



Dear Whanau,

Highfield continues to be a busy and thriving community. Over the last week I have visited lots of classrooms observing students learning how to self manage, work in collaborative groups and write creative and imaginative stories. One aspect that was very clear was their ability to listen to each other and respond positively and respectfully. This was wonderful to see, as we are working really hard to install these very important life skills into our students. I have always learned that if I approach anything with positivity then not only do I improve, but I enjoy the task and understand its purpose.

We aim to offer as many opportunities as we can at Highfield and it is very pleasing to see so many teams entered in Basketball, Futsal and Teeball/Softball. I am a huge advocator for sport, as this encourages a healthy lifestyle. More importantly sport helps to build camaraderie, team spirit and create long lasting memories. Good luck to all those students who have entered.

Room 2 Blurb

Each day starts with doing our morning jobs before school. We unpack our bags then help to put out chairs. When the bell rings the super helper for the day does the roll and we do the day of the week, how we are feeling and the weather in Māori. Next, we share our stories about our class pet Baxter Bear and read the article from the current events book that gets sent home each week. Then we do our story writing and we are lucky to have Kim to help us. We love writing about videos and pictures at the moment. At the end of our writing we enjoy sharing what we have written with the rest of the class and then we practise our spelling and handwriting.

At play times we love going on the new swing, riding our scooters, playing on the playgrounds and visiting the library. After read and feed and shared reading we do buddy reading, then move onto completing activities from the learning wheel. Activities on this include reading from the library corner, making words, puzzles, playing memory and sound bingo. After lunch play we sit outside and eat with Room 1 and then at maths we often work with buddies to solve problems and to complete our number of the day activities. We love playing maths games; our favourites are shoot and 21. In the afternoons we go to the library, Kiwi Can or join with Room 1 to do art, PE and singing.

Miss Stewart's give a little page for charity

<https://givealittle.co.nz/fundraiser/siobhan-drops-for-youth>

I think this is a great programme to support young people so thought why not throw myself out of a plane to support this great cause!



Come and get active with us.....
Thursday 5th September at 2.30pm for a whole
school Jump Jam session on the court.

National Health & Physical Education DAY
5th SEPTEMBER 2019

Good for Children, Good for Schools,
Good for Communities

#HPEdayNZ hpeday.com

Tongan Society show

On Monday the Tongan Society came to teach us about the Tongan culture and entertained us with their dancing. Sina Latu taught us where Tonga was, how to count to ten in Tongan, why a Tapa is special, about Tongan food, the flag, and the lifestyle in Tonga.

Today I felt special and proud to be Tongan and can't wait until next year when I get to dance too.
Taniela Tuli Room 6



ROOM 5

Room 5 are trying to walk the length of New Zealand for a school kit project. We need your steps over 24 hours from 8am on the 5th September to 8am on the 6th of

WE NEED YOUR STEPS

Can you help us? Could you count your steps and report the number back to our class? We are trying to get enough people to walk the length of New Zealand in 24hrs.

WE ARE LOOKING FOR 278 PEOPLE

Everybody can donate - Grandmas, Dads, Little Sisters, Dogs, Step-mums, Koro, Uncles, Mums, Overseas Aunties, Next-door Neighbours. Can you help?

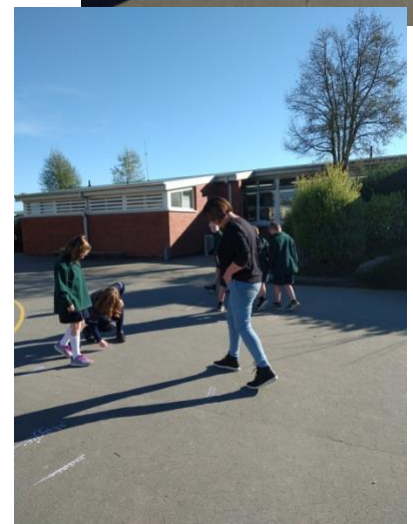
If you can donate your steps from 8 am on 5th Sept to 8 am on 6th Sept then please get in contact with us at <https://forms.gle/dx5Sa3H9jbrhK3W6> or room5@highfield.school.nz

HEALTHIER KIDS SCHOOL PROGRAMME

September. Please share with family and friends around New Zealand and even the world. Your tallies can be sent to room5@highfield.school.nz or on our google form <https://forms.gle/sfw5jKv4Y4TFAUaA9>

ROOM 6

Here is Room 6 out measuring the length of their steps before they use their pedometers on Wednesday. We all walked 10 steps and measured how far we went. Then we divided this distance by 10 to get our average step.





RUGBY

My favourite sport is rugby because in rugby you can tackle and get hurt
You can pick up the ball
You get fit and you get muddier than other sports
You run more
You wear mouth guards and a head guard that is white or blue or red or orange
You score tries and kick it over the post and when you score the tries
You have to kick the ball from there and you boot it as hard as you can kick it
Every try is 5 points and if you kick it over you get 2 more points so you get 7 points

By Riley - Room 8

Student Successes Week 7:

Scarlett McGrath	Rm 6	<p>Old Boys U10 Girls Rugby - best tackler 2019</p> 
Oliver Barge	Rm 12	 <p>Oliver performing at the Timaru Tap and Jazz Festival in Waimate last weekend</p> <p>Highfield students Holly Thomas, Carmina Cabrera-Martin, Carmen McIntyre, Maia Colvill, Emily Heke, Shayla Murray, Tayla Stewart and Tahlia Murphy, from the Old Boys Leopards netball team, came first in their Year 7/8 netball section. They won their final against Waimataitai 14/12. This is the first time a Old Boys Netball Team has won. Well Done Ladies</p>
Old Boys Leopards Netball Team		

Now that the evenings are getting lighter there seems to be more students visiting our grounds after school. We welcome this, but we would like all whanau to be vigilant and safe in the school grounds. Therefore, climbing on structures is not appropriate and could potentially be dangerous. It is important to respect these grounds and take care of them; using our Highfield learner values all the time, whether we are in school or outside of school.

