



Houghton Valley School
INSPIRATION, CHALLENGE and ACHIEVEMENT
HIRINGA, WERO, WHAKATUTUKITANGA

NEWSLETTER

Wednesday, 16th March 2016

Week 7 of Term 1

Term 1 Calendar			
Week 7	Fri 18 th March	2:15pm	Assembly
Week 8	Wed 23 rd March	6-7pm	HVS WHANAU MAORI CONSULTATION HUI in Library
	Fri 25 th March	No School	Public Holiday - Good Friday – NO ASSEMBLY
Week 9	Mon 28 th March	No School	Public Holiday – Easter Monday
	Tues 29 th March	No School	School Holiday – Easter Tuesday – NO SCHOOL
	Fri 1 st April	2:15pm	Assembly
Week 11	Tues 12 th April	7pm	HVS Board of Trustees Meeting
	Fri 15 th April		Last Day of Term 1 2016
Week 1	Mon 2 nd May		First Day of Term 2 2016
Week 2	Friday 13 th May	NO SCHOOL	Teacher Only Day – No School
HV School Fair – Saturday 29th October 2016			
ASB Banking days is Thursday			
Sushi available Thursdays – go online to www.wrapitup.co.nz before 9am on Thursday to order			
Kelly Club After School Care – Adam Cell 022 010 9981 or email houghtonvalley@kellyclub.co.nz			
Bee Healthy Dental – 0800 825 583			

Kia ora koutou, ngā mihi o te tau hou,

Dear Parents, Caregivers and Children

A huge thank you to those of you who have spent time helping Dave in the playground. Great progress has been made and we can see light at the end of the tunnel. (or is that light at the end of the slides?). We're waiting for some replacement equipment, further ground-works and bark spreading and for the landscaping to be made safe.

We've just installed some scooter racks so all the scooters can now be placed more safely out of the way of thoroughfares and seating areas. Thanks to Peter for getting the first of these installed. More to come!



We have been busy with lots of opportunities for students to shine in specific areas – choir has started, Artsplash is coming up with Gabrielle requesting keen dancers, the Now News magazine group have started and senior students are now running the PAL programme coming up with playground games for the lunch break a couple of times a week. We've called for entries into the ICAS assessments and our Te Roopu Kahikatea Group for Maori students are meeting once a week with Whaea Monnie. The Enviro Leaders have been selected and are heading off to a special afternoon coming up for local food week at Berhampore Orchard. The Schoolgen Energy Leaders are about to meet for the first time with Jill and will start their mission checking out our energy efficiency, encouraging us all to be wiser in our use of lights and other power consuming items.

We have two teacher trainees starting next week in Nikau and Ti Kouka classes. We are looking forward to having Michelle and Ross in the school right through until May.

Nga mihi nui

Raewyn Watson, Principal/Tumuaki

A BIG WELCOME in NGAIO CLASS TO:

Leo McKenzie & **Otto Childerhouse plus**
Cara Vermaak in Karaka & **Hayley Vermaak in Pohutukawa**

PLAYGROUND PROGRESS



Many thanks to parents and students who have volunteered to help with the playground renovations. This wonderful help means we will be able to open the playground sooner. There's still work to be done. Please text Dave 0220 962 488 if you can assist for a while at any time to help with the final clean up. Many thanks.



BEE Healthy Regional Dental Service

The Dental caravan will be at Houghton Valley School in Term 2, to complete dental check-ups only. For any other treatment please call 0800 825 583 for appointments.

HVS WHANAU MAORI CONSULTATION HUI

NAU MAI, HAERE MAI! We invite all of our *Whanau Maori* to attend a hui next Wednesday, March 23rd from 6.00pm - 7.00pm in the school library. It is a great opportunity update you on what we are doing in regards to the current te reo me ona tikanga Maori initiatives that the school is undertaking.



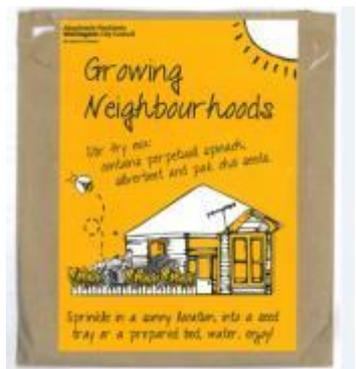
Discussion documents will be sent home to the parents of our Maori students today. Please read them and be prepared to provide any feedback when you come along to the hui.

