

# Forrest Hill School Newsletter



**Thursday 3rd August 2017**

Dear Parents/Caregivers,

Once again I need to remind the parent community about safe driving practices when picking up and dropping off students before and after school. This continues to be an issue and over the last few days we have had a series of incidents that are very concerning. I have involved the police. The behaviours that are most concerning are:

- Parents completing U turns while the crossing is in use. Although it is not illegal to complete a U turn, you can get ticketed for inconsiderate driving and dangerous driving. Many large cars cannot completely complete a U turn and hold up traffic. We have also had parents drive up onto the path to complete the turn - only just missing students.
- Parents letting students out while the traffic light is red. A student was hit earlier in the week when they exited the car from the driver's side and ran towards the school gate.
- Parking in the 2min drop off zone before and after school. This stops the flow of traffic and causes unsafe situations.
- Parking on the yellow lines. This is illegal.

Keeping our students safe is a SHARED RESPONSIBILITY and we need your support. Most of our students are in zone and are capable of walking to school. Getting wet is a part of life and not life threatening. I hope that these behaviours are not due to laziness. I will be recording number plates and passing these onto the police.

## Westlake Boys Growing Support

At Forrest Hill School we have been very privileged and honoured to be working with Westlake Boys High School to help support our children in their learning and development. This term we have introduced a new programme for 2017, Coaching through PE and Sport. Initially we are getting to know our "Big Buddies" by sharing our interests and learning, but next week we begin our PE/Sport sessions. These will be held regularly over the term at the Westlake Boys Gymnasium. This is a wonderful opportunity for our Year 2 students in Room 8 to develop relationships with older students in a fun manner whilst also learning and developing their physical skills.



## 2nd Hand Uniform Shop

Will be open Friday 4th August from 8.30am - 9.00am in the school boardroom. Cash sales only accepted. Trade like for like.

### Found Sweatshirts

There are a lot of found sweatshirts in the school hall. If you are missing a sweatshirt and it is not in the lost property box, please check the hall.

### Basketball

All teams are full. Players please make sure that you pay your fees as soon as possible as they are now overdue. I am still waiting for three players to return their basketball singlets from last semester. Please return these to the office with your names on. Best wishes for the new season and a big thank you to the parents who volunteer their time coaching and managing and scoring for teams.

### Drain Layer Wanted

Yr 4s are studying flooding and drainage. Would you be able to spare some time to come and speak with our children.

Contact Lisa Leggett Yr 4  
Syndicate Leader  
lleggett@forresthill.school.nz

# Crafty Katz

## Kids Art and Craft Club

For 7 - 10 year olds

The club aims to give children the opportunity to enjoy art and encourage

creativity. The programme will include all craft & art materials and

afternoon tea

When: Tuesdays 22nd August – 26th September Time: 3.30 – 5pm

Cost: \$50 for 6 sessions paid on first session

(catch the EarlyBird \$5 discount if received by 15th August) or \$10 per session paid each week

Where: Windsor Park Café, 550 East Coast Rd, Mairangi Bay (Behind KFC)

To enrol or for more information email artist Shirley Smith 022 0180752

shirleysmithnz@gmail.com

# Year 5 Bake Sale Fundraiser



**Week 3**

**Friday 11th August**

Funds to make an all weather information board about how plants grow to be placed in our garden.

Could your child please bring a small amount of money to buy something from our bake sale

