

Dear Parents, Caregivers and Community members
Nga mihi o te wa kia koutou me to whanau


17 October 2014

Welcome back to Term 4. It is great to see all the students back, refreshed, full of energy and keen to learn. It is going to be another busy term. Please make sure you read the newsletter so you do not miss any important dates or information as there is a lot happening this term. If you do not receive a newsletter extra copies are available at the school office, Benneydale shop or you can go online to our school website.

As the weather warms up it will be compulsory by the end of the week for all students to wear a sunhat when they are outdoors during Term 4. The Cancer Society recommends a wide brimmed hat. If your child does not have a sunhat and you need assistance getting one please come and see me.

Thank you for bringing in the plastic lids - we are also collecting old CD's, plastic cutlery and bread tags. In the next newsletter we will share a photo of our progress with the artwork.

SCHOOL NEWS

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| Pet Day 24.10.17 | Within this newsletter we have inserted a criteria reminder sheet. |
| School Disco: When: Monday 30th October Time: 5.00 - 7.30 pm Where: School Hall Cost: Gold coin entry | We would like to invite all Benneydale Students to our Halloween Disco. There will be snacks available to purchase and all funds raised will go towards our end of year camp costs. All students must be picked up at the end of the evening as no student is to walk home by themselves. Parents and whanau are welcome to attend. Spot prizes for the best dressed and best dancers! A huge thank you to the Benneydale Playgroup for your organisation!  |
| Athletics Day 01.11.17 | A permission slip for this school event is attached to this newsletter. All students are expected to attend this school event. |
| Zoo Trip 02.11.17 | A permission slip for this free trip is attached to this newsletter. |
| School Camp: MEDICAL FORMS AND PERMISSION SLIPS WILL GO OUT <u>NEXT WEDNESDAY</u> | School Camp has been booked at Te Hape Marae/Kelly Tarltons: December 6th - 7th for the junior students December 6th - 8th for the senior students. Camp fees will be: Senior students \$50.00 each and Junior students \$25.00. We are fortunate the Board of Trustees is funding most of the camp. Fees can be paid at the office. If you would like to discuss the fees or any financial assistance or have any concerns about your child attending camp please come and talk to me. If you or would like to discuss camp further, please come in and see Vanessa. As camp is part of the school curriculum it is expected all students will attend. |

Have a great week.
Vanessa Te Huia

Upcoming Events

| | |
|-------------------------------------|-------------------------------|
| Monday 23 rd October | Labour Day - School Closed |
| Tuesday 24 th October | Pet Day - 9.00 am set up |
| Wednesday 25 th October | School Photos |
| Wednesday 1st November | School Athletics |
| Thursday 2nd November | School Zoo Trip |
| Tuesday 19 th December | Prize Giving |
| Wednesday 20 th December | End of Term 4 – School Picnic |

SUPER SUMMER SALADS

SUMMER'S COMING

With warmer weather on the way fresh vegetables will soon be ready for super summer salads!

Tip:
Eat a rainbow of colours every day. Different coloured vegetables and fruit give different vitamins and minerals

Vegetables have vitamins and minerals in them which helps our bodies glow, as well as fibre to help us feel full for longer and keep our digestive system healthy



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SUPER SUMMER SALADS

MIX & MATCH

Start with a layer of lettuce then add your favourite ingredients such as:

- tomato
- carrot
- cucumber
- capsicum
- spring or red onion
- sprouts
- avocado
- chopped nuts and/or seeds
- boiled eggs
- small amount of cheese – edam or feta



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SUPER SUMMER SALADS


KUMARA SALAD

Serves 6

- 3 kumara – cut into cubes
- 2 Tbsp. oil
- 1 capsicum – chopped
- ½ red onion – chopped
- large handful of salad greens e.g. spinach
- optional: 70g Feta – cut into cubes
- 2 tsp. honey
- juice of 1 lemon

Place kumara in a roasting dish, drizzle with oil and bake at 180° for 20 minutes. Remove from oven to cool then toss with the vegetables.

In a bowl whisk together honey and lemon juice then drizzle over the salad.



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SUPER SUMMER SALADS

5+ADAY

Aim for 5+ A Day, that's 3 or more servings of vegetables and 2 servings of fruit a day

A serving size is a handful



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SUPER SUMMER SALADS

DRESS FOR SUCCESS

Dress your salad with this creamy homemade dressing:

- 2 Tbsp. Greek yoghurt
- 2 Tbsp. oil
- 1 tsp. vinegar
- garlic – crushed
- black pepper

Mix Greek yoghurt, olive oil and vinegar, stirring to combine. Add garlic and pepper to taste.

Tip:
A healthy lower fat option instead of mayonnaise!



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SUPER SUMMER SALADS

COLOURFUL COLESLAW

Step 1

- ½ head of red or white cabbage or a mixture of both, thinly sliced
- 1 large carrot, grated
- ½ red onion, thinly sliced
- Combine in a bowl

Step 2

- 2 Tbsp. Greek yoghurt
- 2 Tbsp. oil
- 1 tsp. vinegar
- garlic – crushed
- black pepper

Add Greek yoghurt, olive oil and vinegar to a bowl, stirring to combine. Add garlic and pepper to taste. Mix the dressing through the coleslaw then enjoy!



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We are now taking enrolments Is your child a competent swimmer?

To enrol your child/children or for more information

Ph 07 878 8604