr Dee Mullar from an article in the Education Gazette). To help children with sleep difficulty ensuring that devices aren't used just prior to bedtime, having a time well before bed to talk about their worries with someone that they trust, or even writing down their worries can help them to deal with them. You can't actually make yourself sleep but you can make an environment that is conducive to sleep. Bedtime routines and going to bed at the same time every night is important. John Parsons spoke about this last time he visited the school and emphasised that even in weekends it is important for children to go to bed at the usual time and that staying up late shouldn't be a reward.

It was great to have the whole school together for Assembly on Friday. We will have a final Assembly for the term on our final Friday. If we are down to Alert Level One, the community will be invited.

Kapai to wiki – have a good week,

Kate Stevenson

Principal

"He taonga rongonui te aroha ki te tangata

Goodwill towards others is a precious treasure.

REMINDER

No cell phones to be brought to school.

Calendar of Events:

Tuesday 22nd September – Board of Trustee Meeting 7.30pm

Tuesday 22nd September – Netball Tournament Yr 5 & 6

Wednesday 23rd September – Netball Tournament Yr 7 & 8

Friday 25th September – Last Day Term 3 - Assembly

Monday 12th October – First Day Term 4

Monday 12th October – Book Bus

Friday 23rd October – Pet Day

Monday 26th October – Labour Day

Tuesday 27th, 28th October – Life Education Van

Thursday 29th October – Zone athletics for those who qualify

Friday 30th October – School Photos

This week's joke: What would you get if you crossed vegetables with a necklace?

A food chain.

Class Reports

Team Kikorangi: We have been working on writing our own fairy tales this week. Our little gardens are growing really fast and hopefully we can get into the garden and plant some more plants at the end of this week.

Team Kowhai: Kia ora koutou katoa. Team Kowhai have been learning about Myths and legends, koru art and Te reo phrases during Māori language week. Kia pai to wiki. Have a great week.

Team Karaka: This week in Team Karaka We have started narrative writing. Our lettuces and peas are starting to sprout, hopefully we can get out in the garden on Friday to check our carrots.

Team Papura: Kia ora e hoa ma, e te whānau. We have begun working on Science Fair activities and learning how to write up our experiments.

Teacher Aide

We are looking for a Teacher Aide to be a part of our team in a fixed term position during Term 4 this year. It will involve a couple of hours in the mornings. If you are great with children and interested in working alongside a teacher to support learning please contact Kate at the school. Phone 2468 738

Tokanui Medical Centre –Phone 2468 850

Doctor Days:

Wednesday 23rd September – Abraham

Wednesday 7th October – Abraham

Wednesday 28th October - Abraham



A reminder that Tokanui medical centre can see ANY patients regardless of whom your GP is (or isn't!)

The clinical nurse specialist will liaise and talk to anyone's GP in regards to management of care as well as discussing treatment with the relevant specialities at KEW if required.

No fees apply at all, however charges do apply for overseas visitors

Full vaccination service and Plunket is always available

We are open for a walk in service 9-12 Monday to Friday and are available by phone 9-5pm 03-246-8850.

If anyone is exhibiting signs and symptoms of a cold or a flu PLEASE do not come to the medical centre but ring instead –especially on GP day If need be we can come and see you and organise a swab if you need one

Tokanui Medical Centre is part of Southland DHB .

All medical emergencies ring 111 and we will be paged immediately alongside St. John providing 24 hour emergency cover

Jony Lawson RGN.dip/hsc

Clinical Nurse Specialist – Tokanui / Stewart Island

Smear Tests at Tokanui Medical Centre – 7th October – appointments necessary.

To make an appointment phone 03 4190 400

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Waikawa Hall AGM

Monday 21st September 7:30 pm

At Waikawa Hall

Members required.

