



# Trentham School

Empowered Learners for the Future

## Newsletter 15

28 October  
2020 Term 4

Kia ora koutou

I hope you enjoyed the long weekend and managed to find some quality family time. This time of the year is always incredibly busy, so it's important you take the time to be together.

Our building work is progressing nicely and tracking to schedule. Plans for the outdoor learning space behind Golders block are nearly completed and plans for our two roll growth classrooms are currently being drafted. It's pretty busy on the property front, but we're committed to creating modern learning environments that best meet the needs of our tamariki.

Our Spellathon fundraiser is well underway. This event is our major annual fundraiser, so your support is really appreciated.

The Givealittle site can be accessed via this link or the QR code:  
<http://givealittle.co.nz/l/spellathon-2020>.

Find your child's class page and when you make a donation start typing in the Student Name box to assign your donation to a child. This is so we can keep a track of how much each child raises. We have prizes for the child and the class that raises the most money, plus 2 random prize draws. Please share this link with friends and family and encourage them to donate!



Help! We've been successful in a grant application for two composters. These need to be installed in our Treemendous space. We're looking for someone to help with the installation alongside our Enviro Avengers group. Here's a link showing the install at another school <https://vimeo.com/436934791>. Please contact us ASAP if you can help.

*Another call for help!* We're working on a new motivation/reward system for our school and we're keen to get a token collection system like in the photos shown. These will collect points for whānau teams. Does anybody work with plastics or have any contacts? Please contact the school office if you can help.



Ngā mihi

Suzanne Su'a  
Principal  
[principal@trentham.school.nz](mailto:principal@trentham.school.nz)

### Upcoming Dates & Events

3 Nov	Trentham Spellathon Whānau Hui 6.00pm
5 Nov	BOT Meeting, 6.45pm
10 Nov	Interschool Athletics (p/p 11 Nov)
18 Nov	National Young Leaders Day
19 Nov	Volunteer's morning tea, 10.30am
23-27 Nov	Patu Hub EOTC week (p/p 30 Nov-4 Dec)
27 Nov	Community Sports Bank fundraiser
3 Dec	BOT Meeting, 6.45pm
4 Dec	Wheels Day
10 Dec	End of Year Showcase, 6.00pm
11 Dec	Reports go home
15 Dec	Year 6 Social, 7-9pm
16 Dec	<b>School closes at 12.00pm</b>

### 2020 Term Dates:

Term 4	Monday 12 October - Wednesday 16 December
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### 2021 Term Dates:

Term 1	Thursday 4 February - Friday 16 April
Term 2	Monday 3 May—Friday 9 July
Term 3	Monday 26 July—Friday 1 October
Term 4	Monday 18 October— Thursday 16 December



### DO YOU NEED TO UPDATE ANY CONTACT DETAILS?

It is extremely important that we have accurate and up-to-date contact details for all of our students. We must be able to get hold of parents and caregivers if children are sick or in the case of an emergency. Please contact the office at any time if your phone numbers or address changes.

**Parents of Year 0 to Year 5 Students, if your child is not returning to Trentham School in 2021, due to you moving or leaving the country, please can you let the school know immediately.**

### CHILDREN TURNING 5

If you have a child turning 5 in 2021, please contact the school office to make an enrolment if you haven't already done so. It is really useful for us to know how many children will be starting school in the next year.



### SUNSMART

A reminder that we have a sun smart policy of "no hat, no play" for Terms 1 and 4. Please ensure your child has a sun hat at school so they are not restricted to shady areas when outside.

### LUCKY BOOK CLUB

A friendly reminder that all Lucky Book Club orders are to be completed online. The office no longer accepts order forms. Thank you for your support.

# School News & Reminders



## Volunteers

Please join us for morning tea!

**When:** Thursday 19 November, 10.30am  
**Where:** School Staffroom  
**Who:** All parent helpers/volunteers

We want to say thank you to all those parents who have helped our school throughout this year, e.g. road patrol, trips, sport teams, in class help, breakfast club, swimming, BOT, etc.

We hope you can join us!



