



# APARIMA MATTERS

## Personal hygiene for school aged children

Teaching your child to keep his body clean is an important part of building his self-esteem – if he cares about the way he presents himself and feels good about his body then he'll feel pretty good about himself.

Children can be pretty brutal with each other, so there are about a million ways your child can feel self-conscious during his school years. But if you teach him good personal hygiene habits early, then at least he won't have to worry about the obvious ones: hair-care, body odour and bad breath.

### Clothes and hygiene

Clothes, and especially underwear, should be changed every day. Even if they're not smelly, your child's clothes have collected sweat, stains and dead skin cells (and who knows what else!) while they've been worn. Overnight, bacteria will start to work on these stains so the clothes will never smell as nice on the second day of wearing. Encourage your child to take off his school uniform as soon as he gets home and to hang it up to air before he has to wear it the next day. Teach your child to change his underwear every day – it sounds obvious, but this is something that sometime stops happening regularly once your child begins to take charge of himself.

### Body Odour

At this age, your child's body is changing. Some are going into puberty and this can cause noxious body odour. Even if your child showers every day, it is still not enough sometimes. You need to make sure that your child is not only showering each and every day, but also actually using a good deodorant soap and good shampoo. Deodorant is also a must-have as your child gets older (usually around 10 or so, but this can vary).

### Teeth

Brushing the teeth is always a struggle at this age. Your child may go in the bathroom and come out a mere 30 seconds later to declare that he has brushed. Have you ever checked? Is the toothbrush still dry? Can they use a tube of toothpaste forever? Children at this age should know that good oral hygiene is just as important as taking a shower. This is especially true if your child has braces.

**Nails and Hair:** Most kids at this age do not care a bit about trimming nails or brushing hair. You need to make sure that you point this out to your child. They are at the age where they should be able to keep their nails cleaned and trimmed and their hair combed by themselves. Get good products such as a nail scrubber and put in their bathroom to use on a daily basis.

For more information visit [www.kidspot.co.nz](http://www.kidspot.co.nz)

**Leah Fraser**

*Deputy Principal*

**The Science Department** is looking for any unreturned textbooks you may have in your home. If you have any, could you please return them with a student to the science department, or drop off to the office. If delivery is difficult, please ring the office with your name and number to arrange a time for us to collect.

### Aparima College Board of Trustee Elections 2010

The elections for a new Board of Trustees are coming up. Key dates for the election process are:

15 March	Nominations open
7 April	Rolls close
21 April	Supplementary roll closes
23 April	Nominations close at noon (12:00 pm)
28 April	Voting papers issued by this date
7 May	Polls close at noon (12:00 pm)
13 May	Results declared

A roll needs to be compiled of all eligible voters. TO help bring the roll up to date could you please fill in the form opposite and hand it into the College office as soon as possible. You can inspect the roll at the College office. Please make sure you are on the roll so you can received nomination forms and voting papers.

Remember the school terms finishes on Thursday 1 April and reopens on Monday 19 April.

Any queries contact Lynette Heath, Returning Officer, phone 03 2348 878 or email [heathfam@ihug.co.nz](mailto:heathfam@ihug.co.nz)

**Board of Trustee Elections**

As these are coming up next term, we need to make sure we have our roll updated and as correct as possible (particularly addresses, as at each election we have voting envelopes returned because people have moved and not advised the school), so that voting papers can be posted to all eligible people.

**Please fill in the form below and return to the College office.**

As you can see, there are three parts which COULD be filled in. Both natural parents of a student are entitled to vote in the Board of Trustees election. However, if the student is not living with both of her/his natural parents (ie perhaps living with one natural parent and step-parent or with grandparent), then that caregivers is entitled to vote in the elections along with both natural parents.

Students Name.....

Mother – Mrs/Ms/Miss.....

Address .....

.....

Father – Mr.....

Address .....

.....

This next part to be filled in ONLY if the caregiver looks after a student for more than one or both of his/her natural parents (this could be step-parent, grandparent, etc)

Caregiver – Mr/Mrs/Ms/Miss.....

Address .....

.....

If you are unsure of eligibility to vote please contact our Returning Officer:  
Lynette Heath, phone 2348 878

**Kiwi Kwiz Week 4**

Question One: In 1901, how did mail get from Great Barrier Island to Auckland?

- a) By pigeon
- b) By helicopter
- c) By catapult
- d) By flying fox

Question Two: According to myth, why did Rangi the Sky Father cry the first tears?

- a) He wanted humans to have fresh drinking water
- b) He was distressed at seeing his sons fight each other
- c) He was upset at being separated from Papa the Earth Mother
- d) He wanted to flood the land so Maui would regret attacking the Sun

Question Three: Almost half of Girl Guiding New Zealand’s income is from..?

