

Kia ora katoa

Welcome to Rhythm who has joined Room 5 and Danni who has started in Room 4 this week.

Assembly tomorrow at 2.00pm. As our Year 6's are at camp, assembly will be led by Latham and Jordan from Year 5. The middle syndicate will share their learning activities and we will see items from Room 16, Room 5 and Tim Davis' guitar group. There will be a drama presentation from the Seniors not at camp who have been learning with Evelyn Mann. There will also be a prize draw for the children entered in the Wheetbix Tryathlon last weekend.

Walk 'n' Wheel Prize Winners Congratulations to the following children who walked or came on wheels each day last week. All names were eligible for the draw at Monday's welcome to the week assembly. Those drawn to receive prizes were: Logan, Bridget, Daniel, Taine, Jayden, Ben, Oliver, Zharna, Krystal, Matthew, Jamie, Marissa, Ryan, Shaye, Angus, Loren, Lochlan and Kyran.

"Ngaa Kupu o te Wiki - Words of the week." We have been practising and using these key Maori words as a whole school. Remember the easiest way to learn a new language is to keep using it as much as you can!

Kupu	Pronunciation	Translation
Tumekel!	<i>Too-meh-keh</i>	Too much! Awesome!
Kia ora	<i>Key-ora</i>	Hello, thank you
Ka Kite	<i>Car-key-teh</i>	See you later
ānana!	<i>Aah-na-na</i>	Gee! Wow!

Friends of the School AGM This is to be held on Wednesday 17th March at 7.00pm in the staff room. As a number of parents are standing down after several years, we are looking for **lots** of new folk to join this wonderful support group.

BOT Election Nominations are invited for the election of five parent representatives to the board of trustees. Nomination forms will be posted to all eligible voters by 15th March. Nominations close at noon on 23rd April 2010. The voting roll is open for inspection at the school and can be viewed during normal school hours. The poll closes at noon on 7th May 2010.

New Families Afternoon Tea We would like to invite parents of children who have begun at Silverstream School in Term 1, 2010 for a coffee, chat and an opportunity to meet others and also ask any questions you may have. This is to be held in the school staff room on Thursday 25th March at 2.00pm. Hope to see you all there.

Lunchtime ideas Coming home today is a card and a magnet for each family that give a range of options and ideas for lunches. We hope this assists children gain knowledge and skills necessary to make nutritious and enjoyable food choices.

Year 6 Camp

Members of staff have visited our Year 6 Campers over the week and are delighted to see everyone having a wonderful time. Miss Cleverley even thinks the children have grown and are indeed happy campers!



'Day One' photos supplied by Wendy Sneddon.

Children Can Get Depressed

It is normal for children to feel sad when they are hurt or something upsetting has happened. However some children do suffer from depression and it is important they get help as soon as possible.

What would you notice in a child who is depressed rather than sad?

- Hard to motivate-loss of pleasure in usual activities
- May cry and whinge constantly and be difficult to soothe
- May get irritable easily
- Outbursts of anger
- Feelings of unjustified guilt and worthlessness
- Overly sensitive
- Tired all the time, difficulty getting to sleep
- Feels bad about themselves-lots of self criticism and hopelessness
- Persistent negative thinking

If these behaviours are fairly constant for at least two weeks with no known reason your child may have depression. Speak to your child's teacher to see if these behaviours are happening at school or just at home. Or you can make a referral to our Children's Support Teacher (Jenny Begg). Referrals are available on the notice board by the doors into the Hall. Jenny is in school each Wednesday. You can call into her office to speak with her before or after school. The Children's Support Office is next to Room 10 by the Dental Clinic.

by Jenny Begg, Children's Support Teacher

Uniforms Our school uniform is a **plain red** polo shirt or skivvy and monogrammed sweatshirt with **plain navy** shorts, track pants culottes/skirt. A school pinafore is also an option for girls. We have a number of second hand items for sale at school. The full uniform range is available at Postie Plus in Mosgiel. A number of non-uniform items have been creeping in. We appreciate parents' help and support with children wearing the correct uniform with pride.

Mufti Day will be on **Friday 19th March**. Gold coin donations will be donated towards 'World Autism Day' which is on 2nd April. Funds will go towards running Autism NZ, Otago Branch to fund their Service Support Co-Ordinator.

Library volunteers urgently needed Our school library urgently needs volunteers to help with taping new readers, or to supervise the library at lunchtimes. The taping does not need to be a fixed commitment - just a matter of turning up to the library if you have an hour to spare. The lunchtime supervision does need to be a regular commitment, but is flexible to allow for family illnesses, school trips, etc. Please leave your name at School Reception if you are interested in finding out more, or call into the library to see Jo Steffensen.



On behalf of all staff, **Elizabeth (Libby) Cleverley**

Future Dates

12 March	Assembly 2.00pm
16 March	7pm Board of Trustees Meeting
17 March	Wide Horizons Rm 1
17 March	Friends of the School AGM 7pm
19 March	Scholastic Book orders close 12 noon
19 March	Mufti Day - Gold coin donation
22 March	Otago Anniversary Day - school closed
24 March	Wide Horizons Rm 9
24,25,26 Mar	Junior Syndicate Art Gallery Trip
25 March	New Families Afternoon Tea 2.00pm
31 March	Wide Horizons Rm 16
1 April	Term 1 ends for Easter Break
19 April	Term 2 begins
4 May	School photos - individual and class
2 July	Term 2 ends

Hockey - We are looking for people to manage/coach hockey this year. If you are interested please let the office know

Lost - a named top belonging to a 5 year old was lost after swimming on Monday. Could parents of Junior children please check for this.

Sports Draw

Touch Rugby Draw - Monday		
Silverstream Yellow v Fairfield Navy	3.30pm	Ground 5
Silverstream Blue v Outram Black	3.30pm	Ground 4
Silverstream Black v East Taieri Red	4.00pm	Ground 4
Silverstream White v East Taieri Ylw	4.00pm	Ground 6
T-Ball - Saturday		
Silverstream Catchers v Forbury	D4	9.00am
Silverstream Pitchers v Te Huinga	D6	9.00am
Silverstream Strikers v Warrington	D13	11.00am