Many thanks for all your support and please remember that my door is always open.

Ngā mihi
Mr Wilcox

GIVE T-BALL OR SOFTBALL A GO!



PLAY WITH CHAMPIONS AND REGISTER AT OUR GIVE IT A GO DAY!

SOFTBALL CLUB / SCHOOL: South Canterbury Softball
 DATE: Sunday 15 Sept TIME: 10:00am
 ADDRESS: Sir Basil Arthur Park
 CONTACT:

©Softball New Zealand
 FACEBOOK.COM/SOFTBALLNZ
 SOFTBALL.ORG.NZ
 SOFTBALL - ANYTIME, ANYWHERE

Infectious Diseases

DISEASE	TIME BETWEEN EXPOSURE AND SICKNESS	THIS DISEASE IS SPREAD BY...	EARLY SIGNS	HOW LONG IS THE CHILD INFECTIOUS?	EXCLUSION OF CHILD FROM KINDERGARTENS, SCHOOLS, ETC
Measles (immunisation usually prevents this illness)	Usually 10 days to onset 14 days to rash.	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	Running nose and eyes, cough, fever and a rash.	From the first day of illness until 4 days after the rash begins.	At least 4 days from onset of rash.
Meningitis (Meningococcal)	2 - 10 days usually 3 - 4 days.	Close physical contact such as sharing food and drinks, kissing, sleeping in the same room.	Generally unwell, fever, headache, vomiting, sometimes a rash. Urgent treatment is important!	24 hours after starting antibiotics.	Until recovery.
Mumps (immunisation usually prevents this illness)	Usually 16 - 18 days.	Contact with infected saliva, eg coughing, sneezing, kissing and sharing food or drink.	Pain in jaw, then swelling in front of ear, and fever.	For one week before swelling appears until 9 days after.	Until 9 days after swelling develops.
Ringworm	10 - 14 days.	Contact with infected persons skin or with their clothes or personal items. Also through contaminated floors and shower stalls.	Flat spreading ring-shaped lesions.	While lesions are present, and while fungus persists on contaminated material.	Restrict contact activities eg. gym and swimming until lesions clear.
Rubella (immunisation usually prevents this illness)	Usually 16 - 18 days.	Coughing and sneezing. Also direct contact with the nose/throat secretions of an infected person.	Fever, swollen neck glands and a rash on the face scalp and body. Rubella during early pregnancy can cause abnormalities in the baby.	From 7 days before rash starts and until at least 4 days after it has appeared.	7 days from appearance of rash.
Salmonella	6 - 72 hours usually 12 - 36 hours.	Undercooked food like chicken, eggs & meat; food or water contaminated with faeces from an infected person or animal; or direct spread from an infected person or animal.	Stomach pain, fever and diarrhoea.	Until well, and possibly weeks or months after.	Until well with no further diarrhoea.
Scabies	Days - weeks.	Direct skin contact with the infected person, and sharing sheets and clothes.	Itchy rash in places such as forearm, around waist, between fingers, buttocks and under armpits.	24 hours after treatment is started.	24 hours after treatment is started.
STREPTOCOCCAL SORE THROAT	3 - 7 days.	Usually contact with the secretions of a strep sore throat.	Headache, vomiting, sore throat.	24 - 48 hours if treated with antibiotics.	Until 24 hours after antibiotics started.
SLAPPED CHEEK	1 - 3 days.	Coughing and sneezing. The virus may be passed from mother to child during pregnancy.	Red cheeks and lace-like rash on body.	For variable time up to appearance of rash.	Unnecessary unless child is unwell.
Whooping Cough (Pertussis) (immunisation usually prevents this illness)	4 - 10 days.	Coughing. Adults and older children may pass on the infection to babies.	Running nose, persistent cough followed by "whoop", vomiting or breathlessness	For 3 weeks from the first signs if not treated with antibiotics. If the child has had antibiotics, until 5 days of the antibiotic treatment.	21 days from onset of coughing, or after 5 days antibiotics.

Your Public Health Nurse

Your Public Health Service

6 Southern Health

Health Funding Authority

Te Mana Pūtea Hauora O Aotearoa
November 2006. Code: 1215

TERM DIARY 2019

TERM 3

Tuesdays & Fridays	Breakfast Club – 8.20am-9am
06 September	SCPSSA Gym Festival
13 September	House Sports – 11am-12noon
13 September	Sports Assembly
17-18 September	School Photos
20 September	Flava Festival
23 September	South Canterbury Anniversary – School Closed
25 September	Peel Forest Trip – Yr 7/8
27 September	Last day Term 3

active KIDS
PROGRAMMES

7-11 October 2019

The Southern Trust Events Centre,
Morgan's Road, Timaru

The October Holiday break is only weeks away!
Are you working & need childcare or
after some fun activities to stop the boredom???

Sign up your child today to experience a huge
range sports & heaps of awesome activities!!!

Active Kids is a fun, safe and affordable holiday option
that combines a large variety of sports, fundamental skills
& offsite visits for children aged 5-13 years.

Full day (8.30-5) and **half day** (8.30-12) options available
from as little as \$15 per session.



REGISTER TODAY

sport canterbury
SOUTH CANTERBURY

Full details and to register on line go to
www.sportcanterbury.org.nz

or contact Sport Canterbury: phone 03 686 0751
Limited Spaces available.

REGISTRATIONS CLOSE
MONDAY 1st October 2019