

Quick Guide to
What's Happening
@
Howick Intermediate



Howick Intermediate Newsletter

The informed parents guide

- 16—25th Feb
Piha EOTC
- 28th Feb
SEZ Boys Softball
- 1st March
Swimming Sports
- 2nd March
SEZ Girls Softball
- 3rd March
Saver Day SEZ Boys Softball
- 4th March
Saver Day SEZ Girls Softball
- 10th March
Student Council Mufti
- 14th March
Individual Photos
- 15th March
HPV 1
- 15th March
SEZ Swimming (Howick Int)
- 31st March
School Triathlon
- 5th April
SEZ Boys Kilikiti
- 6th April
School Council Disco
- 7th April
SEZ Girls Kilikiti
- 7th April
National Young Leaders Day
- 12th April
SEZ Orienteering
- 14th April
Cultural Festival
- 15th April
Spelling Bee
- 15th April
Term 1 ends

A warm welcome to our Howick Intermediate school community. We have started the year as we mean to go on, with enthusiasm for learning and positive attitudes.

As this is our first newsletter for the year, it is pleasing to be able to share with you that our year has started very well. Students have settled into their work programmes and the first inquiry has started.

Over the next few weeks, students will have the opportunity to engage in a number of activities that focus on water safety. Some classes may also emphasise the scientific nature of water exploring ideas about buoyancy, the difference in temperature between fresh and salt water and issues around water clarity. One of our major milestones for the year is a water investigation. Some students may use the experiences of the next few weeks as a way of meeting some of these expectations.

Next week groups of students will begin day trips away from the school. In order for trips to Piha and other venues to proceed we need the support of parents so that we can ensure that our adult/student ratios are at an acceptable level. It is pleasing to see that many parents have already indicated their willingness to get involved. This support is appreciated.

There are a number of special activities planned for this term. They are included in this newsletter so that you can mark your calendar. We look forward to your continued involvement.

It is going to be a very busy year. We have identified twelve key projects that students will need to complete during the year and we will be expecting that a very high standard of learning is illustrated through these pieces of work. Each of the projects will be pursued through the various inquiries that every class and group of students engage in.

The atmosphere in the school is very good. Our staff is an excellent team and our students are responding well. We look forward to your involvement as the year progresses.

John McAleese
Principal



Photo: First day at school 2011



BUSES

DOES YOUR CHILD NEED TRANSPORT TO AND FROM SCHOOL?

DO OUR SCHOOL BUSES NOT COVER YOUR AREA?

THERE ARE A FEW SEATS AVAILABLE ON OUR BEACHLANDS VAN.

COULD WE DETOUR TO PICK UP A FEW STUDENTS?

PLEASE PHONE SHARRON RHODES IN THE SCHOOL OFFICE 534 3922 EXT 206 TO REGISTER YOUR INTEREST.

Play soccer

Buckland's Beach A.F.C.

*Enrol on-line at:
www.bbafc.org.nz*

From 6 years old to senior men and women's teams – all welcome!

Manual registration day 13th Feb at Rogers Park, Jern Place, Eastern Beach.

9-1pm (cash or chq only)

Registrations close 16 Feb 2010. Trials from 28 Feb-6 March



DROP OFF BAY

The front of the school is used by our school buses in the morning.

If parents/caregivers insist on using the drop off bay, could they PLEASE obey the following rules?

- DO drive to the very end of the bay before allowing your child to get out of the car.
- DO avoid doing a right turn back into Botany Road.
- DO NOT stop or park in the drop off bay

The safety of our students is very important to us.

Ideally, students should be dropped on the surrounding quieter streets or at the Recreation Centre and encouraged to take a little exercise!

Absence Procedure

If your child is unable to attend school or is going to be late for any reason it is your responsibility to inform us.

Please call the school BEFORE 0830 on 534-3922 and choose option 3 (this absence line is open 24 hours).

Leave your child's full name, room number/teachers name, a reason for not coming to school and if possible a contact phone number.

Please do not contact the child's teacher directly.

A medical certificate is required for any student requiring more than 3 days absence due to sickness.

Other absences should be confirmed in writing to the class teacher.

