



Bathgate Park School

He kākano ahau i ruia mai i a Rakiātea - A seed born of greatness.

Term 3 Week 6 Kia ora koutou, Mālō e lelei, Talofa, Bula, Ola, Namaste, Kamusta, Bonjour, Ni hau, Ahlan, Salam, Greetings to you all.

A huge thank you to all those whānau who were able to make it to parent/teacher/learner conferences. We really appreciate the opportunity to meet kanoahi ki te kanoahi to discuss successes and celebrations with you, as well as unpacking our newest report format and the associated progress indicators and what they tell you about your child's progress. If you were unable to make these conferences, please contact the office or email your child's teacher to arrange an alternative time.

We wish our two bands all the best at BandQuest this weekend.

Tongan Language Week

Tongan Language week in Tāwhirimātea - Students made puzzles of the Tongan Crest after learning about what it all stood for.



Governance Meeting

The next Governance meeting will be Thursday 24 September 6.30 pm in the staffroom. We would love to have you attend.



Current policies being reviewed are:

- Digital technology & Online Safety Policy
- Public Sharing of Personal Information Policy

Lucky Book Club



Orders, with money into the office by Friday 18 September

Life Education Bus



Bathgate Park thoroughly enjoyed having Harold and Kaz come visit us in Week 5 with the Life Education Bus. All classes had the opportunity to visit the bus two times each. Lots of learning taken onboard by all participants. We hope we will have them return in 2027.



Year 7/8 Fundraiser - Grocery Raffle

This coming week, the eldest in each household, will bring home a grocery raffle to sell, to support the fundraising efforts of our Year 7 & 8's for camp. **Raffle cards are due back with funds by Monday 21 September.** **The raffle will be drawn Thursday 24 September.**

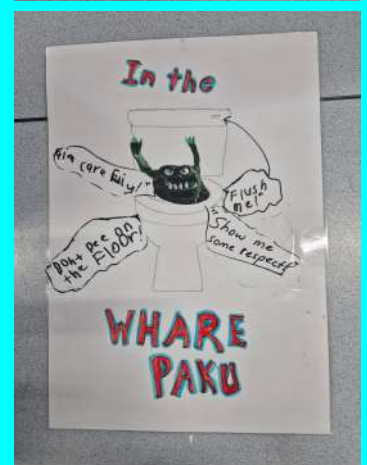
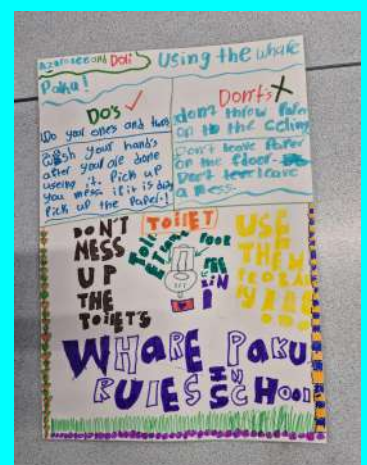
LaunchPad Lunch Time Programme

LaunchPad is an opt in Christian Values Education programme. A fun 30 minute session that encourages children to make positive life choices and grow their sense of mana, self-worth and character. The programme is presented through stories, media, interactive games and activities. Thank you to all those that shared feedback about this programme taking place at Bathgate Park School. The Board has moved for it to go ahead and all police vets have taken place. We are pleased to announce that this will start this week, Wednesday lunchtime. Going forward it will take place on **Mondays 1-1.30pm in the library. This is an opt in programme. Only students that have returned permission slips will be allowed to take part. Please return permission slips to the office.** Children / whānau are able to give / remove permission at any time.

Week 8 = Playground unavailable for use from 3.30-7pm while contractors are working in this area.

Helpful PB4L Reminders

Rūaumoko have made some information posters to reinforce the PB4L expectations of how we use the toilet spaces respectfully and for their correct purpose.



