

Forrest Hill School Newsletter



Thursday 10th August 2017

Dear Parents/Caregivers,

We have had a very busy start to the term. With lots of learning and success happening.

Visiting Chinese Students.

Next week, we welcome 14 students from Jiangdong Central Primary School - Ningbo China. This is the start of a cultural exchange and a sister school relationship. Auckland City and Ningbo have an established sister city relationship and currently there are 54 schools involved in different exchanges. The students will be with us for a week and we will be invited to visit Ningbo and Jiangdong Central Primary School in 2018. I will let you know the details of next year's exchange in early 2018 to get an expression of interest.

New Website.

Next week we will be launching our new website. This has been a major project for the school and I am excited to get your feedback on the site so we can continue to adapt it to make it an effective site for information and communication.

One of the great features is the ability to change the wording on the site to Chinese and Korean.

More information will be sent out early next week.



Year 5 Bake Sale.

The Year 5 students are busy preparing for tomorrow's bake sale both at school and at home.

They are fundraising for an all weather information board for our Garden.

The board will contain information about the gardening process they have been involved in as well as identifying some of the food they have been growing.

This is a great example of student's taking action.

Staff Leaving

Tomorrow is the last day for Mr Steve Guy and Ms Courtney Ryder. We would like to wish them all the best in their future endeavours.

FORREST HILL SCHOOL WINS NORTH SHORE CHESS TOURNAMENT

On Tuesday we had 24 students involved in the North Shore Primary School Chess Tournament. We decided to take all the students who regularly attend Chess Club. Students from Year 2 to Year 6 competed. The younger students got a chance to experience the pressure of tournament play including using the timer for each move. We are very proud of how the students represented the school in the way they competed positively and with great sportsmanship. Our Top team of Richard Meng (Year 6), Jeffrey Yu (Year 5), Harrison Xiao (Year 3) and Aaron Shi (Year 5) won the tournament and a place in the New Zealand Nationals. The team won by the narrowest of margins - one game. We would like to thank Miss Delaney for her work with the Chess Club.



NORTH SHORE PRIMARY SCHOOLS CHAMPIONSHIP 2017

Team	R 1	R 2	R 3	R 4	R 5	R 6
1. Forrest Hill A	413	513	813	211	511	614
2. Milford Park A	714	1114	513	112	613	212
3. Pihanga A	1411	1513	1314	5115	1214	1314
4. Milford Park B	1113	2214	711	4124	111	1114
5. Upper Harbour A	1514	2014	1514	813	711	1119
6. Haruru A	2116	1814	1713	512	1113	912
7. Haruru B	2512	1913	1813	611	812	1614
8. Pihanga B	3114	1314	111	112	812	212
9. Haruru A	1813	1513	811	1211	2214	2014
10. Cammeray Bay A	1112	1813	2813	1813	7183	2122
11. Pihanga B	1112	2813	418	3513	415	1913
12. Upper Harbour B	1813	2101	418	1213	2114	2813
13. Pihanga C	3119	2413	1613	2114	1318	2813
14. Milford Park C	4118	411	414	1213	2114	2813
15. Haruru C	5118	2713	1413	2135	2135	4119
16. Cammeray Bay B	4118	3112	7183	4114	2114	2713
17. Devonport A	1113	7119	2513	111	2012	1212
18. Devonport B	2012	811	3119	2212	2411	2019
20. Haruru D	2313	8119	1119	1615	17114	11114
21. Chesham	2914	218	2213	1815	1811	2813
22. Upper Harbour D	2412	5119	2513	2612	1519	2713
23. Pihanga D	2213	1618	2713	1511	1811	2813
24. Haruru D	2119	5118	1815	13116	18114	1418
25. Pihanga E	8112	1211	1815	12116	18114	1418
26. Pihanga B	8112	1211	14119	14119	18119	2211
27. Pihanga	8114	1615	2411	14119	18119	2211

PTA NEWS

On Monday, the school sent home information on the Fact-a-thon 2017 which all the students will be participating in August. The Fact-a-thon will raise funds for the school and go towards things like school camps, shade sails, etc.

There are two options available for students to collect sponsorship. You can either choose the option you would prefer or you can use a combination of both.

- 1 - Using the sponsorship form which was sent home on Monday
- 2 - Using the online sponsorship through Every Day Hero (Charity - Forrest Hill School)

To use the online sponsorship, please follow the instructions below:

- 1 - Click on the link to Forrest Hill Schools Page

<https://nfp.everydayhero.com/nz/forrest-hill-school>

- 2 - Click on the 'Start Fundraising' button
- 3 - Create your child's fundraising page and give the page a name (e.g. John Brown Fact-a-thon 2017)
- 4 - Make sure you select 'Forrest Hill School' as the charity. If you miss this important step, your child's sponsorship money will not be forwarded to our school.
- 5 - Enter your home address.
- 6 - Log in options are available using either Facebook or email. *Please note if your child did online sponsorship for the Adidas Fun Run, they may already have a log on when you get to step 6. If you have forgotten your password, you can easily reset it using the 'reset button'.
- 7 - Your child can also add a photo to their page if they choose.
- 8 - You have the option of either posting your child's fundraising page on Facebook or forwarding the email link to family and friends.

