

## Term 4, No 3, 3rd November 2021

### He panui na to maatau Tumuaki: A note from our Principal:

Kia ora everyone, last week we had the Life Education truck here. Each class was able to have two sessions each over two days covering a variety of different topics. We also held our first four year old morning in Team Kikorangi. These four year old mornings are a chance for new children to come in and have a look around before they start their official visits and this will happen once a term.

The Public Health Response Order for Mandatory Vaccinations for Education came into effect on Monday 25th October. Everyone who works at Tokanui School who may have contact with students or will be present at a time when students are also present, must have had a first dose of the COVID-19 vaccine by 15th November and be fully vaccinated by 1st January 2022. The Board of Trustees will ensure compliance. This order also extends to volunteers or unpaid workers so this will also impact our parent community. Sports coaches and managers, parent helpers on school camps are just some examples of activities that this order applies to. We rely heavily on our parent volunteers to ensure we are able to offer a wide range of opportunities for our students and are always appreciative of your support. Vaccination status along with Police vetting information will be kept secure in accordance with the Privacy Act.

A big thank you to Wendy, Leigh and James from Toi Tois Enterprise, "The Stall" at Fortrose for their donation of vegetable plants.

Tina McMullen - Principal

*School Calendar: Please note that with Covid Level Restrictions and Alert Levels uncertain that these dates/events may change.*

Friday 5th November -Gumboot Day (I AM HOPE)
Monday 22nd November - Teachers Only Day
Thursday 9th December - Year 8 Leavers Dinner
Tuesday 14th December - Last day of School for year
Tuesday 14th December - School Break up 7.00pm

*Southland App - Check out the Southland App, This has the Advocate on it so we are proud to see our school featured regularly.*



### Huihuinga (Assembly) Timetable

Assemblies are held on the following Fridays at 1.45pm. Parents/caregivers/visitors are to sign in at Office and please inform the Office if your child/ren are not going to be on the bus that afternoon. **At Level 2 we can not have Assemblies open to the public.**

12th November; 26th November

### Book Bus Timetable

Monday; 8th November; 6th December

### Team Blurbs:

**Team Kikorangi:** Team Kikorangi really enjoyed their visit from Harold and learning all about keeping ourselves healthy. We have been continuing to learn about healthy foods and 'sometimes' foods and what to pack in our lunchboxes to ensure we have plenty of brain food for the day.

**Team Kowhai:** Team Kowhai enjoyed having Mrs Callahan yesterday. We have also begun our Keeping Ourselves Safe unit with Mrs Earwaker. It was interesting to see how many children in the class know their address and phone number. This is important information for them to know. Please check that your child can say their name, address and home phone number.

**Team Whero:** We made our own Halloween fun by learning some tricks and going Trick or Treating. We had disappearing crayons, coins and toothpicks.

Also please remember to return any school or library books you may still have at home.

**Team Karaka:** 52 Days till Christmas!! We had Mr Esler visit yesterday and he showed us native plants that we can collect, pot up and grow ourselves to plant out in our gardens or farms. We learnt natives that were good to have and ones that would grow like weeds and about some amazing plants in the world. Our bean experiments are showing a variety of results and we are looking forward to having Mrs Short teach us on Thursday. We are researching all about the Milford Track to see what Mrs E is in for!!

**Masks on buses:** Children who are 12 years of age and older will be required to wear a face covering (mask) while travelling on buses for school transport whether they are from a secondary or a primary school. This is a guideline set out by the government.

### School Library Books

There is still a number of overdue Library books out from the school library. If these could be returned ASAP please. Look under beds, in wardrobes, you'd be surprised where some are found.

**We have been having a lot of trouble with children and Pokemon cards. This has been impacting on the class teaching. We have decided that children can bring Pokemon cards they would like to trade on Fridays only. These are not to be in class only at break times. No Pokemon cards to be brought to school unless it is on Fridays.**

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**NO NEW ENTRANT DAY FOR YEAR 8'S. THIS INCLUDES THE ENWOOD HOSTEL SLEEPOVER.**

Swim Club - started Monday November 1st (2.45pm). Times same as earlier this year. Please bring goggles if you have some and please make sure your hair is tied back.

