

EBBETT PARK SCHOOL

EXCELLENCE, PRIDE & SPIRIT



Things to note...

NEW LUNCH ORDERS - PLEASE READ

From NEXT WEEK (WEEK 5) we are moving to ordering lunch on line. Please follow the instructions below to set up your account. This means that from next week NO LUNCHESES will be ordered through the office. We hope this is an easier and more efficient way for us all.

WOW

Pita Pit delivers to Ebbett Park & Pizza Fri orders now online

Pita Pit starts Thurs 14th Nov with \$3 Promo, then every Thur's. Pizza orders for every Fri

It's simple; all you need to do is register at
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

Healthy and affordable | Easy internet ordering



Seesaw

A free app to access your students learning and experiences while at Ebbett Park School.



ClassDojo

A free app we use to reward students and an easy way to communicate with your child's teacher.



Skool Loop

A free app for us to share notices, for parents to sign permission slips and to inform us of your child's absence.

WATER ONLY:

Week: 1: On your way to being healthier!

It is great that you've started the challenge. To help you with the challenge we have asked nutritionist Claire Turnbull to share some ideas and tips. Hope you find her tips help you with this challenge.

Water accounts for around 50-60% of your body weight and given that you lose water when you pee, sweat and breathe (amongst other things!), it is important to make sure you are drinking enough to replace what you are losing and help your body work at its best.

If you aren't drinking enough you are likely to feel tired, get headaches, have a dry mouth, get constipated and have dry, sallow skin – but you can easily avoid this by getting into a good habit of drinking water regularly, it is that easy!

Did you know...

- You pass about 1.5 litres of water a day in your pee (this varies depending on how much you drink).
- You lose around 200mls of water as you sweat throughout the day and you will lose more in hot weather and MUCH more if you are exercising hard. Some people can lose up to 2 litres an hour during SUPER intensive workout or sports game!

So how much do you need to drink?

While 6-8 glasses or 2-3 litres a day is a recommendation you might hear and can be a good rough guide, the exact amount you need to drink varies from person to person. Some people will need more than others and the amount is affected by things like your age, gender, how active you are, how much time you spend inside and outside.

The goal is to drink enough to make sure that during the day you are passing large volumes of very pale straw-coloured pee. If it is dark, you aren't drinking enough. If you take B vitamin supplements, just be aware that can make your pee bright yellow, so the colour of your pee won't be an accurate guide on the days you take them.

Books, Babes and Baking

Date: Wednesday 20th November 3pm - 4pm

**An afternoon for all fabulous mum's, aunts, big sisters and nana's!
Come along with your child/children and enjoy a good book together.
There will be delicious baking and spot prizes.**



Please see the attached to confirm your attendance (catering numbers required)

If any keen person is happy to provide baking for this event please let Mrs bush know - all support is much appreciated.

What's Been Happening

Values Band

Congratulations to E.K. and Tangaroa who both received their 'Spirit' band on Friday. Well done to you both and keep up the good work.



Classroom Champions



Congratulations to Max, Matauaina, Kazyua, Aaliyah and Julie who received Classroom Champion Awards on Friday last week. Great to see all 3 values being demonstrated over the week. Your amazing effort and attitude in class and around the school has not gone unnoticed. KEEP IT UP!

Sports Results

Our basketball teams were back in action last week. Well done to Dalton, Lorenzo, Kauri and Kirat for your effort during your games. Both teams had wins over their competition. It has been noted that both teams are demonstrating a great improvement in skill since they started and continue to be a pleasure to watch.

WELL DONE TEAM



PIZZA ORDER

Last order through the school office. From next week this will be online (see front page for more details)

Pizza Fundraiser

All classes can order a slice of Hawaiian pizza for \$2 per slice.

