

# Forrest Hill School Newsletter



*Nurturing growth for a lifetime of learning*

**Thursday 28th March 2024**

*Our Values are Respect, Connect and Challenge*

Kia ora koutou,

Last week I mentioned a variety of education outside the classroom activities that our students have been involved in.

This week we have seen more of the same fantastic learning experiences.

The Year 2 Atatu team held their "Pirate Day" on Wednesday.

The day was full of team challenges and pirate themed activities.



The Year 5 Akonui team had their overnight Marae experience.

This is the first time we have spent a night at a marae and given the students the opportunity to be completely immersed in a powhiri and marae tikanga.





# Year 4 Beach Education 2024

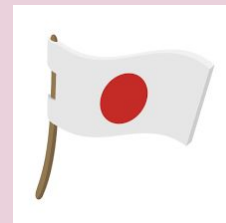
Last week, the Year 4 team ventured to Mairangi Bay for Beach Education, concluding our EOTC (Education Outside the Classroom) week. Beach Education was facilitated by the Surf Life Saving Club, a charitable organization with a century-long legacy of saving lives.

Students thoroughly enjoyed learning about the contents of the life guards first aid bags and received a guided tour of the IRBs (Inflatable Rescue Boats). They were instructed on how to identify rips and currents in the water. Luckily students also had the opportunity to enter the water, where they learned techniques for diving under waves and boogie boarding out to the parents, showcasing their paddling skills. This was an immensely valuable learning experience for our students.

Every student challenged themselves and embraced activities outside of their comfort zone, which the Year 4 teachers are really proud of.



# JAPANESE CULTURAL EXCHANGE 2024



This week Forrest Hill School students experienced Japanese culture through the eyes of high school students from Shiba Kokusai. They led engaging activities for our primary school students. Through interactive demonstrations and hands on experiences, they gained a cultural understanding and connection. Thank you to Haruka Paul (ex parent and BOT member of FHS) for coordinating both WGHS and WBHS international students with our kura.









## **Dates for your diary - Term 1**

**Fri 29th March - Good Friday - School closed**

**Mon 1st April - Easter Monday - School closed**

**Tue 2nd April - Tuesday - School closed**

Wed 3rd April - Year 2 Kiwi Valley Trip

Wed 3rd April - Year 6 Waterwise

Fri 5th April - Whole School Assembly 9am

Mon 8th April - Senior Athletics Day (Years 3-6)

Wed 10th April - Junior Athletics Day (Years 0-2)

Wed 10th April - PTA 2nd hand uniform sale 8.30am Library

Wed 10th April - Year 6 Waterwise

**Fri 12th April - Last day of Term 1**





Concession cards available



**FORREST HILL SCHOOL  
PTA PRESENTS**

# **ICE BLOCK FRIDAYS TERM 1**



**\$2 PER ICE BLOCK  
CASH ONLY  
EVERY FRIDAY IN TERM 1  
STARTING FRIDAY 9TH FEB  
FROM 2:50PM  
JUNIOR PLAYGROUND AREA  
AFTER SCHOOL**



PTA FUNDRAISER

# FHS MOVIE NIGHT

12.04.2024

**2 Sessions:**

**G Rated 3pm-5pm**

**PG Rated 5pm-7pm**

**\*All children must be accompanied by  
a paying adult\***

**For sale: Popcorn,  
Icecream, Drinks & Crisps**

**Bring your own blankets, beanbags,  
pillows and food!**

**Forrest Hill School Hall**







Collect the Yummy cut-out labels from bags (each cut-out label is worth 10 stickers) and individual Yummy apple stickers for your school's share of the \$200,000 free Sport sports gear prize pool. Yummy apples are available from New World, PAK'nSAVE and participating Four Square stores. The more you collect, the more sports gear you get so get going and start collecting your Yummy cut-out labels and stickers now!

**Well done Luke and Adelyn Hwang for collecting a whole sheet each. You are RAWWE!**

For more info:

<https://www.yummyfruit.co.nz/schools/>





# 10 DAYS LEFT

TO REGISTER & JOIN TEAM



## FORREST HILL

AT THE UPCOMING

Harcourts Cooper & Co

**Shore  
to Shore**

FUN RUN

**\$17.50**  
FOR FUN RUN/WALK

**\$22.50**  
FOR TIMED RACE

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**sports for better minds**

**Forrest Hill School**



**sports X**  
TERM 2 **SCHOOL** programs






Click here to register      Click here to register

In Term 2 2024, Sports X will be running the following after-school sports programs at Forrest Hill School.

**Basketball X** - Every Monday | 3 - 4pm | 8 weeks | \$140 (Starting Week 2, May 6th)  
**Soccer X** - Every Wednesday | 3 - 4pm | 9 weeks | \$155 (Starting Week 2, May 8th)

The programs are available to students from Year 1 - Year 6.  
 On arrival children will be split into groups according to age.  
 All sessions will be run by qualified coaches who hold blue cards.  
 The sessions will be fully inclusive & fun-based, catering for all abilities.  
 For more information & online registrations please visit [www.sports-x.nz/ourprograms](http://www.sports-x.nz/ourprograms)

**Concussion Recovery Assessment of New Zealanders in Adolescence and Childhood**

**THE UNIVERSITY OF WAIKATO**  
Te Whare Wānanga o Waikato

**We are recruiting families of children and youth (age 5-17 years) who have had a concussion or mild TBI in the last ten days to take part in a study**

**What will you have to do?**  
 Parents/Guardians and children/youth will be asked questions about their health, feelings and behaviour, and usual activities. We would like to talk to you soon after the injury, then at 1 month, 3 months, and 6 months to find out about your recovery. We can talk to you on the phone, on zoom, or in person.

