



PRINCIPAL'S REPORT

With our second short week in a row I am sure a number of people are feeling a little out of sorts. It can be hard to keep track of the days and in the case of students where they are at with their class work. With only 6 school days left until the holidays it is essential we keep our focus whilst at school and maintain our energy levels. With daylight savings starting this weekend those sleep routines become even more important.

One of the big pushes coming from the Ministry of Education is the need for young people to attend school regularly. The statistic used most often is students need to be at school 90% of the time or more to be considered here regularly. This equates to only being away from school 1 day per fortnight or 5 days per term. After this the research shows that students start to miss out on essential learning and will fall behind where they should be. I believe this is going to become a much bigger issue as the year goes by. Please do reach out to us if there are genuine reasons why a young person can't attend school - this can impact the statistics and the need for us to chase up those not attending regularly.

Nga mihi nui

Dates to remember:

Friday April 12th

Last day of Term 1

Monday 29th April

First day of Term 2

SPORT'S REPORT

Senior Volleyball

After a 2 week break the C.O Volleyball competition resumes. This week the RAS Boys are playing in Alexandra against WHS Boys and the RAS Girls have a home game at 5.30pm against WHS Navy. Come down and support our girls team or if you're in Alexandra head along to Dunstan High School to watch the boys. Both teams have been training very hard these last few weeks in hopes to make the finals next week.

Senior Basketball

There is a 3x3 Basketball tournament being held in Wanaka on Saturday 27th April as part of the Wanaka Summer Jam 2024. The age groups are U13, U15, U17 and Open grade males and females. Could all interested players see Miss Tumai.

Registrations close April 12th. We will require parent transport on the day.

There is also the CO Senior Basketball competition starting on Monday nights from the 6th of May through to the 1st of July. There is a lot of organisation for this 8

week competition, please see Mis Tumai as soon as possible if you are interested. Once again parents will be required to help with transport over the 8 week competition.

Senior Netball

Netball practice Thursday at 4.30pm. Please let Erin know if you can't make it.

Area Schools Tournament

Tournament prep is well underway. Teams will be named at the end of the week and practices will begin next week.

YEAR 10 MARKET DAY

Date: Wednesday 10th April

Time: 12.10pm

Location: Home Economics Room

Pre-orders: Friday 5th April or Monday 7th April

CHURROS

MENU

CHURROS	
1 CHURRO	\$1.50
2 CHURROS	\$2.99
3 CHURROS	\$3.49
4 CHURROS	\$5.50
CHOCOLATE SAUCE	\$1.00
RARO	
SWEET NAVEL ORANGE	\$2.00
RASBERRY	\$2.00
RASPBERRY	\$2.00
SEPICAL OFFER	
4 CHURROS, 1 RARO, 1 CHOCOLATE SAUCE	\$10.00

HOT & LOCAL

CASH ONLY!

Hot dog	\$3.99
Pottle of chips	\$2.99
Water (600ml)	\$1.99
Combo 1 (hot dog & water)	\$5.50
Combo 2 (chips & water)	\$4.50

CAMMY AND WAMMY FOOD MARKET

Food & Drinks

Sausage sizzle	\$2.50
Hot chips	\$2.99
Raro	\$1.00
Chips and drink	\$3.50
Sausage, chips and drink	\$5.99

Cash only



Camryn, Marissa, Waimiri & Savanna



TOP BIKE

12 Year 7 & 8's took part in the Top Bike Competition which involved students throughout Central Otago competing in a skills course, off road team time trial and grass track races. Thank you to Fleur and Paige for their support and encouragement.



BREAKFAST MADE EASY | PARAKUIHI PAI



Te Whatu Ora
Health New Zealand
Waitaha Canterbury

Choose foods for energy and nutrients that help us go, grow, and glow

GO - Kai that gives us energy to play, work, and go!



Roti



Rolled oats



Green banana



Suata



Brown rice



Wholegrain bread



Weetox



Corn thins

GROW - Kai for growth, staying strong and feeling full



Plain milk



Peanut butter



Baked beans



Yogurt



Tofu



Chickpeas



Eggs



Canned tuna

GLOW - Kai that keeps our skin, hair, and eyes bright and "glowing"



Broccoli



Spinach



Mixed berries



Mushrooms



Tomatoes



Mixed vegetables



Canned fruits



Carrots

Put it all together



Toast



Peanut butter



Banana



Rice



Leftover chicken



Mixed vegetables



Toast



Scrambled eggs



Spinach



Eggs (Suata)



Coconut milk



Banana



Roti



Chickpeas (Leftover curry)



Mixed vegetables

Tips to help you choose

Eating a wide variety of nutritious food each day is good for our health and energy levels. Choosing plant-based foods also helps to care for our planet and is easier on the environment.

