

# EBBETT PARK SCHOOL

EXCELLENCE, PRIDE & SPIRIT



## Things to note...

### Breakfast Club

Our school breakfast club is still running and will be so until the last day of school. I am becoming increasingly concerned with the number of students eating pie's in the morning. Breakfast is available so please feel free to use this service - its free of charge and available to everyone.

A GOOD BREAKFAST  
IS A START OF  
A GOOD DAY.



#### 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.



## BREAKFAST ON THE GO



Breakfast is the most important meal of the day, it gives your child the best start by providing them with energy to play, learn and have fun!

Mornings are a busy time, so start your day on the right track with a quick, easy and healthy breakfast!

Here are some healthy on the go breakfast options to try:



#### Smoothie

- Fruit or vegetable smoothie using milk or yoghurt. Try tinned or frozen fruit.

#### Toast

- Peanut butter and sliced banana
- Fruit toast, plus a piece of fresh fruit
- Avocado & sliced tomato

#### Prepare in advance

- Fruit pikelets or pancakes
- Overnight oats, cereal or porridge
- Fruit, cereal and yoghurt

Check out: [fuelled4life.org.nz/resources](http://fuelled4life.org.nz/resources) for recipes

A good breakfast boosts brain power, fuels your empty tank, builds better bodies.

## WATER ONLY:

Week: 3: Creating the HABIT of drinking enough water - make it easy to access, visual reminders etc.

**It is one thing to know what you need to do and quite another to make it happen. We might know that it's a good idea to eat more veggies, drink more water and do more exercise but knowing what to do isn't the problem in many cases. MAKING IT HAPPEN and keeping it up part that can be challenging.**

The trick is to make whatever you want to try and be doing into a new HABIT. That means something that ends up happening without much conscious thought. Something that happens without you trying or having to put a lot of energy into thinking about. Brushing your teeth is a great example. For most people (and hopefully you!) this is something you do twice a day easily, without a fight, without needing to use lots of willpower and it just kind of just happens because...it is a habit.

HABITS are created when you repeat things over and over again, when you have a trigger (like walking out of the door in the morning and before you go you think – ah, I need to brush my teeth before I leave the house) and you then get a reward – teeth that feel nice and clean.

If your goal is to drink more water, you need to make it a HABIT and have things that TRIGGER you and remind you to drink regularly so that you will end up finding that you are drinking water regularly without having to think about it.

**Here are some ideas to help you create this new habit, find which ones work for you:**

Every night before you go to bed, fill up two large water bottles and put them in your fridge so they are the first thing you see each time you open the fridge. Aim to drink them before the next evening.

Fill up a water bottle as soon as you have brushed your teeth (attaching a new habit to an existing strong habit is a good tip) and take this out with you when you leave the house.

Get a LARGE glass or water bottle for your desk and aim to fill it up once before lunch and once after lunch – set alarms on your phone if you need a reminder.

As soon as you get up in the morning, have a large glass of water before you do anything else.

Good luck creating this new healthy habit!

## What's Been Happening

### Classroom Champions



Congratulations to our Classroom Champions. These students have been amazing role models in the playground and in their classrooms. Well done Noah, Max, Roseann, Melody, Rhythm and Starr for your fantastic attitudes.

## Sports Results

Well done Hinemanu, Aryana and Kirat for being selected as our 'Player of the Week' for running club and basketball.

Proud of you all!



## Values Band

The week we celebrated a large group of students who earned a 'Values band'. These students have worked very hard to earn enough points to receive a Values band. Well done on consistently demonstrating our school values of Excellence, Pride and Spirit.



## Gang Patches and Colours

I would like to respectfully request that any gang insignia is kept away from school property please. Please do not be offended if you are asked to remove any as we wish to keep the school environment a neutral space. Thanks you for your understanding.

## PUBLIC NOTICES

### Parent Help

Parent Help is a non-profit organisation that supports parents in New Zealand by operating a free parenting helpline for parents and caregivers. The helpline provides personalised, practical support and strategies to parents and caregivers on a diverse range of parenting issues and challenges.

For 30 years we've been supporting parents with our helpline.

**Parent Help**  
FREE PARENTING  
**HELPLINE**  
ALL ISSUES | ALL AGES  
[www.parenthelp.org.nz](http://www.parenthelp.org.nz)  
**0800 568 856**

# TERM 4 Calendar

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: Monday 9th December to Wednesday 11th December: **normal school days** (some teachers will be packing up rooms to move classroom space but this WILL NOT affect the school programme at all.  
Dec Thursday 10th December: Teachers to move to their 2020 classrooms with the support of some students. Other students will be involved in activities so school as normal.  
Friday 13th December: Staff and Students End of Year event (closed event - no parent help required)

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)

Monday 16th December: 9-10 class as normal. 10-11 session 1 with 2020 class.  
11.30-12.30 class as normal. 1.30pm: Celebration Assembly (all whanau and friends welcome) - special acknowledgment will be happening during this prize giving.

Tuesday 17th December: 9-10 class as normal. 10-11 session 2 with 2020 class.  
11.30-12.30 class as normal. 1.30pm Service Awards Assembly (all whanau and friends welcome)

Wednesday 18th December: normal school day with an early morning tea (time TBC).  
11.00am End of Year Final Prizegiving (all whanau and friends expected). Reports home at end of day.

**If students leave early PLEASE sign out as expected via the office.**

**The academic years begins on Monday 27th January 2020**



# YOUR VOICE YOUR CHOICE

## “YOUR VOICE, YOUR CHOICE

Hastings District Libraries (Hastings, Havelock North and Flaxmere Libraries) are updating their Strategic Plan and want to hear your voice, thoughts, opinions and ideas to improve the future of your libraries. Parents, caregivers and children are all welcome to fill out the short survey – follow this link, <https://www.surveymonkey.com/r/hbschool> and have your voice heard.”

If you have any further questions please do not hesitate to contact us.

Many thanks for your time.

Ngā mihi | Regards

Debbie



Debbie Cook | Company Administrator

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Australia | New Zealand | Canada



**PROUDLY SUPPORTING  
EBBETT PARK SCHOOL**

MADE THE MOVE

MAKING THE MOVE WITH  
**HEATHER & SHANE** Harcourts

**Harcourts  
HAWKE'S BAY  
ARTS  
FESTIVAL**  
15-24 OCTOBER 2019

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