

# Forrest Hill School Newsletter



*Nurturing growth for a lifetime of learning*



**Thursday 7th December 2023**

*Our Values are Respect, Connect and Challenge*

Kia ora koutou,

Thank you to all of the FHS community who came along and supported our students and teachers, joining in with the Christmas cheer last Friday evening, to wrap up another year with the annual Christmas Picnic Under the Canopy. A big thank you to the PTA for organising the raffles for the hampers and congratulations to the winners of these, we do hope your families enjoy these.

On another note, it was very difficult to deal with 2 upset neighbours during this event. Respect is one of our school values and to have parents parking in front of their driveways, stopping neighbours accessing their property, was both disrespectful and disappointing.

For further events I will action the towing of vehicles from neighbours driveways.



*Nga Mihi, John Marwick, Principal*



# Year 3 EOTC Week

This week our Year 3's have been participating in a fun filled week of outdoor education experiences. This included a full day at Birkenhead Leisure Centre where each class rotated in groups around a variety of activities and an on site day yesterday where children had a go at pikelet making, stem challenges, the water slide and on the field games. Finally, tomorrow they will walk down to Milford Reserve to participate in a fun filled day before heading back to school by bus.





Have you got a talent  
you would like to share  
with our school?

FHS'S

12 December 2023

# GOT TALENT SHOW

Can you play an instrument, dance, tell jokes,  
do magic tricks?

THIS TUESDAY - MAKE SURE YOU COME PREPARED IF  
YOU ARE IN THE TALENT SHOW PERFORMANCE LINE  
UP





Nurturing Growth for a Lifetime of Learning

Respect

Challenge

Connect



2023



## Forrest Hill School Judo Kodomo Dojo

We finished the year on Tuesday afternoon with this amazing group of young Judo players. Confidence, fun, challenges accepted in learning techniques, games, teamwork, respect. Assistant Junior coach Piper joined coaches Meghan, Christine and Nick Robson on the mats every week. So proud of how far these players have all come this year. We are looking forward already to next year!







# Basketball 2024



*Firstly... Well done to all children who participated in Basketball for 2023!*

Could we please have all singlets WASHED and CLEAN, brought to ROOM 8 by Monday next week.



Rockets Year 1/2



Warriors Year 3/4  
2nd Place in Grade B



Spurs Year 5/6  
2nd Place



Bulls Year 5/6



Celtics Year 3/4

If you wish to play Basketball for 2024, please click on the link below and fill out the google form:

<https://forms.gle/ePjDLKoavZAgKE3C9>



# Holiday Surf Programmes & After-School Surfing



## Orewa Holiday Surf Programmes | Dec & Jan

Surfing is an amazing sport that will challenge, entertain, and educate.

Our popular 'Holiday Surf Programmes' give kids the confidence to be active and have fun in the ocean through the enjoyment of learning how to surf.

**Where:** Orewa Beach

**Dates:** 18-22 Dec | 8-12 Jan | 15-19 Jan | 22-26 Jan

**Times:** Mon-Fri | 10am-12pm or 1pm-3pm

We provide surfboards, wetsuits together with fun & enthusiastic surf coaches.



## Why NZ Surf Academy

- Qualified & enthusiastic surf instructors
- Giving kids the confidence to succeed
- Great feedback from parents & kids
- Teaching beach safety & surf lifesaving
- Progressive coaching, learning all the aspects of surfing: paddling, getting out back, turning, reading waves, timing etc
- Surfing NZ Accredited
- All surfboards & wetsuits provided.

## Wave Warriors After-School Surfing

Our Wave Warriors After School Surf Programme is designed to continually improve surfing in a safe positive environment, with progressive surf coaching ensuring kids have the best experience possible.

