

Kia ora, whanau.

Another big week of announcements from the Associate Minister of Education, the Hon David Seymour. Last week, it was helping with guidance on whether or not kids were well enough to go to school. This week it's school lunches; "woke" foods; and feeding more kids with less (*loaves and fishes?*).



The helpful people at [The Spinoff](#) kindly published their "definitive guide" to what foods are "woke" - and which are not. Here's a bit of a taster...

- Apple = NOT WOKE
 - Avocado = WOKE
 - Avocado, smashed = EVEN WOKER
 - Banana = NOT WOKE
 - Beans, baked = NOT WOKE
 - Beans, non-baked = WOKE
 - Burger = NOT WOKE
 - Cheese, colby, edam, mild, tasty = NOT WOKE
 - Cheese, other = WOKE
 - Cheese roll = NOT WOKE
 - Chickpeas = WOKE
 - Chips, hot = NOT WOKE
 - Chips, packet (ready salted, salt and vinegar or chicken flavour) = NOT WOKE
 - Chips, packet (all other flavours) = WOKE
 - Chocolate, Whittaker's Miraka Kirimi = WOKE
 - Chocolate, other = NOT WOKE
 - Couscous = WOKE
 - Crackers, rice, "specialty", seeded = WOKE
 - Crackers, Snax, Salada, Meal Mates = NOT WOKE
 - Curry = WOKE...
- (and, just because the "P" section is pure gold):
- Pasta, canned (spaghetti) = NOT WOKE
 - Pasta, real (spaghetti) = WOKE
 - Peanut butter, crunchy = WOKE
 - Peanut butter, smooth = NOT WOKE
 - Pesto, basil = WOKE
 - Pesto, basil, wrapped in two or more meats = NOT WOKE
 - Pie = NOT WOKE
 - Pizza, \$3.99 from Pizza Hut = NOT WOKE
 - Pizza, spaghetti-topped = NOT WOKE
 - Pizza, other = WOKE ... for the full list, go to <https://thespinoff.co.nz/kai/08-05-2024/a-definitive-list-of-woke-and-non-woke-foods>

Scholastic Books orders close next week - 9.00am Tuesday morning. Orders via the school office (cash or eftpos), or: <https://www.scholastic.co.nz/parents/book-club-parents/>

EVERY ORDER WILL EARN A \$5 Promotional Credit to spend on Issue 4

LOOP ONLY OFFER. Conditions apply see LOOP for details.

More advice to parents & caregivers...

Ministry of Ed's updated attendance expectations; taken from: <https://parents.education.govt.nz/essential-information/attendance-every-day-matters/>

"Parents are legally required to enrol their children and make sure they attend school every day.

Parents play a big role in helping their children do well in school. You can do this by making sure your child goes to school every day and letting the school know if they're sick.

- If your child is unable to attend school you must let the school know the reason why.
- Family holidays or taking time off for extracurricular activities are not acceptable reasons for being absent.
- You are responsible for letting the school know if your children are moving schools and you need to make sure you enrol your children in their next school right away."

"Is my child well enough to go to school?"

<https://info.health.nz/pregnancy-children/childhood-conditions/knowing-if-your-child-is-well-enough-to-go-to-school-guidance-for-parents/>

My child has mild symptoms that are unlikely to be infectious. Should they attend school?

If your child tests negative for COVID-19 and they do not have any of the symptoms of concern outlined below, there are some mild symptoms that could be caused by a condition or reaction - rather than an infectious illness - that mean it is okay for your child to still be at school. Examples include a happy energised child who has mild respiratory symptoms (cough, headache or runny nose) with no fever, their usual hay fever and allergy symptoms (sneezing, stuffy nose or an itchy face), or skin problems that are not infectious, such as eczema or insect bites.

"When should I keep my child home from school?"

You should keep your child home from school if they:

- are too sick to learn and need time to rest and recover
- have symptoms of concern including fever, vomiting, diarrhoea, sore throat, skin infections such as school sores, a new rash or difficulty breathing
- have tested positive for COVID-19
- are a household contact of someone with COVID-19, they develop symptoms themselves and they are testing with a rapid antigen test over a 48-hour period to see if they present a positive result during that time
- have an infectious illness and have been advised to stay home by their local public health team or their healthcare provider.

"When should my child return to school?"

As soon as they are unlikely to still be infectious and are well enough to join in with school activities. It is important for your child to reconnect with their peers and get back to learning. If your child cannot manage full days initially, eg due to tiredness - discuss this with your child's school.

In general, a doctor's certificate or clearance should not have to be provided for your child to go back to their school after being unwell."

Free food - help yourselves...

Nan's Kai, our school lunch provider; has started the term well. Every day, **Nan's Kai** meals are delivered fresh - prepped and packaged in their kitchen, right here in the neighbourhood. Courtesy of absent kids, picky eaters etc; each day there are always untouched lunches left over: food that is always nutritional and far too good to waste. So...

From 1.00pm each day, these spare lunches will be made available to whanau and family from our "help yourself table" in the entrance to the school hall. This will be on a first come, first served basis - come in and take what you need.

This opportunity is provided with the knowledge, support, and encouragement of Lisa Patterson and her team at **Nan's Kai**.

The calendar...

May 16	Phoenix cross-country - Bluff
17	Assembly: Kia kaha - 10.10am
23	Phoenix cross-country: back-up date
27	Board of Trustees: 7.30pm
28 - 30	John Parsons - keeping kids safe online
June 01 - 03	King's Birthday weekend
07	Assembly: Kia maia - 10.10am
14	Southland X-country championships
28 - 30	Matariki weekend
July 05	Assembly: Kia manawanui - 10.10am
	Mid-year reports out
	Term 2 ends: 3.00pm
22	Term 3 starts: 8.50am
29	Mid-year progress interviews week

Use whichever works best for you...

