

# Opaheke School

Sharing, Caring,  
Learning and Achieving

Established 1968

## PRINCIPAL'S DESK

We are a Microsoft Showcase School



Kia ora koutou katoa, talofa lava, bula vinaka, malo e lelei, kia orana, namaste, malo ni, asalaamu alaikum, and warm greetings to you all.

We are right in the middle of what we like to call the learning climb! Tamariki have set clear goals and are putting in the hard mahi.

### Screentime and sleep

I read some interesting research on the link between screentime, sleep patterns, and social and emotional regulation. Children with 1 hour or more of screen time per day were 41% more likely to experience physical health and wellbeing issues than children who have less than 1 hour screentime (BMC Public health)

Another interesting snippet of information was that the *blue light* emitted from devices and televisions- suppresses the production of melatonin- the sleep hormone. If you haven't established a pre-bed routine with your children, or like me need to give it a shakeup, try to make the last 30-60 minutes before bed time device free or TV free. Lego, puzzles, and reading a book are ideal ways to relax before bedtime and will promote better sleep. If the research is anything to go by, you should expect to see some benefits, and at the very least, some well rested children (sleepfoundation.org).

### Keep coming to school

Room 8- from Rangitoto team- had the best class attendance last week and therefore earnt the picnic tables and bench seats for lunch eating this week. Our Year 7 and 8's are going to be battling to control the music playlist on the boombox at lunchtime, the prize for best weekly attendance in the Maungawhau team. These are incentives that the students thought of, and we hope will lift our attendance rates.

### Thank you

A massive thank you to:

- Mr Stu Te Tamaki and Mr Dan Hayden for helping install our new basketball backboards and hoops. The children love them.
- The parents who have donated kai for our Grab 'n' Go lunches.

Have a great week.

Noho ora mai,  
Jade Tawhiti.

## Ōpaheke School Grab n Go Lunches

# FOOD DRIVE

DO YOU HAVE SOME SPARE SNACKS,  
FRUIT OR LUNCHBOX ITEMS YOU CAN  
DONATE TO OUR CAUSE?

School helps some of our tamariki  
with lunch when needed. Can you  
help with any pantry items, fruit or  
sandwiches that can be frozen?

If you can, please drop off at the  
office.

**For More  
Information:**

**Phone Number**  
298-5410

**Contact Person**  
Office staff

## CONTACT US

Tasman Drive  
Papakura 2113  
Phone (09) 298 5410

office@opaheke.school.nz  
www.opaheke.school.nz

We look forward to seeing your child at school by 8.25am ready to learn each day.  
School finishes for all students at 2.30pm.



# LEARNING AT ŌPAHEKE



SELF REGULATOR

# Sport

## Y7/8 Counties Cross Country

Wow, what an incredible day at the Cross Country zone event on the 18th August! Congratulations to Charlotte T, Logan P, and Kade T for their outstanding effort and determination on the track. You all represented our school with such pride, and we couldn't be more proud of your achievements!

A huge shoutout to Tracey E for her unwavering support and for accompanying the students on this exciting journey.

We're thrilled to announce that Logan and Kade have earned their spots in the upcoming 2023 AUCKLAND CHAMPS CROSS COUNTRY, taking place on the 29th of August!

We have no doubt that you will give it your all and make us even prouder. Your hard work and determination have led you this far, and we're behind you every step of the way.



## Counties Zone Boys League

A sensational victory for our combined team from Ōpaheke School, Papakura Normal, and Conifer Grove School on Wednesday 16th August! Congratulations to Neil M, Miracle I, Kade T, Raymond M, Rhylee R, Albert C, and the entire team for not only joining forces but also winning the competition and earning the prestigious Sportsmanship Award.

You all played with heart, embraced challenges, and emerged as an incredible united team. Your dedication and teamwork have truly paid off, and we couldn't be prouder of your achievements. Let this victory stand as a testament to your hard work and outstanding sportsmanship. Keep shining on and off the field as a symbol of unity and teamwork!



## Y5/6 North Counties Cross Country

On Tuesday, 15 August, 32 of our year 5 and 6 students took part in the North Counties Cross Country event at Te Hihi School. Despite the challenging conditions of running through muddy farm paddocks, all students managed to complete the 1.9 km race, which is a commendable feat in itself.

Not only did they complete the race, but their placements within their respective year groups are truly remarkable considering they were competing against 80 students. Special congratulations to these students who gained placements in the top 10.

Year 5 Boys: Lennon K - 2nd, Anaru B - 7th, Quinn H - 8th

Year 5 Girl: Bethany G - 6th

Their dedication, hard work, and determination are evident in their performances, and it's clear

that they put in a lot of effort to achieve such impressive results. It's also wonderful to acknowledge the parents for their support in making the event even more enjoyable and memorable for the students.



