

**RANGIKURA SCHOOL**  
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PORIRUA



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### School Goal – Term 4 2009

**WE WILL THINK OF OTHERS**

### Teaching and Learning Beliefs:

**Supporting Each Other, Tell the Truth, Achieving Our Goals, Respect, Self Responsibility.**

**Vision: Respect for Self, Respect for Others, Respect for Environment**

**Kia ora, Kia orana, Talofa lava, Malo-ni, Greetings, Bula, Fakaalofa atu, Sabai de, Namesti**

### PRINCIPALS NEWSLETTER WEDNESDAY 4 NOVEMBER 2009

We welcome the following new students to our school. Nikolao Osman, Tahryn Toki, Mikayla Logologo and Maia Karepa. We hope they have a happy and successful time at our great school.

### SCHOOL GOAL



Our school goal – We Will Think of Others – is still being worked on, and the students are achieving this well. It was great last week when I went into a class and heard a discussion amongst a small group of students. In response to something a friend had said, one boy replied ‘that’s thinking of others’. This sort of comment indicates to me that our students are indeed conscious of the goal and focus on it. The following students were recently recognized and rewarded for their work towards achieving the school goal at recent assemblies. Tia Whakaneke-Kaa, Ioana Ponita, Tahijah Kaitai,

Tommy- Stace Katu, Madison Huntley, Keanu Brightwell-Ina-Tou, Monique Lemafua, Joyce Soudachanh, Shannen Clark, Tiale Sakaria, Antonio Obeda, Hano Setefano, Tenalia Marsters, Emily Reeves, Ruta Tupusi, Regan Huntley, Rohan Wesley, Shayden Lyttle, Jessie Soudachanh, Rosina Matthews, Natalia Hunter, Arndrea Toa-Temarama, Oz Beek, Francis Barraclough, Cassidy Teleaga, JJ Akavi, Sunny Singh and Ezra Taulamana. Congratulations and well done to you all. !!!!!

### PYJAMA DAY

A most successful school-wide pyjama day was held yesterday with most students and staff wearing their pj's to raise funds for the tsunami relief appeal. Close to \$300.00 was raised and this will be passed on this week. The only person to seriously let the side down was the principal. I forgot my pj's although I had them all ready to put in the car. I must have too much on my mind!! Many thanks to Wade Lewis for the inspiration behind this and to the team who helped him yesterday.



### JUMP JAM SUCCESS

Last Thursday our Jump Jam boys travelled to Te Papa at the invitation of the Wellington Regional Principals Association to perform their dance for a theatre full of Principals, Deputy Principals and Assistant Principals. There were some problems with the sound but this did not put the boys off at all. They put on a most professional performance and really impressed the audience. The Principals Association covered their travel costs and gave a \$200.00 donation. This is setting the boys up well for their upcoming competition in Auckland.



*This Friday 6 November at 2.50pm the Jump Jam Boys will be selling glow-sticks and jolly drinks. The sale will be made in Miss Frater's class. This is fundraising for their trip to Auckland.*

We are also selling Batons Up tickets for \$20.00. These are available from Mrs Merval or Miss Frater. The draw is on 11th November – you must be there to get a prize – 6pm here at school.

### DEPUTY PRINCIPAL CHANGE

After a long and highly successful career as Deputy Principal at our school, Chris Ryan has decided to leave this position at the end of this year. We will say more about the wonderful job Chris has done with many hundreds of Rangikura students over the years at her poroporoaki on Tuesday December 15 at 11.15am. We will see Chris back next year as she has agreed to be a relieving teacher for us. We have been working on the daunting task of finding a replacement for Chris – not an easy task at all. We are interviewing four strong candidates this Saturday. An announcement will be made soon.

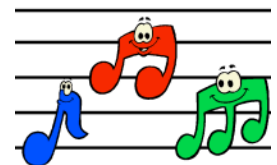
### ERO

We have now received the draft ERO written report for our school. We will be seeking to change a few things that we think they got wrong. However there were lots of positive comments about us. Here are a few:

- “Priority is given to fostering success, teamwork and a safe environment where high standards are promoted”
- “Interactions between teachers and students, and among students themselves, are positive and supportive. A happy settled tone that supports learning is apparent across the school”
- Students experience and appreciate the wide range of educational opportunities and often excel in sports and the arts, with many participating at regional and national levels. The school's “STARS” values foster respect for self, others and the environment. These values are highly visible and widely celebrated in the school and community. They foster pride and raise self-esteem”
- Numeracy developments across the school are effectively led. All teachers receive comprehensive, robust feedback about their practice and are aware of strengths and next steps. Through this collegial approach teachers are becoming reflective participators who demonstrate enthusiasm and a willingness to improve practice and enhance outcomes for students”

### CONCERT 2009

For this year's concert each syndicate will be sharing items they have worked on or completed throughout the year. Kahikatea will be returning to productions with a mini satire of “Malaga”.....watch this space. The concert will be held in our hall on Tuesday 17<sup>th</sup> November, 1.30pm matinee and 7pm performance and Thursday 19<sup>th</sup>, 7pm performance only. Tickets will be available from the office from Monday 9<sup>th</sup>. **All tickets** are \$2.00 – adults and children.



