



**TUAKAU COLLEGE**

Pal rawa atu i nga mea katoa . The very best in all things

# KŌREERO

TAAHIKO PAANUI • KAUPAPA 4 • HARATUA 2020  
E-BULLETIN • ISSUE 4 • MAY 2020

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SVA Service Award  
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PLEASE SEE THE  
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profile

## Koorero a te Tumuaki The Principal speaks:

Nga mihi nui kia koutou! We are back at school for Term 2!

*Whakataka te hau ki te uru, Whakataka te hau ki te tonga. Kia maa kinakina ki uta. Kia ma taratara ki tai. E hi ake ana te atakura. He tio, He huka, He hau huu. Tihei Mauri ora.* (Cease the winds from the west, Cease the winds from the south. Let the breeze blow over the land. Let the breeze blow over the ocean. Let the re-tipped dawn come with a sharpened air. A touch of frost, a promise of a glorious day.)

Term 2 began on April 15th and we have a 12 week term finishing on Friday 3 July. All students are back at school under Level 2 (from 18th May). We were very pleased to see that on average 83% of the students have returned after 7 weeks of Lockdown at Level 4 and 3. They are buoyant, pleased and keen to get on with their learning at school. Many of the students have really enjoyed reconnecting with the teachers and their friends.

A big thank you must go to all the parents/caregivers who were the teachers during lockdown. Online learning and hardcopy packs was the order of the lockdown and the students had plenty to do. The staff are doing a stocktake of the work the students have been doing and are working hard to accelerate students to the levels they should be at. They are going to assess their courses and will make the necessary adjustments for the students. At the Zoom assembly we had I stressed to the students to continue to engage in their learning and to do the very best they can: Pai rawa atu i nga mea katoa!

On the first day back the staff completed an exercise around reconnecting with their students. Part of this was a survey to ascertain what each student's experiences were under lockdown. We want to use this information to support and guide our students and, where we can, support families and whaanau in the still uncertain times. Please, I would like to reiterate, if you require support of any kind please contact Paul Heta (Guidance Counsellor) by emailing him on [p.heta@tuakaucollege.com](mailto:p.heta@tuakaucollege.com).

CONTINUED INSIDE. . .



**Rūaumoko  
Red House**

Rūaumoko (also known as Rūamoko) is the god of earthquakes, volcanoes and seasons. He is the youngest son of Ranginui (the Sky father) and Papatūānuku (the Earth mother) (commonly called Rangi and Papa).



*Physical Education and Health Feature*  
Akoranga Tinana me te Hauora

**See inside for more information!**

'THE PRINCIPAL SPEAKS' CONTINUED. . .

It is going to take time for us to come back to some kind of normality and through this time we need to ensure we are OK. I always recite this whakatauki to remind me that we are not alone; He waka eke noa, We are all in this together.

Under Level 2 we have two important things to consider; contact tracing and hygiene standards. In the notice I sent to all families/whaanau I outlined what this means and what we require as a school under Level 2. It seems to be working so far at school. The Ministry of Education and Health are treating schools as their own bubble. The key thing is that if you are sick; stay home! If you have flu like symptoms; get Covid-19 tested and, if you come into contact with a Covid -19 infected person; get tested.

We have had to cancel a number of events which we were hoping to participate in. Many of the sporting events are cancelled. AIMS, Winter Tournament Week, UNISS Netball, etc will not run this year. We are still running Outdoor Education activities under a Level 2 umbrella but all non-essential, non-curriculum trips have been cancelled, including Snow Camp for 2020. Sport practices begin again on Thursday 28 May. The various sport competitions are being re-organised as well. Pukekohe Netball starts soon. I would encourage all students to get involved in sport. It would be great for your health especially after being locked out of sport for the past 10 weeks. We all look forward to the upcoming weeks and to a shift to Alert Level 1!

*Kia whakairia te tapu, Kia watea ai te ara, Kia tuuriki whakataha ai, Kia tuuriki whakataha ai, Hui e Taaiki e.*  
(Restrictions are moved aside, So the pathway is clear. To return to everyday activities, Enriched and unified.)

*Chris Betty*

## A word from Mr Slee (Head of Physical Education and Health):

**The Health and Physical Education department has continued to develop a range of quality courses that allow students to engage and enjoy their learning.**

This year, we have welcomed 3 new teachers into the department and they will introduce themselves in the following pages. The department participated in an escape room experience earlier in the year to develop their team work and communication skills. It was a huge success with the team being part of the 30% of groups who make it out in less than an hour.