Covid rules apply.

- Everyone must sign in either with QR code or with paper copy that will be available.
- Masks Mandatory if inside the Pool area.

All new families are more than welcome. please contact Moira for more information 03 2468 707 or 027 3417 661

The Toe Toes Pool is open. Season keys are available from the School and individual swim keys available from Tokanui Food Centre to borrow. If you still have a key from last season please let Marylyn in the office know if you wish to renew your sub for this season or are returning it.

Anyone willing to help test or clean the pool please contact Sandra Earwaker. Please wear a mask if collecting from either venue during Level 2.

### Sleep Hygiene

Getting enough quality sleep helps support healthy brain function and maintain your physical health. In children, sleep is important for growth and development. Good sleep can help with memory, focus, concentration, physical health, decision making and a healthy mood.

Ways to improve your sleep

Bedtime routine

Wind down at bedtime: this might include having a shower, brushing your teeth, then heading to bed. Quiet activities, like reading, are good before bed. Consider learning a relaxation technique to help you wind down in readiness for sleep.

Have a regular bedtime and wake up time, including on the weekends (+/- 2 hours). This will make it easier to get up for school on Monday mornings! Avoid active games, playing outside and screen use (eg, TV, internet, cell phone use, electronic games, etc) in the hour before bedtime. Try dimming the lights earlier.

Sleeping environment

Arrange a comfortable sleeping environment. The place where you sleep should be quiet, warm and dark. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress, or the habit of lying awake and worrying.

Don't have any distractions within sight or sound of the area where you sleep, including TV or any kind of computer screen. Turn off your phone before you go to bed so you are not tempted to keep checking it.

Food

Try to avoid eating meals within 1 to 2 hours of going to bed.

Keeping active

Being active throughout the day can help you sleep. Time spent in bright sunlight, such as being active outside, can also help, but don't forget to be SunSmart!

## Medical Centre News

**Doctors Days 3rd November; 17th November**

Clutha Health phone number 03 419 0500

PLEASE don't hesitate in phoning 111 in any emergency whether you are in ANY doubt of severity or not . The Clinical nurse specialist/PRIME responder ((Primary Response In Medical Emergency) will be paged immediately alongside St JOHN. Please phone the medical centre 2468850 to make an appointment. This is a free service! The Medical Centre also has an assortment of equipment available! If you are having surgery or family stay and need a shower chair or high toilet seat then please get in touch.

### Vaccination Tour

Mayor Hicks and Mayor Tong are bringing a Covid-19 Vaccination tour to rural Southland.

This will see two vaccinating caravans touring Southland, making 24 stops along the way. This means 24 locations that have not had a local vaccination clinic now have the opportunity to grab a jab near their farmgate. The tour will return in four weeks for second doses and new first doses.

To make this event a success we ask you to please share details to whānau via your school newsletter and Facebook pages. The Facebook event is here: <https://www.facebook.com/events/4470910139662808> Please share, and show your support by clicking "Going" or "Interested".

- Fortrose - Fortrose Community Centre, Wednesday 3 November, 3pm-7pm
- Gorge Road - Gorge Road Country Club, Thursday 4 November, 11am-2pm
- Hedgehope - Hedgehope Community Hall, Friday 5 November, 11am-1pm
- Mokoreta - Mokoreta Redan Hall, Wednesday 3 November, 10am-12pm
- Woodlands - Woodlands Rugby Football Club, Thursday 4 November, 4pm-7pm
- Wyndham - Wyndham Community Centre, Tuesday 2 November, 3pm-7pm

Thank you so much for your support in helping us to protect the Southland area!

## Community News/Events

Waikawa Hall AGM .

