



NORTH LOBURN SCHOOL WEEKLY NEWS

Vision: To nurture well-rounded citizens of the future with a lifelong passion for learning.

All the best
to our
Totara
students on
their camp
to Dunedin.



Welcome to Week 6 / Term 4 - Monday 19th November 2018

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Principal

Darryn Ward

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BOT

Chairperson - Sabrina Ilett

Home & School Assn

Chairperson -

Emily Carter - Schofield

Radio

88.2 FM



Chester and his dog - both looking very happy!

Outdoor Education

Kia Ora whānau,

As our Year 7 and 8 pupils head off to Dunedin for camp this week it is an opportune time to remind ourselves of the many benefits that come from Outdoor Education. The New Zealand curriculum has a vision that talks about children being confident, connected and actively involved learners. I personally believe that any outdoor education activity addresses this vision with ease.

Outdoor education provides a great opportunity for students to develop confidence. Many of the activities that children are involved in during these events include personal challenges and the necessity to work closely together with their peers. The programmes that are offered ensure that the challenges on offer are suitable for all students, and will in fact enable them to push themselves in a supportive environment. Outdoor education provides a wonderful vehicle for our students to learn about themselves and to learn more about their peers. It fosters co-operation and collaboration.

At North Loburn we offer camps for our Year 7 and 8 students and our Year 4-6 students. As well as these we have the REACH programme and a number of other events (e.g. Rakahuri Bike Blast, PCT challenge, Summit climbs) where our students are able to learn in the outdoors. We have staff who are passionate about the learning that can come from these events, who see the value that outdoor education provides and who are experienced in the organisation of these activities.

So as our Totara students head off to Dunedin, I already find myself looking forward to hearing of the challenges they face, the learning they will engage in and the memories they will create. All the best to our campers! I am looking forward to catching up with them for a couple of days later this week.

Ngā mihi nui, *Darryn Ward*

PRIDE CUP WINNERS

The winners for the PRIDE cups for last week were: (none awarded)

Kowhai -
Rimu -
Manuka -
Kahikatea -
Kauri -
Totara -



Golden
gumboot
winner is...
Not awarded

Giga's Quote of the Week!



Staffing and Classes for 2019

Our staffing for the 2019 school year has been confirmed and allows us to maintain the sixth classroom for another year. With this in mind I would like to announce the appointment of Mrs Kim Birchler as the classroom teacher in Rimu for 2019. I would like to thank Mrs Lynda Selwood for the many contributions she has made to North Loburn throughout this year and wish her all the very best for the future.

The rest of the teaching staff remains the same with Mrs Green in Kowhai, Mrs Webb in Manuka, Mrs Hassall and Mrs Hughes in Kahikatea and Kauri (working collaboratively) and Mrs Pettigrew in Totara.

The staff will be taking some time over the next couple of weeks to confirm the class placements for 2019. If you know of any families moving into the area that we may not be aware of, please do let us know so that we can take this into consideration. This also applies to any families who may be looking to move away from the area.

Weekly Sports Results

Another week has gone and our sports teams have been in action again. This week I can report on the following results:

Year 7 / 8 Touch - The Bronco's came up against a pretty well drilled team, gave it heaps but unfortunately a 9-0 loss. Lucy Ilett POD for great defence and passing.

Year 5 / 6 Touch - The Mustangs had a great game against The Ashley Anacondas with a draw 5 all. POD was Ollie Orchard

Junior Football

NLS Blue - 7-5 North Loburn won

NLS Red - 4-3 North Loburn won

Pita Pit

Don't forget to order your Pita Pit for Thursday. At the moment Pita Pit are running a deal especially for North Loburn School. This is a great deal and is running and until the end of the Term.

If you have not used the online ordering system before it is very easy to set up and means that all purchases are done online - no handling of cash for our school is needed.

I would like to thank Pita Pit for the support they are giving us.

WOW

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Junior Athletics Results 2018

Many thanks to all the parents and grandparents for coming along and supporting the children on the day.