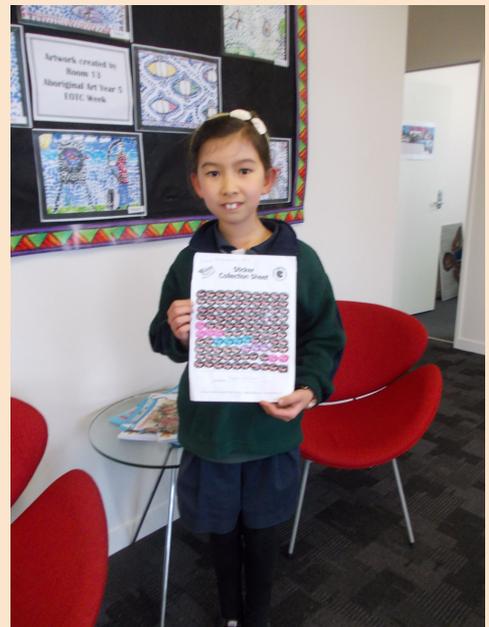
If you have any queries regarding registering online, please email pta@forresthill.school.nz or phone Tania on 021-414848.

Thank you for your support with this school fundraiser.

Congratulations to this week's Yummy Apple Sticker collectors:



Zac Parker-Hansen Rm 19, Alex Ivanov Rm 21, Richard Meng Rm 22, Thomas Smallfield Rm 16, Martin Ivanov Rm 9, Irene Fan Rm 3 / 4



Jessica Hoogenboom Rm 11

Arriving late at school

It has come to our attention that a number of children are often late arriving at school.

It is so important that children are at school on time in the morning. Classes start at 8.45am. Children should have their bags in the cloakrooms and their pencils and books ready for the first learning block by 8.45am. Arriving on time gives them the chance to meet up with their friends then come together for the first part of the learning programme.

We would be grateful for your assistance in this matter.

Dates for your diary

14th August - Year 6 students visit Wairau Intermediate

14th August - Ningbo students arrive from China

15th August - ICAS Maths exam

17th August - Rippla/touch tournament

18th August - Whole school assembly

21st August - Board of Trustees meeting

25th August - Whole school assembly

1st September - FHS Cross Country

1st September - Whole school assembly

Medicine at school

Please note that all requests for medicine to be administered at school must be accompanied by a signed "Request for School to Administer Medication" form (available from the office).

All medication must be handed in to the office and not kept in the classroom or children's bags.

FHS Cross Country

Students are practising for our Cross Country Day to be held on Friday 1st September. In case children slip over it would be preferable for students to have a change of clothes in their school bag as the ground is still so wet.

Enrolments for 2018

To assist us with planning for the 2018 school year can you please advise the school office if you have a child turning 5 years old next year.

This will help us allocate classes for next year.

Thank you

Room 18 Newsletter Contribution

Room 18 have been practising a cross country course that the class made up, first by looking at a map of the school and then drawing a course thought suitable taking into account the grass areas are often closed. After having a go at their groups' course, adjustments were made and a final route decided on. Practices have been timed and graphed in anticipation of improving rates.

Some students decided to write about their experience, using a genre of their choice to express their ideas.

Gia wrote:

Calling, "On your marks, get set, GO!"
Racing past the people in front
Overtaking the first person
Seconds to go
Stopwatches timing

Catching my breath
"Ow, my feet are hurting."
Up and down the hill
"Nothing will stop me."
Two more laps?"
Running too slow
"Yes, I bet my time!"

Mona wrote: Haiku poem

huffing and puffing
"So tiring," I mumbled
running really fast
fit

Abigail wrote:

Cross country is...
Lap 1
Easy
Fun
Tiring
Walking
Jogging
Running

Lap 2
Bit hard
Stitch
Sweating
Hot
Exhausting

Jing wrote:

Huffing and puffing,
At the end of cross country practice
I put up my time and say: "Look! I've improved!"

Seoyeon wrote:

Huffing and puffing, "Keep going, you can do it!"
"Run, run for your life!!! We need to cross the finish line,"
Jing encouraged me. We finish together.
"4 min 15 sec," Mrs Spray says.
"We better beat our high score soon!" I say.

