



# St Anne's Catholic School

WOOLSTON

## NEWSLETTER NO. 20 2 July 2014

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(x = Room number)

### THOUGHTS

If there is one constant in life it is that we live with change. As parents we often look back at the way we were brought up as the 'go to manual' on how we deal with situations today however times have changed and we have to adapt and sometimes the old ways are not the best ways.

I was looking at a poster last week which said, "*Have you made a mate date lately.*" - meaning have you had time out with a friend recently. I think the poster was targeting men in particular.

Parenting can be a lonely task and the support you get by sharing with someone you trust is so important. I emphasis *someone you trust*. A 'friend' is someone who you can trust and doesn't judge you. Friendship does need to be nurtured and contact on a regular basis is the key.

Have a great holiday break. I am going to catch up with some old friends.

Kind regards

*Peter Callanan* (Principal)

### Diabetes

Hi, my name is Jordan and I have Type One diabetes. I have to test my blood three times a day to make sure my blood sugar is not too high or too low.

Diabetes is not a good thing to have because you have to have injections every night but when you start having injections you get used to it.

When you have diabetes you can't eat lots of junk food like chocolate and other junk food, you need to eat lots of greens. If you eat heaps of junk food you will get very sick and die young.

If your blood sugar level is high you have to use a drug called Novorapid. It lowers your blood sugar level to better level of six or seven.

If you have diabetes don't eat lots of junk and stay healthy.

Thank you for reading my story. I hope you learnt something about diabetes and eating healthily.

### COMING EVENTS

#### JULY

- 4 Last Day of Term - 3pm finish
- 21 Term 3 Commences 9.00am  
Maori Language Week

### NAKED BAKER PIES

Orders will be available for collection from Room 3 this Thurs, 3 July from 2.30pm- 3.30pm. They will be frozen so they **MUST** be collected during this time.

It would be helpful if you could bring your own bags to put your orders in please.

Thanks for your support.

*St Anne's Parents & Friends Group*

### Readings for Sunday 29 June

*Reading 1— Zechariah 9:9-10.*

*Reading 2— Romans 8:9; 11-13*

*Gospel— Matthew 11:25-30*

### **St Anne's Altar Servers**

Saturday 5 July 6.00pm

1. Mimi Cresswell
2. Talia Edlin

Sunday 6 July 10.30am

- 1 Lingas Fido
- 2 Asa TiaTia
- 3 Anna-Naina Aileone

## Is your family flu strong?

Protection for others starts with you



For an influenza vaccination call your General Practice team



## IS YOUR SCHOOL FLU STRONG?

These school holidays are a good time to get your children their annual flu shot. Influenza causes serious illness and spreads rapidly in a school environment and from there into homes and the wider community. Our young people can also be vulnerable as their immune system may never have had to fight a flu infection. To reduce the spread and the impact of flu on our young people, seasonal Influenza vaccination is again being offered free in Canterbury to anyone from 6 months to 18 years of age. Vaccination is the only effective protection against the flu and is available through your general practice team now. Get flu strong this winter.

## Parent Ticket Order Form

Cultural Festival 2014 1-5 September CBS Canterbury Arena

Tena Koutou

We warmly invite your family to come and support the St Anne's Kapahaka group performing in the Cultural Festival 2014. The event will include a showcase of cultural performances, visual art exhibition and wearable art pageant. This is a wonderful opportunity for our tamariki to experience and perform at the CBS Canterbury Arena and we hope you can join us. The last day for parent discount ticket orders is **Thurs 14 August** and these can be ordered from your school.



Our school is performing on **Friday 5 September 2014** between **12.30 and 2.30pm (Matinee session)**

### Important Notes:

- Concert start times are: matinees 12.30 and night concerts 6.45pm. Please be seated 10 minutes prior to concert commencement.
- To get the parent Discount, you must send this order form and payment to your school office **by Thurs 14 August**. Orders cannot be processed without payment (cheques payable to the school.)
- If you miss this deadline, you can purchase your own tickets, at full price from Ticketek (adults \$15; children 13 yrs & under \$8 plus service fees)
- Parent discount tickets will be allocated group seats, therefore independent bookings will not be seated with the discount group.
- Please check with your school on where the school meeting point is after the show.

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(cut here and keep top half)

**YES** please. I want to order Parent Discount tickets for Cultural Festival 2014.

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Child Name \_\_\_\_\_ Room # \_\_\_\_\_

Postal Address \_\_\_\_\_ Post Code \_\_\_\_\_

**Show Date: Friday matinee 5 September 2014 @12.30pm—2.30pm**

Number of adults \_\_\_\_\_ @ \$10 per person (discounted from \$15) = \$ \_\_\_\_\_

Number of children \_\_\_\_\_ @ \$8 per person (13 years & under) = \$ \_\_\_\_\_

**TOTAL to pay school \$ \_\_\_\_\_**

*Please note: Tickets for St Anne's students do not need to be purchased as the school will be attending the performance in support.*

**Please return this order form to the school office , with payment by Thurs 14 August 2014**