

# MESSAGE FROM THE PRINCIPAL

Kia ora Parents and Caregivers

## Our Whānau Fun Evening is TONIGHT!

There will be food trucks, games and music, starting at 5pm and finishing at 7.30pm. Proceeds from the sausage sizzle will go towards student welfare. Food trucks will be under our COLA, music will be in front of Room 7 and games will be on our main field.



Entertainment for the evening brought to you by:

5pm	Luca and Sienna
6.30pm	Pasifika Connect
6 - 7pm	Red Fever
7-7.30pm	Bronwyn Babbage

There will also be a 2nd Hand Uniform Sale - We have a large number of clean and tidy pre-owned uniforms available for sale at \$5 each. All profits go towards student welfare. These will be available from the front of the hall area.

**Looking forward to seeing lots of people here!**

## Back Entrance to the School (next to Woolworths) - Closed

This is now closed off completely until mid-year by Auckland Council. The last section of Te Ara Awataha, the daylighting of the stream that runs around the outside of the school will be carried out, and this will see a reduction in the number of car parks and changes to the access to the Northcote Library area. Any students who use this pathway will need to either use the main entrance or the east entrance on the other side of the Awhina House alongside the walkway.

## Sunsmart

According to the latest forecasts, the UV index is expected to hit 10 this week. Crucially, UV radiation is most dangerous between 12:00 pm and 3:00 pm, which directly overlaps with students' outdoor play periods. Given that New Zealand has the highest melanoma death rate in the world—and that our UV levels are roughly 40% higher than similar latitudes in the Northern Hemisphere—it feels like a critical time to reinforce "SunSmart" habits. Hats at school are compulsory in Terms 1 and 4 and we actively police this at break times where it is our expectation for every student outside to be wearing a hat. This is training for life. Please do your best to role model and reinforce this with your children. The basics are:

- **Slapping on a hat**
- **Slopping on sunscreen (Encouraging SPF 30+ broad-spectrum sunscreen 20 minutes before going out)**
- **Seeking shade if possible.**

## Shore to Shore fun run: Sunday, 29th March

We've always had big numbers of students and staff participate in the Shore to Shore Fun Run. Details and entries are through the event website:

<https://stage.harboursport.co.nz/calendar/shore-to-shore-2026-northcote-intermediate-school/>

## UPCOMING KEY DATES

26 February - NIS Whānau Fun Fest, 5pm - 7:30pm

2-4 March - Education Review Office Visit

18 March - Year 8 Camp Information Evening, 6pm Hall

20 March - Teacher Only Day (academic staff will be focusing on improving literacy outcomes)

20 March - All Abilities Sports Day, hosted at NIS

23 March - Next School Board Meeting

OUR FULL LIVE CALENDAR IS AVAILABLE THROUGH OUR WEBSITE LINK ON THE HOMEPAGE

[HTTPS://NORTHCOTEINT.SCHOOL.NZ/](https://northcoteint.school.nz/)

FOR UP-TO-DATE PHOTOS AND VIDEOS OF WHAT'S HAPPENING AT OUR SCHOOL, CHECK OUR FACEBOOK AND INSTAGRAM PAGES.

## Students Going to Woolworths Before School

There are some students who go to Woolworths before school to buy their lunch, and some who go there to pass time and can be annoying. If your child is one who goes to Woolworths to buy lunch, please instruct them to buy sensible food. We do not permit sugar drinks or lollies at school. Unless they need to be there, they should be coming straight to school. We will be policing this from tomorrow.

## Sports

There is much up and running now, and sports for the year is well underway. Basketball and Netball trials are now complete, and our zone days are in full swing. For more immediate updates, our social media pages are best, and I will add highlights and key updates to newsletters.

## Year 8 Boys Softball

On 25 February our Year 8 Boys Softball team had a very successful campaign, winning all 6 games, conceding only 2 points and gaining 37 runs. What a fantastic achievement!



## BMX Success

Mata Drollet-Le Caill Hill, Room 23, who is the current BMX World Champion for his age group recently won the Oceania Championship for 12 boys (again!) and the next day he competed in the Australian National Series and won that.

Congratulations Mata, outstanding!



## Upcoming Trips, EOTC and Camp

By now all families would have received notifications about either our Year 8 Camp or the Year 7 EOTC activities. Please refer to your communications for dates and costs. Every year we have families that need assistance for their child to attend Camp or EOTC. If you are in a position to support other students attending our Camp/ EOTC programmes, you can do this via Kindo. All support, big or small, is greatly appreciated.

