

Bailey Road Bulletin



Week 5 – Term 3 2022
Thursday 18 August 2022

Tenā koutou, Mālo e lelei, Kia orana, Fakaalofa lahi atu,
Malō ni, Kamusta, नमस्कार, Namaste, 안녕하세요,
Talofa lava, স্বাস্তি and Bula vinaka!

IMPORTANT DATES

We are halfway through Term 3, our **Innovation** term, where our rich question is – *how can I use innovation to respond to a need?* We kicked off our term with a school wide problem:

There are too many balls getting thrown and stuck on the roof. Mr Talo is too busy and can't get them down. What should we do?

In our next newsletter we will share our solutions.

EZ RUGBY LEAGUE TOURNAMENT

Bailey Road School sent three teams to the Auckland Rugby League Tournament at Dunkirk Road, yesterday. The rain managed to hold off for most of the day and our teams competed well against a number of other schools and enjoyed the day.



TERM 1

Tuesday 1 February – Thursday 14 April

TERM 2

Tuesday 3 May – Friday 8 July

TERM 3

Monday 25 July – Friday 30 September

TERM 4

Monday 17 October – Friday 16 December

TEACHER ONLY DAYS

Term 4: Friday 21 October and Friday 18 November

Ice blocks for sale every Friday for \$1.

Hand Sanitiser is available for the bargain price of \$4 for a 500ml bottle – buy this from the office.



YUMMY SCHOOL STICKER PROMO

Over the holidays, don't forget to collect Yummy stickers, off fruit and barcodes of fruit bags. Just attach these to a piece of paper and send them back to school, so we can earn sports gear for our school.

OUR SCHOOL APP

Is called Skool Loop, please download it to your device. This is an easy way to let us know if your child is absent.



UNIFORM

We are a proud KidsCan school, with shoes and jackets supplied to all students. There are now two different KidsCan jackets - both of which are part of our school uniform. Only these jackets and our uniform jacket should be worn to school.

You can purchase new uniform at DGS our uniform supplier, order on their [website](#) or visit their shop at 2 Olive Road, Penrose, Monday-Friday from 8am - 4pm.

Please ensure your child wears the correct uniform to school everyday. You will find our uniform policy [here](#).

BREAKFAST CLUBS

We have two breakfast clubs running every school morning. One in Roar's office - our Social Worker (SWIS) for students when our gate opens at 8.00-8.30am, and then one in Jessop House from 8.30-8.55am. Everyone is welcome to come along and enjoy cereal, yoghurt, fruit and sometimes - toast and baked beans!




SAFETY REMINDER - please do not use our main car park to drop off or pick up your child. Do not park on yellow lines or across footpaths. Help to keep our children safe.



Have you downloaded our school app yet?

Our school app ensures excellent and reliable communication between our school and parents at all times!



Helpful Features:

- > Parent-teacher interviews
- > Push-notifications
- > Absentee reporting
- > Notices
- > Calendar
- > Permission slips
- > Newsletters
- > Contact tracing
- > School contacts

SKOOL LOOP

Available on the App Store | GET IT ON Google Play

THE 50c EXPERIENCE



Breakfast at BRS!

DAILY IN JESSOP HOUSE FOR ROOMS 1-9
8:30AM-8:55AM



EVENTS

**Mathex Competition
Year 7-8**
Thursday 15 August

Daffodil Day
Friday 26 August

**Intermediate Challenge
Netball Tournament @
Auckland Netball Centre**
Sunday 28 August

**GameChangers – after school
sports programme
Year 4-6**
Monday 29 August

Kowhai Mathex Competition
Wednesday 31 August

**Tironui Music Performance @
Otara Market**
Saturday 3 September

Tongan Language Week
Sunday 4 – Saturday 10
September

A word from the Principal – Mr Kelly

Kia ora koutou,



Reports went out at the end of last term and our mid year data has been prepared. Staff are currently working together to develop our strategic plan for the next three years and we will soon be inviting whānau for their input into the learning direction our school takes over the next three years.

We have also just undertaken a board of trustee election and I would like to congratulate Steve Doran, Max Guptill, Michelle Love [elected staff representative], Natalia Solomon, Leon Mallard and Liz Lombard as successful nominees for our Board.

