

**To ensure our students are able to take their place in the world, they will be
Resilient, Resourceful, Respectful and Responsible**

Friday 14th November 2025: Term 4 Week 6

Kiaora,whanau/ hello everyone!

Lucky is such a special lamb, he is going to be my screen saver for this Christmas period.

Rehearsal for the production is in full swing, no doubt the songs will be getting stuck in your heads as well!! We have seen great improvement from our tamariki who have been in the pool this week. Thank you to JC swimmers for helping us with instruction especially, Kimberley Egbers for once again being an integral part of this. Getting down to the business end of the year, reports are getting written and the next few events to tie up. Production and prize-giving will soon be upon us. Scary stuff....



The weather is certainly feeling like it is getting more settled and on the improve!!! The **Gorge Road Community pool** has opened and is getting plenty of use already. If you are interested in purchasing a fob or helping the team out at all, head on to Facebook. Give the page a like and contact the committee to keep up with things.

Gorge Road School Triathlon

On Tuesday children brought home a notice regarding our School Triathlon. This is being held on Tuesday 18th November. Children have indicated if they would like to compete in the individual event or in a team and this notice contains all the information about it. Below is the timetable for the day. A reminder that all bikes need to be well maintained and children who are biking must wear shoes and a helmet.



Instead of a BBQ we invite families to bring a picnic lunch for their family or their own packed lunch to have during the lunchtime period.

Timetable

11:30 am Year 1 & 2 Team Race (Seniors to watch)
12 pm Lunch
1 pm Year 3 & 4 Individual and Team Races
1:45pm (approx.) Year 5 & 6 Individual and Team Races

Trophy Presentation at the conclusion.
Certificates will be presented at assembly.



Book Bus Timetable
3 Nov; 1 Dec
Waikawa Reserve 10am-10.45am;
Tokanui School 11.15am-12.30pm;
Fortrose Picnic Area 1.15pm-
2.00pm; Gorge Road School
2.30pm-3.30pm



Protect your tamariki against Measles

Measles is a serious disease that can spread very quickly. Measles immunisations are FREE for all tamariki. Your child needs 2 doses of the vaccine to be fully protected.

For more information about getting your tamariki immunised against measles, talk to your doctor, nurse or health care provider, or call Freephone on 0800 811 776

To Kaitiaki and Te Kaitiaki
New Zealand Government

info.health.nz/measles

Health New Zealand
Te Whakaora

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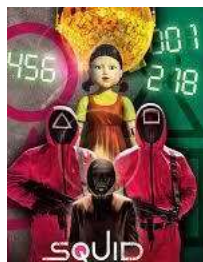
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Our senior class headed along on Tuesday to the **Science Roadshow** in Invercargill. As always it provided a fantastic learning opportunity and the interactive displays are fun for all!



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Fortnight (R13+), Squid Game (R16) Deathnote (M) 15+

Please be aware. Staff suspect that some of your children appear to have, or have had, access to these programmes. They are completely inappropriate for our age children. These images affect your children's empathy and emotions towards others. Some children are traumatised, and can be frightened long-term by things they have seen and heard.



DeathNote (Netflix & Crunchy roll) This program

contains material that most parents would find unsuitable for children under 14 years of age. It has some dark themes and moral complexities that may not be suitable for younger audiences. It revolves around a high school student who becomes a serial killer, profanity, sexual innuendo, blood & gore. Not all cartoons are for children, please review the things they may have on their watchlists.



Upcoming Events Dates subject to change

Tuesday 18 th November	Gorge rd School Triathlon
Wednesday 19 th November	Tuff kids
Mon 24 th , Tues 25 th & Wed 26 th Nov	Gorge Road School swimming
Thursday 27 th November	Southern Zone Triathlon
Monday 1 st December	School Board meeting (BoT)
Wednesday 3 rd December	School Production & prize giving
Friday 12 th December	Last day of school

LUNCH FOOD LIST

Pies (Mince & Cheese) or Mince	\$1.50	Popcorn lightly salted 12g	\$1.00
Pizza (Ham/Cheese) or Hawaiian	\$2.50	Choc Chip Cookie	\$2.00
Juicies (wildberry or tropical)	\$1.50	Small Sausage rolls not always in stock	\$3.00
Moosies (Chocolate & Blue Lagoon)	\$1.50	Toppas not always in stock	\$3.00

All lunch orders must come from home via a note/envelope (written by an adult). Money can be paid in cash or via a bank deposit to 03 1745 0027472 00 with Name and lunch as reference. We will no longer use credits as money will be sorted on the day and sent home within the week. Mr Mason will take charge of doing the ordered lunches. **Please if ordering Juicies note down the flavour on order**

ABSENTEES: To report an absence please use the **Skool Loop** (preferred option) or phone the land line 032395763 opt 1 or 3 before 9.30am, text 0274674373 or email office@gorgeroad.school.nz It is a Ministry requirement to have a reason recorded for the absence; e.g. appointment, sick, dentist...

