



2 August 2019

Dear Parents / Caregivers

Every day, we encourage our girls to do something outside their comfort zone, whether that be trying a new skill in sport, giving an answer a go in front of their peers (regardless if it is correct or not), speaking in public or performing in some way. We know that it develops resilience and a sense of achievement and accomplishment when they do.

Last night, staff lived what they preached, by participating in the EGGs Factor competition. This is the first time I have had the pleasure of participating in this event. I was WAY outside my comfort zone, but the sense of achievement and accomplishment made it all worthwhile. What it also gave me was a reminder of the courage and fortitude that our girls in the Junior School display every day in many ways through all the experiences that they are encouraged to do (i.e. Swimming Sports, Cross Country, Speech competitions, Kapa Haka, and Choirs to name a few). It made me even more proud of the girls here.

COMING EVENTS

- **Sunday 4 August - Konini / Kowhai House Chapel Service, 5.00pm**

This is a compulsory Chapel for all girls in Konini / Kowhai House, and the girls are to wear mufti House colours (purple or yellow). A role will be taken on the night.

- **Monday 5 August and Wednesday 7 August - Student-Led Conferences**

School finishes at 2.00pm both these days. We are looking forward to seeing you all next week to celebrate the great achievements in learning that have been taking place.

Please note that school will finish at 2.00pm on both these days. After School Care will be available from 2.00pm.

If you would like to make use of After School Care for these days, please contact Caroline Fletcher at caroline.fletcher@stmargarets.school.nz to advise her.

- **Tuesday 6 August - Year 1 and 2 visit to the Canterbury Museum**

Please contact your classroom teacher if you have any questions regarding this outing.

- **Sunday 11 August - Manuka / Matipo House Chapel Service, 5.00pm**

This is a compulsory Chapel for all girls in Manuka / Matipo House, and the girls are to wear mufti House colours (white / brown). A role will be taken on the night.

- **Tuesday 13 August - Year 1 and 2 visit to the Christchurch Art Gallery**

- **Wednesday 14 August - Epro8 competition for Year 5 & 6**

A letter has been sent to those girls who are involved in this competition.

- **Sunday 18 August - Rimu / Rata House Chapel Service, 5.00pm**

This is a compulsory Chapel for all girls in Rimu / Rata House and girls are to wear mufti House colours (green / red). A role will be taken on the night.

MENU FOR THE WEEK

Monday 5 August

Beef nachos (GLUTEN FREE) sour cream, grated cheese

Chicken Burgers - Wasabi mayo and salad

A large assortment of sandwiches, wraps and rolls, including gluten free and vegetarian/vegan options

Tuesday 6 August

Pesto & 3 cheese Ravioli - fresh tomato sauce

Salmon and cream cheese, spinach bagel

Sprout & vegetable salad - raspberry dressing (VEGETARIAN)(VEGAN)(DF)

A large assortment of sandwiches, wraps and rolls, including gluten free and vegetarian/vegan options

Wednesday 7 August

Subway Day (GF option) Choose your own roll and filling, we'll make it for you (set up in the conservatory)

Sprout & vegetable salad - raspberry dressing (VEGETARIAN) (VEGAN) (DF)

also available is a selection of rice balls, chicken & vegetarian, tuna sushi, small sushi sticks. A large assortment of sandwiches, wraps and rolls, including gluten free and vegetarian/vegan options

Thursday 8 August

Marinated pork spare ribs - steamed rice

Chicken and salad rice paper rolls - dipping sauce (GLUTEN FREE)

also available is a selection of rice balls, chicken & vegetarian, tuna sushi, small sushi sticks. A large assortment of sandwiches, wraps and rolls, including gluten free and vegetarian/vegan options

Friday 9 August

Satay chicken kebabs on rice (GLUTEN FREE)

Bacon & Egg foldovers

also available is a selection of rice balls, chicken & vegetarian, tuna sushi, small sushi sticks. A large assortment of sandwiches, wraps and rolls, including gluten free and vegetarian/vegan options

Julie Calder

Head of Junior School