



## Rosehill School is going to be a "Water Only" school.



Following on from our Healthy Eating Questionnaire the school will be implementing a Water Only policy beginning in term 4 2016. Students who bring lunch to school will ONLY be able to bring WATER. This will assist in creating an environment that supports healthy choices and a decrease in the consumption of sugar sweetened drinks.

The Ministries of Education and Health have joined together to encourage all schools to become "water-only". This is because sugary drinks (like fizzy drinks, sports drinks and juices) cause tooth decay, obesity and diabetes, and also make it harder for children to learn while at school.

Children should be having no more than 5 teaspoons of added sugar per day. These sugary drinks are all too high in sugar:



600ml bottle fizzy drink has 16 teaspoons added sugar

350ml fruit juice has 10 teaspoons added sugar

750ml sports drink has 15 teaspoons added sugar



### How can you support us going Water-only?

We encourage you to support your own health and that of your children (and save some money!) by:

Giving your child a clear drink bottle to take to school

Filling the drink bottle with plain tap water only

Keeping any sugary drinks you may have for 'treats' at home

Being a positive role model and drinking water yourself

We really appreciate your support as we make this important change at our school!



48-52 Rosehill Drive, Papakura Ph: 298 4569 Fax: 281 5289

Email: [office@rosehill.school.nz](mailto:office@rosehill.school.nz)

website: [www.rosehill.school.co.nz](http://www.rosehill.school.co.nz)



**ROSEHILL SCHOOL**

Acceptance, Achievement, A change of Attitude  
Te tautoko Te panekire, me te wairua

# ROSEHILL SCHOOL

## Kia Ora

## NEWS SPACE

Term 3—Issue Seven

19th September 2016



Principal: Glenn Nicholson

# News from around our school

## FROM THE PRINCIPAL'S DESK

September 2016

### Games Day.

A big thank you to students and staff for some amazing learning and work. The originality and student engagement was very impressive. Thank you, also, to all our parents that turned out despite the weather. I hope that you are enjoying the individual versions of the games at home.

### 2016 Ball.

Our senior students looked superb and had a great time as they danced the night away at the combined ball. Our thanks to the Staff and Students of Sir Keith Park School for their organisation. Photos from the pre-ball will be available soon.

### Term 4.

Please keep an eye on the dates and venues for end of year functions as they may not be held in the usual places.

Have a safe and restful term break.




END OF TERM

## Friday 23rd September

### at 2.30pm

### SCHOOL FEES

Many thanks to those who have paid their stationery fees. **\$20.00** (or pay on invoiced amount) per student can be paid at the school office or into our bank account  
**ASB 12-3109-0011743-00**  
 Use your child's name as an identifier and code as 'stationery'



**Snow White And The Seven Dwarfs**

8TH October 10am or 1pm

FREE

Entitles 1 ADULT  
2 CHILDREN 1-14

ASB Showgrounds  
Greenlane Road

Call the school 298 4569 for tickets

www.southernstars.org.nz

A live performance performed in aid of Burn Support Group Charitable Trust

## We Welcome To Our School

New Student: Jaidarn Cherrington-Nelson

### Health Promoting Schools



Thanks to all of those who returned the Healthy Eating Survey and congratulations to the family of Amelia Folau who won the draw for the gift basket!

### Supporting success in your school.

If you are a parent, staff member or member of the school community and you draw down a new ASB home loan of \$150,000 or more, ASB will donate to your chosen participating school:

## \$500

To take up this offer, your new home loan application must be received, approved and then documented in a facility agreement, along with the completion of a school donation voucher, between the 2 May 2016 and 31 December 2016.

ASB lending criteria, and terms apply. Fees may apply. A minimum of 20% equity is required in the security property. This donation offer is only available when you apply for new home lending through an ASB branch, contact centre or mobile lending manager. Other terms apply. For full details and to download the voucher visit [asb.co.nz/schoolbanking](http://asb.co.nz/schoolbanking).

ASB Bank Limited PPU51089




**Upcoming Event for  
YOUR Diaries  
TV Chef and Personality  
'Kiwi Living'**

★ *Michael Van de Elzen* ★

is coming to Rosehill School  
**FREE HEALTHY EATING WORKSHOP**  
**Wednesday 2nd November 2016**  
**6-8pm**  
 More details will follow in early Term 4

## RAZZAMATAZZ

Is a madcap cavalcade of comedy featuring outstanding international performers.

*Razzamatazz*

is a wickedly wonderful show where anything goes!

*Razzamatazz is*

UNIQUE

*and fun for all ages*

*Razzamatazz is FANTASTIC!!!*

12 or 3pm on Saturday 1st or Sunday 2nd October 2016  
 St Cuthberts School Clouston Hall 122 Market Rd Epsom  
**FREE** tickets available at Rosehill School office 298 4569