Kaleb wrote:

"I can't wait to run," I said to Hamish.
"I know right bro,"
"Yep bro."
"Go," shouted Mrs Spray. I jogged for the first bit but then I decided to save my energy for the last bit running down the big hill! I was behind Hamish and Harper for most of the time but I lost them at the junior playground. I saw them running up the big hill. I high fived both of them. I was running down the hill and they were running up the hill. I managed to get up the hill in under 6 mins and got 5 mins 10s. After running the course, me, Harper and Hamish wrote our time in our maths book for our cross country graph then ate brain food.

Alegria wrote:

"Ow my legs and feet are so sore, I said.
"Same," said Gia.
"Me too," Aya replied.
"Come on let's finish the cross country track," I said.
Everyone kept on running till the end.
"Wow that was our first lap come let's finish the rest,"
Aya laughed.
"What time did you get?" Aya replied.
"I got nine minutes and 7 seconds," I blurted.
"Ah I hate cross country," I said. "Well not hate I just don't like it," I whispered.
"Why?" replied Aya.
"I always get the stitch," I said.
"Oh same," she said.
"I need a drink," Gia yelled.
"Me too," said Aya.
"Me three," I said.
"Let's go have brainfood," Gia gurgled.

Forrest Hill School Music News Term 3, Week 3

We have been very fortunate to have had three fantastic music performances so far this term. Firstly ACE Brass from the Auckland Philharmonia Orchestra, then last week Camerata string group from Westlake Boys. Yesterday we had Westlake Girls' choir Cantare and as well as Westlake Boys and Girls mixed choir Choralation.

Our FHS students are certainly learning to appreciate a wide range of musical styles and gain a lot of enjoyment from being in the audience.



Camerata from Westlake Boys performed to the whole school in week 2. Camerata, conducted by Mr Warwick Robinson is Westlake Boys' top string ensemble with violins, violas, cellos and double bass. They demonstrated different ways the instruments could be played; bowed and plucked. The double bass was very low and enormous!

Cantare from Westlake Girls performed to the whole school yesterday. Cantare, conducted by Ms Fiona Wilson is Westlake Girls' top girls' choir with Soprano and Alto singers. They sang a lot of their songs in Latin. The sopranos had extremely high voices!

Choralation is the award winning mixed choir from both Westlake Boys and Girls schools. They performed captivating and spine tingling songs to the whole school. We heard a talented soprano saxophonist and solo singers also. Choralation choir consists of sopranos, altos, tenors and bass singers with super low voices!

Term 4 Local Touch Junior Competition

If your child is interested in playing Touch Rugby in Term 4, please refer to the email that was sent out on Wednesday 9th August titled Term 4 Touch. This email includes information about the competition and the registration form which needs to be completed and returned to be able to play. To request the information to be sent again, please contact Sam Ness: sness@forresthill.school.nz



Our very own Greta in Year 6 did a great job conducting the Choralation choir!

Kids For Kids Choir

The students in the Kids For Kids Choir have started rehearsing every Monday lunchtime. These students have their own song booklet that can be taken home to practise the words, however it must be brought to school every Monday for rehearsals.

The songs have also been shared with all the Kids For Kids Choir students, the songs can be downloaded at home for the students to sing along with and listen to.

BECROFT PARK TENNIS CLUB - JUNIOR REGISTRATION

Bond Crescent, Forrest Hill –
Next to the Badminton Centre
Saturday 26th & Sunday 27th

August, 10am – 12pm

Saturday 2nd & Sunday 3rd Sep,
10am – 12pm

We are a small family friendly club who will welcome your participation and offer:

- One of the cheapest subscriptions on the shore - up to 11yrs only \$140, up to 15yrs only \$150 for the season!
- Junior Coaching – once a week on a Monday – included in yearly subscription
- Club Nights – Organised Wednesdays/social tennis/club events
- On site qualified coaching – lessons available – NEW Coach this Season!

For more information, please contact Fale Greenwood on 410 5581

Season Opening Day - Sunday 13th August @ 1pm - Come along and join in the fun!

YOUR CHILD DOESN'T HAVE TO MISS OUT ON MUSIC

Music is both a great educational tool and a fun activity. For some students, the option of extending their musical education beyond the core music and other group activities at school can be difficult as busy parents are not always able to take their children to lessons after school times.

Our school is pleased to be able to give parents the option for students to take lessons here at the school through our association with the Music Education Centre.

To find out what lesson spaces are still available for this term, please contact them directly on 0800 89 39 39.