We are stoked to finally have our newly refurbished gym back in use. All students have been introduced to the new rules and expectations and it has already made a huge difference having louvres to control light and airflow, LED lighting, heating, and a polished floor with bright lines. We are looking forward to the finishing touches of a TV wall and surround sound system to further enhance the learning and sports experiences for students and community.

Due to the current COVID-19 pandemic, the Health and Physical Education department have modified our programmes to ensure students can be engaging online. It has been great to see how students have been keeping physically active and maintaining their Hauora/Well-being.

Prior to going into lockdown, our Outdoor Education classes were able to go on a couple of trips. The Year 12 class went Kayaking while the Year 13 class went tramping, kayaking and mountain biking on a four day journey.

*Mr Slee*



**VISION:**  
Tuakau College prepares students for life through a quality education promoting excellence in all things.



**STRATEGIC GOALS:**  
TUAKAU COLLEGE WILL:

- Maximize opportunities for student achievement.
- Lead development in local education in a continuously changing world.
- Be the heart of the community where everyone wants to be.

**EXCELLENCE**  
Tino pai rawa  
Pai rawa atu i nga mea katoa.  
The very best in all things.



**PERSEVERANCE**  
U tonutanga  
Kaua e mate wheke mate ururoa.  
Don't give up like an octopus but fight like a hammerhead shark.

**INTEGRITY**  
Ngakau Tapatahi  
Kaua e takahia te mana o te tangata.  
Do not trample on the mana of the people.

**CARING • LOVE • RESPECT**  
Manaaki • Aroha • Whakaute  
He aha te mea nui. Maku e ki atu. He tangata he tangata he tangata.  
What is the greatest thing? It's people. It's people. It's people.

The Health and Physical Education Department enjoy hearing from previous students and how they are getting on in their chosen fields of study. We caught up with two recent Head Students from Tuakau College to hear how taking subjects such as Health Education, Physical Education, Outdoor Education and Sports Leadership have helped them to prepare for the demands of university:



**Hunter Cochrane (Head Boy of Tuakau College in 2019)** is currently studying Physical Education at the University of Otago (Dunedin). He said:

“Taking Physical Education, Health and Outdoor Education in both Year 12 and 13, at Tuakau College, significantly prepared me for transitioning into university. My enjoyment of these subjects is what initially inspired me to pursue a career in sport. Through studying these subjects, I obtained the skills and fundamental knowledge that is required for a health and sport-based university degree.

The internals and externals I completed, as well as the physical aspects and opportunities I was able to experience during these classes, aided in developing my skills and knowledge of these subjects. Completion of these subjects provided me with the credentials I require to be accepted into my chosen degree. My enjoyment of getting out and partaking in a variety of different sports and related studies at Tuakau College is what sparked my interest in wanting to gain a deeper understanding of these fields, and helped me develop my learning and development pathway.”

**Tyler Gillibrand (Head Girl of Tuakau College in 2018)** is currently studying Law at Victoria University (Wellington). She said:

“Preparing for a Law Degree starts with subjects you select at high school. Selecting Health Education at Tuakau College provided transferable skills I needed to be successful in Law.

Health Education gave me the ability to balance perspectives in an unbiased manner, research concisely and be a world thinker.”



**Meet the Physical Education and Health teachers**  
**Te tutaki i nga kaiwhakaako Akoranga me te Hauora**

**Jared Slee**  
Head of Health and Physical Education



I live in Pukekohe with my wife and 2 sons (Harrison who is 3 and Hudson who is 9 months). I have been the Head of Learning Area at Tuakau College since 2017 and have been teaching since 2008. Both of my parents are teachers and so is my wife, sister and some of my extended family, so you can imagine what our family gatherings are like!

My main passions include wakeboarding, snowboarding, golf and hockey. These passions have provided me with some memorable life experiences such as playing (and winning) a teams golf tournament hosted by Rory McIlroy, being selected in the New Zealand Maori Under 21 Hockey team, wakeboarding in India and snowboarding in Spain and Switzerland. These experiences motivate me to provide new and memorable experiences for my students, through innovative teaching ideas and organising trips and camps.

This year, I am teaching 70 HPE, 9P HPE, Year 11 Module, Year 12 PE and Year 13 PE. I am also responsible for ensuring the Health and PE department runs smoothly and that students enjoy their learning and engage in relevant topics. I look forward to seeing the amazing experiences our students have this year and celebrating their successes.