Light refreshments will be provided. Nga mihi kia koutou katoa. Monica Mercury

Enviroschool Happenings – Growing Neighbourhood Seed Packets

We are lucky to have free packets of edible seed mixes, salad mix, and stir-fry mix, for every primary school student in Wellington provided by Wellington City Council.

This is part of the “[Neighbours Day Aotearoa 2016](#)” theme, Growing Neighbourhoods. One of the key messages is promoting the 'knowing your neighbours' along with Local Food Week. This initiative is to encourage neighbours to get to know each other through local, home-grown food. You may want to try some events listed on the WCC website <http://wellington.govt.nz/services/environment-and-waste/environment/urban-agriculture/local-food-week-2016>. Each seed pack includes a Neighbours Day card to record their neighbours' details in case of an emergency. During the summer holidays one of our parents Natasha (Reuben's mother) organised support for a neighbour whose house had burnt down. Knowing your neighbours helps build a resilient community.



The seed mixes for salads and stir-fry dishes have been chosen to grown in either pots or a garden and are suitable for Wellington conditions.

Families may want to share their photos with [#wellynextdoor](#) and [#localfoodweekwellington](#) or emailed to wellynextdoor@wcc.govt.nz.



Green Geckos Enviroschool Leaders



Congratulations to our new senior 'Green Geckos' who will represent their class and Houghton Valley school as Enviroschool leaders for 2016.

Our first role is to join other local school groups at a Local Food Week event this Friday afternoon to learn more about producing food and the importance of bees. There will be a bee keeping expert sharing how bees help in pollinating fruit and vegetables.

Junior classes are finalising leaders for the Green Gecko group. There will be special events throughout the year and an Enviroschool Kaitiaki club will run each Wednesday at lunchtime. All students are welcome and if you are able to help, please contact Jill with your details.

HEAD LICE (Nits) – Information from Ministry of Health, Manatū Hauora

- Head lice (or 'nits') are small insects that live on people's scalps and lay their eggs on separate strands of hair.
- Head lice spread by crawling from one person's hair to another's.
- They're usually spread amongst people who are in close contact, such as family or school classmates.
- Anyone can be infested, and there is no obvious relationship to hair cleanliness. However parents who wash their children's hair frequently will find them quicker.
- If your child has head lice, you should let their school know.

Signs of head lice

Two common signs of head lice are:

1. an **extremely** itchy scalp, especially around the nape of the neck, behind the ears, under the fringe and at the top of plaits or a pony tail. *Remember though, they don't always cause itching.*
2. scratch marks or a rash on the scalp.

How to check for head lice

1. Check the person's scalp for insects or eggs.
2. Use a fine-tooth comb on wet hair, as this makes it easier to find any lice.
3. Pay particular attention to the crown and the hairline – especially at the back of their neck and behind their ears.



Treatment

The two most common head lice treatment methods are 'wet combing' and 'chemical treatment'.

- Wet combing – wet the hair and scalp with conditioner (this makes it easier to see the head lice) then comb the lice and eggs out. It's best to use the fine metal combs or special head lice combs you can get from a pharmacy.
- Chemical shampoo or lotion (containing insecticide) – this will kill the lice and eggs.

Always re-treat 7–10 days after the first treatment, to kill any head lice that may have hatched from eggs that survived the first treatment.

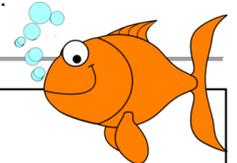
Other treatments of unproven efficacy include electric combs, herbal/essential oils and enzyme treatments.

Prevention

- Brush your hair every day, as this can help to kill or injure lice and stop them from laying eggs. If you have long hair it is best to bend your head forward with your hair hanging down and use a firm bristled brush.
- Don't share brushes, combs, headbands, ribbons, hairclips, helmets or hats – basically anything that has direct contact with someone's head.
- Having short hair – or wearing your hair in a ponytail if it's long – makes it less likely you'll catch head lice.
- In sports or swimming pool changing rooms, it's best for children to keep their clothes separate from other children's.
- If you do get head lice in your family, treat everyone that has them at the same time, as this can help reduce the chance of re-infestation.
- Regularly check your children for head lice – eg, every week.