**MOVE
NORTH
SHORE**.CO.NZ

SOLD
**SOLD IN
THE HOOD!**
For the latest sales information in your area go to movenorthshore.co.nz/sold-in-the-hood

**SUBSTANTIAL
DONATION
FOR YOUR SCHOOL**
Phone Tony for
more information

TONY WHITE
Licensed Sales Consultant REAA 2008
☎ 486 8223
☎ 021 221 8888
/MoveNorthShore


harcourts
cooper&co
harcourts

PLEASE SUPPORT OUR ADVERTISERS WHO ARE SUPPORTING OUR SCHOOL

KidsKlub

SAFE & HAPPY KIDS

- ✓ Before and After School Care
027 284 5378
- ✓ Childcare - 118 Chivalry Rd
444 1560
- ✓ Holiday Programme
Run from Glenfield Primary

General Enquiries - 027 272 6994
www.kidsklub.co.nz



Thinking of Selling? Cathy Li is a top performer

#1 Barfoot & Thompson Milford 2011-2017

Call Anytime!

021 779 783 | 09 410 0838 | c.li@barfoot.co.nz

Barfoot & Thompson
REALESTATE

09 489 5049

www.barfoot.co.nz

Licensed under the Real Estate Agents Act 2008



Forrest Hill Veterinary Clinic & Hospital

A 7 DAY-A-WEEK
PET HEALTHCARE
SERVICE

We love animals & we care for your pets - including all weekend! We continue to provide your pets with fully x-ray, medical & surgical facilities at this clinic - including Sat & Sun. A wide range of premium petfood & accessories.

Free information pamphlets & advice.

7 days a week. 42 yrs service to the North Shore.

Ph: 410-5169

24 hour
Emergency
Service

MIKE SMALL, LOUISE SPENCE, MARK PANGALILA & BEDE ROBINSON

Member NZ Veterinary Association. 218 FORREST HILL ROAD, FORREST HILL, AK 0620

KUMON

Give your child a head start in life

With our individually tailored Kumon maths and English programmes, your child will develop a strong academic foundation that will nurture their learning for life.

Contact your local Kumon Centre to find out more today.

KUMON FORREST HILL & TAKAPUNA EDUCATION CENTRES
tel: 410 1678 / mob: 021 167 0019

Visit <http://nz.kumonglobal.com>



FREE trial lesson for new customers

Over 40 years experience
successfully teaching
swimming.

Call now to book
your free lesson.

Phone: 414 5484
Volkner Place (off Bush
Road), Albany.



www.hiltonbrownswimming.co.nz

Terms and conditions apply

**Hilton Brown
SWIMMING**



SIRIKAYA Traditional Thai Massage

GIFT
VOUCHERS
AVAILABLE
ONLINE

- SIRIKAYA Full Body Massage • Back and Shoulder Massage
- SIRIKAYA Facial • Traditional Thai Massage • Thai Foot Massage • Thai Medical Massage

Northcote: 16-26 Kilham Avenue 09 480 8597

Orewa: 9 Tamariki Avenue, 09 427 8130 • Glenfield: 1/1 View Rd 09 443 4399

Milford: Level 1, 9 Shakespeare Rd 09 486 0026

Whangaparaoa: 639 Whangaparaoa Road 09 424 7619

enquiries@sirikaya.co.nz • www.sirikaya.co.nz

Mon-Sun 9am - 8pm • Early Bird Discount Before 10am Mon-Fri

SUBWAY

SMALES FARM

is proud to support FHS.

And don't forget your Thursday Lunch order.

THE PELVIC FLOOR CLINIC

131 Shakespeare Road Milford

Book now for your Well Women's health check up.
Gynaecologists specializing in, pelvic pain, endometriosis,
heavy bleeding, menopause and all bladder problems
especially incontinence.

Also available : Latest non surgical treatment for
Bladder problems and Vaginal Tightening



Dr Bernie Brenner & Dr Ammar Al-Abid

For appointment ph. 486 0182 or e: reception@pelvicfloorclinic.co.nz
www.pelvicfloorclinic.co.nz

**Westlake
Forrest Hill
Kindergarten**

- Children develop confidence through play
- Fantastic spaces with lots of room to explore
- Teachers nurture children's interests and curiosity, preparing them for school.
- 20 hours ECE fee subsidy available

Come and visit our kindergarten
Tiber Road, Milford, Auckland (09) 410 7742
www.aka.org.nz @mykindy

JustWorkout!

Personal Health & Fitness Centres

ALBANY24HR • FORREST HILL
MILFORD24HR • TAKAPUNA •
BIRKENHEAD24HR • DEVONPORT
CENTRAL CITY • NEWLYNN

www.justworkout.co.nz p: 0508-587-896

Call us for your FREE trial
0800 763 766

DANCE • www.pform.nz • DRAMA

Achieve Centres for Education

09 441 2241

After school learning support for Years 1-13
Local • Affordable • Effective
NZ Curriculum • Expert Teachers

We help learners
to flourish in
confidence and ability

www.acetutoring.co.nz 1 View Road, Glenfield