**Johanna Buttery**

*Health and Physical Education Teacher*



My family are long time farmers. We started in Taihape on a sheep and beef farm before moving to dairy farming when I was young. We lived on the outskirts of small rural towns (Rongotea and Dannevirke) before I eventually moved to the big smoke of Palmerston North to complete my Bachelor's degree at Massey University. From there I took a leap of faith and moved to Auckland (I had only been to Auckland twice before moving there and didn't know a single person who lived there) where I was Sports Coordinator at Auckland Girls' Grammar School for several years before moving south (and slightly rural) to Te Kauwhata and the local College. I then began juggling the Sports Coordinating gig, my Post Grad Diploma and raising two very energetic boys (now aged 2 and 4).

As a family we enjoy the outdoors, sports, hunting, the beach, camping and BBQs. My husband and I both played multiple sports growing up and we are the 'coach-manager' duo of our eldest sons' Small Blacks team. We are also in the process of building our home 5 minutes outside of Te Kauwhata, so our weekends will soon be occupied with standing frames, gibbing, painting and everything else that is involved in the building process. This is my second year at Tuakau College and I am teaching 7R HPE, 8N HPE, 8P HPE and 11 Health.



**Alison Fletcher**

*Health Teacher*



I was born and bred on a farm in Pukekawa, and after living and teaching in many different towns and cities in New Zealand and England, I returned to the area in 2014 to take up the Assistant Principal position here at Tuakau College. I currently live on a lifestyle block in Pukekohe East with my husband (Hemi) who is a Beekeeper and my two children, Paige (11) and Braxton (7).

I have been teaching for 21 years! I didn't realise that I was that old! I trained as a PE/Health teacher at Waikato University and have been a Head of Department and Dean before moving into Senior Leadership. My youth was spent participating in sport which is my biggest passion. The two sports that I excelled in were rowing and netball. Luckily my children also love sport, so these days I spend almost all of my spare time coaching, officiating, organising and supporting their sport!

Most of my time at school is spent undertaking my Assistant Principal duties, however I really enjoy getting back into the classroom and teaching Level 2 and 3 Health Education.



**Julie Burton**

*Head of Outdoor Education and Health and Physical Education Teacher*



I grew up in Pukekohe. After spending many years, during and after university, living in other areas of Auckland, I was excited to be able to settle back into Franklin in 2017. I live in Tuakau with my husband and two children (Isabella who is 4 and Oliver who is 18 months).

I was lucky to gain a scholarship for AUT University where I completed a Bachelor of Sport and Recreation (majoring in Outdoor Education) and Bachelor of Business (majoring in Tourism) Conjoint degree. I was the first person at AUT University to finish a conjoint degree with an outdoor major. I then completed the Graduate Diploma of Teaching (Secondary) at the University of Waikato, while also continuing to work as an outdoor instructor. I began teaching in 2013 and have been at Tuakau College since 2017 (including my maternity leave in late 2018) where I am the Head of Outdoor Education and a Health and PE teacher. This year I am teaching 9Q HPE, 10P HPE, 10N HPE, year 12 Outdoor Ed and year 13 Outdoor Ed.

During summer I dedicate my time to volunteering as a Surf Life Guard at Kariaotahi Beach. I am a senior lifeguard and compete in Surf Canoeing. In my spare time I enjoy a variety of outdoor pursuits and sports. My favourite activity is sea kayaking and at the beginning of 2011, I kayaked solo from Cape Reinga to Auckland. I also play netball and water polo. I love spending time with my family, especially going camping, for walks, going to the beach and going to the snow.

**Kelly Drew**

*Health and Physical Education Teacher*



I grew up in Patumahoe before moving to Pukekohe with my family and I now live locally in Tuakau with my partner Callum. After high school, I gained a full tennis scholarship to the University of Louisiana at Lafayette in America, where I played college tennis for 4 years and gained a Bachelor of Sports Management degree. At the end of my studies in America, I came back home and completed a Post Grad Diploma of Teaching at the University of Waikato while also working as a tennis coach on the side.

I have been involved in sport all my life particularly tennis and netball, where I have been in netball rep teams for Pukekohe and represented Auckland, Waikato and New Zealand in tennis. I've been playing tennis since I was 5 and have won 5 National Secondary School Titles, 7 National Titles and 3 Junior International Titles. Now that I have 'retired' from competitive tennis, I also coach juniors at Patumahoe and Sunnyhills Tennis Club and have started up some tennis lessons at lunchtime for students at the college (before Covid-19).