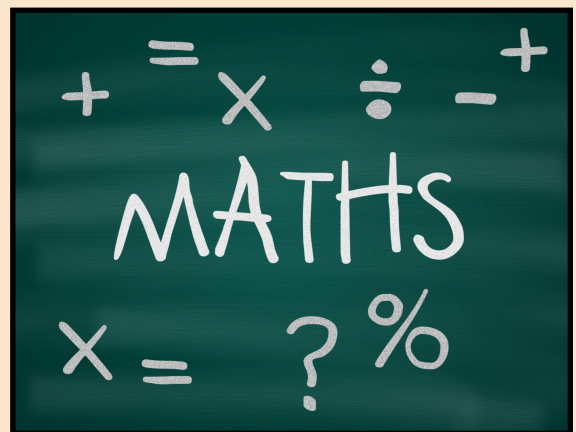
## Haiku Poems By Room 13

Maths

Adding big numbers  
Shapes like rectangles and squares

Problem solving fun

By Elaine



Spring

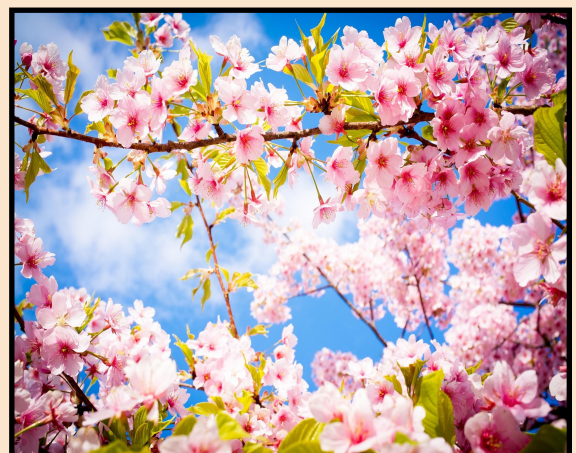
Best time for growing

Harvesting t

he vegetables

Watering the flowers

By Gilbert



## Winter

Heaters are useful  
Everybody drinks hot  
soup  
Snowflakes falling down  
By Aaron



## Turtles

Turtles like swimming  
Turtles have flippers  
and shells  
Turtles walk on land  
By Erick



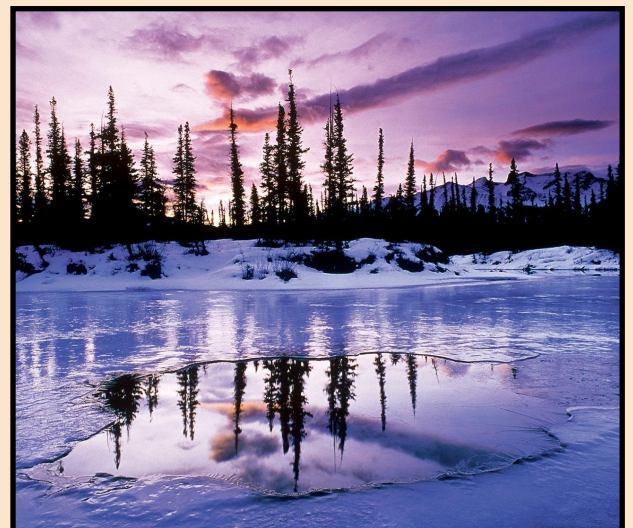
## Music

Calming and graceful  
Flowing, flying and floating  
Moving through our ears  
By Aleen



## Winter

Heaters are useful  
Everybody drinks hot soup  
Snowflakes falling down  
By Aaron



## Forrest Hill School Music News Term 3, week 2

Last week we had an amazing performance from ACE Brass, professional brass players from the Auckland Philharmonia Orchestra. Huw on trumpet, Emma on french horn and John on trombone.



ACE Brass took the students through an in depth look at the brass instruments, exploring how they work, how to play them and how they have changed throughout time. The students participated in some fun activities and also watched Huw complete some very impressive pushups!





**The whole school participating in the ACE Brass Performance,  
lead by our very own Caleb in year 6.**

### **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.

### **Important dates: Kids For Kids Concert**

Date to put on your calendars: **Tuesday November 7th.** Daytime rehearsal and evening concert.

**Orchestra** practises on Tuesdays at lunchtime. We have keyboards, marimba, xylophones, recorders, flutes, clarinets, trumpet, violins and cello. If your child plays an instrument and they're keen to join please let me know. The orchestra are practising hard for a performance at assembly later in the term. This photo shows Torr on trumpet, Dom on clarinet, Elaine and Gilbert on Marimba.



It is recommended that your child in year 3 upwards has their own named descant recorder that they bring to school on the days they have music and then they can practise at home. They can be purchased from KBB Music from as little as \$9. <https://secure.zeald.com/kbbmusic/results.html?q=recorder>

**Ukulele Group** has been a big success, it's on Wednesdays at 8am with Mrs Webster. It is for all year 5 and 6 students who are keen to learn. There are a few spaces, if your child would like to join this term. We have school ukuleles to learn on. Your child doesn't need to have their own ukulele, although it makes it much easier as they can practise at home. KBB Music has a great range of ukuleles from \$40 that you could consider.

<http://www.kbbmusic.co.nz/shop/Guitars/Ukuleles+%26+More....html>

If you are keen to start learning an instrument please email Mrs Webster for more information.

Jacqui Webster, Music Teacher, Forrest Hill School  
[jwebster@forresthill.school.nz](mailto:jwebster@forresthill.school.nz)

## SPCA

The SPCA need towels urgently. Our Year 6 students have been doing good things for the community

If you have any old towels, please would you bring them to the office or to Medisa Sedighi in Room 20.



**The school office has a new gadget.**

### Dates for your diary

7th Aug Factathon notices go home

8th Aug Chess tournament @ Wairau Int

14th Aug Yr 6's visit Wairau Int

15th Aug ICAS MATHs

16th Aug North Shore Young Leaders Day @ Kristin

17th Aug Touch Rippa Tournament @ Onewa

We now have a digital tablet in the office.

This is for signing in and out, the staff, children, parents and helpers.

When you arrive at the school for any reason, please come to the office on your arrival.

For safety reasons, we need to know where all the children and staff are at all times.

**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](http://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



THE CENTRE FOR PSYCHOLOGY  
ALBANY, AUCKLAND

# Mindful Parenting – 6 week course

For parents of children of all ages



Centre for Psychology  
Massey University, Albany  
Village, Auckland

Starts Tuesday 15 August

7:30 – 9:00 pm

\$175



## Shirley Pastiroff, Facilitator, Counsellor and Mindfulness trainer

If you're finding parenting stressful and life too busy, this is the perfect workshop for you. In this six-week course Shirley teaches practical research-based mindful parenting techniques that reduce stress, improve family relationships, provide tools to stay calm in the middle of even the most chaotic days, and create deep, lasting connections between parents and their children.

*"Really eye-opening. I have honestly not been this aware of my responses to my children (and my husband) ever! I have learnt so much." ~ Mother of 2*

*"The parenting techniques were simple and easy to put into practice. Plus they really work! They have had a hugely positive impact on my family." ~ Mother of 3*

*"Highly rewarding for me personally and I'm glad my wife and I both completed the course together. I think it will multiply the benefit." ~ Father of 3*

*"I loved what Shirley shared. It is approaching parenting and discipline from a different angle and reaching a place in parents that is transformative." ~ Jenny Hale, Family coach at the Parenting Place*

**Registration** – \$175 for 6 weeks

For more information contact : 213 6095 or [centreforpsychology@massey.ac.nz](mailto:centreforpsychology@massey.ac.nz)

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](http://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](mailto:c.li@barfoot.co.nz)

**Barfoot & Thompson**  
REALESTATE

09 489 5049

[www.barfoot.co.nz](http://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](http://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](mailto:enquiries@sirikaya.co.nz) • [www.sirikaya.co.nz](http://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](mailto:reception@pelvicfloorclinic.co.nz)  
[www.pelvicfloorclinic.co.nz](http://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](http://www.aka.org.nz) @mykindy

## JustWorkout!

Personal Health & Fitness Centres

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

[www.justworkout.co.nz](http://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](http://www.acetutoring.co.nz) 1 View Road, Glenfield