



Friday 10 March 2017

GLENTUNNEL SCHOOL NEWSLETTER

Tena koutou katoa parents and caregivers,

Dates to remember ...

Tuesday 14 March
Trip to Spencer Park

Saturday 18 March
Hanmer mountain bike race

Monday 20 March
Malvern Swimming Sports

Tuesday 28 March
Home and School AGM



A big thank you to all the parents and caregivers that were able to be at our School Swimming Sports on Wednesday.

It was fantastic to see so many of you there to support the children as they challenged themselves to reach their potential. I was impressed by the way the children supported and cheered for each other. Another demonstration of our caring and respecting school. Well done to everyone for bringing effort to their swimming and for encouraging others. Also congratulations to all the children who will be representing our school at the Malvern Swimming Sports on Monday the 20th of March, good luck and give it your best!

On the 14th of March we are planning on taking the whole school to Spencer Park for an Outdoor Adventure Challenge Day. There are still a lot of permission forms to come back to school. This is very important for Health and Safety reasons and children who haven't returned their form will not be allowed to go on the trip. As the whole school is going on the trip children who turn up on the 14th that don't have permission will have their parents rung to pick them up. If you are unsure about whether your child has returned their form or not please ring Alison in the office.



I hope you enjoyed your time with your child's teacher this week at the parent interviews. Relationships between home and school are a key factor in supporting children to reach their potential in all they do. Thank you for taking the time to build these relationships and contribute to their learning. Remember our doors are always open and we invite you to come see us if you have any concerns, questions on compliments.

Weekly Jokes!

Q: What did the baby corn say to its mum?

A: Where is pop corn?

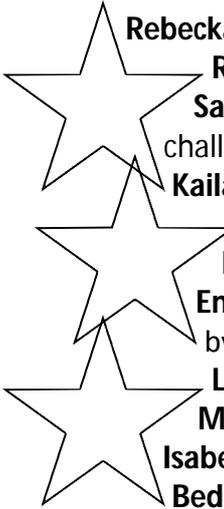
We were lucky to have Amie Kerr from ASB Bank visit our school on Thursday and teach our children how to be Cash Clever Kiwis. Please ask your child what they have learnt from their session with Amie and how they are going to be Cash Clever Kiwis!



Asher Davies is supporting his son Nikau at the Hanmer Mountain Bike Race on the 18th of March and is wondering if anyone has an adult mountain bike he can borrow for the event. Asher will be following (if he can keep up) Nikau and other children around the track to guide and support them on the day. If you can help please contact Dion at school.

Kind regards
Dion Stechmann

Awards this week

**Rebeckah Ditchburn** - For awesome writing!

Riley Te Waa - For working hard with his reading.

Sapphire Kavanaugh - For always working with great focus and bringing effort to learning challenges - in particular your writing has been brilliant these past few weeks.

Kailash Joynes - For a brilliant week Kailash. You are accepting challenges, working well with others, have been a great 'milkie', and are using your manners.

Edan McArthur - For being kind and respectful and teaching your friends new skills.

Emy Wilson - For always staying focused on your work even when others are not, as spotted by our kaiārahi.

Lawton Jones - For amazing spelling.

Marissa Reid-Macfarlane - For being a good friend.

Isabella McLaren - For always being a wonderful role model in Room 5.

Bede Lee - For being a great leader and always doing the right thing.

And the Star of the Week goes to - Zak Kershaw - For accepting a challenge with your swimming and doing such amazing writing in class. **And to - Caleb Sullivan** - For bringing effort to your swimming and writing. Keep up the fantastic work Caleb.

Privilege Day

Today during privilege the cooking group made:

NO BAKE BLACK BEAN FUDGE BROWNIE

- 1 can (drained and rinsed) or 1 – 1 ½ cups black beans (cooked)
- 1/2 cup almond butter (can substitute for sunflower seed butter or another nut butter of choice)
- 2 tablespoons non-sugar sweetener (e.g., Natvia)
- 1/4-1/2 cup dark cocoa powder (depending on how much chocolate flavour you want)
- 1/2 cup milk powder
- a splash of vanilla essence
- 1/4 cup + mix ins of choice (sugar free choc-chips, dried fruit, nuts...)

1. Place all of the ingredients (except the mix-ins) in a food processor.
2. Process until the mixture is smooth and binds together a little.
3. Tip into a bowl and stir in the mix-ins.
4. Press into a lined baking tray.

Refrigerate. Cut into pieces once firm.

FUDGEY BLACK BEAN ZUCCHINI COOKIES

- 1 medium zucchini, grated + water squeezed out
- 1 can (drained and rinsed) or 1 – 1 ½ cups black beans (cooked)
- 2 tbsp almond butter (or nut butter of choice)
- 4 dates, pitted
- ¼ cup cacao or cocoa powder
- ¼ cup rolled oats
- 2 tablespoons Natvia
- 2 tsp vanilla essence
- 1 tsp baking powder
- ½ cup chopped dark chocolate or sugar-free chocolate chips + more for topping

INSTRUCTIONS

1. Preheat oven to 180°C.
2. Line a cookie tray with baking paper.
3. Grate zucchini. Place in a sieve or strainer to drain.
4. Add black beans, almond butter, dates, cacao, oats, Natvia, vanilla, and baking powder to a food

processor. Process until well-combined.

