



Text Absences to: 027-448-8409 - Please State full name and reason

Kia Ora Koutou!

Be Kind

Over the past few weeks our Terrace Team has been rocked with the passing of Mr Murphy. Whilst keeping the school running and focusing on the wonderful students, we are still grieving the loss of our dear friend and colleague. People experience grief at different times, in different ways, and at different paces.

At such a challenging time, our key focus is looking after the wellbeing of staff and students alike. Over the coming few weeks it's so important to keep checking in with people, both big and small, and asking 'Are you ok?' Keep monitoring each other for changes in the usual - eating patterns, sleeping patterns or work output - these are signs that the person may need a hand.

Parents and caregivers, we ask that you keep talking with us if you have any concerns about your child. We are here to help.

We have put a list of support agencies on our School App under the Contacts button, if you wish to contact these directly. We have also added these to this newsletter. We are also very happy to help make connections for any family with any of the support people that are available.

Let's take care of one another.

A Sad Farewell

It's with sadness and best wishes that we say farewell to Mrs Trina Armstrong who has accepted a teaching position at Omakau School. Mrs Armstrong will be finishing at The Terrace at the end of the term. We wish Trina all the best as she makes this move, being closer to her family and continuing her passion for teaching children.

Rippa Rugby

Our Rippa Rugby tournament is all go on Thursday 21 June with kick off at 9.30am. Terrace teams are being finalised and information about these will be out in the next couple of days. The postponement day is Friday 22 June. All parents and grandparents welcome to come and watch over at Molyneux Park.

Primary Teachers' Paid Union Meeting - Wednesday 20 JUNE 1-3pm

NZEI has called a **Paid Union Meeting** for all teachers in Alexandra at **1:30 pm on Wednesday 20 June**. Our teachers who are union members will need to leave to attend the meeting, therefore regular classes will not be possible that afternoon.

We won't be closing the school for the afternoon but we are asking for your support to assist us in managing our children. If you are able to pick up your child at 12.25pm and keep them home for the afternoon, we would be very grateful. For parents who are unable to collect their children, very limited cover will be available via myself, and support staff. Children will need to be re-grouped for the afternoon, and have an alternative programme.

Please email your child's class teacher to confirm pick up or if your child will be joining our regrouped programme. This will be a huge help for our planning. We sincerely thank you in anticipation of your understanding and support.

Nga mihi
Sarah Graham
The Terrace Principal

DATES TO REMEMBER:

NZEI PUM 1.30pm	Weds 20 June
Rippa Rugby Tournament	Thurs 21 June
BOT Meeting	Mon 25 June
TTS Disco	Fri 29 June
Last Day Term Two	Friday 6 July

"Mā te Kaha - kā ū" - "Satisfaction From Success Through Effort"



Please be aware that activities advertised in this newsletter have not been assessed by The Terrace School board of trustees. The board advises parents to make their own enquiries to determine whether the activities follow best practice and/or are suitable for their children.

Follow the link to Find:

[Sports Notices & Draws](#)

[Noticeboard](#)



Terrace Netball Club News



Draw for this week

Terrace Green	v	Clyde Alley Cats	Ct 6	12.00
Terrace White	v	Teviot A	Ct 4	1.10
Terrace Yellow	v	Crom Coll Jnr Purple	Ct 3	1.10
Terrace Aqua	v	Cromwell Gems	Ct 9	12.00
Terrace Lemon	v	Terrace Blue	Ct 6	10.00
Terrace Purple		Terrace Gold	Ct 8	11.00
Terrace Gold	v	Cromwell Stars	Ct 4	12.00
Terrace Black		Maniototo Lightning	Ct 3	11.00

Terrace Green to provide an umpire at 1.10

Cancellations or late starts will be notified on the local radio stations. They will also be posted on the Central Otago Netball Centre facebook page as well as the Central Otago Netball Centre website

A reminder that **Netball subs** are now overdue. Please pay \$65.00 per player to the office in the usual way, as soon as possible.