All Welcome

Toi Tois Playgroup AGM

The AGM will be held at the Niagara Café on Friday, 16th October 2020 at 6.30pm

Present, past and Life members & friends of Toi Tois Playgroup are welcome

RSVP to Jolene by 8th October 2020 – jmt2603@gmail.com

Skits in the Paddock

The SDAT are planning on holding a "Skits (and one act plays) in the Paddock" on the 4th and 5th of December. We hope this will be an opportunity for the audience to bring along a picnic tea or buy some chips and watch a few skits and plays performed outside. This will be an opportunity for actors to be involved in a shorter version of acting than previous years with practices being able to be more versatile with timing and length, as in the main you will only need to work in with your group. The Arts Trust hope that this will present an opportunity to act in a fun event without being too time consuming. Please register your interest with either Marylyn Hayes 03 2468446 or Janice Broad 021 167 0110



Curio Bay Christian Fellowship
Sharing the love of Jesus
Sunday Service 10.30am
All Welcome
Ceila & Paul Watson 2468 431

AGM South Catlins Charitable Trust to be held in the Tokanui Lions Hall
Thursday 1st October 7.30.p.m
Pam Yorke is due to retire as a Trustee by rotation and is available for re-election.
Paul Duffy
Chairman

New Zealand Rugby along with the help of Rugby Southland are running a School Holiday program on Tuesday the 29th of September TBC at Star Rugby Club. There is two sessions.

Junior/Primary Girls

Registration: 8.30am - 9.00am

Training: 9am-12pm

Secondary School Girls

Registration: 12.30pm - 1.00pm

Training: 1.00pm - 4.00pm

The registration for the event needs to be completed at the attached link

- <https://www.sporty.co.nz/viewform/93902>



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For more information please contact Lou at Jazz Time or 032158861 or 0272177985 or paul.lou.horo@gmail.com

Workshop to be held at James Hargest Senior Campus in The Gym

Zekaia's Story about Cleo!

Diary in the day of Cleo the Cat!

This morning I had a stretch and

washed my eyes. I then had my

breakfast, which was Whiskers Cat

Crackers. "Mmm my favourite." After breakfast, I headed for my favourite spot . . . Tokanui School. I love all the pats from the kids and I can't wait to get to my best cosy spots, my pillows in room Karaka and Room Whero.

I drift off to sleep . . . I can sleep all day. People have to kick me out after school. I go home and have my dinner, more Cat Crackers. "Yummy, delicious dinner." I go to sleep on the couch with Mrs Poole patting me.



Odd Spot: The human body contains enough potassium to fire a toy cannon.

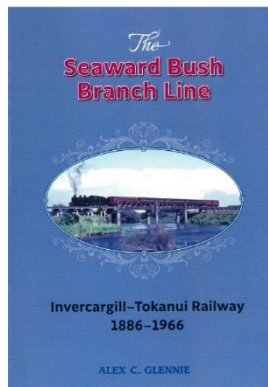
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The book launch is Saturday 17 October 2020, 2.00pm at the Tokanui Hall, if you would like to attend please RSVP by 30th September 2020.

Books will be available to purchase on the day. Eftpos available.

Pre-orders are being taken \$59.95 + \$8 postage& packaging.

To place an order or RSVP to the book launch please email toklions@yahoo.com or phone/text 0272135657, please leave

your name, address, email address and contact phone number. Thanks.
BOOK LAUNCH WILL ONLY PROCEED IF WE ARE IN COVID 19, LEVEL 1.

S.D.A.T. WORKSHOP

Friday 16th October evening making two pairs of earrings with Morrison Five www.morisonfive.com

cost \$65 for more information or to register contact

Janice 021 1670 110 or Christine 03 2468 886

Thursday 24th September from 6pm.

COMMUNITY DINNER AT THE TOKANUI RUGBY CLUB

It's the middle of lambing and calving is nearly over, have a night off cooking and take a couple of hours off.

Meal served 6.30-8pm so come when it suits you.

Donations to cover costs would be much appreciated (\$7.50/adult meal).

RSVP by 22 September with approx. numbers to Jenny 0274468436 or Callie 027292984

Supported by Farmstrong and the Tokanui rugby club.

**Enrol and
vote here**
Rēhita, pōti
hoki ki konei



vote.nz

0800 36 76 56



WHERE TO VOTE IN YOUR AREA TOKANUI SCHOOL

(18 Duncan Street, Tokanui)

Saturday 10th October: 9am - 4pm

Saturday 17th October: 9am - 7pm

WAIKAWA PUBLIC HALL

(11 Lorne Street, Waikawa)

Saturday 17th October: 9am - 7pm

Thank you for supporting those who support our school.

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