

NEWSLETTER



Save the Date

Week 5

Monday 17th - School Mathex

Tuesday 18th - Franklin Zone

Cross country

PTA Sausage Sizzle/Cookie

Day

Friday 21st - Mathex Comp

Week 6

Monday - Teacher only day

Tuesday - School Board Hui

Week 7

Friday - Koroneihana Kapa

Haka Trip

Week 8

Thursday - Dollar for Schools -

pizza Day

**Teacher
Only Day**
**Monday 24th
August**

Mr Williams' Message

Kia ora koutou e te whānau,

This term, we have introduced the B-CALM framework across our school. B-CALM provides our tamariki with some simple strategies they can use when things feel overwhelming or when they need support to regulate their emotions. The aim is to give students practical tools they can draw on both at school and in everyday life.

B – Breathe: Slow down and take some calm breaths.

C – Connect: Connect with someone who can support you.

A – Acknowledge: Notice and acknowledge how you are feeling.

L – Look: Look around you and notice things in your environment to help bring you back to the present.

M – Make a plan: Think about what you can do next to move forward positively.

Just like any skill, emotional regulation takes practice. By giving our tamariki a shared language and a range of strategies, we are helping them learn how to recognise their emotions, manage challenging moments, and make positive choices about what to do next.

Congratulations to all the tamariki who represented Pukekohe Hill at the Central Group Cross Country on Monday. We had some fantastic performances, highlighted by an outstanding effort from our Year 6 boys, who claimed the first four places in their race!

We are very proud of the determination and effort shown by everyone who competed. A strong team will now go on to represent Pukekohe Hill at the Franklin Zone Cross Country on Tuesday. We wish them all the very best. Run hard and enjoy the experience!

Nga mihi nui.

Central Group Cross Country

On Monday 10 August, our students competed at the Central Group Cross Country event, representing our school with determination, perseverance and fantastic sportsmanship.

We had some outstanding individual results across the Year 5 and below and Year 6 races.



Year 5 and Below Girls

 Emma O'Brien – 3rd
10th – Eleanor Forch

Year 5 and Below Boys

8th – Victor Souza
12th – Josiah McDowell
13th – Levi McDowell
14th – Shay Poutama

Year 6 Girls

 Haeleigh Gallagher – 3rd
12th – Bianca Williams
13th – Ferryn Doubell

Year 6 Boys

 Harvey Lammass – 1st
 Sam Hall – 2nd
 Jacob Pidakala – 3rd
4th – Nathan Smith
10th – Finnlay Poutama
18th – Archie Shakleton
20th – Ezra Taaka te Kaute

A special congratulations to Harvey, Sam, Jacob and Nathan for their fantastic top-four finishes in the Year 6 Boys race!

The top 16 place-getters in each race qualify to compete at the upcoming Zone Cross Country event. We are incredibly proud of all our runners who gave their best, challenged themselves and represented our school so well. Ka pai, everyone!  



Central Group Cross Country



Year 3 & 4 Netball Tournament – Thursday 6 August

Congratulations to our three girls' netball teams who represented our school so proudly at the tournament on Thursday 6 August.

Our A Grade team had an outstanding day, winning all of their pool games to secure a place in the final against Waiuku Primary. In a thrilling match, they finished as runners-up, narrowly losing by just one goal. The girls played with passion, determination, and exceptional teamwork throughout the day.

Our two B Grade teams also had excellent tournaments. Both the Green Team and Red Team finished 4th in their respective sections, showing great teamwork, perseverance, and sportsmanship in every game.

Well done to all of our players for representing our school with pride, and thank you to our coaches, managers, and whānau for their fantastic support.





2021 OUT OF ZONE BALLOT NOW OPEN!

An out of zone ballot is now open with **20** spaces for **Year 0/1** learners (those turning 5 and starting school in 2027) and **10** spaces for **Year 3** learners to attend Pukekohe Hill School in 2027!

To enter the ballot, please complete an online enrolment form on our website and select "Out Of Zone"

<https://www.pukekohehill.school.nz/school-info/enrolment>

Applications must be received by 14th October 2026. The ballot will be drawn on the Wednesday 21st of October 2026, all applicants will be notified of the outcome via email after this date.



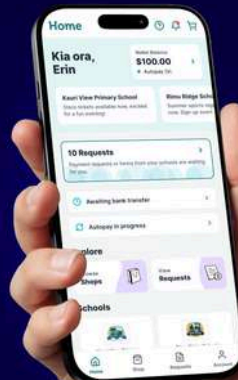
Kindo has a fresh new look. The updated experience is now rolling out, making school admin even easier to manage.

Watch what's new (2 mins) 👉
<https://bit.ly/4fWYaMc>

Our new look is here!

kindo.

See and sort
school admin
in seconds.



Rolling Out Now

Get Ready to Get Wiggly!

Build an awesome bottle top worm, smash some sour worms & enjoy a day packed with laughs and fun!

TEACHER ONLY DAY
PUKEKOHE HILL SCHOOL
Monday 24th August

Rainbow Worms!



BOTTLE CAP CREATIONS!