## New To Trentham School

**A special welcome to our new students:**

Aryan Patel, R5

Ishita Patel, R11

Lalita Hohepa, KIWI (clinic)

Mia Peck, KIWI (clinic)

Caitlin Beyer, R6

## VALUE OF THE TERM RESILIENCE



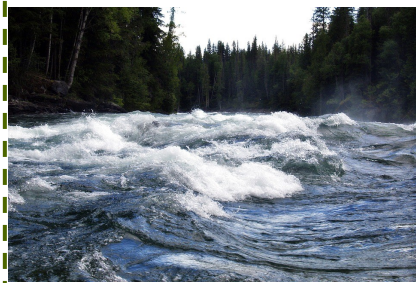
**Resilience; to be brave in challenging or difficult experiences; to persevere; to overcome fear; to have a go.**

All children are capable of extraordinary things. There is no happiness gene, no success gene, and no 'doer of extraordinary things' gene. The potential for happiness and greatness lies in all of them, and will mean different things to different kids. We can't change the fact that they will face challenges along the way. What we can do is give them the skills so these challenges are never able to break them. We can build their resilience.

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

Watch this video clip with your family and discuss

[Building resilience with Hunter and Eve](#)





# Sports News Desk

## Trentham School Athletics - Wednesday 21 October

What a day we had for our School Athletics Day last Wednesday! It was great to have the children in their whānau colours and trying their best at lots of different events. Koru took part in a morning of Athletics activities that range from sack races to scissor kicking! A huge thanks to the teachers who ran the activities and the Senior students that helped each group along. Patu were involved in more traditional Athletics events on the Senior field that lead to many whānau points earned, and some children earned spots to compete for Trentham School at Interschool Athletics. There are a few follow up events to complete to finalise these children, and they will be recognised in the next newsletter.

### Patu



### Koru



## Danish Rounders - Tuesday 20 October

The Interschool Danish Rounders tournament was held at Trentham Memorial Park last Tuesday. Trentham had two teams taking part, with both teams having a great day. It was fantastic to see both of our teams playing with such strong sportsmanship. Our non-competitive team won their draw and our competitive team came in 5th. A big thank you to all of the whānau who came and supported us throughout the day. Without your support we wouldn't be able to make these days happen.



### SKOOL LOOP APP

Have you downloaded the Skool Loop app yet? We are using this notification app for newsletters, absences, and to alert parents when things are happening at school. It will be very useful in emergency situations. All you need to do is download the app from your app store, select Wellington as the region and find Trentham School. Make sure you allow the app to send you notifications.

### ASB SCHOOL BANKING

We continue to offer Trentham children school banking where deposits can be made at school. Go to an ASB branch to open an account and find out about Clever Kash. Deposit envelopes and the banking box is in the office foyer.





# Community Notices

Please note that the school is not endorsing the programmes listed below. We are publishing them on request of the providers and because they may be of interest to our families

It's simple; all you need to do is register at  
[www.lunchonline.co.nz](http://www.lunchonline.co.nz)  
and follow 4 easy steps to get started

- 1 Register an account
- 2 Add member/s including your child's name, school and classroom
- 3 Make a payment so you have funds in your account before you order
- 4 Select your lunch and place an order



Phone 0800 LOL LOL  
Phone 0800 565 565  
[info@lunchonline.co.nz](mailto:info@lunchonline.co.nz)

Healthy and affordable | Easy internet ordering



**ENTER THE DRAW TO WIN**

**\$500 CASH**

in our

**REFER A FRIEND PROMOTION!**

**TO ENTER:**

- Refer a **NEW** customer to [lunchonline.co.nz](http://lunchonline.co.nz)
- Email [info@lunchonline.co.nz](mailto:info@lunchonline.co.nz) and tell us your friend's name.
- When your friend makes their first order at [lunchonline.co.nz](http://lunchonline.co.nz) we will email you a confirmation that you are in the draw.

**TOO EASY! Start referring now!**

The competition will be drawn on Tuesday, 1 December, just in time for a \$500 Christmas shopping spree!!!

It's simple. All your friends need to do is register at [www.lunchonline.co.nz](http://www.lunchonline.co.nz)

1. Register an account
2. Add member(s) including your name and delivery location
3. Make a payment to have funds in your account before you order
4. Select your lunch and place an order

Phone: 0800 LOL LOL | Phone: 0800 565 565 | Email: [info@lunchonline.co.nz](mailto:info@lunchonline.co.nz)

## A Message for Those Considering Enrolling at Fergusson Intermediate for 2021

Kia ora koutou

Firstly, a huge thanks to all of those who have enrolled with us already. We really appreciate you choosing our school and getting your enrolment in to us so soon. As we are now starting to look at our class placements for next year it is really important that anyone expecting to join our team next year, who hasn't enrolled yet, does so asap. This will ensure we place your child in the most appropriate environment for them and ensure you have an opportunity to come and meet the team later in the term.