- a) a tax on Netball New Zealand
- b) donations from British American Tobacco
- c) the sale of Guide biscuits
- d) street appeals on Daffodil Day

Question Four: What is Beethoven’s last name?

- a) Beethoven
- b) Mozart
- c) Ludwig
- d) Wolfgang

Question Five: Why did a first issue of *Action Comics* sell for more than a million dollars last week?

- a) The comic explains the origins of the Fantastic Four and the Silver Surfer
- b) The comic belonged to Michael Jackson when he was ten years old
- c) It’s the only issue where Spiderman does not wear a mask
- d) It features the first appearance of Superman

Question Six: New Zealand’s best ever result at a Winter Olympics is..?

- a) a fifteenth place in the women’s luge
- b) a silver medal in alpine skiing
- c) a crash in the four-man bobsled
- d) a gold medal in the men’s curling

Question Seven: Last Sunday, people in New Zealand were warned to stay away from beaches because..?

- a) the sound of people playing on beaches was causing whale strandings
- b) there was a large oil spill in the Tasman Sea
- c) there was a tsunami warning following a massive earthquake in Chile
- d) Tourism New Zealand wanted to film a commercial showing hundreds of kilometres of empty beaches

Question Eight: Which name is given to the number:

3.1415926535897932384626433832795?

- a) Pi
- b) Infinity
- c) Omega
- d) Delta

Question Nine: What do barbershop quartets do?

- a) They cut the hair of Hollywood A-listers
- b) They walk tightropes between high-rise buildings
- c) They sing in harmony without backing instruments
- d) They patrol streets at night to keep their neighbourhoods safe

Question Ten: 'A game of two halves', 'the best team won' and 'they talk a good game' are..?

- a) TVNZ game shows
- b) autobiographies by former All Blacks
- c) Paris Hilton's latest catchphrases
- d) clichés about sport

## Aparima College PTA AGM

on  
Tuesday 23 March  
in the  
College Staffroom

All Welcome to attend!

### **Community Notices**

**MVV TV Production:** For all your music and video recording needs contact Chaz Cramp, 027 824 2358. Singing tuition and vocal technique contact Suzi Cramp, phone 021 183 5304. Or email: [info@musicvideovip.com](mailto:info@musicvideovip.com)

**Teddy's Craft Day Out Children's Tea Party:** a Hospice Southland Fundraiser to be held on Sunday 28 March at 1:30 pm in the Invercargill Working Men's Club, 154 Esk Street. For children, their dolls, bears and soft toys. RSVP by Friday 5 March to Jenny, phone 03 2167446, Margaret, phone 032168721 or Lesley, phone 032165601 or email: [kuri\\_bears@clear.net.nz](mailto:kuri_bears@clear.net.nz)

**Wonderful Weeds Wednesday:** on Wednesday 3 March at 7:30 pm at the South Coast Environment Centre a night celebrating weeds. Come along and test your knowledge and then see a great video explaining the uses and value of many of them. Bring along weeds you would like identified and bring along your favourite weed recipe, if you have one to share. Which weeds attract insects? What does the presence of some weeds indicate: Cost – gold coin donation.

**Dipton School Trail Ride:** on Sunday 28 March 2010. A Fundraiser for Dipton School. To be held at Oreti River ride & Taringatura Farm Ride. Cost: \$45 Senior (includes lunch), \$25 Junior, \$10 peewee (both to be accompanied by an adult). Inquiries: James Duthie 027 434 2359 or Andrew King 027 281 2325 (txt only). Entry Forms available from Dipton School, ([office@dipton.school.nz](mailto:office@dipton.school.nz))

**5th Southland Boys Brigade is underway for 2010:** Company Section, 11 - 18 years, meet in the College Hall on Fridays, 7:00 – 9:00 pm. Contact: Euan Templeton, phone, 2246315. Team Section, 8 - 10years, meet in the Riverton Union Church Hall on Fridays, 7:00 - 8:30 pm. Contact: Adam Blanks, phone 2246058. New members and those considering joining are welcome. We are taking orders for: Bagged Sheep Manure - \$2 / bag collected, Bull Pad Manure - \$10 / cubic metre.

**Winton Football Club Inc:** Calling all junior football players, boys and girls, 4years - 16 years, your season is about to begin. **Friday 19 March 2010:** Registrations taken from 3.45pm, at Price Road at the refreshments table at touch. **Wednesday 24 March 2010:** Boots sale and registrations from 3.30pm, try out games at 4pm. **Wednesday 31 March 2010:** First practice day as a team. Subscriptions will be collected at registration. Enquiries to Wendy Boniface 2217 417, [wboniface@woosh.co.nz](mailto:wboniface@woosh.co.nz) or Mandi Smalley 2369960, [smalley@woosh.co.nz](mailto:smalley@woosh.co.nz)

**The Hilarious Hypnotist – Dave Upfold:** Two hours of side splitting fun and laughter, comedy at its best at James Hargest College, Senior Campus, Layard Street, Invercargill on Thursday 11, Friday 12 and Saturday 13 March at 7:00 pm. Tickets \$20.00 or School Students \$10.00 from Invercargill Gymnastic Club, Conway Crescent, Invercargill or Donna Henderson at James Hargest.