Hurdles Results

Year 3 Hurdles Boys

First: Ollie Whitaker
Second: Loki Ward-Martin
Third: Adrian Underwood

Year 3 Hurdles Girls

First: Melanie Philpott
Second: Lilly Tooley

Year 2 Hurdles Boys

First: Angus Orchard
Second: Oscar Boyd
Third: Reuben Johnson

Year 2 Hurdles Girls

First: Edy Stewart
Second Equal: Sophie Robinson and Molly Brown

Year 1 Hurdles Boys

First: Flynn Travis
Second: Cooper Jarvis

Year 1 Hurdles Girls

First: Lenie Stegehuis
Second: Ruby Hutchison
Third: Neave Carter Scofield

New Entrant Hurdles Boys

First: Charlie Boyd
Second: Joe Courtney
Third: Angus Wells

New Entrant Hurdles Girls

First: Avery Cook
Second: Poppy Dowdall
Third: Sophie Compton

Sprints Results

Year 3 Sprints Boys

First: Loki Ward-Martin
Second: Ollie Whitaker
Third: Connor Lester

Year 3 Sprints Girls

First: Melanie Philpott
Second: Mackenzie Simpson
Third: Lily Tooley

Year 2 Sprints Boys

First: Angus Orchard
Second: Oscar Boyd
Third: Alex Fox

Year 2 Sprints Girls

First: Payton Huffadine
Second: Edy Stewart
Third: Molly Brown

Year 1 Sprints Boys

First: Flynn Travis
Second: Cooper Jarvis
Third: Chester Densem

Year 1 Sprints Girls

First: Ruby Hutchison
Second: Lenie Stegehuis
Third Equal: Ella Rothchild-Stewart and Neveah Edwards

New Entrant Sprints Boys

First: Charlie Boyd
Second: Joe Courtney
Third: Angus Wells

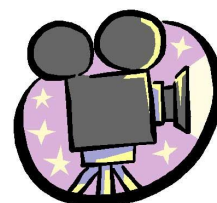
New Entrant Sprints Girls

First: Sophie Compton
Second: Avery Cook
Third: Poppy Dowdall

A very big well done to all the children. You certainly gave it your very best. Thank you also to Mrs Green, Mrs Webb and Mrs Selwood for putting on a great event. It certainly looked like everyone was having a huge amount of fun.

Home & School MOVIE NIGHT

The Home & School group are planning another Movie night on Friday 7th December. This will follow the same format as last year with the senior movie and junior movie being shown at the same time. More details will follow in next week's newsletter.



Sever's Disease

I was contacted last week by a parent who has a child suffering from Sever's disease and who wanted to share the information with the community in the hope that it would assist any families going through the same issue. The next two pages provide some good information for parents on what Sever's is and how best to manage it. There is also screenshot of a local chiropractor who specializes in this field.



Sever's disease

Sever's disease is the most common cause of heel pain in children between 8 and 14 years old. It is also called calcaneal apophysitis (cal-ca-nee-al ap-o-fy-sigh-tis). It is more common in children who are very active, and who play sports that involve a lot of running and jumping.

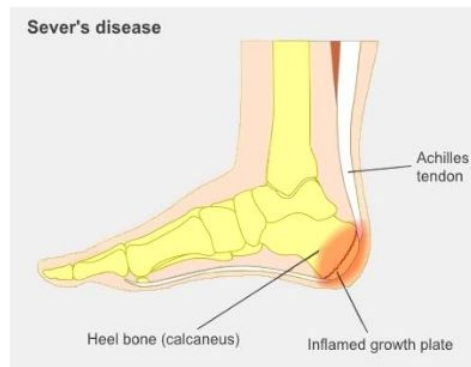
Sever's disease is related to the growth changes happening in the heel bone. Children with Sever's disease will recover completely with no long-term problems.

What causes Sever's disease?

Growth plates are areas of growing tissue near the ends of children's bones, where they make new bone tissue. Repeated stress on the heel from running and jumping can irritate the growth plate in a child's heel.

Other possible causes of Sever's disease include:

- being overweight
- having a tight Achilles tendon
- a lot of running and jumping in bare feet or on hard surfaces.



Boys, and children with flat feet or high foot arches are more likely to have Sever's disease.

What are the symptoms?

Children with Sever's disease feel pain at the back of their heel. It usually starts and builds up gradually, and often the child will limp and feel pain during or after activity. Their heel may also be painful first thing in the morning and get better as they move around.

Sever's disease can affect one or both feet. The affected heel is usually tender, and squeezing the heel on both sides will cause pain. Sometimes the child's heel is swollen.

Your child's GP, physiotherapist, or podiatrist will diagnose Sever's disease by examining their heel. They will probably not need any special tests or X-rays. Their symptoms will usually improve within weeks if they follow the advice below, but may take months to completely go away. Symptoms can also come back if the child does a lot of the activity that originally caused them.

What can I and my child do?

- Applying ice to the affected heel can help to reduce swelling. Apply for 20 minutes after sports, or any time they are feeling pain. Do this every three to four hours until their symptoms go away. Make sure you wrap the ice in a cloth and don't apply it directly to the skin.