There is a hopeful expectation that at the end of Winter we will be able to relax our orange level covid restrictions. I believe we have successfully reduced the impact of covid by maintaining our mask and limited visitor rules. The school is largely back to normal otherwise, with student groups attending events and groups coming to our school to provide sports coaching or educational shows for our tamariki [all following our health and safety guidelines]. We shall continue to be as cautious as the circumstances dictate and follow the advice of the Ministry of education.

Ngā mihi nui

KA ORA, KA AKO – HEALTHY SCHOOL LUNCH PROGRAMME

This term our yummy hot lunches will be delivered on Thursdays, so far this term we have enjoyed Cottage Pie, Butter Chicken, Lasagne, Chicken Teriyaki on rice with the vegetarian options as well. Alliance – our caterers also prepare and share nutritional information and resources, which we share with our community.

Grains

This week's Nutrition Update focus is grain foods.

What are grain foods? Put simply, this food group covers most of the foods we commonly label "carbs". We refer to many grain foods as "carbs" due to the high carbohydrate content of most grains; most uncooked grains are around 60-70% carbohydrate.

The grain food group encompasses not only whole grains such as rice, wheat, oats, or quinoa, but further, grain-based foods such as bread, noodles, pasta, breakfast cereal and items made from flour.

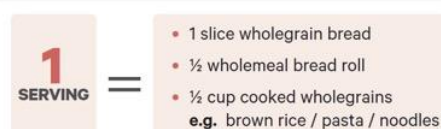
Refined Grains	Whole Grains
All items made of white flour	Items made from wholemeal flour
Pasta	Wholemeal pasta
White rice	Brown rice
White bread	Wholegrain and wholemeal bread
Cakes & Muffins	Quinoa, barley, buckwheat
Noodles	Wholegrain oats
Processed breakfast cereals	Weetbix & bran-containing breakfast cereals

Not all grain foods nutritionally equal, when we talk about grain foods, we tend to divide this food group into two categories. Our refined (less nutritious) grain foods and our (healthier) whole grain foods.

What makes wholegrains healthier?

- When the grains are collected and processed, the nutritious bran and germ components are left intact on the grain. This results in a product much higher in fibre and micronutrients, than if it was removed to produce a "white" grain.
- The fibre content helps to slow digestion. This results in a slower release of sugar into the blood and helps you feel full for longer.
- Consumption of whole grains is linked to lower risk of cardiovascular disease, type 2 diabetes, weight gain and some cancers (e.g. bowel).

So how much should we be eating? For most adults under 50, it's recommended you consume around 6 serves per day; this reduces as you age. The requirement for children and teens depends on their age and gender but ranges from 4-7 servings per day.



COMMUNITY NOTICES

nz breakers PRESENTS JUNIOR BREAKERS BASKETBALL

Monday Madness Skills
 Focusing on individual development in dribbling, passing, shooting and defense; catering for all abilities and experience levels with 5x 50-minute weekly sessions.
 Dates: 8 & 15 August, 12, 19 & 26 September. Time: 3:30pm till 6:00pm.
 Cost: \$100.

Panmure Leagues
 This is a 6-week competition that incorporates pre-game coaching followed by a 5 on 5 game, enter as a team or join as an individual and we'll allocate you to a team.
 Dates: Term 4 starting 31 October. Time: 3:30pm till 6:00pm.
 Cost: \$100 individual or \$480 team.

Bonus
 The first 20 registrations to both Monday Madness Skills AND Panmure Leagues will receive double passes to a live game, watching the Sky Sport Breakers!

info@juniorbreakers.co.nz | www.juniorbreakers.basketball

Location: YMCA Panmure, 29 Lagoon Drive

Auckland's leading theatre for children **Gift a Seat**

TIM BRAY THEATRE COMPANY

The Whale Rider

By Witi Ihimaera
 Adapted by Tim Bray

LIVE ON STAGE



AUCKLAND TOUR
24 Sept - 12 Nov
timbray.org.nz

Logos: AD, SR, 69, TRILLIAN TRUST, FOUNDATION NORTH, MORE FM, PLAYMARKET, BENEFITZ, THE PLAYHOUSE, TE ORO, Vodafone Events Centre

Mt Wellington Rugby Club had a community fun day a few weeks ago. A lot of our students and whānau are part of this club and it was great to see so many familiar faces. Congratulations to Mt Wellington Rugby Club for organising an awesome event.



Whaia ngā taumata
 Aim high



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