Kaikohe Christian School Weekly Newsletter

THIS WEEK'S MEMORY VERSE

"I the LORD do not change". ***Malachi 3:6***

NEXT WEEK'S MEMORY VERSE

"The unfolding of your words gives light; it gives understanding to the simple". ***Psalm 119:130***

For upcoming events please visit our events and school calendar website page

BASKETBALL IN LAS VEGAS

Jordan will be playing for the Las Vegas Capital City NZ Under 13 Rep Basketball team. Jordan will be travelling to Las Vegas in July and returning early August. To help Jordan achieve this goal/dream the family are fundraising and would like to invite those who are able to come and support. Details below:

LAS VEGAS CAPITAL CITY NZ U13 REP BASKETBALL FUNDRAISER FOR JORDAN PARK-DAVIS

3 COURSE DINNER

Date: Thursday 22nd March 2018

Time: 6pm

Venue: Kohewhata Marae, 6869 Mangakahia Road Kaikohe

Adults $50.00

Child $10.00

If you would like to purchase a ticket please contact Sareya at the School Office (09) 4011873

LANE COVE TRIP

Well done to the year 11 students who attended the Lane Cove trip last week. As part of their PE program this term our year 11 students are learning about the importance of safety in the outdoors. Last Wednesday 7 of our year 11 students participated in an overnight trip to the Lane Cove Hut in Totara North. Well done to you all for successfully completing the 2 hour trek. I would like to extend a huge thank you to Rhema Norman who accompanied us to help out with our trip and supervision. I would also like to thank Paul and Sally WiHongi for transporting us to and from Totara North. What an awesome experience had by all.

Nga mihi
Mr Low

Term 1 Week 7 - 15/03/2018

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BASKETBALL TRAINING

Thank you to the Former Houston Rockets Basketball coaches Eanna and Leah who offered up their time to come in and work with our basketball teams last week. The teams thoroughly enjoyed themselves!!

THE INCREDIBLE YEARS

Who is Presenting the Programme?

Ministry of Education have been presenting these courses since May 2008.

The presenters are currently from Learning Support employees and are trained course facilitators.

How Long is the Training?

Each course consists of approximately 14 -16 (2.5 hour) sessions.

Who Can Attend?

Parents and caregivers of children 3-8 years old with challenging behaviours attend our courses. Parents are usually invited to attend, but you are welcome to contact us if you are interested in the programme. Once a course is full, parents will be put on a waiting list for the next course.

Contact Details

For further information, please contact:

Heather Sharp Ph: 027 2787382

Rosemary Miller Ph: 021 2407476

Venue: Bahai Centre
480 Kerikeri Road
Kerikeri 0293

Start Date: Tuesday 27th March 2018

Finishing Date: Tuesday 10th July 2018

9.00 am - 11.30 a.m.

Ministry of Education, Learning Support
9 Hobson Avenue
P O Box 797
Kerikeri 0230

http://www.incredibleyears.com

Learning Support, Tai Tokerau presents:

The Incredible Years
Parents, teachers, and children training series

MINISTRY OF EDUCATION
Te Tāhuhu o te Mātauranga

What is Incredible Years?

The Incredible Years programme is a parenting programme aimed at helping parents:

- To have a better relationship with their children
- Stimulate their children's development
- Gain skills to feel more confident about their parenting
- Have positive and nurturing parenting styles
- Lessen harsh parenting practices
- Establish better relations with the child's teachers.

Parents report that their children:

- Have gained in confidence
- Seem happier than before
- Are less aggressive
- Are more compliant than before.

The Incredible Years Parenting Programme focuses on:

- How to play with your child
- The value of effective praise
- Using rewards to motivate children
- How to set limits with your children
- How to handle misbehaviour
  - ◊ Ignoring, distractions, redirects, warnings
  - ◊ Time out for aggressive behaviour
  - ◊ Logical and natural consequences
  - ◊ Creative problem solving.

Does it Work?

Parents say that their children's behaviour has been less aggressive, they showed more normal behaviour and had a happier family life.

Parent training remains the single most effective way to help young children with challenging behaviour problems.

Incredible Years Parenting Programme Methods are:

- Based on the way children develop
- Trialed and tested and been proven to work with most children in many different countries and cultures, including New Zealand
- Encouraging a nurturing relationship in the process of learning about our children's behaviour:
  - ◊ Parents work together to find solutions that suit them best
  - ◊ Parents discover new skills that they can use
  - ◊ Shows parents in actual situations interacting with their children by using DVD/Video recordings
  - ◊ Uses role play by presenters and parents to help gain skills
  - ◊ Home work encourages parents to practice the new skills at home
  - ◊ Parents in the group are encouraged to support each other.