## Rangitoto Stream Trip



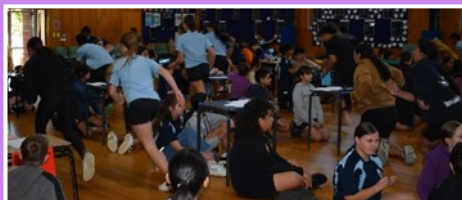
As part of the Year 5 & 6 Inquiry unit, the students are looking at ecosystems and waterways. Facilitators from the Whitebait Connection Trust have been working with the classes to support the teaching of ecosystems in a freshwater stream. On Tuesday 8th August, the students extended their knowledge and understanding of freshwater ecosystems by going to the stream along Greenhaven Reserve. While there, they monitored the water from the stream, checking its clarity and temperature. They also investigated and identified different freshwater macroinvertebrates that are in the stream. The final activity involved an assessment of the habitat and discussing what they noticed about it. The majority, if not all, of the plants along the stream have been planted by Ōpaheke students over the years. It was great to see how much these plants have grown and are contributing to the habitat.



## Y5-8 Interhouse Mathex



As part of Maths Week, the Year 5 to 8 students participated in an Interhouse Mathex event. They were randomly placed into teams of 4 where they worked collaboratively to solve a range of maths problems. There were 20 questions in total and the event ran for 30 minutes. Each team was given one question at a time to solve. When they thought they had the correct answer, a runner for their team would take it to a marker. If they got it correct, they were given the next question. The atmosphere was incredible as everyone was busy working on maths. Well done everyone, and thank you to the students that were markers as well.



CHALLENGE TAKER



COLLABORATOR



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# Book Week

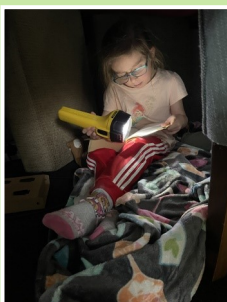
## Perform Education

Once again our students were fully emersed in an engaging live performance from the talented team at Perform Education during Book Week. The theme of 'Story Quest' saw the characters on an adventure and with the help of the knowledge gained from several New Zealand books they completed their quest! Students were a part of the show, and a few were even picked to help out on stage.

This is a highlight of Book Week and we want to thank the PTA for their ongoing commitment to fund this special event.



## Anywhere except in a chair



We were absolutely blown away with all the amazing and creative entries we received for the 'Anywhere except in a chair' competition, you can check out all the entries in the video on our Facebook page, or they are able to be viewed in our library foyer. Judging has been extremely difficult, but we want to congratulate the following students for their prize-winning entries: Jace R8, Ella R10, Eleanor R21, and Isaac R12. A big congratulations to everyone who took the time to enter and show all the wonderful and different ways we can share and read stories!



## Author Visit

Last Wednesday students in years 1-4 were visited by author and illustrator Vasanti Unka. She shared her journey of developing her writing skills after being an illustrator and designing books for other authors. She overcame her belief that she wasn't able to write a book and went on to have amazing success, winning several major book competitions. Students were also treated to a reading of her book 'I am the Universe' and she pointed out her cat - Chicken hidden amongst the other people and animals illustrated within the pages.

## Book Character Parade

Thankfully the weather cleared up in time for us to have our book character parade on Friday morning. Everyone looked fabulous dressed up as their favourite book character.



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## Celebrating!

### STAR Award Recipients

Our term three focus is 'Achieving Personal Best'.

Well done to all our students who received awards over the last two weeks.

Great work team!



Term 3 Week 4



Term 3 Week 5

### Gold Award Mathletes

Congratulations to Alan R21, Reshu and Libby R24 and Ivory and Pranaya R25 who have attained their gold award certificates for Mathletics over the last few weeks. It takes 20 weeks of consistent effort to achieve one of these awards.

So much hard work!



### Parking and Road Safety

Our parking and road safety outside school in the mornings and the afternoons seem to be getting a bit relaxed. Please remember we as parents, caregivers and guardians are role models for our tamariki. We should be leading by example.

- Avoid blocking driveways.
- Do not let a child out of your car unless you are parked safely.
- Use the pedestrian crossings.
- Be kind to others.

We are aware morning drop offs and afternoon pick ups can be very busy and there are so many things to be done but spending an extra few minutes ensuring we are parked safely and leading by example helps to protect all our tamariki and keep them safe as well as teaching them to do the same for others.



**On Friday 25 August, we will have a coin trail in support of Daffodil Day. This is to raise money for the Cancer Society.**



**Bring your gold coin and add it to our trail of coins.  
Feel free to wear something yellow if you wish.**



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## PTA Notices

### Ōpaheke School PTA Seed Fundraiser

Order forms out now!

Flowers, Organic vege, sprouts, herbs and vegetables.



Gather orders from friends and family.

**Order forms and payment due: August 25th**

One payment per family/whanau order via internet banking or cash payment at office.

**Delivery end of term 3 (date TBC)**

Contact the PTA if  
you any questions or  
you can help to pack  
orders at the hall.