### ROOTS OF EMPATHY



MP, Winnie Laban recently visited our ROE Programme in Miss Frater's class. She was most impressed with the programme and the students positive response to the baby in the classroom.

## READING ACHIEVEMENT

All students from Year 3-8 have completed their end of year STAR Reading assessment. In analyzing the progress made, which has been considerable by many students, a recurring pattern is that students have improved the most where teachers and parents have worked together in an effective partnership to support children's learning. It is evident that those children who have consistently done their home reading with parent support are those who have made the most progress. We are concerned about some children who have not made progress. Teachers will be contacting parents to work on this and we expect those parents to come to parent teacher interviews so that a plan for the future can be worked out. The interviews are being held on Tuesday 1st December and Thursday 3<sup>rd</sup> December.

## HEALTHY EATING DAY



Our first Healthy Eating Day for this term is tomorrow. Please do not let your children bring packaged food that does not have a Heart Foundation tick. Sandwiches and an extra piece of fruit are healthy and fine. We thank you for your support of this.

## STUDENTS ACHIEVEMENT

NgaRimu (VC) and 28<sup>th</sup> Maori Battalion Memorial Essay Competition. Congratulations to Briar Barnsley for a 2<sup>nd</sup> place and Jasmine Kaa for 3<sup>rd</sup> place in the Junior English section of this competition. We are very proud of these students achievement in this Nation wide competition. A presentation of the awards and prizes will be held at an upcoming assembly. We are currently arranging a presentation ceremony for the girls with the MOE, and following this the essays will be placed on our website.

Kind Regards  
Paul Nees  
Principal

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## DATES TO REMEMBER



- 5 Nov .....Healthy Eating Day
- 6 Nov .....Jump Jam Boys to Plimmerton School 9.30am  
.....Assembly 12noon
- 11 Nov .....ESOL Trip to zoo
- 13 Nov .....STARS Assembly 12.15pm
- 16 Nov .....Roots of Empathy Baby Celebration – Wellington
- 17 Nov .....Concert – matinee and evening performances
- 18 Nov .....Next Newsletter
- 19 Nov .....Concert
- 20 Nov .....Jump Jam Boys to Auckland
- 24 Nov .....BOT Meeting 6pm Library
- 1 Dec .....Parent Interviews – 3.30 – 8.30pm
- 3 Dec .....Parent Interviews 3.30 – 6.30pm
- 15 Dec .....Poroporoaki
- 16 Dec .....End of Term – school finishes at 12noon

## Potato Bake



This all-time comfort food classic, also known as potato au gratin or scalloped potatoes, has been made over into a low-fat, high-fibre dish bursting with flavour.

### Ingredients

- olive oil spray
- 2 onions, finely sliced
- 1 clove garlic, thinly sliced
- 6 medium potatoes, unpeeled,

very thinly sliced (about 2-3mm)

- 3/4 cup trim milk
- 1/4 cup grated parmesan cheese
- 1 tablespoon fresh thyme

### Instructions

**Step 1** Preheat oven to 200°C. Spray a non-stick pan with oil. Heat over a medium heat. Gently cook onions and garlic until softened and slightly brown.

**Step 2** Spray a large baking dish with oil. Place potato slices in a layer in the bottom of the dish, slightly overlapping at the edges. Place a third of the onion mixture over the top, then repeat with layers of potato and onion, until everything is used up. Pour milk over.

**Step 3** Place in oven and cook for 25 minutes, covered in foil. Remove from oven and sprinkle over parmesan and thyme. Return to oven, uncovered, for 10 more minutes, or until cheese is melted and crispy.

### How they compare

#### Traditional potato bake

Total energy per serve = 1370kJ

Total fat per serve = 21g (13g saturated fat)

#### HFG potato bake

Total energy per serve = 650kJ

Total fat per serve = 3g (1g saturated fat)

### What we did

- **Removed the cream and cheese.** Scalloped potatoes or potatoes daphnoise is often made with cream and cheese layers. This isn't necessary to get the cheesy flavour because when the milk cooks in this dish, curds separate and become cheesy and tasty.
- **Left the potato skin on.** This boosts the nutrients and fibre.
- **Added onion, garlic and thyme.** These add lots of tasty flavour without adding fat.
- **Used a strong cheese.** Parmesan is a highly flavoured cheese which means you don't need to use very much to get lots of great taste.

### Try these tasty variations

- Instead of onions, use field mushrooms, and add a dash of nutmeg.
- Layer sliced Brussels sprouts between the potatoes.
- Use pumpkin or kumara instead of some of the potatoes.
- Try different vegetables such as parsnips or celeriac instead of potatoes.

### Recipe Information

**Portions:** 6

**Time to make:** 40 minutes

**Total cost of all ingredients:** \$2.16 / \$0.36 per serve

- Vegetarian

### Nutrition Information

	per serve
Energy	650 kJ (157 Cals)
Protein	6g
Fat	3g
- saturated	1g
Carbohydrates	25g
- sugars	5g
Dietary Fibre	3g
Sodium	60mg
Calcium	120mg
Iron	2mg
* NS: Not specified	