- Pain-relief medicines such as ibuprofen and paracetamol can help to minimise pain. Make sure your child doesn't take more than the recommended dose for their weight.
- Your child should cut down on or stop any activity that's causing the pain, and rest until the pain has gone. They can then go back to their normal activity, but rest again if the pain comes back. If they still have pain and have to rest in six to 12 weeks, go back to their GP for further investigations.
- Calf stretches are very effective in reducing the pain of Sever's disease. Your child should stretch each calf for 30 seconds, three times a day (morning, night, and after exercise). They should also do 10 to 15 reps of the static isotonic hold, for 30 seconds each, three times a day. It's best to do this exercise on a step with a hand rail so they can pull themselves up with their arms and avoid using their calves until they are doing the exercise.

Your child should wear shoes rather than going barefoot, as shoes absorb shock and reduce the impact on their heel. However, it's important to choose and wear the right shoes. Shoes should:

- be comfortable and fit well. Sports shoes are usually the best option
- have good support around the heel. They should have good cushioning in the heel, and hold the heel firmly but comfortably. You can use gel inserts or heel raisers to achieve this
- have a slightly higher sole under the heel and thinner sole in the front of the foot. Raising the heel slightly reduces the strain on your child's heel.



Who can help?

Your GP can check to see what is causing your child's heel pain. If your child has tried all the steps above and isn't getting better, your GP can refer them to a podiatrist or physiotherapist. Your podiatrist will check their feet, legs, and the way they walk. They will also let you know which stretches, exercises, and footwear will help. They may also give your child heel raisers, shoe inserts, or orthotics, depending on how bad your child's pain is, their age, and foot shape. A physiotherapist can help by telling you what stretches will help.

Often your podiatrist, physiotherapist, and GP will work together to get the best result.

You child's GP may refer a child to an orthopaedic surgeon for further investigation if their symptoms don't improve. However, very few children with Sever's disease need surgery.

Written by HealthInfo clinical advisers. Endorsed by podiatry liaison, Canterbury DHB. April 2017.

A Night Under the Star's

The countdown is on! Only **two** weeks till North Loburn presents our fabulous dining experience, "A night under the Stars". Just to get your taste buds watering we wanted to share our gourmet menu!

DON'T MISS OUT! There are only nine tickets left! The ticket price is now \$60 per person and the remaining tickets are available in groups of two and one group of three, email Robyn at norriss.family@xtra.co.nz to grab your ticket.

We are still looking for donations for prizes on the night, this could be anything from a box of chocolates, a bottle of wine or a voucher for a service, everything is appreciated!

There will be a transport option for getting to and from the event. The charge is \$5 per trip, please contact Robyn to pop your name and pick up address down on the transport list.

MENU

A Night Under The Stars

Entrée

(Alternate Drop)

Roast Duck Breast on Cucumber Carpaccio with Tropical Salsa and Kumara Chips

Seared Scallops on Pea Puree with Beetroot Chutney

Main

(Alternate Drop)

Braised Lamb Rump with Pinot Noir Jus and Rosemary Kumara Mash

Oven baked Chicken Breast with Red Thai Curry and Coconut Broth on Coriander Scented Risotto

Dessert

Individual Lemon Tart with Chantilly Cream infused with Orange

N.B. Please confirm dietary requirements when booking
Talk to Robyn or email norriss.family@xtra.co.nz

North Loburn School - Calendar for November/December

Monday	Tuesday	Wednesday	Thursday	Friday
19/11 Totara Camp starts	20/11 Totara Camp	21/11 Totara Camp	22/11 Totara Camp GTT - Kahikatea	23/11 Totara Camp Bball
26/11 Kapa Haka	27/11	28/11 Year 7 and 8 tech (All day)	29/11 GTT - Manuka	30/11 Bball
3/12 Talent contest semi finals - lunchtime all week Kapa Haka	4/12 Talent contest semi finals - lunchtime all week	5/12 Talent contest semi finals - lunchtime all week Year 7 / 8 tech all day Sports coaches Canterbury Athletics	6/12 Talent contest semi finals - lunchtime all week GTT - Kauri	7/12 Talent contest semi finals - lunchtime all week Enviro leaders trapping excursion Helpers' morning tea Reports go home MOVIE NIGHT
10/12 Kapa Haka Talent Quest Finals	11/12 Year 7 and 8 REACH - Hanmer	12/12	13/12 Mini Prize Giving 2pm	14/12 Year 4 - 8 Summit Day out
17/12 School Prizegiving 6pm	18/12 Bell Ringing 12pm	Holidays start		



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House Sitter wanted – Unpaid

4 Bedroom, 2 bathroom new home and 1 cat requires a house sitter for the period of 27th Dec 2018 – 6 Jan 2019. We are hoping there might be a local family that have friends or extended family coming to stay that would be interested in looking after our much loved cat, fish and home. We are located in Smarts Road, with grey river access right at the bottom of our property (great for swimming on hot days). If you are interested please contact Kate Townsend 027 411 9322 or 03 312 8599, kate@nativesolutions.co.nz. Non smokers only please.