WEET-BIX KIDS TRYATHLON

When: Sunday 8th April 2018

Where: Waitangi Treaty Grounds
The Sanitarium Weet-Bix Kids TRYathlon is for students aged 7-15 years. To register your child for the 2018 TRYathlon parents will need to complete registrations online. If you would like an invitation to register sent to you please contact the school office and let them know.
To register online now visit this link: https://registration.tryathlon.co.nz/Home/Event/33/Package/0/Wave/0/Sequence/0/School/2d5036f1-2101-46bf-8e90-247c4b21f141

TE TAI TOKERAU SECONDARY SCHOOLS' KAPA HAKA FESTIVAL 11-12 APRIL 2018

Ko Pokaka te maunga
Ko Te Awa o Te Rangatira te awa
Ko Kororipo te pā
Ko Hongi, Ko Rewa, Ko Tāreha ngā tūpuna
Ko Te Pou Manaako te marae
Ko te Kura o Te Kerikeri
Te waka ko Mātaatua
Te hapū ko Ngāti Rēhia

E ngā mana, e ngā reo, e ngā; rau rangatira mā, nau mai haere mai ki te Kura Tuarua o Te Kerikeri.

Kerikeri High School is excited to be hosting the 43rd annual Te Tai Tokerau Festival for the first time since 1984. Brief information below:

The Pōwhiri will be at 10:00am on Wednesday 11 April in the Gymnasium. Parking and Arrival Parking for cars is available on the school site. Please follow signage as appropriate. Please keep the

Kerikeri High School bus bay clear of vehicles, as school buses will be operating as normal. The bus bay at the front of the school may be used for pick up and drop off only, including buses. Bus parking locations will be advised closer to the time, however please be aware that this will not be on the Kerikeri High School site.

Each School will have a room available on the day of their performance. You will be let into your room on your arrival at Kerikeri High School. Your school may access this room during the day for storage, changing etc.

More details will be supplied in your schools welcome pack on the day. Each Rōōpū will perform twice, first in the Auditorium, then in the Gym. Days and times will be confirmed as soon as possible.

Performances are expected to begin at 12:00pm on Wednesday 11 April, and run through to approximately 6:30pm. On Thursday 12 April, performances are expected to start at 8:00am, running through to approximately 6:00pm. Times and order of schools will be confirmed once entries are received.

SCHOOL NEWSLETTERS

We email Newsletters home on a regular basis. Copies are also available on the School's web site www.kcs.school.nz.

UPDATING IMPORTANT INFORMATION

We need accurate records in the event of an emergency, so it is really important that the school is informed of: Change of address/circumstances and Change of telephone numbers (work or home).

TERMS AND HOLIDAYS 2018

- **Term 1 Ends** – Friday 13th April (Public holidays: Easter – Good Friday 30 March, Easter Monday 2 April and Easter Tuesday 3 April)
- **Term 2 Starts** – Monday 30th April – Friday 6th July (Public holidays: Queen's Birthday – Monday 4 June)
- **Term 3 Starts** – Monday 23rd July – Friday 28th September
- **Term 4 Starts** – Monday 15th October (Public holiday: Labour Day – Monday 22 Oct)

IMPACT
NORTHLAND
PASTOR LEVI
MARYCHURCH
REVOLUTION
TOUR BAND
March 17, 2018
Turner Center, 43 Cobham Road
Kerikeri
Doors Open at 5:45pm
FREE Entry
Ages 13+
IDENTITY
DANCE CREW

BOYS CAMP 2018
Survival Man....
For boys aged 9-14 years old
19-22 April 2018
9-10 year olds $60
11-14 year olds FREE*
TO REGISTER: https://goo.gl/forms/3g5wNMtDFv5qHprj1
www.cbcyc.co.nz/our-camps/
* thanks to Breakaway Funding. Spaces are limited

HE PARAKUIHI

KAI WHAKAWHITI

Whakawhitia ki enei kai!

1. Nutrigrain ki te weetbix, tāpiritia he miraka iti te hinu me ngā huarākau
2. Coco pops ki te pāreti tāpiritia he miraka iti te hinu me ngā huarākau
3. Parāoa mā ki te parāoa pū kākano

Iti iho te huka, nui ake te muka, a, he whai oranga mō te tinana ēnei momo whakawhiti kai.

Developed by **Sport Waikato 2017**

BREAKFAST IDEAS

LABEL READING

There are lots of different nutritional claims on packaging but it's best to check for yourself by reading the label. Remember to always use the 100g column

TIP: Fibre helps us feel full for longer and keeps our digestive system healthy.

Aim for **less than 10g SUGAR per 100g** 10

	PER SERVE	PER 100g
Carbohydrate, Total (g)	20.1	67.0
-Sugars (g)	0.8	2.8

Aim for **less than 10g TOTAL FAT per 100g** 10

	PER SERVE	PER 100g
Fat, Total (g)	0.4	1.4
-Saturated Fat (g)	0.1	0.3

Aim for **more than 5g FIBRE per 100g** 5

	PER SERVE	PER 100g
Dietary Fibre (g)	3.0	10.1
Sodium (mg)	81	270

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