



Flying into the future

6 May 2010

Term Two - Newsletter Three

## Dear Parents and Caregivers

### Welcome

To Sandra Connor who came this week as relieving Principal for Term 2 while Mrs Patterson is away on sabbatical. Please feel free to make yourself known to her. Sandra comes from the Hawkes Bay where she has been involved in education for many years.

### Crazy Hair Day—Friday 21st May

In support of the Westpac Waikato Air Ambulance, Rukuhia School are having a CRAZY HAIR DAY on Friday 21st May. It would be fantastic if a small donation could be given to the Air Ambulance so please bring along a gold coin.

The helicopter may fly over any registered school, so fingers crossed they may come to ours.

There will also be a sausage sizzle on this day.

### Uniforms

We have noticed lately that a number of students are coming to school with different coloured tops. It is important that we wear our FULL uniform to maintain our high standards and particularly pride in our school.

### Head lice

It is apparent that head lice are back! Please check your child's hair frequently and please do your best to remedy this problem as soon as they appear. The school has a robo comb we can lend out and we also have information at the office and recipes for eliminating head lice.

### NIT-ENZ ENDS NITS!

100% CUSTOMER SATISFACTION & CERTIFIED ORGANIC!

½ THE PRICE OF OTHER NATURAL HEAD LICE PRODUCTS AVAILABLE IN NZ!

\$15.00 NIT-ENZ Certified Organic Shampoo 225ml

\$10.00 NIT-ENZ Head Lice Repellent Hair Gel 200ml

\$10.00 NIT-ENZ Head Lice Repellent Hair Spray 165ml

DON'T WAIT UNTIL IT'S TOO LATE!

Ongoing use of Nit-Enz PREVENTS head lice infestation! ELIMINATES THE NEED FOR COMBING WHEN USED AS DIRECTED!

NZ'S HEAD LICE REMOVAL CLINICS EXCLUSIVELY USE THE NIT-ENZ PRODUCT RANGE FOR THEIR HEAD LICE TREATMENTS! NEW ZEALAND MADE!

The Nit-Enz team is available to answer any questions you may have about head lice, re-infestation or the Nit-Enz range of products.

Available at participating Pak n Save, New World & 4 Square Stores.

Phone: 09 232 6656 Email: info@nit-enz.com

Web: www.nit-enz.com



## Join us for Rukuhia Cross Country Wednesday 12th May

At noon the whole school is heading to Lake Cameron. Juniors will run first followed by middle school and seniors.

We are anticipating that we will all be back at 1.00 pm. We will be holding a sausage sizzle when back. Students can order sausages and ice blocks in the morning. Parents can join in and purchase these items at lunch time if they desire. After lunch break there will be a prize giving and announcements of results followed by a games afternoon. We would love parents to stay and join in.

If the weather is unfavourable the postponement date will be Friday 14th.

### BOT Elections

Thank you to those candidates standing for the BOT for coming to the 'Meet the candidates evening' last night and to those parents who came to meet them.

Please ensure you fill in your voting form and post it in the self addressed envelope by the 11th May. Voting papers can also be dropped off to the school office by noon on May 11th.

### Produce Stand

Please remember to drop off your surplus home grown veggies and herbs. Thank you.

### Reminders

- Collect Yummy Stickers
- Bring in your Scholastic Book order by Monday

### Coffee Mornings / Playgroup

We have a number of parents wanting to start a social meeting group up in the Community Hall this term. Pre schoolers will be able to play and parents will be able to have a coffee and chat during this time. (approx 10.00 am—11.30 am). If you would like to come along, please express your interest to the office and indicate what days are more suitable for you. We will announce shortly when it will start and what day suits most.

## Fieldays Poster Delivery Fundraiser

We are wanting volunteers to deliver Fieldays posters to the following destinations:

Morrinsville  
Te Aroha  
Paeroa  
Thames  
Te Rapa  
Ngaruawahia  
Huntly  
Hamilton City  
Te Awamutu  
Otorohanga  
Te Kuiti  
Taumarunui  
Cambridge  
Tirau  
Putaruru  
Matamata  
Tokoroa

If you are heading to any of these areas in the next few weeks can you let the office know and we can give you the posters to distribute. We can assist by paying for your petrol.

## Put on your Calendar these Coming Events...

6	May	Room 1&2 Excursion
7	May	Room 3 Excursion
11	May	BOT ELECTIONS
11	May	Group Day meeting 7.30 Community Hall
12	May	Rukuhia Cross Country BBQ & Games afternoon
14	May	Assembly
19	May	Interschool Cross Country
21	May	Crazy Hair
28	May	Assembly
7	June	Queen's Birthday
11	June	Assembly
2	July	Last Day Term 2
19	July	Term 3 commences
5	August	Year 7&8 Immunisations
13	August	School Photographs
24	Sept	Last Day Term 3
11	October	Term 4 commences
25	October	Labour Day

## FOOD LABELS

### How to read a NIP (Nutrition Information Panel)

Three rules to follow when reading NIP's:

1. When comparing two products always look at the 100g column
2. Think about what nutrients you would be concerned about being too high in that 'type' of product. E.g. snack bar = fat and sugar
3. Choose the product with the least amount of those nutrients

	Per 100g
Energy	1730kJ
Protein	5.6g
Fat - Total	14.6g
- Saturated	7.2g
Carbohydrates	64.4g
- Sugars	32.6g
Sodium	270mg

## School Accounts

Account details if paying by Internet Banking:

**Name of Account:**  
FOR RUKUHIA SCHOOL

**Account Number:**  
020316 0126515 00

### Note:

Use your surname as a reference so we can identify your payment. Thank you

## Community Notices

### Farmers & Lifestyle Block Owners

Are any of these limiting enjoyment on your lifestyle?  
Time, Knowledge, Equipment!

We can help, these are just some of our services:  
House security and property care; Shifting and looking after your stock; Emergency Farm Relief; Relief Farm Work; Weed and pasture control; General Farm maintenance; Chain sawing and firewood collection; Day to day management; Seasonal advice; Stock management; Pasture management; Animal health

### 30 years practical farming experience For professional honest and practical service

Phone John now on 027 326 3118

### Lifestyle Solutions & Service

Phone 07 847 4238

Fax 07 847 4264

Email j.kiddle@xtra.co.nz

### ATTENTION FARMERS!!

### Win ONE of FOUR computers for our school with PGG Wrightson & Balance

PGG Wrightson & Balance Agri-Nutrients are delighted to be able to help rural schools with a fundraising opportunity through their GOLD STAR give back promotion.

Any farmer who purchases selected Balance fertilizer from PGG Wrightson between

March 1 – May 31 2010 will be able to enter their school of choice in a draw to win one of four HP computers. Also, \$2 cash on every one sold will go to the school to help with fundraising. All the farmer has to do is nominate which school he wants to support at the time of ordering.

### OHAUPO PIPPINS, BROWNIES & GUIDES

We are looking for girls aged between 5 and 15 years, who are interested in joining other fun-loving girls in a wide range of interesting and exciting activities.

We would also welcome new leaders – there are spaces in all our units and full training will be given.

If you would like to find out more, please contact Shirley Howat (ph 855-9431) or Joanne Mourits (ph 823-6515)

### Great Gifts for Mother's Day Glass Pendants

Priced from \$10 - \$15  
Friday 7th May at 2.45pm - 3.30pm  
(see stall at school)

### Farmers

Remember to register Rukuhia School  
With AFFCO for your rural school choice

## Rukuhia School

A quality educational community where meaningful learning is paramount and supported by our people, environment and values.