



PRINCIPAL'S REPORT

Tēna Koutou

As we near the end of term a quick reminder tomorrow is a public holiday - have a great time as a whanau and stay warm. Next Tuesday we have an NCEA information evening for parents of students in Years 11-13 where we look at options for 2025 including career pathways - well with your time to hear what is out there.

As a parent, you want the best for your child, especially when it comes to their education. But did you know that two simple habits can have a significant impact on their academic success: device-free time and good sleep?

The Benefits of Device-Free Time for Students:

- Improved focus and concentration in class
- Better grades and academic performance
- Enhanced creativity and problem-solving skills
- Reduced stress and anxiety related to schoolwork

The Benefits of Good Sleep for Students:

- Improved memory and retention of what they learn in class
- Faster learning and understanding of new concepts
- Better mood and reduced irritability
- Improved physical health and energy to stay active and focused

By encouraging your child to put down their devices and get a good night's sleep, you can:

- Help them stay focused and engaged in class
- Support their academic success and confidence
- Promote healthy habits that will benefit them throughout their lives

Tips for Parents:

- Set device-free zones and times in your home (e.g., dinner table, bedrooms)
- Establish a consistent sleep schedule for your child
- Encourage physical activity and outdoor play
- Monitor and set limits on screen time

By working together, you can help your child develop healthy habits that will set them up for success in school and beyond.

Nga mihi nui

SPORT'S REPORT

Basketball

The RAS senior basketball team travelled to Queenstown on Monday night to play their redemption game against WHS Yr12 team. The team came away with a real nail biting win 48-45 which puts the team into the finals next week against WHS DREAM TEAM. We wish the team all the best for this final game, what an awesome season they are having. Thank you to Mr Sincock for taking the team through to Queenstown and for keeping the score keepers on their toes.

Rugby

DHS 1st XV (Caleb Darling) had a loss to Southland Boys 2nd XV

DHS Girls 1st XV (Sophie Mathieson and Ilesha Ledua) game was defaulted by Wakatipu Girls 1st XV

DHS U14 (Kellan McDowell) played at Dunstan against John McGlashan's and had a tough loss 62-19. DHS U14 have a bye this weekend.

This Saturday 30th June the Rox/Matak/Clyde Open Grade team are playing in Roxburgh. There are a large number of Roxburgh and Miller Flat lads playing in this game so if you are looking for something to do, head along to the Roxburgh Rugby Grounds for a 12pm kick-off.

Netball

RAS A played a really well contested game against DHS Senior Reserve winning 33-19. The girl's confidence in each other is growing every week and it's making for some nice netball to watch.

RAS B have been having an awesome season so far. Last weekend they played Cromwell College Black and won 21-8. The team are slowly coming out of their shells and it's nice to see them express and enjoy themselves while still having that determination to win every week. We were very lucky to welcome Ruby Smith into the team for the rest of the season and she slotted in nicely with some great feeds and availability on the court and for that she was named player of the game.

New Zealand Area School Fundraising Acknowledgements

A big thank you from the Roxburgh Area School students preparing for the New Zealand Area School Tournament next Sunday. We had a very successful Quiz night and wish to thank absolutely everyone involved. We will be drawing our amazing raffles on July 2nd and will be in touch with those lucky winners.

Miniball

Congratulations to the primary miniball teams on another great round of games last Friday night. A reminder that there are no games for the next 2 weeks due to Matariki and end of term. Games will resume on Friday 26th July (week 1, term 3) with the last game of the season scheduled for Friday 16th August.

Netball Draw - Saturday 29 June

RAS A	11.05 v DHS 9A	Ct 1: New World
RAS B	BYE	
Teviot A	11.05 v Cromwell Coll Jun A	Ct 2: Commercial & Rural
Teviot B	1.15 v TTS Jaguars	Ct 6: Property Brokers
Teviot Sparks (y 5&6)	11.05 v Maniototo Magic	Ct 6: Property Brokers
Teviot Gold (Y 3&4)	12.10 v Cromwell Jun Elite	Ct 4

Umpires

10.00 Maddi Excell Court 1

Cross Country

On Monday we had a group of 9 year 5-8 students competing in the Dunstan Zone Cross Country which was held at the McArthur Ridge Vineyard in very cold, damp and foggy conditions.

