



Sonrise Christian School Newsletter

Issue Number 10
Wednesday 5th April 2017



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DEVOTIONAL THOUGHT

Mark 16:15

He said to them, "Go into all the world and preach the gospel to all creation.

GENERAL INFORMATION

Dear Parents/Caregivers

Tena Koutou Katoa

We had a lovely assembly time this morning having Rosemary Coombes, an ex-student of Sonrise share her experiences as a missionary in war-torn Sudan. One of the main points she made that if God calls you to that place, He will protect and provide for you. She has finished almost 2 years working in Sudan in an orphanage with children ranging in age from 5 to 22 years. Her next mission will be in an orphanage in South Africa. Our students enjoyed her presentation and more importantly what God is doing in her life. We wish her well as she continues to be obedient to God's calling on her life.

As part of our theme this term, Room 5 conducted a survey. See their findings below.

Sonrise Christian School Students' Healthy Lunch Status

Room 5 conducted a survey on Sonrise Christian School Students to see whether we have healthy or unhealthy lunches. Our hypothesis was that 70% of Sonrise Christian School Students' lunches are unhealthy and the other 30% are healthy. We came to this hypothesis because nowadays children often have unhealthy foods. We worked out criteria to assess the healthiness of each lunch, looking at sugar content, the foods we should eat most of according to the food pyramid, the amount of processed food etc.

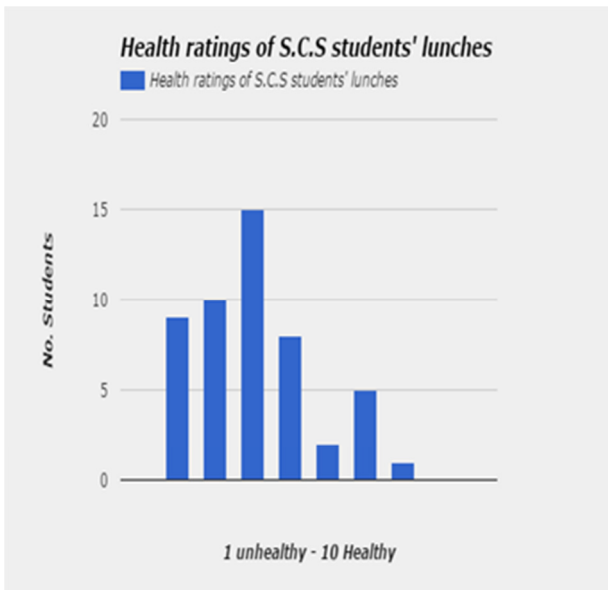
Rooms	1	2	3	4	5	6	7	8	9	10
R1	0	3	2	2	1	0	2	1	0	0
R2	0	1	3	5	4	2	1	0	0	0
R4	0	2	5	3	2	0	0	0	0	0
R5	0	3	0	5	1	0	2	0	0	0
Totals	0	9	10	15	8	2	5	1	0	0

We rated the lunches on a scale from 1-10

✚ '1' being very unhealthy and '10' being very healthy

We conducted the survey on 17 March 2017.

This chart tells us that 3 students in Room 1 have a lunch rating of 2 (unhealthy) and 1 had a rating of 8 (healthy). More children had what we would consider an unhealthier lunch.



This information tells us that 34 out of 50 students had what we would consider unhealthy lunches. This means that 68% of students have unhealthy lunches which are fairly close to our hypothesis.

Our recommendations are that children need to have less white bread, less processed foods like packet chips/burger rings etc and less sugar. More fruit/vegetables and wholegrain breads would be better.

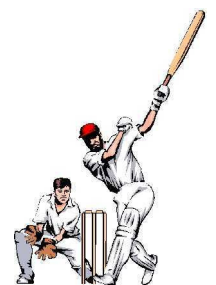
Room 5

CELEBRATIONS

Cricket Player of the Day

Zebrina Cowley: Overall impressive fielding and batting; excellence in team commitment.

Nopera Potini: Awesome boundary and overall batting and fielding; excellence in team commitment.



Room 1

Neena Jairam: Making good choices.

Caleb McIntyre: Good manners, caring nature and awesome attitude.

Room 2

Joel Summersby: Huge effort in IXL Maths work.

Pounamu Tawera-Morris: Huge effort in IXL Maths work.

Room 4

Nikau Rudge: For great work directing i-movies and thoughtful prayers during devotions.

Room 5

Shayden Mita: For contributing in group work and clearly sharing his thinking.

Te Aroha Harrison: For lightbulb moments in Science.

PRINCIPALS AWARD

Courage Ashwell-Masila: For applying reading strategies that give greater understanding, resulting in improvement in all learning areas.

Junior Swimming Sports

A huge THANK YOU to Cobham School for running this year's Junior Swimming Sports. It was a great time and we are very proud of our kids and the placings they achieved.

HOUSE POINTS

RED **591**
BLUE **433**
GREEN **607**
GOLD **451**

Winner of the pizza lunch is: '**GREEN HOUSE**' which will be next Monday.

NOTICES

3 Days of Circus School

Where? Gisborne Gymnastics Club, Electrinet Sports Centre in Aberdeen Rd/ Stanley Rd

Cost per day: \$50 or \$130 for 3 days, age 5 to 12 years

Contact: txt Nicola 0210319606

E: gisgymoffice@gmail.com

TERM 1: SCHOOL DIARY AND EVENTS

Date	Event	Venue & Time
11 April	Rooms 4 & 5 Orienteering	Eastwood Hill
12 April	Sonrise School FUN & MUFTI DAY	11:00am – 1:00pm
13 April	End of Term 1-MUFTI DAY	Finish at normal time – 2:30pm
1 May	Term 2	

God bless you all

WENDY GABRIEL

PRINCIPAL