Any questions or queries can be sent to Anne McPhie in the office.

[amcphie@fergusson.school.nz](mailto:amcphie@fergusson.school.nz)

**Simon Kenny**  
Principal: **Fergusson Intermediate**  
"Amplify the Awesome"  
Ph: 04 528 7023 / 027 5566116



ADMIN@TRENTHAMSWIMSCHOOL.COM

# LEARN TO SWIM

Beginner Advanced  
Intermediate Mothers & Toddlers

Classes are running after School & Weekends – Tel: 02102461134

## Frittata

Meal prep in a nutshell, my easiest go to option.👌👌

I love frittatas, you can change the flavours so easily and you're guaranteed a high protein nutrient dense meal - win! This one is chopped onion, mushrooms and spinach with grated orange kumara, topped with grated cheese (optional) and a small amount of bacon (it needed eating!).

Fill up a pie dish with whatever veggies you have available and top with whisked eggs. Bake for 40 minutes or until cooked through, and store in the fridge for an easy grab and go breakfast or lunch.

Delicious and nutritious!



Vicky Carson | Nutrition Coach

ph: 027 352 4209

e: vicky@nznourish.me

## Coconut Rough

If you're a sucker for coconut rough like I am, then this is the snack for you!

### Ingredients:

- 1 Cup Melted Coconut Oil
- 1 tsp. Stevia or Erythritol
- 1 Heaped Tbsp. Pics Crunchy Peanut Butter - warmed/melted
- 2 Tbsp. Cocoa/Cacao
- 1/2 Cup Shredded Coconut

Mix all ingredients together and pour into 8 muffin cups.

Refrigerate to set and store. Enjoy!



## Dairy and Gluten Free Chia Pots

Wow, what a hit these are!

We served these at a Pink Ribbon Brunch and they went down a treat!

Super simple to make!

**Bottom Layer** - 2 Tbsp. Chia Seeds soaked in 1/4 Cup unsweetened almond milk with 1/4 teaspoon of maple syrup.

Note: Best made an hour or two in advance and then put into individual cups once thickened.

**Middle layer** - Berry flavoured coconut yoghurt - always opt for a no added sugar brand. We used Cocowow.

**Top layer** - 2 Tbsp. of "Something to Crow About" paleo muesli that you can buy from your local supermarket!



# Weetbix TRYathlon

Kia ora koutou! We do not send a teacher to the Weet-Bix TRYathlon but encourage our children to get involved if it is something that they are interested in! There is a Trentham School Group that you can register under and get your packs sent to school to pick up if that is preferable. Enter the Hutt City event at <https://tryathlon.co.nz/>



## 1. ENTERING A PARTICIPANT

### A) INDIVIDUAL ENTRY:

Please select this option if the participant is entering the:

- a. **TRYATHLON** as an **INDIVIDUAL** and is completing all three legs (swim, bike and run) of the TRYathlon by themselves. Individual participants must be aged between 7 – 15 years of age on event day.
- b. **SPLASH & DASH** - This event is for 6 year olds only and consists of a 50m swim and 1500m

### B) TEAM ENTRY:

Please select this option if the participant is entering the TRYathlon in a TEAM of 2. Team participants must be aged between 7 – 15 years on event day.

Teams are limited to a maximum of two participants. One team member completes the Swim, one completes the Bike and they both complete the Run together.

Both team members must be in the same Team Category: Junior or Senior.

- **JUNIOR TEAMS: Both participants must be aged 7-10 years of age on event day.**
- **SENIOR TEAMS: Both participants must be aged 11-15 years of age on event day.**

### HOW TO ENTER A TEAM

1. Enter the first participant and enter the Team Name when prompted.
2. If you are entering both team members, click 'Add Another Child' when you reach the check-out page. You will be taken back to the start to enter your second Participant. Enter the same Team Name when prompted.
3. If you are not entering both team members, ensure the parent or guardian entering the second participant knows the correct Team Name you have added when entering your child.

### C) JOINING YOUR SCHOOL GROUP

- After choosing one of the entry options, you will have the opportunity to search for and join your SCHOOL GROUP, if your school has created one.
- When joining your School Group your School Coordinator will be notified that you have entered and it will help make your school eligible to win prizes.
- If your School does not have a School Group, then please continue with your registration as it will not affect your entry into the TRYathlon.