Kidline 0800 543 754

Lifeline 0800 543 354

Youthline 0800 376 633

Rural Support Trust Helpline 0800 787 254

What's Up Childrens Helpline 0800 942 8787

Samaritans Helpline 0800 726 666

CENTRAL STORIES FUTURE

As the CODC to look at the future uses of the Central Stories building in Alexandra they would love to get feedback from our community. As part of the project, I am also looking into the potential relocation of the library to the Central Stories building.

Please follow this link to complete the survey.

<https://www.surveymonkey.com/r/TheTerraceCS>

Scholastic Bookclub Issue 4

Orders are due to be completed by Thursday 21st June.

Junior swimming time change - R17 is now 12.30 to 1pm through till end of term.

Visiting Central Otago for the School Holidays?

Ice Activity Programme - Learn Ice Skating, Ice Hockey and Curling Skills.

Iceinline Central has organised an Ice Activity Programme in the July School Holidays teaching ice skating, ice hockey and curling skills with a professional coach. This is open to school age children, and the programme is an expansion of skills currently being taught to schools in Central Otago.

Dates: Skating and Hockey, both weeks,
Tuesday 10th July and Friday 13th July
Tuesday, 17th July and Friday 20th July
Curling, Thursday 12th July and Thursday 19th July.

Ice Skating - 10.30 - 11.30 am. It is recommended that cycle helmets be worn.

Ice Hockey - 11.30 - 12.30 pm. It is essential that cycle helmets be worn, other equipment provided.

Curling - 11.00—12 noon. Equipment provided (sneakers and warm clothing to be worn)

Cost is inclusive - Rink Admission, skate and stone hire and coaching, \$20.00 per one hour session, prepaid.

Registration forms at Iceinline Sports Complex, ph 448 8599.
Registrations close 6th July 2018.

MATARIKI

What is it like in the Alexandra Library when we are closed and the lights are out?

Bring your family along for fun activities and stories about the Seven Stars of Matariki!
Enjoy a hot chocolate under the stars!

Friday 15th June 5-6pm

Activities suitable for children up to 7 years old

Uniform Shop is open Thursday 3.00 – 3.30 p.m. If there is a problem getting to the shop at this time you can make alternative arrangements by ringing the school on 448-8124.

The uniform shop is also open on the first Monday evening of the term 5.30 - 6.00pm. The next date is to be Monday 23 July 2018.

Please make sure all clothing is well named with the wearers name. With swimming and other activities all items need to be identified. If an item is named (with the current owners name) it can be returned to the owner without delay. If an item is not named it will be washed and put away. (You can purchase 'iron on' labels ready printed, \$15 for 50, from the school.)

Friday Lunches:

Sausage in Bread \$1.50 each.

Money in a named envelope with order and placed in appropriate container at office before school. Food will be available outside the staff room at lunchtime on Friday.

Miniball Draw Friday 15 June

Parent helpers please make sure that you are there helping out where needed Please!

				Parent Help
3:30pm	TCE Thunder	v	TCE Thrashers	Drake/Weastell
4:45pm	ALX AIR	v	TCE Titans	Denniston
6:00pm	TCE Tarantulas	v	ST G Green	Tate-Bell



Parents do you find yourself Asking...

- Why is it my child can't read fluently? It is so slow and stilted
- She seems to have it one day and not the next. I read to her all the time, but it doesn't make any difference
- Her spelling is terrible and very phonetic said is sed
- His writing doesn't seem to match how he speaks
- It was all ok at the start of school, but now the wheels seem to have fallen off
- We have tried everything - seriously, what is going on here?

Come along and hear Carla McNeil speak about her experience as a Mum School Principal and why she founded Learning Matters Ltd.

Meet the team from LM Wakatipu

June 13th 6.00-7.00pm Cromwell Primary School FREE entry

www.learningmatters.co.nz



Headlice FACTS

Headlice are a common problem all over the world. They are small, flat insects about 2 – 3mm long that breed all year round.

Headlice:

- live on the human scalp – which provides food and warmth for their eggs to hatch
- feed on human blood through the scalp 5 or 6 times a day
- cannot jump, fly or swim
- do not carry disease
- remain on the head after swimming or bathing/showering.

Headlice may cause itching, but do not usually cause disease. Occasionally scalp infections requiring treatment may develop.

