

School Calendar

19 Jun	School photos – class, individual, sports and family photos
29 Jun	Whole School Assembly – all welcome – 9 15 am in the Hall
29 Jun	Term 2 ends
16 Jul	Term 3 starts
27 Sep	School finishes for term at 3 pm
28 Sep	Teacher-only day; no classes
15 Oct	Term 4 starts
17 Dec	Term 4 ends

Amped Holiday programme at Christchurch East School:
2 - 6 July 2012. Application forms available in the school Office.

Kidsong young children's choir programme: run by the Christchurch School of Music (CSM), begins in Term 3 2012. KIDSONG is songs written for children being sung by children. There are no demands for tests or performances, just the joy of singing and learning.

KIDSONG has two levels; the Junior choir and the Senior Choir. The Junior Choir, for primary years 1-3, focuses on music games and using the voice in different ways. The senior choir, for primary years 4-6, extends this into understanding and reading music notation and concepts.

Saturday mornings: Junior class 10 - 10 45 am, Senior class 11 - 11 45 am.

\$60 per term (10 sessions) and you only have to commit for one term.

Call the CSM office 366-1711 for more information and to reserve a space.

Spy Games Holiday Programme at the Air Force Museum, Wigram: on 2-6 and 9-13 July, 8 30 am – 12 30 pm, or 8 30 am – 3 pm, for ages 5 - 12 years. Spaces are filling fast, so book today on (03) 343 9504 or email

programmes@airforcemuseum.co.nz

Found: Cellphone around Junior area, a few days ago.

Found: Watch, around Junior area a few weeks ago.

Enquire at the school Office.

Vision/Purpose Statement

**A Vibrant Inspirational Learning Community
in the Heart of the City**

Our Values

Excellence Equality Integrity Sense of Community

Strategic Goals

- 1 Implement the Curriculum
- 2 Raise Student Achievement
- 3 Manage the Journey

Kia ora everyone

First of all, I would like **thank our parent community and staff for their commitment and support last week** during the snow closures. We realise that at any time our school has to close, it can cause a number of problems for our families. I would like also to acknowledge the work of the staff, in particular Colin, our Caretaker, for the work he did to ensure the school was able to open so quickly and safely, and Deb and Bernie in the office who ensured all information was communicated to you, the parents, as quickly as possible. It has been great to visit the classrooms after the snow and see the ways in which the teachers and students have included this event into their learning activities.

I would like to request your support in **using the controlled intersections to cross the road**, rather than crossing the road immediately outside the school. I realise that this may cause a slight inconvenience for some, but your support with this will really help to keep our students safe.

I would like to take this opportunity to welcome **Beth Crothall** to our support staff team. Beth comes to us from Wainoni School and has a variety of skills and experience which will benefit us at Christchurch East School.



Megan Kennedy was welcomed to our school a few weeks ago; you can now put a face to the name.

Finally, it has been great to see so many parents out braving the cold to come to the **Three-Way Learning Conferences**. We are in our third year of using this approach and it is confirming to see the increased confidence the students show each year, while sharing their learning and using the C+O+O+L Factor.

Have a great week and we hope to see you around the school.

Regards

Mike
Principal

TAKEAWAYS

Occasionally we are all caught out with no time to prepare a healthy meal but the takeaway options all seem so bad for us! You may be surprised to find that there are some quick healthy options that don't cost the earth.

It is interesting to see how much fat is really in the takeaways that are often selected:

- Fried chicken and fries 15 teaspoons fat
- Burger and fries 11 teaspoons fat
- Fish and chips 13 teaspoons fat
- Meat pie 7 teaspoons fat
- Two slices (1/3) of pizza 4 teaspoons fat

The easiest way to avoid the items with the most fat is to choose bread based takeaways instead of those that are deep fried, eg: burgers without fries, pizza, kebabs, meat and salad filled rolls without fatty dressings.

Quick, cheap meals can also be found in the supermarket and can be fun to put together for friends. For example:

- Ready roasted chicken with baked potatoes or bread and salad
- Burritos or tacos made by cooking mince and adding flavour sachet and chilli beans then salad, grated cheese and sour cream
- Home-made pizza using toppings such as Hawaiian – ham, cheese and pineapple, and Chicken Satay - chicken, satay sauce, onions, mushrooms and cheese
- Hamburgers with wedges – buns and burger patties with pineapple, cheese and plenty of salad plus thick potato chunks roasted with a little oil and a sprinkling of Coat 'n' Cook
- Spaghetti Bolognese made with lean mince, some added vegetables and tomato-based sauce over noodles

In Team One, Room 4 have been learning the ukulele as part of their *Giving Back to the Community*.

We have been learning to play the chords C, F and G7 and the songs, 'You are My Sunshine', 'I'm a Little Teapot', and 'Wimoweh'. Every week we just keep getting better.

- *Students in Room 4*



Christchurch East School has been very lucky to have the support of Play It Strange and the Christchurch Methodist Mission, who have kindly donated the ukuleles to not only our school but many in the city. So Room 4 would like to say a huge thank you to Mrs Brookland for getting Christchurch East School involved, and the CMM for the ukuleles - THANK YOU!!



**CHRISTCHURCH EAST
SCHOOL**

**WEEK 8
TERM 2 2012**

**311 Gloucester Street
CHRISTCHURCH 8011**

**p: 366 2440
f: 377 6600
e: admin@chcheast.school.nz
w: www.chcheast.school.nz**