Whānau House Challenge Week 6 - Highest Pasta Tower Structure

The challenge, to make the tallest free standing structure possible using only the pasta and bluetack provided. Extra points for creativity. Working together these are the wonderful creations that were made:



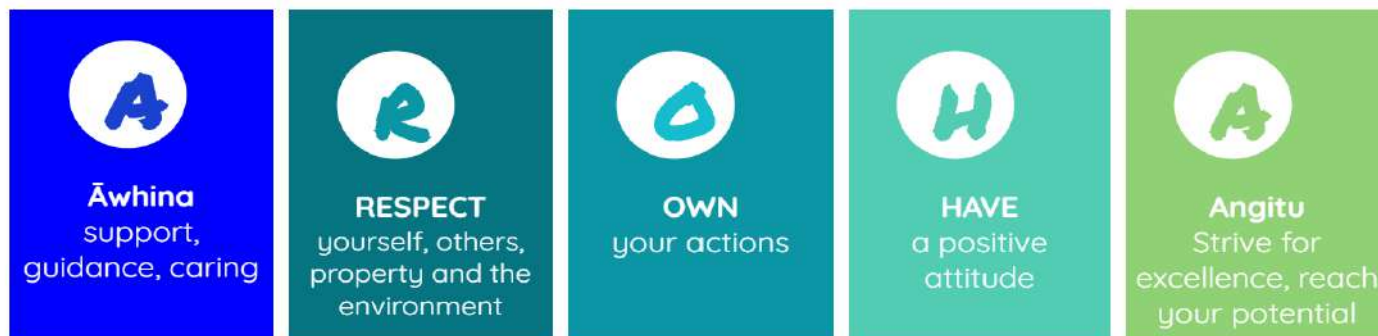
And the winner is....

Kōwhhai 4 pts + 2 bonus
for creativity = 6
Kakariki 3 pts + 3 bonus
points for creativity = 6
Whero 2 pts + 2 bonus
points for creativity = 4
Pango 1 pt + 2 bonus
points for creativity = 3

Duffy Caught Being Good & AROHA Certificates

Congratulations to the following people for the wonderful learning and AROHA they have been showing.





Tidiest Classroom Term 3 Results

Week 1: Rehua
Week 2: Tāne Mahuta
Week 3: Tangaroa
Week 4: Rehua
Week 5: Tangaroa
Week 6: Rongo



Daffodil Day support
Non uniform day
TUESDAY 1 SEPTEMBER



GOLD COIN

Term 3 Calendar of Events

Week & Date	Event
TERM 3	
Week 7: Tuesday 1 Sept	Daffodil Non-uniform Day - gold coin
Week 8: Mon 7-Fri 11 September	POLYFEST Week
Week 8: Friday 11 September	Bathgate Park Performing 1.30pm
Week 9: Mon 14 - Fri 18 September	Māori Language Week
Week 9: Tuesday 15 September	Rūaumoko swimming
Week 9: Wednesday 16 September	Tāne Mahuta swimming - last session
Week 9: Thursday 17 September	Tāwhirimātea swimming - last session
Week 9: Friday 18 September	Bake Sale#3
Week 10: Tuesday 22 September	Rūaumoko swimming - last session (catch up from snow week)
Week 10: Friday 25 September	Bake Sale#4
Week 10: Friday 25 September	Last day of term

Fact Sheet 1

spot the sugar



find the hidden sugar..

Are You Eating More Than You Think?

What Are Hidden Sugars?

Hidden sugars are sugars added to foods and drinks that may not taste obviously sweet.

They are often added to improve flavour, texture, colour, and shelf life and can be found in foods we don't usually think of as sugary.¹

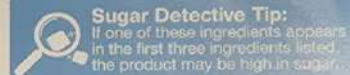
Many New Zealanders consume more free sugars than recommended, often without realising it.²



Common Names For Hidden Sugars

Sugar can appear on food labels under many different names:

- Sucrose
- Glucose
- Fructose
- Dextrose
- Maltose
- Cane Sugar
- Corn Syrup
- Rice Syrup
- Fruit Juice Concentrate
- Honey
- Molasses



Surprising Sources of Sugar

1 Breakfast Cereals Some cereals can contain high amounts of added sugar.	2 Flavoured Yoghurt May contain several teaspoons of sugar per serving.	3 Sauces and Condiments Tomato sauce, BBQ sauce and sweet chilli sauce can contain added sugar.	4 Baked Beans Some varieties contain added sugar to improve flavour.	5 Muesli and Snack Bars Often promoted as convenient snacks but may contain concentrated sugars.	6 Flavoured Milk Can contain similar amounts of sugar to some soft drinks.	7 Takeaways and Prepared Meals Sugar is commonly added to sauces, marinades and dressings.
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SWEET DRINKS ARE A MAJOR SOURCE OF SUGAR