**Where:** Orewa Beach

**Term 4:** Thurs & Fri | 6-10 yrs & 11-16yr Classes

**Term 1:** Tues & Fri | 6-10 yrs & 11-16yr Classes



Get in touch  
simon@nzsurfacademy.co.nz  
027 734 4877



# Important dates for Term 4

Friday 8 December - Year 3 Outdoor Education

## **Week 10**

Monday 11 December - Excellence Awards Year 3-6 9.30am

Monday 11 December - BoT meeting 6.30pm

Wednesday 13 December - ESOL Christmas Party 12pm in the hall

Thursday 14 December - Year 6 Graduation 6PM AND DINNER AND DISCO

**Friday 15 December - Last day for 2023. School closes 12pm midday**

**Merry Christmas and wishing you a Happy New Year**







**We recognise that every family can flourish with support, encouragement and nurture. And we believe that healthy, loving families can transform communities.**

Teachers and parents share a common goal – hope that the next generation of tamariki will grow up to be caring and fun human beings who make good choices. And of course, we wouldn't say no to the added bonuses of respect, nice manners and enthusiasm for doing the dishes!

We know that parenting is the hardest job many people will ever do. That's why Parenting Place is here – to make sure that parents feel confident in the relationships they are building with their growing tamariki at every age and stage.

And that is why we love working with schools. You know the struggles and challenges facing children, parents and whānau more than just about anyone.

There are several ways we would love to partner with you in providing support and encouragement for your parent community.

As a trusted voice on parenting in Aotearoa, we offer a range of services that you can access to support your school, parents and whānau as they navigate the highs, lows and every-days of their parenting journey, including:

- Parenting talks
- Articles and online resources
- Parenting courses
- One-on-one parent coaching

\*Anyone raising a child, including parents, caregivers, grandparents, aunts, uncles, guardians and foster carers.

## \* \* Supporting whānau to thrive

Our dream at Parenting Place is that every parent in Aotearoa feels confident, and every child feels deeply loved.

- We inspire** parents by offering hope for families.
- We equip** parents with information and strategies.
- We journey** with parents through key transition times.

### Parenting Talks

#### Inspiring, informative and fun

Our Parenting Talks are designed to encourage parents and support thriving whānau relationships – in a way that is relatable and entertaining.

Our experienced presenters share practical skills and solutions for challenges facing families today. Messages are delivered from a place of empathy and compassion, and content is evidence based, drawing on the latest research.



#### Parenting Talks

- For a wide range of ages and stages
- Typically 60 minutes long, with Q&A at the end
- Tailored to your audience
- Delivered in person or online

#### Our key talks include

- Kind, Firm, Calm
- Tackling technology
- Supporting your kids through anxiety and worry
- Building an awesome whānau
- Raising confident and resilient kids/teens
- Staying connected in the teen years

#### Pricing

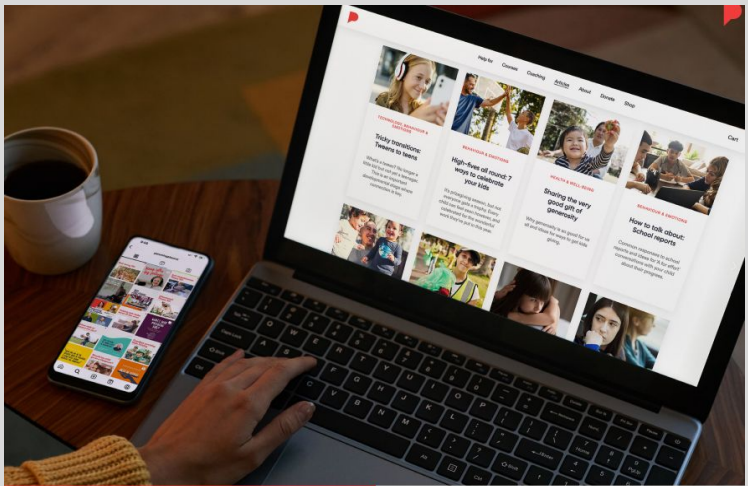
Reach out to us to discuss pricing options.

#### Next steps

Parenting Talks are made possible by partners who care deeply about whānau in their local communities. We would love to work together to help families in your area thrive.

To find out more about hosting a parenting talk, or to learn more about other Parenting Place courses, please get in touch:

- ✉ [support@parentingplace.nz](mailto:support@parentingplace.nz)
- 📍 [parentingplace.nz](https://parentingplace.nz)



### parentingplace.nz

Parenting ideas and strategies when you need them

Our website offers a comprehensive range of encouraging and insightful articles, courses and content to support parents, whatever stage they're at on the parenting journey.

parentingplace.nz is Aotearoa's 24/7 parenting resource. Designed to inform and inspire parents on everything from toddler bedtimes and fussy eating, through to managing screen time and talking to teens about vaping.