I am fortunate enough to begin my teaching journey at Tuakau College as a first year teacher. This year I am teaching 7P HPE, 9N HPE, 9R HPE and Year 11 PE.



**Jessica Hawke**

*Sports Leadership, Health and Physical Education Teacher*



I am a first year teacher this year and I was given the opportunity to start my journey at Tuakau College. I am really enjoying teaching at this school and as a first year teacher I have been getting a lot of support from the Health and PE department. This year I am teaching 7N, 8O, 9O and 12PSL.

I studied a Bachelor of Physical Education at The University of Auckland for four years. During my studies I worked at Fulton Swim School where I became a qualified swimming instructor. I got into swim teaching as I used to be a competitive swimmer when I was younger, competing all around the North Island. I have been a netball player all my life and I also enjoy swimming, running, hiking and traveling. I am a bit of a fitness freak and have completed 5 half marathons over the past 6 years and plan on doing a full marathon one day.

I have done a lot of travelling over the years due to having family overseas. I have been fortunate enough to have travelled to places such as Mexico, Guatemala, Ireland, England, Wales, France, America, Thailand, and Australia. I come from a big family of 6 and I grew up in Patumahoe. I still currently live in Patumahoe with my partner Jason.



**Shivniel Prakash**

*Sports Leadership, Health and Physical Education Teacher*



I was born in Fiji and moved to New Zealand when I was thirteen years old. I studied at Orewa College and completed my degree at Auckland University. In my short teaching career so far I have taught at Avondale College and I spent 2019 teaching abroad in London.

I live in Clevedon with my fiancé Suzy and we are planning on getting married later this year in Fiji. My hobbies include fishing, hiking, water sports, gardening and just being outdoors or exploring and of course Netflixing on those lazy days. Traveling is something I thoroughly enjoy as it allows me to see what our world is really like. So far I have been fortunate enough to travel parts of Africa, Asia, Australia, Pacific Islands and Europe.

This year I was given an amazing opportunity to be part of the Tuakau College team and I teach 8RHPE, 10OHPE, 10QHPE and 13PSL.

Congratulations to Tawhirimatea for having the best school attendance for Term 1.



Tawhirimatea - 89.5%  
Tane Mahuta - 88.6%  
Ruaumoko - 87.8%  
Tangoroa - 87.5%

# HEALTH EDUCATION

## *Akoranga Hauora*

**During the beginning of online learning, our focus for our Junior Students was on their overall well-being/Hauora.** As part of this, we created an activity which allowed the students to complete a range of different tasks focusing on going back to basics, appreciating the simple things and spending quality time with whanau.

These tasks involved baking, cooking, board games, simple exercises, reflections, gratitude journals, hand-made present making, learning new skills and more. Here are a few photos of some of the students efforts.



*A family game of Cluedo*



*Learning new songs on the guitar*



*Completing an exercise challenge*



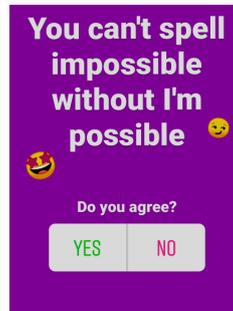
*Exercise with the family dog*



*Baking and decorating*



*Being creative for ANZAC Day*



*Posting positive messages on social media*



*Helping get wood for the fire at home*



*Cooking meals for whanau*

The photo on the right is from Mrs Buttery's 8N class doing an "I feel good" activity. This activity is based on positivity for their classmates.

A class member is randomly chosen, they then sit on a chair facing away from the whiteboard and while some feel good music is pumped, every single person writes something positive about that lucky person on the board.

A pure and simple way to make anyone smile and a great way to brighten everyone's day.



# SPORTS LEADERSHIP

*Te Tauhokohoko Sports*

**Our senior Sports Leadership classes have had a good start to the year.**

Year 13 PSL have been improving their badminton skills and will be challenging the students in Year 13 PE in an inter-class tournament soon.

They have also been developing their coaching skills and have planned a coaching session and coached a junior PE class. It was a bit of an eye opener for some students to be in the teacher's shoes for a period and they realised how challenging it can be.

Year 12 PSL have been playing netball in preparation for an inter-class tournament with Year 12 PE. Students also demonstrated social responsibility by participating in a range of adventure based learning activities which helped them to improve their communication and team work as a class.