Thursday 18th November 2021. 7:30pm

All Welcome

**Twilight Golf - Wednesdays 6.00pm ALL WELCOME**

This season we will be operating a Fusion Baler able to do film on film and inoculant. Also a Taege Direct Drill - lots of options.

Enquires welcome. Contact Baz on 027-2468-781

The South Catlins Charitable Trust is holding their AGM on Thursday the 18th of November in the Tokanui Lions Hall.

Connie Crosbie is retiring by rotation and is available for re election. If anyone else is interested in becoming a Trustee please contact Paul Duffy on 0272885865.

We are also reviewing out Trust deed and we are proposing to change the Clauses on where trustees reside.

Clauses of interest are 2.2, 6.3 and 8.3 (need to change the audited financial statements to reviewed.)

The objectives of the Trust are:

To develop and promote the South Catlins as a place to visit, live and work.

To provide and facilitate the establishment of public utilities, equipment, local community facilities and services for the benefit of residents and visitors to the South Catlins.

To provide opportunities for community education and training within the South Catlins, including environmental education.

to encourage the establishment of enterprise and employment opportunities in the South Catlins.

To promote the scenic, heritage, environmental and cultural features of the South Catlins.

to foster the sustainable management of natural and physical resources of the South Catlins for the benefit of the local and wider community.

Apologies to Paul Duffy 027 2885 865.

## CHURCH SERVICES

Curio Bay Christian Fellowship

Sharing the Love of Jesus

Sunday Service 10.30am

All Welcome: Paul and Celia 2468 431/ 021 0238 9558

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3.00pm  
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Closed on  
Tuesdays, Wednesdays and  
Thursdays.

## Local Businesses

### GORSE TIME

**Got a problem with gorse? Just a few stubborn patches and regrowth or fence lines? We have a twin reel truck unit ready to tackle your gorse. Use your own chemical or we can supply. Phone Eamon (Sprayman Ag) 021 176 6798**

Playcentre

Welcome to  
our village

Where: 4 Tokanui - Haldane Road

When: Tuesdays 9.15 am - 12.15 pm

Any questions, please contact Emma Anderson 0279328808

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As a resident of South Catlins, I know the best aspects of our area, and what makes it such a wonderful place to live. I offer a friendly, personal and well informed approach to your real estate goals. I pride myself on great communication and a genuine honest Southern attitude.

If you are considering selling or buying please contact me to discuss your real estate needs.

Leesa Wright  
027 413 9369  
[leesa.wright@bayleys.co.nz](mailto:leesa.wright@bayleys.co.nz)

To advertise in the newsletter please send adverts to [office@tokanui.school.nz](mailto:office@tokanui.school.nz). Ads will be at a small cost.

**If you know of anyone that would like to receive the newsletter but doesn't have access to a computer or internet please get them to contact the office for a paper copy that they can collect from the School Office or the shop on Thursday or alternatively if they have an email address get them to email the school at the above address to get added to the list. There will be a small charge for printing to cover printing costs, online is free. Adverts must be in by Tuesday midday.**



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**EVERYONE WELCOME**

Tokanui/Waimahaka Under 5s  
has arranged for a professional photographer from Jack 'n' Jill  
to take photos of children, family and friends.

**At:**  
Small Prophet 14 McEwan Street Tokanui

**When:**  
Sunday, 14 November, 2021

**Contact:**  
Melissa Connell 0279401138  
Facebook - <https://www.facebook.com/jacknjillss/>

**Book Online:**  
<http://jnjsouthern.co.nz/book/11081>

Terms and conditions: One one sitting per family/household. The free digital file must include a child under the age of 10 years. To qualify for your 1 free digital file, you can't have had a sitting with Jack 'n' Jill in the last 6 months. The 1 free digital file is only for home use at the pre-arranged sitting day by you. If you fail to attend for whatever reason the 1 free digital file is null and void and a 20% credit will be applied to a future purchase.

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