

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

Friday 28th November 2025: Term 4 Week 8

Kiaora,whanau/ hello everyone!

Another busy week is almost behind us! Three days of swimming and plenty of production practice. Just a few days to go and we can all see the final product! There are as few students participating in the Santa parade over the weekend, so do keep an eye out. A great school community effort to make the zone triathlon a success. The PTA members for soldiering on when their tables were trying to blow away on them. The BBQ getting sand blasted didn't dampen enthusiasm which was great to see. The parents who also helped secure the finish line arch and gazebo thank you for persevering. We all would have liked a reprieve from the wind, so hopefully we will get that soon..



On Prizegiving & Production night children must be at the Gorge road Community center by 6:15pm to get changed and ready to start at 7pm sharp. Prizegiving follows production and please bring a plate of food (that can be eaten with your fingers) to be shared. School reports will be sent home during the last week of term with school concluding on the 12th of December.

2026 starts back on January the 28th.

We held the annual **South Zone Triathlon** yesterday in dry but very blustery conditions. We had a great turnout with most races close to capacity. Congratulations to Ben Black who came third in the Year 3 & 4 Individual Boys Race, Isla Black who was 4th in the Year 5 & 6 Individual Girls and our Year 5 & 6 team of Nadine Marks, Yana Egbers and Amber Marks who came in 10th



**Well Done Mrs Knapp you deserve.
A trophy for all the hard mahi!!**

A huge **thank you** to Mrs Craig, Mrs Keenan, Lachie, Constable Rosie and Miss Morton who were kept very busy all day counting bike, run and swim laps and keeping the transition area working like clockwork. Brendan for his work behind the scenes and our Senior students who did an exception job of helping out with marshalling; Althea, Ashley, Carter, CJ, and Timothy. A big thankyou also to the PTA for keeping everyone fuelled with sausages and other goodies and also Mad Cow Coffee.

We look forward to doing this event all again in Term 1 next year.

Join the PTA!



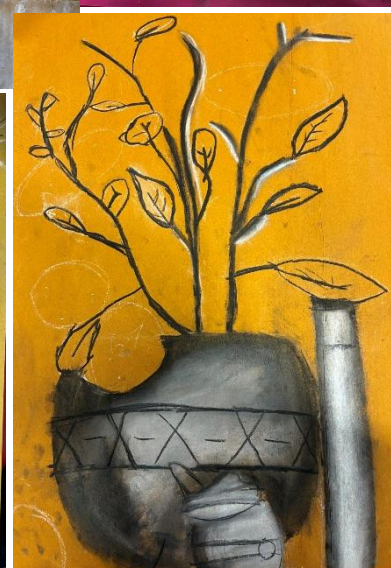
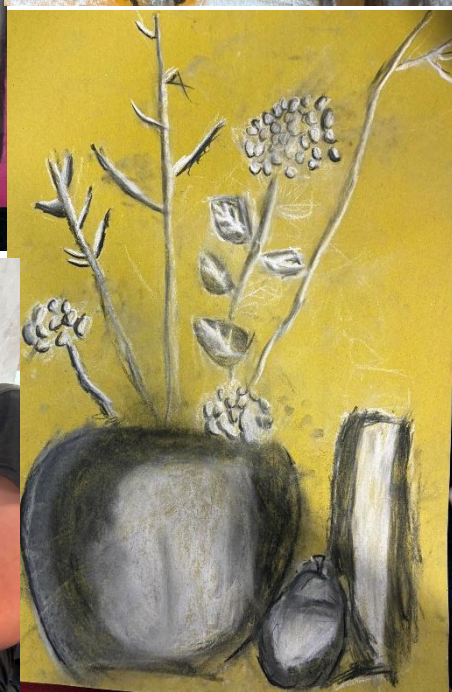
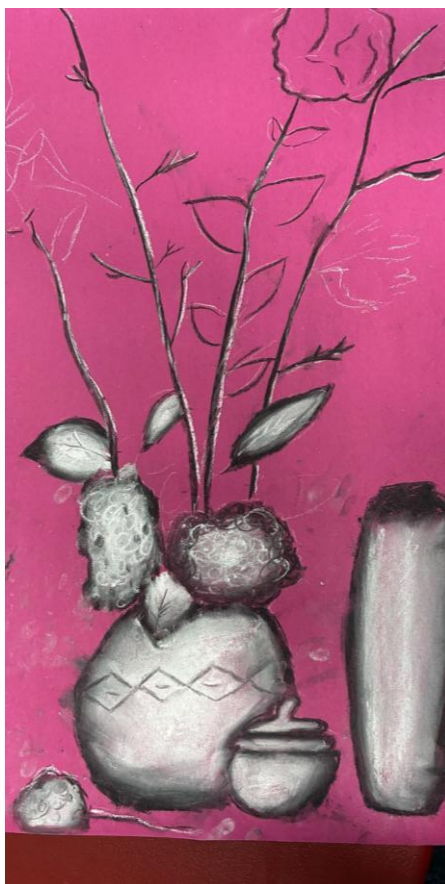
On Monday the 8th of December at 7:30pm the PTA will meet at the Gorge Road Country club to go over the year that has been and look ahead to 2026.

We have families moving on to other schools and need our current and future families to get involved.

Even if you can pick up supplies or cook on the BBQ, all help is appreciated. If you are interested contact Brendan in the office for more information. Otherwise feel free to come to the country club on the night. It will be pretty informal.

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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



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| Upcoming Events Dates subject to change | |
|--|----------------------------------|
| 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 <small>not always in stock</small> | \$3.00 |
| Moosies (Chocolate & Blue Lagoon) | \$1.50 | Toppas <small>not always in stock</small> | \$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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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.



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).



No-sugar Fizzy Drinks

These diet 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!

Acids shown on the pH scale: Phosphoric Acid, Citric Acid, Malic Acid, Carbonic Acid.

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Menzies College 55th Reunion

7 February 2026

Menzies College is celebrating its 55th Reunion at Waitangi Weekend on the 7th of February 2026.

We invite all former students, staff and friends of the College and District High School to return to Wyndham and share old times together.

This should be a great weekend. Book now on Eventbrite by grabbing the QR code below or going to www.eventbrite.co.nz and searching for Menzies College. Or register your interest by emailing menzreunion22@gmail.com.



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BUSHCRAFT & SURVIVAL SKILLS Holiday Experiences

CHILD VS WILD [5 Days]

7 to 13 year olds

Invercargill

9am to 3pm

15th December to 19th December 2025

19th January to 23rd January 2026

An Adventure quest in different locations. Children spend four days learning and acquiring bushcraft and survival skills ready to be tested on the final day in a teamwork survival challenge.

NATURAL CREATORS [1 Day]

5 to 16 year olds

Invercargill

9am to 3pm

22nd December 2025

27th January 2026

A one day **creative cooking** experience preparing nourishing meals in the kitchen from scratch. Children will come home enthused, feeling capable and independent after a day with Geraldine from the Farmment Kitchen.

BUSH KIDS [1 Day]

7 to 16 year olds

Invercargill & Gore

9am to 3pm

Monday 26th January GORE

Wednesday 28th January Invercargill

Thursday 29th January Invercargill

Friday 30th January Invercargill

A one day bushcraft and survival day experience*:

Advanced fire starting skills

Knife work, whittling, carving

Bush exploration, navigating, orienteering

Shelter building

Cooking on gas stoves/ fires

Survival first aid

Plant medicine

Foraging

*Every day brings a different adventure. Activities are weather, location and seasonally dependent.

www.trueinnature.com



Katie: 0226381497

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