



**WEDNESDAY 20 September 2023**

Kia ora Parents, Caregivers, and friends of the school.

**End of term assembly:**

Look forward to seeing you here for the end-of-term assembly on Friday, starting with a shared lunch at 12:30. Assembly starts at 1:30 and at the conclusion, there will be a student versus parent soccer match. Trophy to be awarded. There is a lot coming up in the final term so please keep an eye out for notices. With the School Trips, we will be holding a parent information evening in November. Don't forget school photos, we need that order in as soon as possible. As usual, our sock pile is growing, you can save us from this by labelling the socks. We would love to give them back, please check the lost property box when you are here on Friday.

**Rural Roundup:**

We are holding another rural roundup here at Cannington on 18<sup>th</sup> October. We hope to have as many community members here as we can for a catch-up over a meal. Civil Defence will be here and want to bring us up to date with disaster planning for our area.

**Working Bee:**

28<sup>th</sup> October. On this day we need your help to assemble the swings, build a deck, clean the pool, trim trees at the garage, moss spraying and water blasting, tidy in the native area, paint the seats under the really big tree, (RBT), and making table cloths. Lots to do look forward to seeing you on the day, from 9am.

**Athletics:**

We will be practising for Athletics Day on 14<sup>th</sup> November. Like last year this is taking place at Fairlie School. The postponement date is the 16<sup>th</sup> of November. We will be practising the high jump, long jump, throwing, and sprints with everyone before the big day.

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**SKOOL LOOP**



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✉ [office@cannington.school.nz](mailto:office@cannington.school.nz)

🌐 [www.cannington.school.nz](http://www.cannington.school.nz)



### **Funday/week:**

The Fun Week, November 20<sup>th</sup>-24 is coming together. The fun day on Thursday already has The Royal New Zealand Ballet booked, an obstacle course hopefully, the NZ Police, and Capture the Flag. We will be holding an information night at the beginning of November to go over the Trips. One for the seniors and then one for the juniors.

### **Sports:**

We have been able to get out and play Softball over the last two weeks. This was in part to the closing of Action Sports in town a couple of months ago. We were able to buy a lot of very expensive softball equipment just over \$1200 for about \$300. Our students are already starting to be competitive about it. Remember that next term it is swim season. We usually have the pool ready in week four. If however, the weather continues to be hot we may open it sooner. Please check that the costumes still fit as children have that habit of growing. Also, swimming is every day, and we expect all our tamariki to be ready every day. The pool is heated and kept at 26.8C. As usual, we will be getting a specialist swim instructor out to help with the more technical parts of making an excellent swimmer.

### **Pets' Day:**

This is on the 3<sup>rd</sup> of November, and the theme will of course be Halloween. More details to come as we get closer to the date.

### **Top Team:**

We are taking the school to top teams in Fairlie on the 6<sup>th</sup> of November from 9am to 11:30, followed by a visit back here at school by Purakaunui School at 12:30.

## **IMPORTANT DATES FOR TERM 4**

9 October	Term 4 Starts
18 October	Rural Round-Up
23 October	Labour Day (school closed)
28 October	Working Bee
3 November	Pet's Day – Halloween-themed
6 November	Top Teams Purakanui School visit
14 November	Athletics - Fairlie
20,21,22 November	Yr 1-3 EOTC - Oamaru Yr 4-8 EOTC - Wellington
23 November	Fun Day – Ballet with Princess Lauren
24 November	Christchurch Ballet trip – Hansel & Gretel
4-8 December	Marble week
15 December	Prizegiving – last day of Term 4