Common sources include:



Why it Matters

Too much free sugar is associated with:

- Tooth decay
- Overweight and obesity
- Type 2 diabetes
- Heart disease

Research shows free sugars are the most important dietary factor associated with dental caries (tooth decay).³

REFERENCES

- ¹ World Health Organization. (2023). WHO Guideline on Carbohydrate Intake for Adults and Children.
- ² Kibblewhite, R. (2016). Estimating Free Sugars Intake in New Zealand.
- ³ Moynihan, P., & Kelly, S. (2014). Effect on caries of restricting sugars intake: systematic review to inform WHO guidelines. Journal of Dental Research, 93(1), 8-18.

Sugar can hide in everyday food and drinks.

spot it, swap it

Small changes can make a big difference.



New Zealand
Dental Assoc.



swap the sugar



find the hidden sugar...

How Sugar Affects your Teeth

Tooth decay does not happen overnight. It develops over time when teeth are repeatedly exposed to sugar and acid.¹

How Sugar Affects your Teeth

1 SUGAR ENTERS YOUR MOUTH



When you eat or drink something containing sugar, bacteria naturally living in your mouth use that sugar as food.¹

2 ACID IS PRODUCED



As bacteria break down sugar, they produce acid. This acid attacks the surface of your teeth.²

3 TEETH ARE WEAKENED



Repeated acid attacks remove minerals from the tooth surface, making teeth weaker and more vulnerable to damage.^{1,2,4}

4 TOOTH DECAY DEVELOPS



If acid attacks continue, cavities may develop. Untreated tooth decay can cause pain, infection, and tooth loss.¹

HEALTHIER DRINK SWAPS

Instead of

- Juice
- Fizzy drinks
- Sports or energy drinks
- Flavoured milk

Choose more often

- Water
- Plain milk



Tip: Water is the best everyday drink for thirsty teeth.

HEALTHIER SNACK SWAPS

Instead of

- Lollies
- Chocolate bars
- Sweet biscuits
- Cakes or muffins
- Fruit straps or fruit roll-ups

Choose more often

- Cheese
- Apple slices
- Vegetable sticks
- Plain yoghurt
- Whole fruit



Tip: Sticky sugary foods can cling to teeth for longer.

LUNCHBOX SWAPS

Instead of

- Juice boxes
- Sweet yoghurt pouches
- Sugary snack bars
- Packaged cakes
- Packaged biscuits

Choose more often

- Water bottle
- Cheese and crackers
- Plain yoghurt
- Whole fruit
- Veggie sticks



Tip: Small everyday swaps can make a big difference.

swap the sugar, protect your smile

Choose water more often

Keep sugary foods and drinks as sometimes choices

Brush for 2 minutes, twice a day with a fluoride toothpaste



REFERENCES

¹ World Health Organization. (2023). Global Oral Health Status Report: Towards Universal Health Coverage for Oral Health by 2030.

² World Health Organization. (2023). WHO Guideline on Carbohydrate Intake for Adults and Children.

³ FDI World Dental Federation. (2024). Promoting Oral Health Through Reduced Sugar Consumption.

⁴ FDI World Dental Federation. (2024). Promoting Oral Health Through Fluoride Use.



New Zealand
Dental Assoc.

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A group of runners in silhouette are running on a road towards the viewer. The background features a sunset or sunrise over a body of water, with a town and mountains visible in the distance. Several birds are flying in the sky.

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ASB **GEORGE ST MILE**

**SATURDAY
12 SEPTEMBER**

DUNEDIN'S ICONIC GEORGE STREET WILL BE LIT UP BY FLYING MILERS RACING THROUGH THE CENTRAL CITY THE DAY BEFORE THE EMERSON'S DUNEDIN MARATHON.

**PERFECT FOR FIRST
TIMERS, THOSE CHASING
A PB, OR KIDS LOOKING
FOR A FUN RUN.**

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