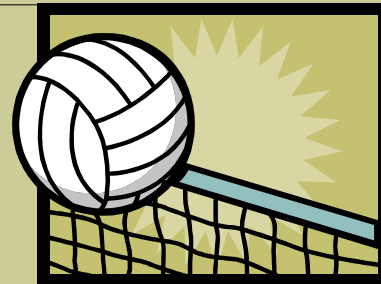


Active Schools 2009



Contact details for
Active Schools

Debbie McLarin
8186686

Or contact the
school about
further details

What is “Active Schools”?

Active Schools is a programme that has been initiated by SPARC along with the Health and Education ministries to enhance physical activity.

WHAT IS AN ACTIVE SCHOOL?

A school that incorporates physical activity not only as part of the physical education curriculum but part of everyday learning.

WHO IS INVOLVED?

The school, teachers, parents, caregivers, the community, clubs, community activities and the regional sports trusts.

WHY BE AN ACTIVE SCHOOL?

It benefits the children, the school community, the parents because they become more aware of physical activity and its benefits.

AFTER SCHOOL SPORTS PROGRAMME.

This term the pool will be open on Tuesday and Thursday afternoons from 3-00-5-30 pm for those families that would like to have a swim .Children under 8 need to be supervised by a family member over 18 but there will be pool supervision provided by Greg for over 8's .

We are also investigating other after school programmes like the cricket and soccer that were offered last year. We will let you know details as they are finalized .



Costs are \$2 per session per child paid directly to Greg .

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A Game to play with your Kids



SPARC is the Crown Entity responsible for the Push Play campaign\

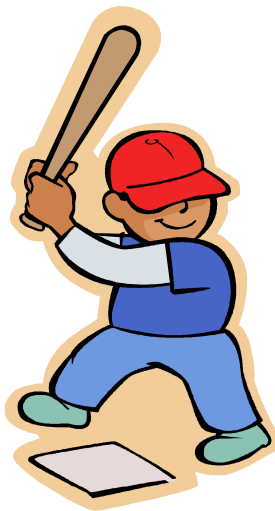
INSTRUCTIONS

A great way to Push Play inside or out, but make sure your feet are as quick as your mind –this is a race! All you need to get started - Some friends

How to play:

1. Split into two teams.
2. A leader from one of the teams says a letter of the alphabet and sets a time limit.
3. Both teams run off and find as many different items beginning with that letter as possible. The team with the most different items wins.

Push Play idea: Why make a race of just collecting the items? See which team can put all their items back where they came from too!



Interschool /Weekend activities

Flippaball

Flippa Ball is a fun game adapted from waterpolo. We have one team and we have entered into the

Western League this term.

The games are played on Sundays at The Waterhole pools at Parrs Park. The children practise every Wednesday lunchtime and really enjoy the game. The season runs from Sunday 22nd February to Sunday 5th April.

Netball

Every year our wonderful Mrs Thorby and Mrs Rayner organise several netball teams who are entered into the Saturday competitions held at TE PAI park in Henderson .

If you are interested in joining a school team for this year please contact them as soon as possible

Rugby / Rugbyleague

Last year Miss Kirk took several children to organised events held on behalf of these sports .

Those children who attended enjoyed themselves

immensely .

Watch out for the events being held this year.



Inter Class /Lunchtime Activities /School Sports days

Interclass Softball

Takahe and Tui teams are enjoying an inter-class competition over lunchtimes no doubt with the winners taking on the teachers !!

These activities are being offered at lunchtimes by various teachers

Combat aerobics

Gymnastics

Tag

Swimming

Cricket

Junior games

School swimming sports

This was held on Tuesday the 24th of February and everyone had a great time. Congratulations to the swimmers who won events and especially those who will be competing in the interschool competition at Westwave pools on Friday the 20TH OF March

ACTIVE SCHOOLS IS:

A wesome

C ool

T ag

I ndoor

V olleyball

E xercise

S occer

C ertificates

H ockey

O utside

O pportunity

L earning

S kills



OUR HEALTHY BREAKFAST

Every year we hold a couple of healthy breakfasts at school .

These have been very popular. We encourage you to bring the whole family in the morning to participate .

We manage to keep the cost to a minimum by asking businesses to donate cereal and other food items towards this .

This year they will be held in Term 2 and Term 4.

If you can help with donations of food please contact an Active Schools team member.



LOADING UP THE LUNCHBOX

Advice from the National Heart Foundation of New Zealand.

Spending the day learning and playing requires the right sort of fuel. Good nutrition can lead to better concentration, improved classroom learning as well as healthy growth and

development. Lunchboxes can be a tricky area. But it's important to load up your child's lunchbox with tasty food that is both healthy and appealing.

Where to start

Involve your child in the decision making. Together plan the 'top ten sandwich fillings' and place this on the fridge. Not only does this make for easier grocery shopping but also for hassle free lunchbox prepara-

tion. Set a good example. If appropriate prepare your healthy lunch at the same time and stock the shelves with foods that make for healthy hearty lunches.

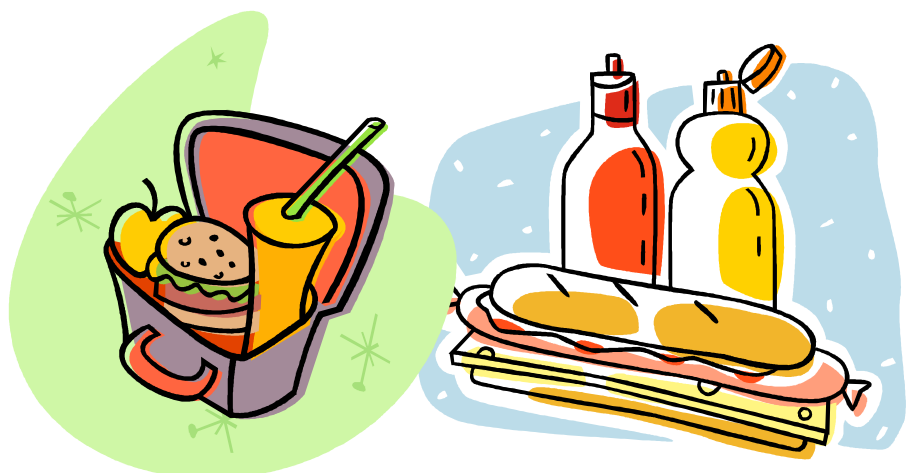
Lunch is an important part of your child's daily diet. Choose at least one item from each of the four main food groups; Breads and Cereals, Fruit and Vegetables, Dairy Products, and Meat and Alternatives.

Try this filling for a bread roll

HAM
LETTUCE
TOMATO
CHEESE

Healthy Choices from our tuck shop menu

Chicken sandwich	\$2.50
Salad roll	\$2.50
Murphies potato top pie	\$2.00
Coolsips water bottle	\$1.10
Moosies	\$1.30
Jucies	\$1.00



HAVE A GO DAY:

This is held every year in Term Three where the pupils get to experience a range of sports they might otherwise not get to try such as Tennis, Lawn Bowls, Croquet, Softball, Cricket, table tennis etc. Club representatives from the different sports come and help the teachers to supervise the sports or activities.



HAVE A GO DAY CLUBS

We would like to thank the following clubs who donated their time to come along and showcase their sports in 2008.

Suburbs New Lynn Cricket

NZ Hockey

Waitakere Basketball

West Auckland Soccer

Auckland Rugby league

Waitakere Gymnastics

Waitemata Table Tennis

Waitakere Tai Kwon Do