## Cannington School

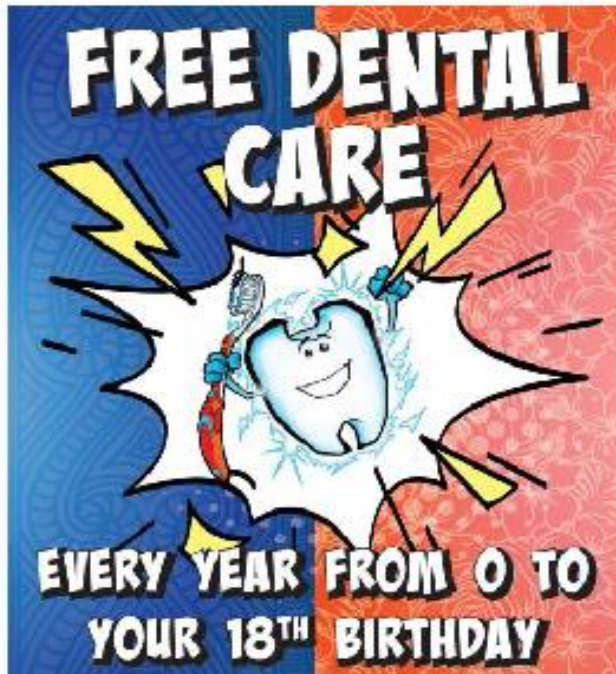
**Softball** - As the weather has been getting warmer, we have started playing softball; although, it should really be called hardball because the balls are like concrete. Before we got the chance to get our hands on the bats, we did our very own RAM's! This was really important as the bats are made of metal and the balls, as we said are like concrete. Both of these could be deadly in the wrong hands! Plus it is a very long ride to hospital if anyone were to get injured. Playing a team game like this teaches us cooperation. Softball allows us to have two teams and still be able to cover all the bases and have some fielders. So far, we have had only three near concussions, as the softball countered by showing it's fight response! The appearance of new hoops and backboards on the court can only be explained as faerie activity. They're very heavy but the wind recently gave them a good shake-up.

**Anxiety** - As a school, we have been listening to a book by Karen Young called 'Hey Awesome'. There's something special about this book because it explains anxiety in a way which has helped us to see that we are all actually superheroes in our own unique ways. This book has also helped us learn about the brain, mainly the amygdala, which controls our fight or flight response. Here's a reminder to you all out there, "You are all awesome humans".

**Birthdays** - September has proved itself to be a great month for birthdays! We have had parents', siblings and most importantly students' birthdays to celebrate. Did you know that 21% of our school has had a birthday in the past week? And they have all turned 7! Two of them had a combined birthday party and after Heidi gave out invitations to all classmates, Mr. P and Asher felt very left out! At almost the last moment, invitations were finally received. Some may say the multiple reminders and calls to parents were pestering! We are still deciding if it was the party that has become our 'super spreader' as our attendance dropped to 40% in the days following!

**Rural Roundup** Cannington School is pleased to be holding another Rural Roundup on Wednesday 18th October. These evenings are always fun, and this time we have Civil Defence, Fire Brigade, and hopefully an appearance by the Police. We will of course, be serving a roast dinner followed by a very large dessert. Look forward to having all the locals of Cave, Cannington and Albury attending. Please let us know if you are thinking of attending here at the school 03 6143 723, just so we have enough food.

**Mental Health Awareness** - This week is Mental Health Awareness Week at Cannington. We place a strong focus on eating healthy food, fresh air and sunshine, plus keeping yourself healthy through sport. During this week we are going to draw on Asher's skills as a nutritionist to help us learn to make some easy, nutritional snacks and meals, that we can make at home in the holidays. We intend to produce a compilation of our recipes to remind us of healthy ways to feed our bodies for sustained energy. This is in contrast to the way our brains switched off after the copious amounts of sugar we ate celebrating the birthdays. Our mask making is now complete. Some of the juniors are mystified about how this happened because they haven't been at school much. The seniors just say it's the faeries at work.



Whether you are at preschool, home school, primary or high school, a training course, working or are unemployed – you can receive free dental care every year. That should give you something to smile about!

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Health New Zealand

- Community Dental Clinics are closed from
  - Monday 25/09/2023 reopening on
  - Monday 09/10/2023.

We have limited appointments available over the Holiday period.

- Please call **0800 846 983** or email: [commdental@cdhb.health.nz](mailto:commdental@cdhb.health.nz) to book an appointment.
- If you cannot attend your booked appointment, please let us know so we can book another child.

#### 5 Tips for Healthy Teeth

- Brush morning and night
- Use a toothbrush with soft bristles and full-strength fluoride toothpaste (1000ppm)
- Spit don't rinse!
- Brush your baby's teeth as soon as they appear
- Supervise brushing until eight years old

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***Term 4 is all about  
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And gives a taste of what  
classes are like.***

***So come along and join the  
fun.***