Both Sports Leadership classes have the opportunity to test their mental and physical abilities by participating in the 6 km Tough Guy and Gal mud run. Students race against up to 2000 other students from around New Zealand and can gain NCEA credits if their time is fast enough. It is a great event and lots of fun.

Tuakau College has had some impressive results in recent years and we are looking forward to seeing the 2020 results. Both of these courses are run in conjunction with the Manukau Institute of Technology and open up a range of pathways into the sport and recreation sector.

There is potential to pursue career options such as coaching, sport and event management, personal trainer, sports official and further study within this field.

Please note these Tough Guy and Gal photos are from the 2019 event, as the event is yet to take place this year.





# OUTDOOR EDUCATION

## *Kei te Akoranga o waho*

**We were lucky to be able to complete two trips for Outdoor Education before going into lockdown.** The Year 12 class went kayaking while the Year 13 class went tramping, kayaking and mountain biking on a 4 day journey. You can see some of the highlights in the March e-Bulletin.

Below are some of the experiences we have done in Outdoor Education over the last few years.

Additionally, each year, Year 12 and 13 students from Outdoor Education, Physical Education and Sports Leadership have the opportunity to compete in the Secondary Schools Tough Guy and Gal event.

Outdoor Education can lead to potential careers in outdoor pursuit instructing, teaching and other opportunities in tourism and the sport and recreation industry.

It also provides excellent life skills such as organisation, time management, risk management, navigation, planning, cooking, communication and team work.





# PHYSICAL EDUCATION

Akoranga Tinana

**Physical Education classes started off the year focussing on swimming and athletics in preparation for the annual inter-house competitions.**

This year, we introduced water polo in PE lessons which was very fun for students. We also focussed on water safety, water survival and swimming techniques. In senior PE classes, students have been improving their techniques in softball, netball and badminton. The Year 11 PE rock climbing and mountain biking and Year 13 Snow Planet trips have been postponed due to the recent lockdown and will be rescheduled when appropriate.

In Term 2, junior PE classes have been focussing on fitness. They have completed pre-tests to see their current fitness levels and then participated in a range of different types of fitness training to try and improve their scores later in the term. Classes also practiced for the annual school cross country race by walking the track to become familiar with the obstacles such as swamps, fences and hills.

During lockdown, Rose Harwood (10N), while completing the Physical Education and Health 'Ways to well-being - connect 4 task,' took part in the Eric Murray secondary school Challenge on the Erg. (4 minutes race style/intense). She represented the school and placed 10th in New Zealand for her age group. An amazing achievement!



## Scrum Factory filmed with Tuakau College students

*I whakairohia e te Kaihuri Kakau ma nga akonga o te Kura o Tuakau*

Before the Level 4 lockdown, some of our students were selected to spend the day filming a Scrum Factory with Counties Manukau's Grant Henson in the new school gym. The Scrum Factory is a series of sessions that a coach or player can utilise to make a strong and safe body shape - ideally for scrummaging - but also for other facets of Rugby, including tackling and the breakdown. To view the videos you can visit [www.rugbytoolbox.co.nz/resources-education/scrums-factory](http://www.rugbytoolbox.co.nz/resources-education/scrums-factory)

What's covered in the Scrum Factory session that our students are featured in, by scrum guru Grant Henson, is a number of warm ups, primers, body positions, front row and lock engagement.





## SVA SERVICE AWARD

**Congratulations to Carlin Lee who has earned his Bronze, Silver and Gold SVA Award pins with 507 volunteer hours! Congratulations also to Brianna Welch and Georgia McIntyre who earned their Member pins!**



Gold Award Pin



Member Pin



Member Pin

This award is a free nationwide framework that recognises volunteering efforts of Year 9 to 13 students. Students are awarded a pin for initial volunteering hours before logging additional efforts online. To register under Tuakau College visit <https://service.sva.org.nz/>

## New Staff member / He mema hou o nga kaimahi



**Adrian Clarke is our new Northern Waikato Attendance Advisor.** His role will be returning students in the school back to full time education by removing the barriers that may stop them from doing that, such as health, finance, etc.

"If I can't remove those barriers then I can refer people to professionals that can help," Adrian said. "I want to enjoy life while I can and get back into the community and help young ones where I can."

Prior to this job Adrian worked at the Solomon Group for 12 years doing Attendance Service and majority of youth work such as expo's, goal setting and path finding. Before that he worked for two years at Datacom, a non enrolled truancy service, and before that he worked 6 years at Papakura District Truancy.