**Winton Football Club Inc:** The Annual General Meeting of the Winton Football Club Inc is to be held on **Tuesday 16 March 2010 at 7.30pm** at the Winton's Middle Pub. All past, present and new members welcome. Enquiries to: Mandi Smalley 2369 960, or Wendy Boniface 2217 417.

**Riverton School Grade Rugby (A, B, C, D -ages 5 to under 13 only) Registrations Day:** Registration day will be held on Saturday 22<sup>nd</sup> March 2010, 10:00 am at the Riverton Rugby Club rooms, Leader Street. Subs are as follows, \$20 one player, \$35 for two, \$45 for three or more. Please bring the correct amount of money in an envelope with players names written on the outside. Sorry we will not be accepting registrations for under 5 year olds. **All payers that pay their sub on Registration day will receive a FREE rugby ball.**

**Thanks to our Ball 4 All Sponsors - Riverton Supervalve, Coastal Landscaping, Seaview Southdown Stud, Bayside Takeaways, TB Engineering Ltd, Weathertight Roofing Ltd.**

Could last years managers and coaches or any parents/guardians able to help on the day please phone David Cleaver on 03 2348820.

**Heritage Harvest Festival:** on 27 and 28 March. Last years was such a success attracting people from all over Southland this is now an annual event. We welcome community contributions to make it even better. Do you or your community group wish to have a stall selling apple pies or toffee apples or similar harvest theme ideas as a fundraiser? Start nurturing your biggest or unusual vegetables and fruit to enter in the competitions. Planning meetings 7.30 each Thursday night at the Environment Centre come along with your ideas or phone 2348 717.

**Vacancy – Longwood Lifestyle:** A vacancy has arisen at Longwood Lifestyle for afternoon kitchen duties. The position would suit a student. Approximately three days a week from 4:30 – 7:30 pm. For further information or to apply please phone 2348 099.

**Violin Tuition Available:** For further information please phone 2348 396.

**For Sale:** Coal range with hot water cylinder, stainless steel shower tray, stainless steel laundry tub. Phone 2348 661.

**Under 15 Rugby Players:** Enrol Saturday 20 March at the Riverton Clubrooms or phone Andrew, 2246222. A coach is required.

**Certificate in Adult Literacy Tutoring – Level 5:** 1 in 5 New Zealand adults can't read this. If you would like to train to assist them here is an opportunity. The training is designed to develop skills, knowledge and confidence to deliver literacy tuition to adults in 1 on 1 and small group situations. For further information and course dates contact Nellie or Averil at Southern Adult Literacy Inc, phone 0800 77 88 26.

## Kiwi Kwiz Answers Week 4

Question One:

a (From 1897 until 1908, pigeons flew from Great Barrier Island to Auckland with messages tied to their legs. There were two rival pigeongram companies.)

Question Two:

c (Rangi the Sky Father cried because he was upset at being separated from Papa the Earth Mother. The falling rain and rising mist are signs they are still mourning for each other.)

Question Three:

c (Money from the sale of Guide biscuits makes up more than 45 percent of Girl Guiding New Zealand's income. The biscuits are on sale this month.)

Question Four:

a ('Beethoven' is the last name of the German composer Ludwig van Beethoven.)

Question Five:

d (In 1938, the first issue of *Action Comics* sold for ten cents. Last week, one of the comics in very good condition sold for the equivalent of 1.4 million New Zealand dollars. The comic features the first appearance of Superman.)

Question Six:

b (Annelise Coberger won a silver medal in alpine skiing at the 1992 Winter Olympics. It was the first Winter Olympic medal won by someone from the Southern Hemisphere and is still New Zealand's only ever Winter Olympic medal.)

Question Seven:

c (People were advised to stay away from east coast beaches on Sunday because there was a tsunami warning following an earthquake in Chile. The earthquake measured 8.8 on the Richter scale and killed hundreds of people in Chile.)

Question Eight:

a (Pi (pronounced 'pie') is the name given to the number: 3.1415926535897932384626433832795..', which is the ratio of any circle's circumference to its diameter.)

Question Nine:

c (Barbershop quartets sing in harmony without backing instruments.)

Question Ten:

d ('A game of two halves', 'the best team won' and 'they talk a good game' are expressions about sport that are so overused they've become clichés.)

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