Topics can be searched by keywords, age and stage or themes, with contributions from psychologists, parent coaches, specialists, writers and parents.

Book online and in-person parenting courses, discover articles and videos, and download resources including scripts for tricky conversations and contracts for first phones and family technology use. Plus, sign up to regular email newsletters for the latest parenting news and content.

Check out our parenting podcast, *Parent's We've Met*, hosted by parent coach and author Jenny Hale and presenter Dayna Galloway. The pair share stories, wisdom and many laughs with some well-known mums and dads from right here in New Zealand. Available on all main podcast platforms.

For regular inspo and updates, follow us @parentingplacenz on social media:

- 📷 [Instagram](https://www.instagram.com/parentingplacenz)
- 📘 [Facebook](https://www.facebook.com/parentingplacenz)
- 🌐 [LinkedIn](https://www.linkedin.com/company/parentingplace)
- 📻 [Spotify](https://www.spotify.com/parentingplace)

@parentingplacenz



## OUR COMMUNITY CONTACTS



Proud Supporters of Forrest Hill School

# GAVIN ROBERTS

Sales & Marketing Specialist - Award Winning Team

## PH 021 150 1476

[gavin.roberts@harcourts.co.nz](mailto:gavin.roberts@harcourts.co.nz)

Sell your property with Team Roberts and we will make a donation of \$2,000 to Forrest Hill School. Please call for details and conditions.

**Harcourts** Cooper & Co

### FREE trial swimming lesson for new customers

Call us now to book:

Newmarket - (09) 529-0177

One Tree Hill - (09) 582-1111

Albany - (09) 414-5484

Hobsonville - (09) 666-0240



### KidsKlub

## SAFE & HAPPY KIDS

✓ Before and After School Care  
027 284 5378

✓ Childcare - 118 Chivalry Rd  
021 036 2929

✓ Holiday Programme  
Run from Glenfield Primary  
027 284 5378

General Enquiries - 027 272 6994  
[www.kidsklub.co.nz](http://www.kidsklub.co.nz)



## KUMON

### Give your child a head start in life

With our individually tailored Kumon maths and English programmes, your child will develop a strong academic foundation that will nurture their learning for life.

Contact your local Kumon Centre to find out more today.

**KUMON FORREST HILL & TAKAPUNA EDUCATION CENTRES**  
mob: 021 167 0019

Visit <http://nz.kumonglobal.com>



## OPTICS 1

Special deal for families with a Community Services Card

(Available for students under 16 years old, needing glasses)

### Eye exam + Frame + Prescription Lens

- Super hard coating
- Anti-reflective coating
- 100% UV Protective
- 1.60 Blue light control

TERMS AND CONDITIONS APPLY

ALBANY: 09 418 4688 - 98 Rosedale Road, Auckland  
CITY: 09 369 1553 - 20 High Street, Auckland CBD



# FREE

## PRESCRIPTIONS

### FORREST HILL FAMILY PHARMACY

## (09) 449 0635

Shop 7/1 Grenada Avenue, Forrest Hill • [forrethillpharmacy@gmail.com](mailto:forrethillpharmacy@gmail.com)

\*Terms and conditions apply

**+** Forrest Hill Veterinary  
Clinic & Hospital

### Because Pets are Family

Caring for pets on the North Shore,  
seven days a week for over 30 years

## Ph: 410-5169

Mon - Fri: 7.30am - 7pm

Sat: 9am - 5pm • Sun: 10am - 5pm

218 FORREST HILL ROAD, FORREST HILL, AKL

[www.forrethillvet.co.nz](http://www.forrethillvet.co.nz)



## JustWorkout

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[www.justworkout.co.nz](http://www.justworkout.co.nz)

6/1 Grenada Ave  
Grenada Shops

Online  
Available

Contact:  
021 0247 7835  
0204 124 7123

## A+ Global Academy

17th July - 24th September

AGA Time Table

Monday - Sunday 9:00 am - 8:00 pm



- Science
- Maths
- Chinese
- Literature Class
- Spanish
- French
- German
- Python