



Term 3 update

Here we are in Week 7 already, and looking back over the term there have been lots of exciting happenings.

- Some of our Yr 6s, 7s and 8s competed in **North-Cantamaths** at Clarkville School, and **Cantamaths** at the Horncastle Arena
- Team Tipu, Rooms 1&2, invited their fathers for a special **Father's Day** morning tea...and paper aeroplane making competition
- Our **MAC** (Make And Create) **clubs** on Friday afternoons have resumed with a focus on Science and Technology...Kitchen Science, Lego, making musical instruments, electronics, harakeke weaving, gardening...

If any parents can help with any of these clubs on a Friday afternoon, please let Raewyn or the class teacher know.

Special thanks to Suzanne Whyte who has organised a wonderful electronics project for our Yrs 7&8 in conjunction with Futureintech and Tait Electronics. This is designed to boost the number of pupils, especially girls, moving on to STEM (Science, Technology, Engineering & Maths) careers. The children have built a musical Christmas tree with flashing LED lights and programmable sequences.



Severe Nut Allergy – please help keep our pupils safe

There is a young pupil starting school next term at Ouruhia who has a **life-threatening allergy to all tree nuts**. Therefore **Ouruhia School must now be a tree nut-free environment**.

Later in this newsletter is some information and examples to help parents provide safe and healthy lunches and snacks. Please keep this information for future reference. If you have any questions, please contact the child's parent directly (details on the attached sheet) or ask at the school office.

Future options for Ouruhia School – on-line survey

You will have been notified of the on-line survey about future options for Ouruhia School. Please complete this by Friday 8th September, and encourage other community members with an interest in our school to do so too. Go to <https://www.surveymonkey.com/r/OuruhiaSchool>

Maths evening...

We are planning a Maths evening at the start of next term...probably Wednesday 18th October...and would love parents to come along and try a few activities and ask questions about our Maths programmes. As a starter, have a think about how you solve Maths problems like this:

- There were 8 oranges and 6 apples in a bowl. How many pieces of fruit were in the bowl? Can you use different strategies to work it out? ...Or how about a money problem like:*
- I buy 5 items each costing \$4.95. How much do I pay in total?*

Welcome

...to **Brooklyn, Ollivah, Maddison W, Madison H and Zita** who have all started at Ouruhia in Room 1 since our last newsletter.

News from the PTA

The School Disco is fast approaching on September 22nd – dress up to the theme “Disco Fever” and come along to dance away with DJ Joel! Tickets \$5. 6pm to 7:30pm. Team Tipu children can be collected at 7pm if parents wish. Tickets available from the office. Please be aware that popular radio songs will be played.



We thank and welcome Madison Walker to the PTA! Maddie and Chris’s little girl Agnes has recently started in Team Tipu and with another little one on the way we all wish them well!

The PTA continue to support the Yr 5-8 camp with a \$1,250 donation to cover the costs of a special activity for the children.

Please come and join us for the “PTA Social Evening”

The Ouruhia School PTA would like to invite all parents and staff to a social evening to be held at The Cox’s on Thursday 28th September at 7pm.

It will be a great chance for you to get to know our PTA members, any new faces and for the Ouruhia School community to have a catch up.

It’s a pot luck dinner so please bring a (small) plate. The theme for the meal is “Round the World”. So book the babysitter, get creating and we’ll see you for a great night!

We are at 69 Turners Rd. Please RSVP to Leneke Cox at lenekecox@hotmail.com or cell phone 021 476 485

Other Notices

- *Does anyone have a small rotary lawnmower to donate or sell to the school please? (We have a large mower which is a little too big for some of the smaller edges and areas around our paths and gardens.)*
- *Can anyone help with putting up more coat hooks outside R1&2? See Mark.*
- *Tree removal...for health & safety reasons we have removed dangerous trees from outside the office. The paulownia tree outside R2 (beside the oak tree) had to come down because it was rotting. We will be replacing it with another suitable specimen tree.*
- **Coming up...**
 - *our Kapa Haka group will be performing at Ohoka School on Wed 27th September;*
 - *our Yr 5-8 choir will be taking part in the Christchurch Music Festival in the Horncastle Arena on 27th October*



- *Community events:*



Meet in the Middle, Sunday 15 October

Celebrate the opening of **Te Ara Ōtākaro**, the Avon Trail, by joining the walk or ride along the river from New Brighton or the City to Kerrs Reach for a grand family fun day, with a regatta, kids activities, food and live entertainment. For details: www.middle.nz



- 2018 term dates are printed below, in case you are already starting to plan your summer holidays ☺

*Ka kite ano,
Mark and the team at Ouruhia*

2017 Term Dates:

Term 3: Mon 24th July – Fri 29th Sept

Term 4: Mon 16th Oct – Wed 20th Dec

Important Dates:

- ❖ 13-15 Sept - Yr 5-8 Camp
- ❖ 22 Sept – PTA Disco
- ❖ 27 Sept – Kapa Haka at Ohoka School