Life CYCLE

Female lice lay about 7 – 10 eggs each night. Eggs are laid close to the scalp. Each egg is firmly glued to a hair.

The eggs (nits) are small and hard (like a grain of salt) and are normally pale grey in colour. After hatching, the nits (empty egg cases) are white.

Eggs hatch in 9 days and a louse will live for 40 days.

Headlice are sometimes given other names like 'nits', 'kutis', 'kutu bugs' or 'headlouse'.

Looking FOR HEADLICE

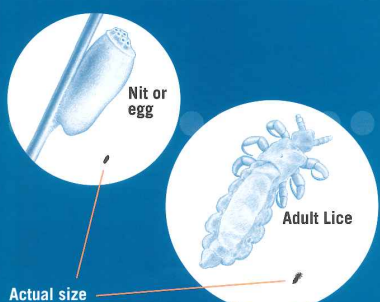
In school age children check for headlice regularly once a week.

Look over the scalp for insects or eggs, especially:

- around the hairline at the back of the neck
- behind the ears
- on the crown.

Use a fine-tooth comb on wet hair to find lice. Scratch marks or a rash can be a sign that your child has headlice. Not all children complain of itchy heads.

Eggs are laid next to the scalp and hair grows about 1cm a month. Therefore any eggs found more than 1cm from the scalp will have hatched and died. You can remove these eggs. You do not need to treat again if treatment is completed.



When TO TREAT

- If you find a LIVE insect on the scalp
- If you find eggs within 1 cm of the scalp.

How TO TREAT

Speak to your pharmacist/doctor/or practice nurse for advice about what treatment to use and how to use it.

You need a special shampoo or lotion (containing insecticide) available only from your chemist or doctor to kill both the insects and eggs.

Always follow the manufacturer's recommendations supplied with individual treatments. Some treatments are used twice, 7 – 10 days apart.

After using shampoo, dead eggs are left. Treatments and combs will not remove dead eggs. The eggs can each be removed between finger and thumb. Vinegar may help to loosen the glue the eggs are held on with, but will not kill them. Recheck your children's heads after a week and make sure they brush their hair every night.

Wet combing may be effective if done properly. Herbal treatments and remedies may be effective. Talk to the pharmacy, your doctor or public health nurse for advice.

What DOES NOT WORK

Ordinary shampoo or soap will not kill headlice.

DO NOT Use

Flyspray, kerosene or animal remedies, as these may harm children.

Learn how to save \$\$ while on your period & hear how you can make waste free choices for that time of the month that don't cost the earth.

Come hear from Anna and Abi as they show you products for periods that are easy to use, look good, and offer you fantastic, cost savvy, plastic free options!

Periods don't have to be prohibitive.

Period.

When: Friday 15 June, 10.30am
Where: Music & Movement
St Aidan's Church
Contact: Anna & Abi (03) 448 6115

live more sustainably?

QUESTION: WHEN YOU THROW PADS AND TAMPONS AWAY, WHERE DO YOU THINK THEY GO? IS EXACTLY?



**national
volunteer
week**

**17-23
JUNE
2018**

#NVW2018

Join Volunteering Central this National Volunteer Week and keep the heart of your community beating.

Volunteer with an organisation, event or help out a neighbour, friend or the environment.

Contact Volunteering Central for ideas and share your activities on Facebook @VolunteeringCentral, #NVW2018

T: 027 506 5705 | E: hello@volunteeringcentral.org.nz | W: volunteeringcentral.org.nz



Volunteering
Central



CENTRAL
LAKES TRUST



CORONET peak **CARDRONA** **TREBLECONE** **remarkables**

**JUNIOR INTERFIELD
SKI RACE SERIES**

For all skiers aged 15 years and under
 Goodie bags for all competitors and
 medals for top 3 in each category

**Cost: one off \$20 annual subscription with Snowsports NZ
 plus a \$15/race entry fee**
 For registration visit www.snowsports.co.nz

QAST **SNOWSPORTS NZ** **YOUNGALPINE**

Race Dates subject to change. Conditions apply.
 For up to date information, search 'Interfields Alpine Ski Race Series' on Facebook