Have you lost your black cat in the last 6 months? Found on Loburn/Whiterock Road area an older black shorthaired black cat. Neutered, about 9-12years, a few white hairs under the chin. Was very timid so only just tame enough to handle. Phone Penny 312 8827

Local Baby Sitters Available

Bella and Heidi - Bella (16 years) and Heidi (14.5 years) are available for babysitting, weeknights, weekends and school holidays. Reliable and responsible. Both have current first aid certificates. References available. Please call 3128048 or 0223128048

Emily Ilett - I am 14 years old. Ex NLS student, now available for local babysitting. Please call or text me on 027 3927111. Thank you.

Callum Burgess. 16yrs old in September. Very reliable, trustworthy responsible young man. Have younger siblings of my own so come with plenty of experience. Ex NLS student. Can do long or short hours, day or night. Capable cook, happy playing games or reading bedtime stories, anything that is required. Available after school. Phone 312 8485 or text 027 2255123.

Mucking Out

Do you need a hand or a break from mucking out your horse's paddock? Call **Emma Yardley**, I'm 15 years old, wanting part time work to support my fur friends. A loyal, trustworthy and conscientious worker with a love/passion for animals, especially horses. Currently home-schooled and volunteer at Mini Ha Ha Horse Haven. Transport available. Contact cell 021 2022929 or home 312 8245.

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Log Splitter for Hire - \$75 per day. Phone Garrick 03 745 9159, Mobile 021 635 422 or Jake 3128680 or 027 4392499

Avoid the January "Back to School" queues - The Rangiora High School uniform shop is open the following hours for uniform fittings:

OPEN HOURS | Term 4 - School days (15 Oct - 14 Dec)

DAY	OPENING HOURS
Mondays	8.00am - 10.00am
Tuesdays, Wednesdays	1.20pm - 2.20pm
Thursdays	3.00pm - 5.00pm
Fridays	<u>CLOSED</u>
Saturdays	<u>CLOSED UNLESS STATED BELOW</u>

Saturdays


DAY	OPENING HOURS
Sat 24 November	9.30am - 11.30am
Sat 1 December	9.30am - 11.30am

We are situated at 115 East Belt between the school and the Baptist church. We offer a layby service to help spread the costs over the Christmas period.

Kind Regards,

KELLY FOWLER

RHS Uniform Shop Manager

	Rangiora High School 115 East Belt, Rangiora P + 64 3 313 9267 E rhsshop@uniformgroup.co.nz W http://rhs.uniformgroup.co.nz
Managed by UNIFORM GROUP CREATING IDENTITY	W http://www.uniformgroup.co.nz A Unit 1 / 49 Sainsbury Rd, St Lukes, Auckland, 1025, New Zealand

A promotional poster for Zirka Circus. At the top, the 'ZIRKA CIRCUS' logo is set against a background of yellow sunburst rays on a dark blue field with white stars. Below the logo is a woman with dark hair, wearing a gold sequined dress and a gold hat with a large yellow feather. She is smiling and has her arms outstretched. Overlaid on her chest is the text 'LA UNICA' in a large, stylized, gold-outlined font. Below her is a yellow banner with the text 'NEW ZEALAND'S NO.1 CIRCUS' in black. At the bottom, the text 'RANGIORA', 'A&P Showgrounds', '30 November - 2 December', '0800 2 ZIRKA', and 'www.ZirkaCircus.com' is displayed in white and gold.

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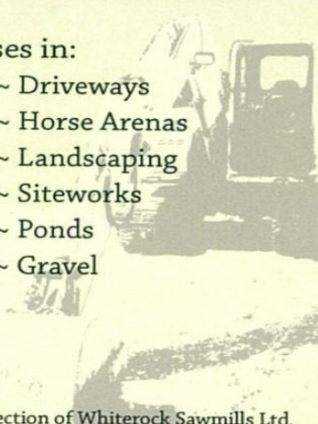
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