Next year: 2018 Term Dates:

Term 1: Wed 31st Jan – Fri 13th April

Closed/TOD Mon 5th Feb
Waitangi Day Tuesday 6th February;

In term: Good Friday 30 Mar; Easter Monday 2 Apr; Easter Tues 3 Apr

In holidays: ANZAC – Wed 25th April

Term 2: Mon 30th Apr – Fri 6th July

Teacher Only Day?: Mon 30th Apr or Friday 1st June

TBC

Queen's Birthday Monday 4th June

Term 3: Mon 23rd July – Fri 28th Sept

Term 4: Mon 15th Oct – Wed 19th Dec

Labour Day Monday 22nd October

Canterbury Show Day Friday 16th November



Important Health & Safety Advice – please keep for future reference

Severe Nut Allergy – please help keep our pupils safe

There is a young pupil starting school at Ouruhia who has a **life-threatening allergy to all tree nuts**. Due to his age, and the risk of increased sensitisation, he must not be exposed to any tree nuts. He is unaware his allergies are life-threatening, though he is aware they are serious and make him very sick. His parents wish him to remain unaware of the risk of death so kindly ask if discussions with students at home could please focus on him getting really sick, rather than the risk of dying. Having said this, the risk of dying is real, and therefore **Ouruhia School must now be a tree nut-free environment**.

Tree nuts include cashew, pistachio, brazil, almond, pecan, walnut, hazelnut, and any other nut APART from peanuts. (Peanuts are NOT a nut, they are a legume, and are allowed at school. Coconut is a drupe and is not a nut. Both coconut and peanut, including peanut butter, are safe for this boy to be around and eat.) *Pine nuts are a seed and are safe.* Mango stone is in the same family as cashew and must be avoided.

Common items that may contain or have hidden tree nuts:

- Muesli bars with cashews or almonds;
- Dips from the dairy chiller that contain cashew;
- Chocolates;
- Mango - the stone is the same family as cashew and all mango flesh is cross-contaminated by the stone.
- The Flemings Chewy muesli bars now contain tree nuts. Please can these now remain away from school. Mother Earth bars are fine. Tree nuts and mango can still be enjoyed at home.

To keep the school grounds safe – if children have tree nuts before school, please wash hands with soap and water.

Examples of foods to avoid and suitable substitutes for school lunches and snacks:

Unsafe foods:

Loose tree nuts - these include, but are not limited to, almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, macadamia nuts, pecans, pistachios, shea nuts and walnuts. Tree nut allergies are distinct from peanut allergy, as peanuts are legumes, whereas a tree nut is a hard-shelled nut.

Whilst this pupil is still very young, his Specialist has stated he needs protection from contact with tree nuts to prevent further sensitisation and **worsening anaphylaxis**. This student is very good at only eating his food, however there remains a risk of **cross contamination** particularly from the younger students eating and touching something in the classroom or playground, then him touching the same object. He has had **contact reactions** in the past. (We hope that as he ages, things can become a little more relaxed but, at this stage, he continues to put his hands in his mouth when unsure.) This students' family wish to thank everyone for the consideration with this health issue, and appreciate the effort and thought to help keep him safe.



Important Health & Safety Advice – please keep for future reference

Examples of unsafe packaged foods:

Flemings Muesli Bars have tree nuts in them.

Nutella is made from hazelnuts and therefore is unsafe to take to school. Any other nut butter (apart from peanut butter) is also unsafe therefore **almond or cashew butters** can be enjoyed at home. Seed butters are safe and can be substituted.



Mango is also in the tree nut family. Can we please request it is eaten outside of school.

Please note, **some dips** from the chiller section of the supermarket often **contain cashew** and we ask they remain away from school also.

Safe substitutes:

These include the Mother Earth bars:

- **Baked Oaty Slices**



- **Fruit Slices**



- **Le Snak**





Important Health & Safety Advice – please keep for future reference

More Safe substitutes:

- **Frozen Character Cookies**



- **Tree nut free home baking, chocolate chippie biscuits, Tiny Ted's and chips** are other safe convenience food examples.
- **Fruit, vegetables, crackers, nori (seaweed), seeds, hummus, eggs and cheese** are all safe.

- **Peanut butter** is safe, as are peanuts. Pics peanut butter slugs are conveniently packaged if a nut substitute was needed. Or simply peanut butter in a container with carrot sticks to scoop, or a spoon. *Pine nuts are a seed and are safe.*



- **Dried fruits** are safe (apart from mango).
- **Seed butters** are safe (sunflower butter, pumpkin seed butter, tahini), as are **marmite, vegemite, miso paste, nutritional yeast flakes**.

If anyone has any questions or concerns, please contact Steph on 0212208828 or steffyane@gmail.com as she is very happy to discuss and raise awareness about allergies. This child does not like talking about his allergies (though he is acutely aware of them).

Many thanks for your consideration and help in keeping him safe.