Uniform

The uniform shop is open during



term time every:

Tuesday 8am-9am

Thursday 3pm-4pm



ICAS Sitting Dates

International Competitions and Assessments for Schools (ICAS) are conducted annually at our school, here are this year's dates:

Computer Skills	Tuesday, 24 May
Science	Wednesday, 8 June
Spelling	Tuesday, 21 June
Writing	Tuesday 21 June
English	Tuesday, 2 August
Mathematics	Tuesday, 16 August

Would you like us to em@il you?

If your son or daughter is using the Newsletter as wrapping paper for their muddy shoes in the bottom of their bag, we can email the *newsletter* to you.

Please email the school from the address you would like it sent to: newsletter@howickint.school.nz.

The newsletter is also available online on our website www.howickint.school.nz



SCHOOL DONATIONS

Invest in your child's future

School donations welcome



To claim a rebate with the IRD download the form on this link:

<http://www.ird.govt.nz/forms-guides/keyword/rebates/ir526-form-claim-rebate.html>

Assembly Awards

Room 5	Week 1	Jacqueline Shelley
Room 6	Week 1	Jeremy Masagney
Room 7	Week 1	Tremaine Falanitam
Room 8	Week 1	Caryn Peterson
Room 9	Week 1	Joshua Lazaro
Room 12	Week 1	Karl Petherick
Room 15	Week 1	Annalise Olsen
Room 16	Week 1	Sarah Kim
Room 17	Week 1	Carley Peng
Room 18	Week 1	Simon Elisara
Room 19	Week 1	Daniel Kanon
Room 21	Week 1	Joshua Gers



OUR SCHOOL NURSE

Howick Intermediate is the only Intermediate School in this area to employ a full-time Nurse.

Liz Taylor is a Registered Nurse and ACC Provider. She is known as "Nurse Liz" by the students and has been working at the school for the last 8 years. Her main role is to look after your child if they become sick or injured. Liz also monitors student absences and is often used by students as a resource person for inquiry topics related to health.

MURAL PAINTING

SATURDAY 12th and SUNDAY 13th FEBRUARY, from
10am –3pm



Volunteers are needed to assist a group of students from Room 12, who have designed a mural to educate the public about the life cycles of the three species of fish they have seen in Pakuranga stream.

The students explored how their lives and number have diminished due to the four barriers to fish passage and other ecological factors, such as water temperature and clarity. In partnership with the Manukau Beautification Trust, the mural is located under Moony's bridge on the Pakuranga stream and will be supervised by local artists Peter and Ruby Yi.

If you are keen to be involved, please email Dorothy Giam on: moonysbridgelostfish@gmail.com

Please bring your own lunch as well.

Sports Shoes

At Howick Intermediate School we value the importance of fitness, physical exercise and sports activities. It is important to realise the value of wearing the correct footwear for these types of activities. Our school policy has specified that sports trainers are to be worn during fitness, physical education classes and sports. They are part of our uniform and it is expected that all students adhere to the school policy or be withdrawn from these activities and receive a green card as a consequence of not following the rules.

There are many benefits to wearing proper sports shoes. We decided to look at the differences between sports shoes and canvas shoes. These are the differences we found:



Advantages of wearing proper Trainers/Sport shoes:

- They are much more comfortable to wear as they are cushioned.
- They prevent body aches and muscles strains
- Support your feet more and help you exercise longer because its more comfortable.
- Reduces number of injuries
- Because they are not too soft or too hard, they give less blisters
- Give your more confidence as you know you can move and run properly
- They are professionally designed to help you perform better
- They put lower stress on your feet because they are cushioned.
- They have grip and stop you from slipping.



Disadvantages of the shoes that you are wearing for fitness:

Research has shown that these type of running shoes are not suitable for fitness activities because:

- They can cause blisters, muscle strains & body aches
- There isn't enough cushioning in the sole of the shoe, causing hard impact on the joints
- It is easier to twist your ankles and injure your ligaments in your foot because there isn't enough foot support.
- Not enough grip, which causes cramps, slipping no control over your movements, affecting how you participate in fitness activities.