PTA@opaheke.school.nz or phone 298-5410

Check out the website for info on  
seed varieties!



The next PTA fundraiser for term 3 is one that will get your hands dirty! We will be fundraising via seeds for your Spring garden. There are vegetables, herbs, flowers, sprouts and organic vegetables. Order forms have been sent home with children this week and are due back August 25th. Seeds can be viewed on the Kings website <https://www.kingsseeds.co.nz/>

Please share the love and our fundraising efforts with family and friends. These usually sell themselves, so you don't need to do much work to fill in your form with lots of orders.

Please mark clearly on the form what is ordered, and please have one payment only per family for your orders. This will make it easy to collate orders and payments. Account information is on the order form. Payment is via cash at the office with form, or internet banking (to the PTA Account) stating child's name and room number with 'Seeds' as a reference. As this is a PTA fundraiser EFTPOS is not available sorry. All students whose whānau put in an order will go in the draw to win a prize pack.

If you need more order forms, please see the school office. If you have any questions, please contact the PTA via [PTA@opaheke.school.nz](mailto:PTA@opaheke.school.nz) or phone 298-5410.

Thank you once again for your support in raising funds for the school.

### ATTENDANCE MATTERS

Notify Us Of Your **Child's Absence** Within  
Seconds On Our **Skool Loop App**

#### ATTENDANCE

- ☒ Open the Skool Loop App & select Absentee
- ☒ Select a date range, if applicable
- ☒ Receive email receipt of your submission

Download **The Skool Loop App**. A simple 100% free download:  
In Google Play & App Store search '**Skool Loop**' & choose our school once installed.

Coming up....

## TEACHER APPRECIATION DAY

Help us show our wonderful, dedicated teachers how much we appreciated them and all they do for our tamariki. Students could make a card, pick some flowers or simply tell their teacher how much they appreciate them.

**Friday 1st September**



## IMPORTANT DATES

|         |                                      |
|---------|--------------------------------------|
| 25 Aug  | PTA Seed Fundraiser Orders Due       |
| 25 Aug  | Daffodil Day                         |
| 29 Aug  | Auckland Cross Country Championships |
| 1 Sep   | Teacher Appreciation Day             |
| 3-9 Sep | Tongan Language Week                 |
| 5 Sep   | Y5-8 NC Basketball                   |
| 5 Sep   | Board Meeting 7.10pm                 |
| 6 Sep   | Wig Wednesday                        |
| 6 Sep   | PTA Meeting 7pm                      |

### TERM DATES FOR 2023

Term 3 - Monday 17 July to Friday 22 Sept

Term 4 - Monday 9 Oct to Friday 15 Dec

### STAR AWARDS

#### Term 3 - Achieving Personal Best

| Room       | Week 4   | Week 5    |
|------------|----------|-----------|
| R1         | Payton   | Mannat    |
| R2         | Joe      | Odin      |
| R3         | Lizzie   | Logan     |
| R4         | Candice  | Adella    |
| R5         | Kendrick | Sonja     |
| R6         | Hasrat   | Rhys      |
| R7         | Jermaine | Winnie    |
| R8         | Jasmine  | Cara      |
| R9         | Piper    | Kaydence  |
| R10        | Gurnoor  | Ethan     |
| R11        | Arlo     | Ritik     |
| R12        | Kavaan   | Taylor    |
| R15        | Gretel   | Dilawar   |
| R16        | Aimainu  | Alivia    |
| R17        | Jacob    | Solomon   |
| R21        |          | Everleigh |
| R22        | Asyia    | Gurmukh   |
| R23        | Nirvana  | Rome      |
| R24        | Tanveer  | Vincent   |
| R25        | Tejas    | Pranaya   |
| R26        | Zac      | Jaxon     |
| Junior Hub | Mateo    | Pravi     |
| Kanuka     | Daranay  |           |
| Manuka     | Hibah    | Jasper    |

## Paid Advertising



**If you looking  
for Quality  
Childcare in  
Papakura**

Our Reggio Inspired  
centre is  
located at

**429 Great South Road Papakura**

Morin is our centre manager; with a highly motivated  
ECE qualified teaching team.

We are open Monday to Friday 7 am to 6 pm.

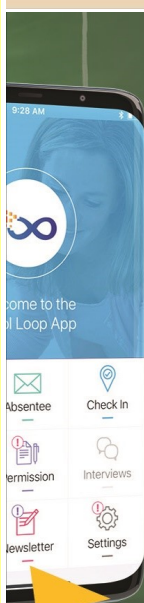


**All About Children**  
Reggio Inspired  
EARLY LEARNING CENTRE

We are inviting our community/  
communities into our centre.

Please drop by on  
Monday to Friday between  
9.30am to 2pm

Call Morin on Ph: 09 217 3165



**Read our digital  
newsletter on our  
Skool Loop app**

**Simple free download:**

In Google Play & App Store  
search 'Skool Loop' &  
choose our school once installed.



**Read Instantly**



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