

20 Tapanui School Newsletter

Newsletter #31 - 2 December 2024

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A Paralympian Visit

What an incredible visit the children in the Tui team had from Paralympian Holly Robinson. Holly shared with the children how she became inspired to work hard at her sports after a visit to her school from swimmer Olympian Danyon Loader, a legend of the time. Holly has won a gold, silver and bronze medal at past paralympic games. She explained one of the hardest times in her career was when she threw a foul in front of the world stage. However she was able to overcome the challenge as, she had tools from her special training to help her focus on improving rather than throwing in the towel and giving up.



There is a big team behind Holly and the New Zealand Paralympian team, that help support her. Specialists like sports physios, sports coaches, doctors, mind coaches, nutritionist, and a sports psychologist.

The core Paralympic values are determination, equality, inspiration and courage. We could see in the way Holly presented herself that she upholds these with grace. What an inspiration to us all!

Holly shared her journey with us and then we got to try doing some physical activities with an impairment, making the task a lot more difficult,.

She could also tie her shoe laces with one hand! Give it a go!



We were blown away when we learnt about what Holly has to eat in a day to maintain her peak physical condition. It is a lot! Breakfast consists of 2 bananas, Weetbix, yoghurt, nuts, berries, a protein shake, as well two cartons of Up and Go. Wow! She said it can be a struggle sometimes to eat enough of the food over the day, but it has all been carefully selected to ensure her body can function well for 2 hours of training each day.

Holly explained that after a global event like the Paralympics she took 2 months off her sports training schedule and took the time to rest. Meaning she ate what she wanted and did no training to have a good restful break, so she could be back into the sport with enthusiasm and focus. Thanks for coming Holly!

Tapanui School

Newsletter #31 - 29 November 2024

IMPORTANT DATES FOR TERM 4

WEEK 8

- 3 Dec - Pet Day
- 4 Dec - Sports Activator
- 6 Dec - Craft Day
- 5 Dec - Board Meeting

WEEK 9

- 9 - 12 Dec - REAP Swimming lessons
- 13 Dec - End of Year Prizegiving

WEEK 10

- 17 Dec - Final day of school

Swimming togs every day please!

In week 9 (9-12 Dec) children will be having 2 lessons a day. These focus on Water Safety. The children will be tired and hungry. Please pack some extra snacks.

Also, if your child has a life jacket at home that they use, could they please bring it to school for these lessons. Please ensure it's well named! Swimming goggles are also recommended.

Kia ora Whānau!

A warm welcome to Bella Hill and her family who have recently moved into the area. It's lovely having you at Tapanui School.

Huge thanks to those parents who are coming along to our Craft Days to help. You have been an invaluable support and we truly couldn't do things like this without you! Also to our PTA who are feeding the volunteers at morning tea and lunch. The children always enjoy these days and it's a great opportunity to invite members of our community into our school to share in something together.

This week I have met with some builders who are going to be coming in at the end of the term to start on the work that needs to happen in our library on the wall that got water damaged over a year ago. It has been a long wait but we are super excited that it might be ready for us to use next year! We very well may be putting a call out to some willing parent helpers mid to late January who could spare a few hours to help us get shelves and books back on walls. Keep an eye out on Hero over the holidays! We will also be doing a refurbishment in the Rimu Hub next year so we're looking forward to that too!

We also have some exciting progress happening on the playground with work hopefully not too far away from being started! Great things always take time and the PTA have worked tirelessly on this with a mammoth effort on fundraising over the years. More news to come soon hopefully!

Pet Day is coming up next Tuesday. We know this also involves parents for those children wanting to bring live animals - thanks for your support with this! Please read the notice in the newsletter about this day to ensure you know what's expected.

Have a great week - Jane

END OF YEAR PRIZEGIVING

West Otago Community Centre Theatre
Friday 13 Dec at 1:30pm

All parents and whānau are encouraged to attend as we celebrate the progress, effort and achievement of all our students.

CRAFT DAY FUN

We've had truffle making with origami boxes, string and nail art, art with stones, a tic tac toe handstitched bag, some pom pom creativity, a woolly octopus, a decorated jar that would look great with a tea light in it and some creative art with drift wood! Thanks to all the helpers for making it possible, to the teachers for organising most of the activities and to the PTA for feeding all the volunteers.





TAPANUI SCHOOL PET DAY

3 December 2024



This will also be a mufti day for all children. Donations can be a gold coin or goods (cans of cat/dog food) for the SPCA. This can be given to your class teachers when you get marked off the roll.

If the weather is not good the pet day will be held on Thursday 5 December. Cancellation will be made by Hero, email and facebook.

Children should take pets to the designated areas by 9am and then get a friend or parent to look after their pet while they go to their own classroom to be marked off the roll and give donation.

Dogs - on grass around the tennis courts

All dogs at Pet Day need to have a current Hydatids certificate, please bring this with you to show the judges on the day.

Vetsouth are available for dosing and are open from 8am to 5pm Monday to Friday.

Droncit Dog 10kg tablet - this does Sheep Measles only - \$2.65

(pending on the weight of the dog it will either receiver one or two tablets)

Drontal 20- 35kg (All Wormer - covers all worms + Sheep Measles) - \$14.69

Drontal 10kg (as above) - \$6.76

Milpro Small Dog/Puppy (as above) - \$5.19

Lambs, goats, calves, horses—on grass below tennis courts.

Pens will be erected for lambs and calves.

Caged animals- rabbits, guinea pigs, mice - Pukeko

Reptiles, Birds & Fish -The Cave

**Pet rock, vegetable animals, soft toys and colouring competition - The Clearing
Cats - The Glen**

Pets need to be either in a cage or on a lead.

One pet per child

Pets must have a bowl of water (where appropriate)

Please do not bring any animal that is on heat or a biter

There will be a prize for the best dressed pet in the grand parade

Pet Diaries are to be brought to school on pet day to show and talk to the judges about them.

Timetable:

9.00 am Pets arrive

9.15 am Judging of all sections will commence.

Once your animal has been judged, you will need to find a partner. While you go and look at other animals your partner will look after both your pets, then you will swap over. That way everyone gets to see all the animals and your pet gets looked after.

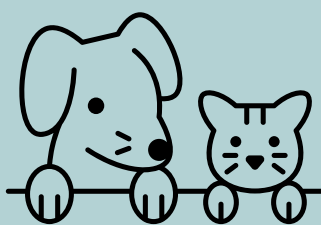
10.15am Grand Parade

10.25am Prize Giving

10.35am BBQ provided by PGG Wrightsons will be available for all children.

11am Children back to class and pets go home.

**Morning tea will be provided for parents, judges,
Farmlands and ANZ staff in the Staff Room**





West Otago Christmas Trail

Whisky Gully, Tapanui



OPENS SUNDAY 1st DECEMBER

Come and check out the Christmas Trail!

A short walk up to the first bridge at Whisky Gully featuring an array of Christmas Decorations, Sculpture and Lighting (lighting best viewed after 7pm or as it starts to get dark)

A great way to get into the Christmas Spirit

Suitable for the kids - dogs on a lead please

Check out the kids scavenger hunt

Fill it in and take into Tapanui 4 Square for a Lollipop and to enter prize draw (drawn at the Christmas Parade) and dont forget to drop your letter to Santa in his mail box on the trail too!

Trail will be on display until December 27th