**TO ENTER, PLEASE USE THIS LINK:**

<https://www.registernow.com.au/secure/Register.aspx?E=40600&G=119761>

## SUMMERSET MARKET, 7 NOVEMBER 9.30 – 12.30

Summerset at the Course will be holding a Market Day on 7<sup>th</sup> November 9.30 – 12.30. we will be raising money for our two charities, The Hospice and the Wellington Free Ambulance. We will have lots of lovely goodies for you to purchase, two Christmas raffles full of Christmas goodies, we are selling homemade chocolate, having a cake stall, book stall, white elephant stall, knitwear, slippers, Jewellery, homemade bags, plants, jam, Christmas cakes and gifts, dolls clothes, succulents in ceramic, artwork, a Christmas gift table under \$6.

Please come and support these great charities. The new Define Café will be open for you to enjoy some yummy food.



# **SUMMER RIP RUGBY**

(Formally Summer Flag)

# **COMPETITION**

## **2020 / 2021**

*Hosted By*



**SEASON:** 30th October - 11th December  
12th February - 12th March

**VENUE:** Maoribank park, Upper Hutt

**GAMES:** Friday afternoons from 4pm  
(TBC depending on numbers)

**TEAMS / AGE GRADES:**

**Under 7s**  
**Under 9s**  
**Under 11s**  
**Under 13s**  
**Social Adults / College**  
**Competitive Adults / College**

**COST: \$250 PER TEAM, 10 PER TEAM**

TEAMS TO BE SUBMITTED BY 26TH OCTOBER  
INFORMATION EVENING 27TH OCTOBER  
TEAM TO PAY FEES BY 30TH OCTOBER  
BIBS CAN BE SUPPLIED OR COME ALONG WITH YOUR TEAM  
COLOURS!

To register a team, your  
interest to be placed into  
a team or more info

Email:  
UHJRAMS@gmail.com

Phone:  
Joel Tait 021 0228 7504  
Kelly Gee 022 107 3918



## KIDS LOVE PLAYING HOCKEY ON SKATES

*Come join them*



**UPPER HUTT ROLLER SKATING RINK, 4A RAILWAY AVENUE, UPPER HUTT**  
**FRIDAYS 6PM TO 7.30PM. ONLY \$5 PER SESSION.**  
**EQUIPMENT PROVIDED**

4A Railway Ave Upper Hutt - Private or small group bookings available on request  
Contact Sandy: [sanimmo@xtra.co.nz](mailto:sanimmo@xtra.co.nz) 027 663 4344



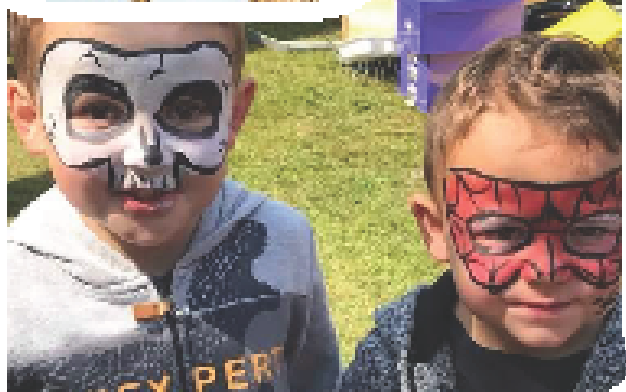


# ST MARGARET'S CHURCH FAIR

**10<sup>am</sup>**  
**Rain or  
Shine**

Dunns Street, Silverstream  
Saturday 31 October

Pre-loved Clothing, Toys, Café, Plants,  
Homeware, Books, Baking, Jewellery,  
Crafts, Lucky Dip, Raffles, Sweets



# Year 1-2 Netball

- Fun sessions include skill activities and a game of 4v4 netball
- 9am or 10am on Saturdays at the Taita Netball Courts
- 6 weeks starting 31 October 2020
- \$180/team of 4-7 players



[admin@netballhuttvalley.co.nz](mailto:admin@netballhuttvalley.co.nz)  
[www.netballhuttvalley.co.nz](http://www.netballhuttvalley.co.nz)





## **Golden Wrapper Promotion!**

**Pita Pit @**

**Trentham School – Friday 13th Nov**

**Order a lunch from Pita Pit for Friday 13th November and  
be in to WIN the lucky Golden Wrapper Lunch!**

**Inside the Golden Wrapper is a FREE voucher to be  
redeemed instore at Pita Pit!**

**Not registered? It's simple; all you need to do is register at**

**[www.lunchonline.co.nz](http://www.lunchonline.co.nz)**

**and follow 4 easy steps to get started**

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**Phone 0800 LOL LOL Phone 0800 565 565**

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