



Nau mai haere mai, Greetings | Tena Koutou | Talofa Lava | Malo e Lelei | Namaste | Ni sa bula | Noaia'e mauri | Fakalofa lahi atu | Kia Orana | Asalam Alykum | Ni Hao | Konnichiwa | An Nyung Ha Sai Yo | Nay Ho | Goeie Mōre | Привет



From the Principal

Welcome back!

Welcome to our 10 new students and families who started school today and to Mrs Hannah Evans and Coralie Buchanan who have joined our team. Mrs Evans is teaching our new entrant classroom in Room 9 and Mrs Coralie Buchanan is our new teacher aide.

Due to the building work to replace Room 9 and Room 10 we have relocated these two classrooms. Room 9 is now located in the Whanau Centre and Room 10 is now located in the library.

Term 4 - Sun Safety is Important

We encourage all children to be sun smart by wearing hats and sunscreen. There are several reasons why New Zealanders are at a high risk for developing skin cancers – including our ancestors having fair skin, our low ozone levels and our cultural emphasis on 'the great outdoors'.

Keeping sun safe is not optional in our country, it is essential. Our unique environment causes us as New Zealanders to be particularly vulnerable to damaging ultraviolet rays. Skin cancer is the most common cancer in this country – almost 80% of new cancer cases in New Zealand are skin cancers.

New Zealand has one of the highest rates of skin cancer in the world, and together with Australia we have the highest melanoma rates. There are nearly 67,000 new skin cancers a year, including 2400 new cases of melanoma. There are over 300 deaths from skin cancer annually.

Maori and Pacific Islanders represent a low percentage of the overall skin cancers diagnosed, however they are more likely to suffer from fast-growing and difficult to diagnose melanomas. Prevention is much, much better than cure.

As skin cancer is so serious, it is vital that parents teach children in New Zealand how to be sun safe. And the best mode of teaching is to model sun safety ourselves.

How can we do that? Learn the S and W words below and repeat them all the time in your family – make sure you think about each aspect before spending time in the sun until sun safety becomes a firm habit amongst those in your household.

SHADE

Limiting your UV exposure from sunlight is best achieved by keeping in the shade as much as possible. If you plan to sit on the beach (or somewhere else in the sun) often as a family, a sun umbrella is a great investment.

SLIP

If being in direct sunlight is unavoidable, cover your skin with clothing. Think about putting a long sleeve t-shirt, and long, light pants on yourself and your children. A small amount of discomfort now could prevent serious repercussions later.

SLOP

Sunscreen should be used in addition to covering your skin, not instead of. Always have to hand some SPF 30+ sunscreen – check it has not expired and store it in a cool location. Apply sunscreen quarter of an hour before sun exposure, and reapply it every two hours or after swimming. Use approximately a teaspoon on each limb, and 1/2 a teaspoon on other exposed areas.

SLAP

Slap on a hat. Have spare sunhats for the family kept in the car, so you are not caught out.

WRAP

Wear sunglasses that block UV to protect your eyes and the skin around them. The best sunglasses will state on them that they meet Australian/New Zealand standards for UV protection.

* Special children's sunscreen is not required, so long as your child does not react to regular sunscreen. Children's sunscreen is often a milder but effective version. It is generally considered that the benefits of sunscreen far outweigh any concerns over the products used in sunscreen formulation.

The sun is harshest between the months of September and April in New Zealand – so it is best to apply the above practices throughout this period. Be very careful around reflective surfaces at any time of the year – including snow and water. They make the effects of the sun on the skin much worse.

<http://www.kiwifamilies.co.nz/articles/keeping-safe-sun/> (<http://www.kiwifamilies.co.nz/articles/keeping-safe-sun/>)



Church Parking

The Pakuranga Christian Fellowship Church on Udys Road, generously allow our community to use their car park to reduce congestion around our school at pick up and drop off times. They have informed us that they are undertaking work on the wooden parking area at the back of the church this week and have asked our community not to use their parking for the first week of Term 4.

Thank you in advance for your assistance in supporting this request.

Traffic Congestion

Road works being undertaken on Gossamer Road will impact congestion levels around our school at peak times. Please consider using other ways of getting to school like:

- walking
- cycling
- scooting
- taking public transport
- taking the school bus
- using a walking school bus
- car pooling.



Cultural Festival Thursday 25th October 5.30pm

Come and join us as we come together to celebrate the wonderful diversity we have here at Pakuranga Heights School.

We will showcase a variety of cultures through a celebration of singing, dance and performance.

Bring your family, friends and a picnic dinner to enjoy during the show. There will be sausages, drinks and ice creams for sale along with a coffee cart.

Shakeout

New Zealand ShakeOut, our national earthquake drill and tsunami hīkoi, is happening at **9.30 am on 18 October 2018** and we will be participating.

ShakeOut is held across the world to remind people of the right action to take during an earthquake, Drop, Cover and Hold - and to practise a tsunami hīkoi (evacuation) if in a coastal area.

Early finish on Friday, 21 December 2018

School will finish at 1pm on the last day of school this year, please make arrangements to have your child collected early on Friday, 21 December 2018.

Children who normally attend the after school care programme will be able to attend after school care from 1pm onwards.

Upcoming events Term	
18 October	Shake Out
25 October	Cultural Festival
31 October	School athletics day (subject to change)
6 November	Junior athletics day (subject to change)
8 November	Team photos
18 December	9:15am Junior school celebration
18 December	11:00am Middle school celebration
19 December	1:30pm Senior school duties awards
21 December	11:30am senior school prizegiving and year 6 graduation
21 December	1pm, Term 4 ends

Board of Trustees	
30 October	7:30am – Board meeting

Assemblies	
2 November	Middle school assembly
9 November	Whole school assembly
16 November	Junior school assembly
23 November	Senior school assembly



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Ladies NIGHT



Bellyful

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FUNDRAISER

Friday 26th October

*Lots of boutique stalls
to spoil and pamper
yourself at! Cash on
the night is advisable.*

6.30pm-9.30pm
at
Bucklands Beach
Yacht Club, Half
Moon Bay



TICKETS

\$15

Includes bubbles,
nibbles & goodie
bag

To buy tickets email:
Tara.Fletcher@bellyful.org.nz

EVENT SPONSOR:



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PAKURANGA HEIGHTS PRESENTS

A Cultural Evening

25th October
2018
5.30pm

Featuring
a cultural parade, dance
items, singing, kapa haka
performances
& many more!

Signature: