



**SOUTH FEATHERSTON**  
**Town and Country School**

# NEWSLETTER

Term 3, No.6: 7th September 2017

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Please remember to notify the school office of any absences before 9am each day.

**Term 3 Dates to Remember**

**Y7 & 8 Technology:** Monday x 4  
4, 11, 18, 25 Sept

**Onesie Day:** for Wellington Free Ambulance: Fri 8 Sept

**Hockey:** Tuesday 12 Sept Y 5/6  
(pp Day Thurs 14 Sept)

**Friends of SFS Meeting:**

Wednesday 13 Sept 7.15pm

**EPro8:** Wednesday 20 Sept Y7/8  
@ 5pm, Greytown School

**EPro8:** Thursday 21 Sept Y5/6  
@ 9.30am, Greytown School

**BOT Meeting:** 28 Sept 7.15pm

**Final Assembly:** 29 Sept 2pm

**Term 4 Dates to Remember**

**Day 1, Term 4:** 16 October

**Ag Fair/Lamb & Calf Day:**

Saturday 21 October

**Wellington Free Ambulance Onesie Day:** Don't forget that this is happening on Friday! If your child is going to be wearing their onesie, please remember they'll also need to bring along a Gold Coin donation which will be passed on in support of the Wellington Free Ambulance Service. . .

**Year 5/6 Hockey Tournament:** Next Tuesday at Carterton

**Year 7 and 8 Technology at Featherston School:** Another reminder that this happens each Monday, for the next 3 weeks. We had three Forgetful Freddies this last Monday!

**Lunch boxes:** We are starting to get a few 'extras' creeping into our children's lunchboxes – please help us by NOT putting in chocolate, lollies or sugary drinks! It can cause problems between children, in some cases, it may lead to kids 'permanently borrowing' yummy stuff out of other people's lunch boxes, not to mention sugar-hyped behaviour in afternoon school. There is plenty of time after school to fill your kids up with those types of food!

**2017 School Term Dates**

**Term 3** 24 July – 29 Sept

**Term 4** 16 Oct – 15 Dec

**While we're on the subject of lunchboxes . . .** You will be aware that we are moving quickly towards being a zero waste school. Children are asked to take all paper or plastic lunch rubbish home. Within our schoolwide Inquiry ("My rubbish doesn't affect the environment"), children will be brainstorming how to reduce waste further and one of the ideas they may talk to you about is their lunch box! You may want to start looking into 'nude food' containers (re-useable containers for yoghurt etc) paper bags/waxed paper for wrapping sandwiches in or even small cloth bags. We are also investigating ideas, specifically for holding food, which may be sold at our Ag Fair.

**LUNCH FOOD**  
**AVAILABLE AT SCHOOL**

Ham and Pineapple Pizza	\$3.00
Small Mince Pie	\$2.00
Mince and Cheese Pie	\$3.00
Sausage Roll	\$2.00
Butter Chicken Wrap	\$3.00
Apple Pie	\$2.00
Blueberry muffin	\$1.50
Chocolate muffin	\$1.50

NB: We are a water only school – please ensure that drink bottles contain water only

**Reminders of what is going on over the next couple of weeks:** Please keep an eye on the "Dates to Remember" column on the left hand side of the newsletter. We have children going far and wide! We also need more help with transport and supervision for a couple of events (Y5/6 hockey tournament, and Epro8 for Y5-8) so look out for the special notices which will be coming home about these.

**Next assembly:** Our next fortnightly celebration will be on Friday 15 September from 2.15pm. Please plan on joining us! Your children would love to share their successes with you . . .

**Wheelbarrow Raffle donations:** These are slowly dribbling in - thank you to those who have already sent something in. Any household or grocery item can be placed in the wheelbarrow in the office foyer.

**FSFS Meeting:** the next 'Friends' committee meeting to continue planning the Ag Fair and other fundraising events is next Wednesday.

Ngā mihi nui

Tana Klaricich



**Steve Chapman** has generously offered to donate a percentage of his house sales to our school! If you, or anyone you know, are buying or selling a property, give Steve a call.

Steve Chapman  
Mr Solel  
Licensed under REAA 2008  
25 Fitzherbert St,  
Featherston  
027 687 5809  
schapman@leaders.co.nz



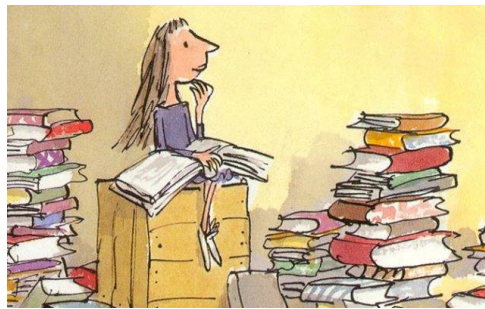
# South Featherston School Agricultural Fair

Saturday 21<sup>st</sup> October 2017 from 10am

**PLEASE DROP GROCERY ITEMS FOR THE COMMUNITY RAFFLE INTO SCHOOL AS SOON AS POSSIBLE. THE WHEELBARROW IS IN THE FOYER WAITING TO BE FILLED!!**



**Lucky Books orders due back to school by Friday September 8<sup>th</sup> 😊**



## Helping kids with springtime allergies

The start of spring marks the end of winter and the countdown to longer days and warmer weather. While most of us look forward to the start of spring, it can be a tough time for kids with hayfever, asthma and other seasonal allergies and illnesses.

Here are some tips for keeping kids well and enjoying the best of spring:

- Get advice – talk to your medical centre or local pharmacist about treatments that could help prevent allergies and keep the springtime snuffles at bay.
- Stay active – being active helps develop young lungs and makes kids better able to cope with asthma and other respiratory illnesses.
- Avoid pollen – close bedroom windows at night to avoid pollen coming in and check your garden for highly allergenic plants.
- Clear the dust – keep your home as dust free as possible to avoid this setting off allergies.
- Regular handwashing – washing and drying hands often helps avoid spring colds and keeps hands dust and pollen free.
- Keep hydrated – drinking water helps to keep germs away from dry throats and noses.
- Stock up – make sure you have a handy supply of inhalers, antihistamines and other medication.

If you need a refresher on how to use your child's inhaler, talk to your medical centre nurse or pop into your local pharmacy. Also check you have a supply of inhalers at school as well as at home.

**For more tips check out: [healthnavigator.org.nz](http://healthnavigator.org.nz).**