5. Add zucchini and process again for another 30 seconds, or until well-combined.
6. Transfer to a bowl, and stir in chopped chocolate (chocolate chips).
7. Drop spoonfuls of batter onto the baking paper. The batter will be wet and sticky and that's okay! You should have about 14-16 cookies.
8. Bake for 15 minutes.
9. Store in an air-tight container in the refrigerator. (Can be put into the microwave for 10 seconds before eating!)

Black Bean and Beetroot Dip

- 1 can (drained and rinsed) or 1 – 1 ½ cups unsalted black beans (cooked)
 - 1 cup cooked beetroot (with a little cider vinegar)
 - 1 clove garlic (crushed)
 - 1 spring onion or 2-3 tablespoons chopped chives
 - salt & pepper
 - **Optional variations/add-ins:** chopped parsley, zest of 1 lemon, ¼ teaspoon smoked paprika, ¼ teaspoon roasted and ground cumin seeds, 1-2 tablespoons tahini, 1-2 tablespoons Greek yoghurt
1. Put all of the ingredients in a food process and process until smooth.

News from Room 1

Dear Diary

It's Monday. I'm sorry but I've got some bad news. I've got nothing to write about. No pudding-eating experiences or dog-biscuits eating experiences to write about. It's horrible not writing anything. You may as well go back to sleep.

Wait, wake up! I can write about nothing. I mean I can write what's happening now. Hmmm, nothing's happening now. Well, nothing you would want to know anyway.

Monday's horrible. I should be able to tell you that something awesome, fantastic, terrific, and amazing has happened, but I can't because nothing awesome, fantastic, terrific, or amazing has happened! Maybe Miss Schnell has gone from being fun to a normal teacher. I'll just sing –la la, lulula, la, la, lulula, sing a happy song.

Wait, Miss Schnell is saying, I might get a spoon if I do good writing. I've just been given a spoon. But why do I want a spoon?

Maybe I might be able to write something tomorrow about what this spoon is for. Is she going to give us chocolate mousse? I hope so. I don't know. You'll have to wait 'til tomorrow, like I do.

Bub-bye.

Sapphire Kavanaugh (Year 6)

Home and School news

Coalgate Tavern meat raffle roster -

Saturday 11th March Coleman family

Saturday 18th March Reid family

Coalgate Sale Yard roster -

Thursday 16th March

Cooking Juanita McAndrew, Karen Seaton

Pie Jade Lee

Baking Amanda Wyatt, Nic Hardy, Janine Kirkby

Community Notices

Looking for information - We have been contacted by the Hon Consul for Sri Lanka. He is trying to find anyone who might know of / be related to the late Gwen Opie, who originally came from Glentunnel. This is in connection to the Ceylon Planters Rifle Corp (from what used to be Ceylon then) who fought alongside the ANZACS in the Great War and even landed on the shores of Gallipoli with them. There is a Monument in an Army cantonment in Sri Lanka (as it is now called) honouring them. The Consul is planning on doing a joint commemoration in Sri Lanka with NZ, when we commemorate ANZAC Day on 25 April. He would like to find someone who has a connection to this Sri Lankan (then called Ceylonese) Army Unit and understands that the late Gwen Opie may have had a connection. TV1 is also interested in doing a story on this but would like a New Zealand connection. If you can help in any way or know of anyone else with a connection to this Army Unit, please see Alison in the office for details on how to contact the Consul. Thanks.

South Malvern Netball Club -

*Player Registrations and Subs are due by the 18th March.

Email: southmalvern@gmail.com or visit our

Website: www.sporty.co.nz/southmalvernnetballclub

Call: Secretary 03 3180123

for forms, subs, and information

*Club Day is on the 1st April at the Glentunnel School, 12pm.

Next club meeting: is on Friday 10th March at the Glentunnel School, 7.30pm.

*SMNC look forward to hearing from any new Coaches, Umpires, and Players.

PASSION, PRACTICE, PARTICIPATION = SUCCESS!!

Clarkville School Twilight Gala 4-7pm Friday 31st March - Food, fun and free entry for everyone! Enjoy a relaxed outdoor evening with family and friends before daylight savings finishes.

Something for all ages:

- A great selection of well-priced, family-friendly food stalls
- Family sideshows/Children's stalls
- A huge white elephant with clothes, household goods etc
- Garden and produce stalls
- A giant bake sale
- A high tea cafe
- Raffles, music and much more...

And new this year "The Playhouse Challenge" where local builders will be given the challenge to build a playhouse at the Gala with set materials and the best ones will be auctioned off at the end of the night. So make sure you come along rain or shine! Parking available for gold coin donation in Rice Park (opposite the school). Exchange some of your money for "Gala Dollars" to join in the fun. Cash is preferred but eft-pos will be available onsite if required.

Follow us on Facebook for more details www.facebook.com/ClarkvillePTA

See you there!