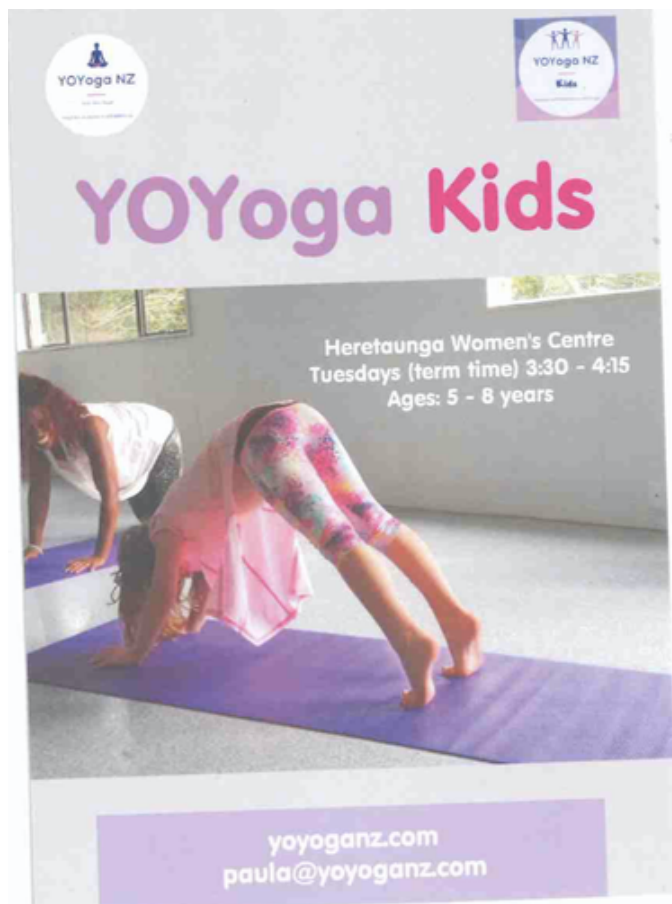
Money and orders can be brought to the office during the week but must be in by **9am on Friday.**

Pizza Orders

Name: _____ . Rm _____ Quantity _____

Name: _____ . Rm _____ Quantity _____

PUBLIC NOTICES



YOYoga NZ

YOYoga Kids

Heretaunga Women's Centre
Tuesdays (term time) 3:30 - 4:15
Ages: 5 - 8 years

yoyoganz.com
paula@yoyoganz.com

The poster features a woman in a pink top and colorful leggings performing a downward dog yoga pose on a purple mat. In the background, another person is visible. The text is in purple and black, with two circular logos at the top.



Hauchella

FRIDAY NOV 15
4:00 - 8:00 pm
CLIFTON CRICKET CLUB
MUSIC * FOOD * FUN
gold coin entry

fun for the whole family
inflatable zone, festival hair, face art,
flower photo wall & crafts

& JUST FOR KIDS !!
5:30 - 7:30 * DJ BMC**
supervised dance area
entry by special ticket \$20

supporting Haumoana School
Hauchella Facebook
for details + kids DJ dance tickets
onsite DJ dance ticket sales too!

The poster has a vibrant, multi-colored background with a sunburst pattern. The word 'Hauchella' is written in a large, white, bubbly font. The text below is in various colors (orange, blue, green, black) and includes details about the event's time, location, and activities.

PROUDLY SUPPORTING EBBETT PARK SCHOOL

WE MADE THE MOVE



MAKE THE MOVE WITH
HEATHER & SHANE

Heather Murphy - 027 246 9733
Shane Pugh - 027 704 8845

Harcourts
HAWKE'S BAY
ARTS
FESTIVAL
18-20 OCTOBER 2015

The image shows a man and a woman, Heather and Shane, smiling and holding a large sign that says 'MAKE THE MOVE WITH HEATHER & SHANE'. They are standing in front of a wall with a sign that says 'WE MADE THE MOVE'. The Harcourts logo is visible on the sign. A circular logo for the Hawke's Bay Arts Festival is in the bottom left corner.

TERM 4 Calendar (details to date)

Hats are required during this term

Week 4: Tuesday 5th: School Photos
Nov

Week 5: Monday 11th - Friday 15th Kapa Haka Competition
Nov Thursday 14th: EPS Kapa Haka Competition (pm)

Week 6: Monday 18th: 2020 Road Patrol Training (am)
Nov Kapa Haka Practice (pm)(instead of Thursday)
Wednesday 20th: Books, Babes and Baking 3-4pm

Week 7: *Nothing to date*
Nov

Week 8: Tuesday 3rd: Water safety Pool Session: Life Jackets
Dec

Week 9: *Nothing to date*
Dec

Week 10: Monday 16th and Tuesday 17th: Celebration Assemblies (time TBC)
Wednesday 18th: End of Year Prize giving Assembly (time TBC)
Thursday 19th: Term 4 Ends @12pm (noon)

The academic years begins on Monday 27th January 2020



Dear parents/whanau



On Wednesday 20th November at 3.00pm we are having a 'Books, Babes and Baking afternoon for all the fabulous mum's, aunties and nana's out there.

Come along with your child/children and enjoy reading a good book together. There will be delicious baking and spot prizes. The afternoon will finish at 4.00pm.

Books, Babes and Baking will be held in the school library 3pm-4pm.

Looking forward to seeing you at the afternoon tea.

Anna Bush



I will be attending the Books, Babes and Baking afternoon.

Number of people attending including your child/children.