SCHOOL UNIFORM TOPS: We no longer carry these in stock, they can be purchased from the UniformNZ website then collected at their shop which is now at 142 Otepunu Avenue.

<http://gorgeroad.uniformnz.com> this is the polo top we wear to sports day but can be worn every day as a uniform if you wish. Note the sizing is on the small side. We also have the option of a grey/red hoodie with logo on front. These hoodies are warm and the perfect garment for these cooler days.

A reminder to all parents to ensure your tamariki / children have something for **fruit/brain break and lunches are healthy**. We know it is tough to make the contents of a lunchbox exciting during winter.

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Gorge Road School

Thanks to the below businesses for sponsoring our school app:



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**SOUTHERN
SLURRY**



THROW A LEG OVER A LEGEND
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If you would like to advertise on the Gorge Road School

Skool Loop App please email Content@skoolloop.com

To download our app: In Google Play & App Store search

'Skool Loop' & choose School once installed.



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The infographic is divided into two main color sections: a teal top-left section and a dark blue bottom-right section. The teal section contains the text 'No-sugar FIZZY Drinks' in white. The dark blue section contains the text 'may be SUGAR-FREE...' and 'but they're NOT ACID-FREE!' in white, with 'NOT ACID-FREE!' in yellow. In the center, there are two circular images: one showing three cans of 'Soda' (red, blue, and green) and another showing three cans of 'ENERGY' (purple, blue, and yellow). To the right, there is a pH scale diagram with labels for Phosphoric Acid, Citric Acid, Malic Acid, and Carbonic Acid. Below the pH scale, the text 'Did you know?' is written in yellow, followed by a paragraph explaining that sugar-free fizzy drinks still have acids that can wear away tooth enamel, and that the more often we have acid on our teeth, the higher the risk is for tooth decay. The infographic concludes with a recommendation to choose plain water or plain milk for everyday drinks.

No-sugar FIZZY Drinks

may be SUGAR-FREE...

but they're NOT ACID-FREE!

Did you know?

Sugar-free fizzy drinks still have acids in them. These acids can wear away our tooth enamel. The more often we have acid on our teeth, the higher our risk is for tooth decay. Choose plain water or plain milk for your everyday drinks!

Health New Zealand
Te Whatu Ora

Community Oral
Health Service



Talkteeth Southern

School lunches

Ngā kai hauora o te wā tina ki te kura

A healthy, balanced lunch gives children everything they need to play and learn well.

Involve your child in choosing and making lunches. This will make them more likely to eat and enjoy their lunch.

Lunch box checklist

Include items from the following food groups.

Something filling – Go foods (carbohydrates)

- Grain foods – they give children energy and brain power. Choose high-fibre and wholegrain bread. Try mixing it up by using wraps, flatbread, pita bread, grainy rolls and crackers.

Something lasting – Grow foods (protein)

- Milk and milk products – they provide calcium, which helps to build strong bones and teeth. Cheese slices and yoghurt are great snacks in lunch boxes. Include a small ice brick or a frozen water bottle to keep them cool and at a safe temperature.
- Lean meat, chicken, fish, eggs, nuts and beans – they provide protein to help build strong muscles and key nutrients such as iron and magnesium for growth. Peanut butter, chicken, tuna, eggs or hummus make great high-protein sandwich fillings.

Some colour – Glow foods (vegetables and fruit)

- Vegetables and fruit – they provide fibre and important minerals and vitamins. Cut vegetables into manageable pieces such as carrot, cucumber or celery sticks. You can also add vegetables to sandwich fillings. Use fruit that fits easily in a lunch box such as mandarins, small apples, grapes or a pottle of diced fruit. To keep the cost down, buy vegetables and fruit that are in season. Eat fruit instead of drinking fruit juice.
- Bottle of water – try adding fruit or vegetables like lemon, cucumber, oranges or berries to make flavoured water. See *Make your own flavoured water* from *Healthy Kids* (www.healthykids.org.nz).



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SIGN UP NOW





KEYS LESSONS

DRUM LESSONS

VOCAL LESSONS

GUITAR LESSONS

MUSIC LESSONS

INFO@KSOM.NZ



SIGN UP NOW