It's not possible to completely prevent head lice because they're very common and breed prolifically.

Find out more on <https://www.healthed.govt.nz/resource/headlice-facts>



Ramona

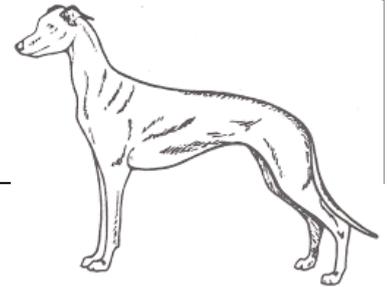
Ramona is in Rata and she is 8 years old. She is a girl. Her birthday is on October the 19th. She has dark straight hair. Her eyes are blue. She has a few freckles on her nose. Her hair is as brown as bark on a tree. Ramona is good at reading at home. She writes as fast as a cheetah. She sleeps with four sleep toys at night. Her favourite food is chocolate and her favourite flavour is caramel. She has four people in her family, a cat and two gold fish.

By Izzy Wallace, Year 4, Rata

My Family

In my family I have Mum Annie, Dad Oliver, my big sister Meghan, my other sister Caitlin, and me. I also have my pets. Mum has a golden wiry hair and eyes as blue as the ocean. She works at the hospital. My Dad has dark brown short hair with eyes as dark as the night. He works for the government. Meghan has black flowy hair and her eyes are brown like bark on a tree. She is 13. Caitlin has brown straight hair and eyes as brown as wood. She is 11. I have brown eyes as dark as chocolate, and hair as brown as brown paint. I am 7. Stommy is my pet greyhound, she has a blue fur and brown eyes. She is 7. My family likes to go to the Heart Café.

By Clodagh Valins, Year 3, Rata



Community News

BOOT CAMP ATTENTION PARENTS Do you want to get active this term? Come take the risk and find out! 6.30am every Wednesday and Friday this term. 30 minutes high intensity boot camp style training on the top court at school. Don't let this scare you; there are options for all fitness levels. It's free, come one, come all. Drop into Kowhai to see Mr Ready for any questions or queries.

The **Weetbix Triathlon** is coming up fast on **Sunday 20th March**, we have 23 entrants from HVS this year which is great. As we have such a big group we will get to have a school photo taken after the event so please stay around, if at all possible, after the prize giving. I hope training is going well and this fantastic weather continues. Sarah

Found A Rabbit: We have found a beautiful, grey bunny rabbit - very friendly. We live on Waitaha Way, Lyall Bay (off Hungerford rd). If you have lost your rabbit please call Estelle on 021 209 8727 or 387 3399. From Bruno and Vinnie's whanau.

The UNIVERSITY OF OTAGO'S SLEEP, EDUCATION AND LEARNING IN OUR NEIGHBOURHOOD (SEALION) STUDY is looking for parents of **6 to 10 year old children** in New Zealand to fill out a questionnaire online.



If you think you might be interested please go to:
<http://tinyurl.com/sealion-survey>

Or email/phone to request a paper version of the survey to be posted to you.

Any questions please contact:
Rebecca Harding
(03) 470 9476
sealion@otago.ac.nz

Let **Weta Workshop** take your child through a journey of movie magic work with our school holiday program. Workshops are open featuring drawing, sculpting, make-up and more! Don't miss out, book now online at <http://wetaworkshop.com/visit-us/workshop-tours/tour/school-holiday-programme>.

ARTRAGEOUS KIDS Easter Tuesday Artrageous Fun Day Tuesday 29 March 2016 Just because parents have to work Easter Tuesday doesn't mean the kids shouldn't have some fun! We will be providing a wild and wonderful artrageous session. Messy play, construction, Painting. your imagination is where it is at! Venue: Poneke Dojo, Prince of Wales Park, Salisbury Tce, Mt Cook, Wellington www.artrageouskids.co.nz