Each participating family will be given a \$20 voucher for each assessment in appreciation of your time.

**Please contact us to find out more**  
**Email:** [concussion@waikato.ac.nz](mailto:concussion@waikato.ac.nz)  
**Tel:** 0220159773  
**facebook.com/craniac.nz**

The study is being led by Professor Nicola Starkey, University of Waikato ([instarkey@waikato.ac.nz](mailto:instarkey@waikato.ac.nz))

**hrc** Health Research Council of New Zealand

The study has been approved by the Health and Disability Ethics Committee (19/CEN/183)

Version 4 16/02/23

**LET'S GET READY FOR THE 2024 NETBALL SEASON**

**Sunday 28 April from 9.30am – 12.30pm**  
 OR  
**Sunday 28 April from 1.30pm – 4.30pm**

**WESTLAKE GIRLS HIGH SCHOOL COACHING CLINIC FOR YEAR 1 – 8**

The 2024 Netball season is about to begin so come and sharpen your skills, improve your accuracy and find your feed at the Westlake Girls Premier Netball Coaching Clinic on Sunday 28 April. There are two sessions to choose from – the morning one from 9.30am – 12.30pm or after lunch from 1.30pm – 4.30pm. Westlake's best netballers guided by former Silver Fern, April Ieremia, will introduce you to new ball skills, speedy footwork, defensive techniques, shooting drills, and a number of ways to elude your opposition.

Most Primary and Intermediate teams begin grading games at the start of May, so this is a great time to let us help you. The Premier Netball team is fundraising for their major regional tournament to qualify for nationals at the end of August and it will be costly so by letting us help you during these 3-hour coaching clinics, you are really helping us too.

If your child's team would like to sharpen up their netball skills before the season starts, then register them for a session with the Westlake Girls Premier Netball coaching clinic on the link below.

**Let our big girls help your little ones**

To register go to <https://shorturl.at/ipaQ5>

**COST: \$35**

If you have any questions, please email April Ieremia at [aieremia@westlakegirls.school.nz](mailto:aieremia@westlakegirls.school.nz)

**bricks 4 kidz DREAMS & DISCOVERY**

**TAKAPUNA: 15-17 APRIL**

**Minion Madness**      **Kung Fu Chronicles**      **Mania in Madagascar**

**BIRKENHEAD: 22-24 APRIL**

**Everything is Awesome**      **Wonderland with Alice**      **Hakuna Matata**

**9am - 3pm from \$67\* only**      **9am - 12pm \$40 only**

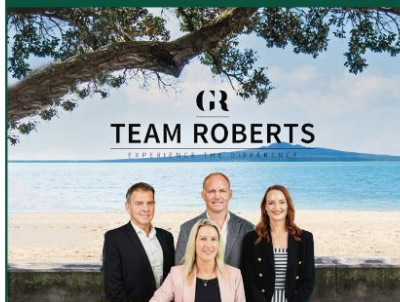
Extended hours also available

Tap into your child's potential by encouraging their creativity with Bricks 4 Kidz® Holiday Programmes, a fresh and fun way for kids aged 5-12 to spend their school holiday! Every day is different and jam packed with loads of exciting hands-on LEGO® challenges, games, activities and builds! Use LEGO® like you have never used it before to solve clues, puzzles, and to unlock your creativity to explore the wonderful world of **Science, Technology, Engineering, Arts and Maths!**

**Book now at: [www.brick44kidz.co.nz](http://www.brick44kidz.co.nz) | [auckland-LNS@brick44kidz.co.nz](mailto:auckland-LNS@brick44kidz.co.nz)**



## OUR COMMUNITY CONTACTS



Proud Supporters of Forrest Hill School

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[www.kidsklub.co.nz](http://www.kidsklub.co.nz)



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- 100% UV Protective
- Anti-reflective coating
- 1.60 Blue light control

TERMS AND CONDITIONS APPLY

ALBANY: 09 418 4688 - 98 Rosedale Road, Auckland

CITY: 09 369 1553 - 20 High Street, Auckland CBD

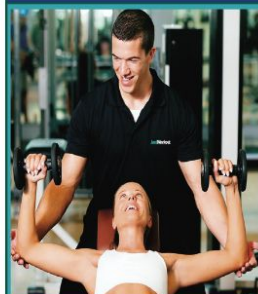


**FREE PRESCRIPTIONS**

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\*Terms and conditions apply



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218 FORREST HILL ROAD, FORREST HILL, AKL

[www.forrethillvet.co.nz](http://www.forrethillvet.co.nz)



**A+ Global Academy**

17th July - 24th September

AGA Time Table

Monday - Sunday 9:00 am - 8:00 pm



- Science
- Maths
- Chinese
- Literature Class
- Spanish
- French
- German
- Python



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