Phone 03 217 9332
Text 022 3179332

Email admin@waverleypark.school.nz

or any of the Messenger, Skool Loop, Seesaw, MUSAC Edge apps: we don't mind how you keep in touch

Need to pay us? 12 3154 0103559 00

Waverley Park School
- proud to be supported by the

ILT Your City. Your Trust.
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Three smiles...

As my wife was waving the kids off this morning, I said, "School doesn't start for another week?" "I know," she said, "I've told them to walk slowly!"

Anyone got any advice on how to get the price sticker off a non-stick pan?

"There's only a one in one hundred chance of anything going seriously wrong," the surgeon said. "Besides, I've done ninety-nine of these operations before and they've all been fine."

And two truths...

Nobody is afraid of being alone in the dark.
Everyone is afraid of NOT being alone in the dark

If you lose one sense, your other senses are enhanced. That's why, people with no sense of humour, have an increased sense of self importance.

Until next week - ka kite,
Kerry Hawkins & staff

Waverley Park School
Thanks to the below businesses for sponsoring our school app:

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ON TRACK LEARNING PLANNING FOR SUCCESS THE PATH TO SUCCESS IS PLANNED TAP HERE

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WALK-IN FLU/COVID VACCINATION CLINICS

EVERY MONDAY FROM APRIL 15TH TO MAY 27TH

9AM - 7PM
190 FORTH STREET

FREE FOR EVERYONE OVER 12 YEARS
MMR AVAILABLE TOO

TRANSPORT AVAILABLE TO ARRANGE
PLEASE CALL THE OFFICE

Need more info? 0800 292 782 admin@wpa.co.nz

FREE FLU & COVID VAX
NO APPT NEEDED
AWARUA WHANAU SERVICES

190 Forth St
Mondays 'til 27 May
4.00pm - 7.00pm



Term 2 AUTUMN MENU

Ka Ora Ka Ako Programme

MONDAY

WEEKS 1, 3, 5, 7, 9:
Roast Chicken with Mash,
Gravy and Vege Medley

WEEKS 2, 4, 6, 8, 10:
Southern Chicken with Mash,
Gravy and Coleslaw

WEDNESDAY

WEEKS 1, 3, 5, 7, 9:
Nacho Jacket Potato

WEEKS 2, 4, 6, 8, 10:
Spaghetti Bolognaise

FRIDAY

WEEKS 1, 3, 5, 7, 9:
Nan's Cheeky Cheeseburger
with Wedges

WEEKS 2, 4, 6, 8, 10:
Nan's BBQ Pulled Roll
with Zesty Slaw

TUESDAY

WEEKS 1, 3, 5, 7, 9:
Ham & Cheese Filled Roll
with Muffin

WEEKS 2, 4, 6, 8, 10:
Cranberry Ham and Cheese Wrap
& Fruit Yoghurt

THURSDAY

WEEKS 1, 3, 5, 7, 9:
BBQ Chicken Bento Bowl

WEEKS 2, 4, 6, 8, 10:
Chicken Sushi Bento Bowl

SPECIAL DIETS

All special diets are provided as
per individual needs.
It is important that all ākonga are
included alongside their peers in
Ka Ora, Ka Ako

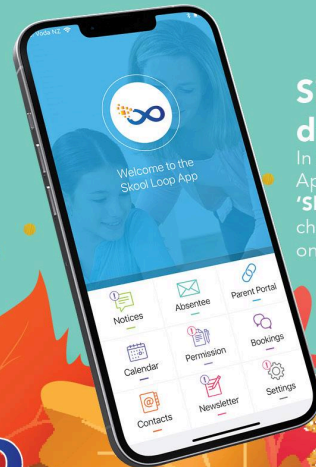
Lisa Dolly Limited

LEAF

THE PAPER NOTICES BEHIND

Download our Skool Loop app to keep
up to date with school information.

Notices, newsletters, absentee
notifications and much more.



Simple free
download

In Google play &
App Store search
'Skool Loop' &
choose our school
once installed.



Southland Emergency Services Day

Fundraiser for the Westpac
Chopper Appeal 2024

GOLD COIN ENTRY



Displays from:

- Southern District Police
- Southland Fire and Emergency
- Hato Hone St John Invercargill
- Coast Guard
- Otago Southland Rescue Helicopter
(approx landing 11am)



Please bring your change for
our donation buckets and the
Sausage Sizzle hosted by the
Waikiwi Lions.

All funds donated to:



Saturday 11th
May
@ Surrey Park
10am - 2pm

Proudly supported by:

Westpac Southland & Good Tech Team



AUT study on anxiety & ADHD

We are currently inviting parents to share their
child's experiences with support services for anxiety
or ADHD. We have developed an anonymous online
survey that should take approximately 10 minutes to
complete. Our research aims to provide insight into
current practice, and we hope to develop effective
and accessible services for children and their
whānau in the future.

[Click here to participate or learn more](#)

Has your child received support for
ANXIETY or ADHD?



AUT Tell us about their experiences, and you could
win 1 of 20 \$30 vouchers!

We are researchers and postgraduate students from AUT, currently
investigating treatments for anxiety and ADHD. Parents (of children
aged 5-11, living in NZ, with anxiety and/or ADHD symptoms) are
invited to participate in the anonymous online survey.

Approved by AUTEK on 08/04/24 [Ref. 24/43]

amy.kercher@aut.ac.nz

Click to participate or learn more:

https://aut.au1.qualtrics.com/jfe/form/SV_1Cp0TC9wLfEIXc