Choose longer lasting foods:

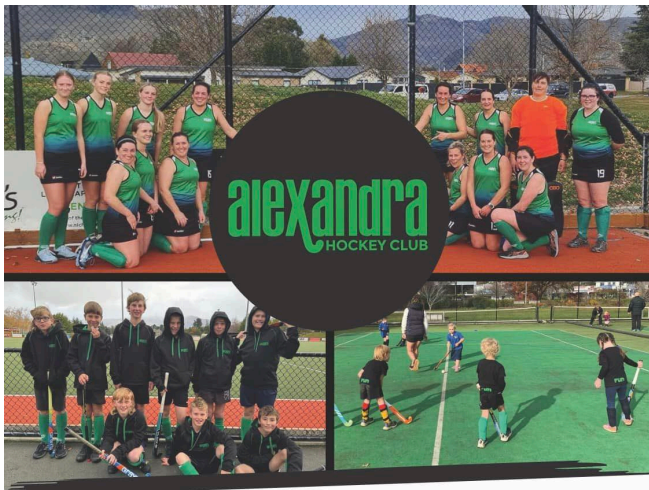
- higher fibre foods - wholegrain or wholemeal varieties, fruits and vegetables
- higher protein foods - yogurt, tofu, eggs, cheese, nuts and legumes

Watch the sugar and salt:

- Added sugar can be high in some cereals, bars, and flavoured yogurt. Aim for the lowest amount of sugar that suits your preference.
- Salt (sodium) may be hidden in some items like canned beans and peanut butter. Look on the nutrition information panel for sodium less than 200mg per 100g.

Try to lower the amount of salt and sugar added to meals or drinks over time, experiment with spices and dried herbs for flavouring. It is surprising how our taste will change and adapt!

Te Whatu Ora Health New Zealand
Waitaha Canterbury



alexandra
HOCKEY CLUB



REGISTRATIONS NOW OPEN

- **FUN STICKS \$20** year 1/2 - play on Sundays
- **MINI STICKS \$50** year 3/4 - play on Sundays
- **KIWI STICKS \$60** year 5/6 - play on Mondays
- **KWIK STICKS \$65** year 7/8 - girls play Tuesday / boys play Wednesday
- **PREMIER \$170** play on Saturdays
- **HIGH SCHOOL STUDENT \$20** High school students playing in this grade must already be registered to play for High School.

alexandrahockeyclub@gmail.com alexhockey

JUNIOR BALLERS

SCHOOL HOLIDAYS / 22-24 APRIL

CLINIC

Years 4-6 12pm-1.30pm / Years 7-8 1.30pm-3pm
\$25 per day / RSVP 19 April to kath@otagonuggets.com

OTAGO NUGGETS
Night 'n Day
sky sport



MOVIES

ROXBURGH ENTERTAINMENT CENTRE

KEEP UPDATED ON OUR FACEBOOK PAGE "ROXBURGH CINEMA" "EFTPOS AVAILABLE"
BOOK ONLINE - WWW.ROXBURGHKINEMA.COM

Shown in the Main Theatre

CABRINI

One woman fights for the equality, health, and happiness of immigrant orphans. The true-life tale of an audacious young Italian woman who came to New York with nothing and went on to become one the greatest entrepreneurs America has ever produced. A woman who overcome profound sexism and anti-immigrant bigotry, to found an empire of hope that transformed the lives of millions worldwide.



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ADMISSION

GENERAL ADMISSION 15 YRS & OVER	\$15.00
STUDENT 11-15 YRS	\$12.00
CHILD 10 YRS AND UNDER	\$ 8.00

FRIDAY 5TH APRIL

7.30PM



MOVIES

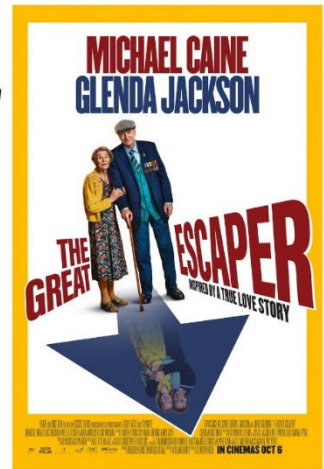
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THE GREAT ESCAPER

In the summer of 2014, octogenarian Bernie Jordan made global headlines. He'd staged a "great escape" from his care home to join fellow war veterans on a beach in Normandy. Bernie's adventure, spanning a mere 48 hours, also marked the culmination of his 60-year marriage to Irene. The movie celebrates their love without sentimentality and with an eye to the lessons we can all learn from the Greatest Generation.



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SATURDAY 6TH APRIL

7.30PM

Pre purchase tickets from our website: www.roxburghcinema.com

SUKIN



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Central

Roxburgh & Lawrence



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