How long can you go....?

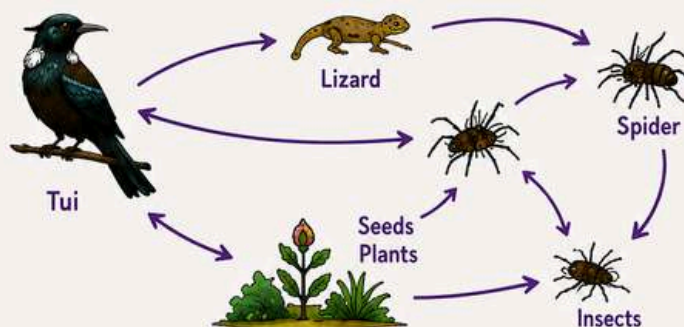
www.kidsafterschool.co.nz

WEEK 4

FOOD WEBS
All connected!

We are
KĀITIĀKI of
our
environment
❤️

A food web shows how many food chains are linked together. Most animals have more than one food source, and many are food for others.



Food webs make ecosystems stronger and more resilient. If one food source disappears, others can help fill the gap.

HOW YOU CAN HELP:



Support a variety of native plants.



Create habitats for different wildlife.



Keep our environment diverse and healthy.

TRY THIS:



Draw a food web with at least 5 living things.



Think about how they are all connected.



What might happen if one is removed?



KO TĀTOU TE TAIAO – WE ARE ALL CONNECTED TO THE ENVIRONMENT.



Carparking and road safety

The parking around our school has long been a concern, but it is continuing to be a safety issue. We understand the roadworks have made things more challenging than usual, but there are still safe and legal options that people can use. Please help us keep our children safe and follow the road and parking laws.

- All children should be crossing at the patrolled crossings, we have had some near misses with children running through traffic.
- Parents and caregivers need to be parking legally, this includes not stopping or waiting on the double yellow lines. This is especially crucial around the patrolled crossing. Cars stopped on the yellow line reduces the visibility and put our patrollers at risk. This needs to stop.
- Do not park or stop over neighbour driveways



Parking is always available in the Indian Hall carpark in the afternoon, please utilize this. Children can safely cross at the crossing at walk to meet you there.
NZ Police and Auckland Transport have been notified and will be monitoring at busy times.





WARD STREET ROAD PATROL TEMPORARY CHANGE



Due to the road works in progress, we have had to move our Ward Street Road Patrol further down towards the Indian Hall temporarily. There will be traffic management staff and our Road Patrollers out there to help the students cross the road at the correct point. Please remind your children about the importance of crossing at the patrolled crossing to keep safe.

We also ask parents to take extra care when driving in this area and watch out for students. Please do NOT make U-turns in this zone.



Community News

HELPING TAMARIKI THRIVE WHEN ANXIETY IS A PROBLEM

with Catherine Gallagher

WORKSHOP SPEAKER

Catherine Gallagher is a clinical psychologist with over 20 years' experience in the public and private sectors. A lot of this time has been spent focused on supporting children, young people and their whānau around a number of issues, including anxiety.

ABOUT OUR WORKSHOP

A small, welcoming workshop for parents and whānau who want to better understand anxiety in tamariki. We'll share practical strategies to help build confidence, resilience and connection at home.

THIS WORKSHOP WILL GIVE YOU TOOLS TO:

Understand what anxiety is and why it might show up in your tamariki. Recognise the signs early, at home and in daily life. Support brave behaviour, even when things feel hard. Help your tamariki feel confident, safe and connected. Keep anxiety from limiting opportunities and experiences. Look after your own wellbeing so you have the energy to support them.

The small group setting allows time for honest korero, questions and shared learning with other whānau.

Places are limited, so booking is essential.
A light supper will be provided.

EVENT DETAILS

Date: Wednesday 19th 2026
Time: 6:45 - 8:15pm
Venue: The Uplift Centre
42 Franklin Road, Pukekohe
(Time for questions afterwards).



KIA ORA AKE
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Kia Ora Ake is hosting a free whānau workshop next Wednesday in Pukekohe for parents and caregivers who want practical ideas for supporting tamariki who experience anxiety.

The session will be led by clinical psychologist Catherine Gallagher and will cover:

- Understanding what anxiety can look like in tamariki.
- Recognising signs of anxiety at home and in everyday life.
- Practical ways to respond to worries.
- Supporting confidence and brave behaviour.
- Helping tamariki feel safe and connected.

There is no cost to attend and a light supper will be provided.

Wednesday 19 August

6:45pm to 8:15pm

The Uplift Centre, 42 Franklin Road, Pukekohe

Please scan the QR code to register or book via this link:

<https://www.trybooking.com/nz/BESY>

Ngā mihi,
Kia Ora Ake

Enrol now. It's quick and easy to do it online at vote.nz



Job Opportunities

2026 General Election

M29-JOBOPP

- ✓ Help deliver New Zealand's biggest public event – the 2026 General Election
- ✓ We need people to work at voting places and electorate headquarters

General Election 2026 – Port Waikato – Electoral Commission