Congratulations to all competitors on showing their RiPPeR values of



personal excellence along with respect and responsibility.

Best wishes to Ryley, Mayson and Macy-mae who have now qualified for the Central Otago Primary Schools Cross Country which is being held at the Cromwell Racecourse next Thursday, July 4th. Good Luck!

In the 2023 Literacy Assessment, students were expected to know the meaning of these words:

vibrant
confined
daunting

Vocabulary cannot be taught in isolation, our students need to read, in order to succeed.



Netball

Festival of Netball

Last week our Teviot Yr 5-8 netball teams attended the Festival of Netball in Alexandra. In very cold conditions (to begin with anyway!) all of our teams played very well, showing their RiPPeR values as well as winning every game! The theme of the day was wacky socks!



Festival of
Netball



MATARIKI

On Tuesday, 2 July, the Junior School will be celebrating Matariki by engaging in various activities including kite-making, waiata, star prints, and drama. This is a wonderful opportunity for us to gather and celebrate the present, and to look forward to the start of the Māori New Year. All parents are welcome to come along and be part of the day!



Weaving with
Jaki



Vegetables for children

Aim for
at least
4-5
serves of
vegetables
every day

Establish healthy eating habits early – for life.

Children often take time to like vegetables – they are more likely to enjoy them when their family also eats and enjoys a variety of vegetables.

Bright ideas with vegetables



Involve children – in buying, preparing, and cooking vegetables. They are then more likely to eat them.



Try different tastes and textures – children may not like every vegetable, so give your child many different vegetables to try. Taste preferences change over time so keep trying.



Go with the flow – don't worry if your child refuses vegetables at first, continue to offer them and show that you enjoy eating them.



Have fun at mealtimes – happy, relaxed children can be more likely to try new foods. If a vegetable is left untouched, offer the vegetable again another time, perhaps in different way or shape.



Offer the same food for all the family – even meals with unusual ingredients or stronger flavours can be offered in small amounts.



Keep trying – some children will need to try a new food 7–10 times before they will like it.

For more information and recipes visit vegetables.co.nz

Top Tips



Serve vegetables in different ways. New shapes or raw as a snack with hummus, yoghurt dip, or cottage cheese.



Most children love mash. Try different varieties of vegetables such as mashed kūmara, carrot, parsnip, swede, pumpkin or broccoli.



Tortillas and tacos are a fun way for children to eat vegetables. Serve a selection of sliced cucumber or celery, grated carrots, tomato wedges, etc. and let the children make their own.



Add finely chopped or grated carrots, beans, or courgettes to curries, Bolognese, lasagne or nacho sauces. Often children won't realise there are vegetables in them.



Try roasting capsicums, courgettes, beetroot, and eggplant. Start with small amounts.



Try home-baked potato, kūmara, parsnip, carrot, or pumpkin wedges.



Change the texture. A chunky soup may get the thumbs down but if blended until smooth it might be a winner. Once you find a soup your child likes, change the ingredients a little at a time.



Children should aim to have 4 or more servings of vegetables every day (and 2 servings of fruit).

One serve of vegetables is about 75g (about 1/2 cup of cooked or canned vegetables, or 1 cup of green leafy or raw salad vegetables).

Older children and adults should aim for at least 5 servings of vegetables a day, so keep increasing the amount of vegetables in your child's diet as they grow. Offer as snacks, and with meals.

Encourage a wide variety of different coloured vegetables as this will provide many different essential nutrients for good health.

For more information and recipes visit

vegetables.co.nz

March 2021

SUKIN



**Highland
PHARMACY**
Central
Roxburgh & Lawrence



**“HOMEMADE”
Jimmy's
PIES**

143 Scotland Street ROXBURGH

Phone 03 4468 172, Fax 03 4468 176

Available at the Bakery, Home-made, Fresh Daily.
Good variety of breads and rolls, for filling, soups,
toasting. Good keeping qualities. Homemade
Muffins and Scones, ideal for winter lunches and
with soups, reheat in the microwave and butter.

Delicious selection of homemade pies and savouries,
no artificial additives, oil based margarines used in
pastry, reduced animal fats. Ideal for that quick
lunch or smoko. Take some home for that weekend
meal while watching rugby or going out for sport.

*Call at the shop and see our homemade
selections of goodies.*