



Emmanuel Christian School

OUR VISION: "A thriving Bible-based learning community"

6th September 2011
Volume 6 Term 3

FROM THE PRINCIPAL

A Good nights sleep for your child

Getting a good night's sleep often comes down to routines. Avoiding late-night technology use and keeping a regular sleep schedule are two important techniques during the school term. Recent studies found that children used multiple forms of technology late into the night, including gaming systems, cell phones, and computers not to mention TV. As a result they had difficulty staying awake and alert throughout the day. Any factor that decreases the quality and quantity of sleep will lead to difficulty with school performance and poor behaviour problems. When children stay up late at night or play computer games etc, they are increasing their risk for neurocognitive problems. According to research, having a regular bedtime was the most consistent predictor of positive developmental outcome in four-year olds. In this 8,000 person sample, language, reading and mathematic scores were higher in children whose parents reported enforcing regular bedtimes.

The number of nightly sleep hours varies by age. In general five year olds should get 11 hours of sleep, nine year olds need 10 hours and 14 year olds at least 9.

IMPORTANT DATES

Term 3

07-09 Sept	Year 7 & 8 camp (Living Springs)
12-15 Sept	Swimming—Jellie Park (week 7)
19-22 Sept	Swimming—Jellie Park (week 8)
30th Sept	Talent Quest
07th Oct	Last day of term

SCHOOL CONTACT INFORMATION

Office:

General enquires, Postal, 322 Sawyers Arms Road, Bishopdale, Christchurch 8053
Ph(03) 3593595 , Fax (03)3594349,
Email- office@emmanuelchristian.school.nz

Principal: Mr Iain Murray
principal@emmanuelchristian.school.nz

Deputy Principal: (Head of Primary)
Mrs Simone Thomas
simone@emmanuelchristian.school.nz

Assistant Principal: (Head of Middle School)
Mr Simon Walmisley
simon@emmanuelchristian.school.nz

STUDENTS AT WORK

ROOM 1 Reading Time



ROOM 2 Rugby World Cup activities



ROOM 4 Silent Reading



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SPORTS DRAWS AND RESULTS

Sports results for	Friday	2 nd September	
Sport	Team	Vs	
Netball	Y 7 & 8	Riccarton	Lost 14/4
	Y 5 & 6		Bye
Soccer			Bye



ROOM 6 (Year 7 & 8) —NOTICE

Our names are Jeremy, William, Rhemard and Jack from Room 6. We are fundraising for our Self Directed Learning inquiry this term. We are attempting to build a bicycle-powered generator.

next week, we will be having another sausage sizzle at lunch time on Tuesday.

Sausages will be \$1.50 each, and all the profit goes toward buying the materials we need to complete the project.



Attendance

When your child is going to be late or absent please advise the office so that the roll can be marked accordingly. Also if you are taking your child from school at any time during the day please check out at the office. This is extremely important as, in the event of evacuation, we NEED to have the correct information of who is present and absent.

Please also send to the office, a written note explaining your child's absence before the event if possible or on the child's return to school. It is a legal requirement that we have explanations of child absences on file in writing.

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NOTICES / ADVERTISEMENTS

OVERDUE LIBRARY BOOKS

We currently have 49 books overdue. Please help your children find the books and return these to school as soon as possible. A book classed "Transport by design" was issued to a room 4 girl last term and cannot be located. Please everyone check your shelves, under the bed, the school bag. There is a blue bin just inside the library door for returns. All our books are stamped "Emmanuel Christian School" inside the covers

PRAYER

Group meetings on Mondays & Friday mornings at 8.50am in the library to pray for our school & families. Please do join us to pray. There is a pray book at the front office counter where you can write your requests and know that in confidence these will be held up before our loving God.

SCHOOL—SWIMMING

During week 7 and 8 (12th-22nd September) our children will be travelling by bus to and from Jellie Park for swimming. The swimming is taken by qualified instructors in the heated pool and supervised by attending teachers. The cost is \$20 per child (the rest is subsidised by the school) and will be charged to your school account automatically.

Children will travel to the pool in school uniform, change at the pools, swim then change back into uniform on completion of the lesson. Children will need to bring;

- A strong bag containing - a Towel, drink bottle, goggles, togs (Girls a one piece swimming suit please), if all you have is a bikini then a T-shirt over is to be worn. Boys should avoid wearing large baggy beach shorts.

Please ensure all clothing is named. As you can appreciate, when children are changing clothing tends to get mixed up and since uniforms are not easily distinguishable by children labelling is essential.

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TALENT QUEST: This year the talent quest will be held during assembly time on Friday 30th September. Heats will be held prior to this, so start planning and practising now. Please note that all lyrics of songs used will need to be appropriate for our Special Character. Copies of lyrics will need to be given to Mrs Hawke prior to heats.

CHOIR REHEARSAL—Casebrook School.

On 13th September the Choir will be travelling to Casebrook school for Choir practice. Students are expected to arrive back at Emmanuel by 3.00pm. Any further queries can be directed the teacher in charge to Mrs P Hawke.

Guitar club with Mrs Kleinedeters begins this **Thursday**. Open to those 8 years and over keen on learning and/or playing and singing a variety of songs. Come and meet in the library at 12:45. Bring along a guitar



PARENT MUSICIANS WANTED - bass player, woodwind, brass or strings willing to be in the orchestra for the production and also available for a few rehearsals closer to the time. Please contact Naomi Langford on 327 4677 no later than **Friday**.