A Pokeno/Tuakau local, Adrian went to Pokeno School and Pukekohe High School and is looking forward to working with his own community and people again. Adrian has connections to majority of the Tainui maraes in the area and is uncle to Alex, Kane, Tyler, Tori and Jasmine.



## HEALTH CENTRE Tari Hauora

Hi everyone! Welcome back to Term 2 where we are operating under Level 2 alert guidelines. There are guidelines that we have been instructed to follow by the Ministry and District Health Board which will need your support. Please do not send your child to school if they are unwell as they will be sent home. If your child has a sore throat they will be requested to visit your family GP and have a COVID-19 swab. They will not be able to return to school until the swab results are back and the result is negative. We will not be doing any throat swabs in the Health Centre during this time. Please update the office with any new contact details so we can easily contact you. If you are requested to pick your child up, we ask that you please do so in a timely manner as this is a busy time for us and we need our rooms vacant quicker than usual for students. Thank you for your assistance in this.

*Alison Robertson (School Nurse)*

Phone: 09 236 8521 ext 155

Helpful tips  
on

# COPING WITH STRESS

We know that the time spent doing online learning and the overwhelming idea of coming back to school and trying to get back on track with learning can cause a lot of stress. Stress can take a significant toll on health, happiness, and grades so here are some tips and tricks on how to cope with stress and deal with it effectively!



## SLEEP

A lack of sleep puts you at a big disadvantage as you will find it more difficult to concentrate and learn and this will not help your stress levels. Aim to get at least 8 hours a night and take power naps when you need them.



## EXERCISE

One of the healthiest ways to get rid of stress and clear your head is regular exercise. Go for a walk, run or bike ride or even try some yoga and you will be amazed how much better you feel.



## MUSIC

A convenient stress reliever that has also shown many cognitive benefits, music can help you to relieve stress and either calm yourself down or stimulate your mind as your situation warrants.



## POSITIVE THINKING

Try to see the positives and not focus on the negatives. Try to train your brain for more positive self-talk and a brighter future with affirmations.



## ORGANISATION

One way to reduce the amount of stress that you experience is to write up a timetable, have a weekly planner or diary and keep a tidy study area that's free of distractions and clutter. This can help lower stress levels.



## TALK TO PEOPLE

Talking to other people about things can relieve your mind of stress amazingly well! This can help you make sense out of your situation and experience and figure out ways to feel better.

# Calendar

Maaramataka

## for Term 2 2020

Due to COVID-19 Alert Level 4, our Term dates have altered. Term 2 started via online learning on Wednesday 15 April. Students were able to return to school again on Monday 18 May. Term 2 will finish on Friday 3 July. Term 3 starts on Monday 20 July. Please note there will be rescheduled events that aren't booked in as of yet, that you will be notified of in due time.

MON	TUE	WED	THU	FRI	SAT	SUN
18 MAY Students return to school	19 PTA Meeting	20	21 Year 8 Immunisations	22	23	24
25	26 BOT Meeting	27	28	29	30	31
1 JUNE Queens Birthday (Public Holiday)	2 Student Council Meeting Mahina Dental Clinic	3 Mahina Dental Clinic	4 School Support Staff Day Mahina Dental Clinic	5 Mahina Dental Clinic	6	7
8 Mahina Dental Clinic	9 Mahina Dental Clinic	10 Mahina Dental Clinic	11 Mahina Dental Clinic	12 Mahina Dental Clinic	13	14
15 Smile Dental	16 PTA Meeting Smile Dental	17 Smile Dental	18 Special Olympics Football Smile Dental	19 Cross Country Smile Dental	20	21
22 Smile Dental	23 Mufti Day BOT Meeting Smile Dental	24 School Assembly 12/13 OUT Tramp Smile Dental	25 12/13 OUT Tramp Smile Dental	26 12/13 OUT Tramp Smile Dental	27	28
29	30	1 JULY	2	3 Term 2 ends		



**Children's Community  
Dental Clinic** Free for children 0-17 years

During COVID-19 Alert Level 2, the Children's Community Dental Service has reopened some of its clinics for children with urgent dental care needs. They will be in contact with

you if your child requires an urgent appointment. Alternatively, if your child is in pain, or you have immediate concerns about their teeth, please phone 0800 TALK TEETH to speak with one of their therapists. They are not able to offer routine appointments yet, but will let you know as soon as this changes. This means your child's routine appointment may be delayed. For more information, search for 'ARDS' on the Waitemata DHB website.