

Leabank Primary School



Newsletter for 15th June 2018

*Dr Pickering Avenue, Manurewa, Auckland
School Telephone: 267 6939 – School Fax: 267 3053*

www.leabank.school.nz

Greetings, Tena koutou, Kia orana, Talofa Lava, Fakalofa Lahi Atu, Malo e Lelei, Namaste, Hola, Ni hao, Xin chao

Dear Parents/Caregivers

1PM EARLY FINISH MONDAY 18TH JUNE

Next Monday, all of our Teachers will be attending the Paid Union Meeting in Manukau. All students must be picked up at 1:00 pm and no later as there will be no Teachers here to supervise them. We apologise for the inconvenience, but it is out of our control.

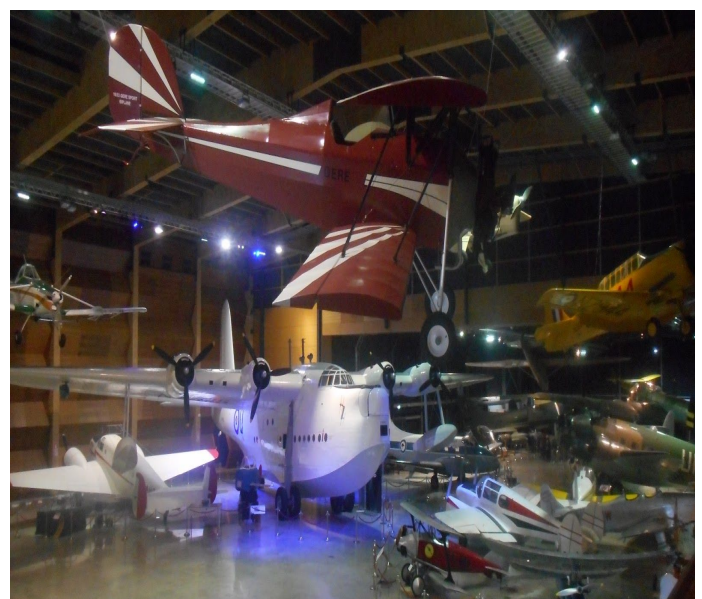
Please make arrangements to have your children collected at 1:00 pm or earlier.

Student Work

MOTAT

On the 13th June, Leabank was attending MOTAT (Museum of Transport and Technology). We were going there to study for our flight topic. Rooms 18 and 22 took one bus to MOTAT while Room 21 went on their own bus to MOTAT. Once we were there we all followed our Instructor Nick to a hallway where we could sit down and have our morning tea. He went through what our timetable was going to be for the day. Nick had taken Room 22 into a class for an educational flight session while Room 18 was touring around looking at old planes. My group was led by Mrs Herewini. At first she took our group to look around at a statue of an old pilot named Keith Park. After that we were taking funny photos in front of warplanes, bomber planes and many more planes. As we finished observing them, Nick met us in the hallway to take us up to the class lesson. Eventually we were up in class for our lesson. Nick asked us about the four forces that are needed to make a plane fly. One by one we all answered. There were activities we could try out. My group went to the wind tunnel first. We made wings that are on a plane then we threaded a piece of string through the hole and then we tested it to observe if it would fly from one end to the other. There were more activities, but my favourite was the one when we go to make planes then test them in a wind blower. After that we went on the tram to MOTAT 1. We got to explore and go anywhere we wanted with our parent helper. I enjoyed getting to spend time with my classmates and learn about the topic Flight.

By Galaxy Heka
Room 22



Leabank's Got Talent

Leabank's Got Talent is here again this term. Auditions are being held next week and finals will be held Friday of week 9. Audition timetables have been made and put up around the school. If you have entered, make sure to check out these timetables to know what day you are auditioning. We hope you have all been practicing as there are great prizes to be won!

100% Attendance for this week

Best class attendance award goes to;

Room 10 with 96%

Students selected with 100% attendance award for this week are;

Lexie Harwood Room 5

Jay Vagavao Room 15

Kraven Koen Room 18



Each of these students received an attendance certificate and an attendance award today.

Each week we will be selecting the class with the best attendance and another 3 students to receive awards and certificates for having 100% attendance at school.

Stranger Danger

Kids see strangers every day in stores, in the park and in their neighborhoods. Most of these strangers are nice, normal people but a few may not be. Parents can protect their children from dangerous strangers by teaching them about strangers with suspicious behavior and by taking a few precautions of their own. **What can parents do?**



- **Know where your children are at all times.** Make it a rule that your children must ask permission or check in with you before going anywhere. Give your children your work and cell phone numbers so they can reach you at all times.
- **Point out safe places to play and go if there is trouble.**
- **Teach children to trust their instincts.** Explain that if they ever feel scared or uncomfortable, they should get away as fast as they can and tell an adult.
- **Encourage your children to play with others.** There's safety in numbers!

SKIDS School Holiday Programme

SKIDS School Holiday programmes are, safe, loads of fun and jam packed with a variety of activities. There are a lot of fun things planned for the up and coming school holidays. Register at www.sKids.co.nz

For more information, call 02108178012 or email palwinder@skids.co.nz



Yours sincerely

R W Maddren
Principal

THE LEABANK COMMUNITY CENTRE NOTICEBOARD

www.leabank.school.nz

JULIE SEGI, COMMUNITY LIAISON OFFICER

julies@leabank.school.nz

02102937189
2676939 ext 208

MATA UTANGA, SOCIAL WORKER in SCHOOLS

matau@leabank.school.nz you could win a prize!

2676939 ext 209



COMMUNITY LEGAL SERVICES SOUTH TRUST

NGĀ MANUKURA O TE TURE - LEADERS IN LAW

FREE LEGAL EDUCATION

WEDNESDAYS WEEKLY

9.30am – 10.30am

Room 23

**Keep up to date with the Law changes under
new the Government.**

All are welcome to attend.



FREE PROGRAM FOR ALL WOMEN.

TRANSFORMING WOMEN TO OVERCOME AREAS SUCH AS:

- OVERCOMING ANGER
- SUBSTANCE ABUSE
- DEPRESSION
- RELATIONSHIP BREAKDOWNS

*JOIN THE GROUP AT ANYTIME. BRING A FRIEND.
REFRESHMENTS PROVIDED.*

9.30AM – 10.30AM. TUESDAYS WEEKLY.

HELD IN THE LEABANK COMMUNITY CENTRE.



FOOD AND DRINKS FOR SPORT

**Children and young people need the right fuel to do
their best in sports!**



Food:

- ♥ When playing sport, children and young people get their energy and nutrients from the foods they eat *every day* (not just on days they do sport).
- ♥ Regular meals + 2-3 healthy snacks each day will provide the energy they need, fuel to exercising muscles and nutrients for growth, recovery, concentration and the immune system.
- ♥ The right fuel includes carbohydrate for energy, protein for growth and a small amount of healthy fats (i.e. nuts, avocado).
- ♥ Good snacks include fresh fruit, nuts, plain yoghurt, sushi, smoothie or a wholegrain cheese/peanut butter sandwich.

Drinks:

- ♥ Water is the best drink for hydration and it's **FREE!**
- ♥ Keeping hydrated is just as important as food.
- ♥ Sports drinks are not appropriate for children and young people even if they have been active in sport. Most sports drinks have over 10 teaspoons of sugar per 750ml bottle.
- ♥ Children and young people should be encouraged to carry a water bottle and drink water before, during and after sport to stay hydrated. Don't wait until they're thirsty!