## @School App

It's great to see people using the app to notify us of absences through the app feature. The school calendar is also connected to the app, as are the daily notices, and EZ lunch. The school app does not replace our other methods of communication. If you haven't received login details to install the app, please email [admin@ni.school.nz](mailto:admin@ni.school.nz)

## Parent Handbook

Our [Parent Handbook](#) provides an overview of important information about how our school runs and includes important points of contact. It is updated as required.

As always, if there is anything we can do better, or if you have any compliments, feel free to contact me directly at [principal@ni.school.nz](mailto:principal@ni.school.nz)



Ngā mihi

Phil Muir, Proud Principal of Northcote Intermediate School

# FIRST CERTIFICATE AWARD WINNERS

In our formal school assemblies, we present stand-out students with FIRST certificates.  
Congratulations all!

- Min Gim, Grace Cartan - 1
- Francesca McClung, Seth Tukuniu - 2
- Mia Kaio, Coco Maddams - 3
- Ariki Eru, Caleb Wilmot - 4
- Grisha Sakpal, Arjen Vanstone-Jongenelen - 5
- Manuela Shiroma Alves, Hugo Osbaldiston - 6
- Adhvikaa Balasubramanian, Finn Davison - 7
- Max Copeland, Max Burnett - 8
- Tom Mortlock, Razan Zafiri - 9
- Kevin Chen, Zoe Cameron - 10
- Phoebe Simmons, Jack Benseman - 11
- Samuel Leizerowicz, Rylee Menzies - 12
- Bethany Lewis, Ammon McIntyre - 13
- Lance Auwdinata, Archie Mauger - 14
- Alisa Levina, Sienna French - 15
- Vansh Arya, Lochlan Allard - 16
- Zoe Bubb, Meipo Peter - 17
- Mason Collins, Toby Meechan - 18
- CJ Kingi, Leily Ganji - 19
- Charlotte Lynch, George Alley - 20
- Joshua Han, Brianna McLean - 21
- Emilia Abidova, Emma Cairns - 22
- Salagi Peterson-Fox, Daniel Park - 23
- Arisu Hall, Ethan Fullam - 24

## TABLE TALK

”

**What recent accomplishment are you most proud of and why?**

(success)



”

**What is a personal goal that you would like to set for yourself for the near future?**

(future focussed)



# COMMUNITY NOTICES



## MUSIC LESSONS at Northcote Intermediate School

### **GUITAR, BASS, DRUM & SINGING LESSONS during school hours!**

*Would you like in-school lessons with a professional Music Tutor with many years of teaching experience? You can enrol your child in guitar, bass, drum or singing lessons at Northcote Intermediate School!*

We deliver a fun, varied and structured curriculum. Students learn songs in styles ranging from traditional to contemporary during school hours.

**MUSIQHUB**  
PLAY SMART

For more information on lessons, contact **Paul Barry**  
paul.barry@musiqhub.co.nz • Ph 022 198 0044



## MUSIC LESSONS

**Right at school**

**Boost your child's confidence, focus, and learning through music.**

**IT'S CONVENIENT!**

Our individualised music lessons are engaging, educational, and designed to strengthen cognitive, social, and musical skills.

**All with zero extra travel for families!**

**Scan the QR to enrol**

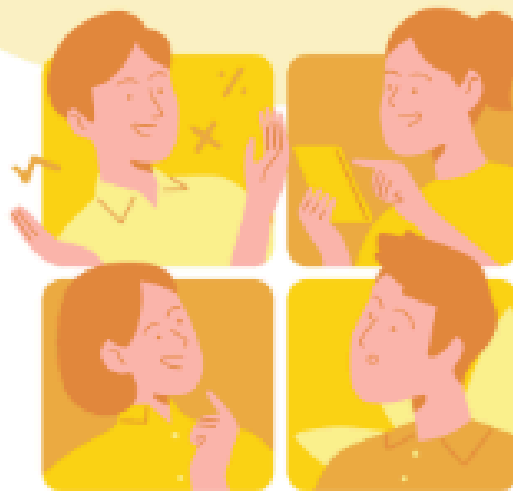


**0800 89 39 39**  
**Or call us!**

[musiceducation.co.nz](http://musiceducation.co.nz)



# Raising Adolescents



5-Week Psychoeducation Group

## We Cover:

- Mental health and wellbeing
- Communication and validation
- Parenting styles, boundaries and limits
- Adolescent development and self-esteem
- Substance use, devices and pornography

**Wednesdays**  
9 - 11 AM  
Starts 29<sup>th</sup> April

**Ease Up**  
52 Chartwell  
Ave, Glenfield



## AFTER SCHOOL CARE & HOLIDAY PROGRAMME

CRAFTING EPIC MEMORIES  
IN A WARM & WELCOMING ENVIRONMENT



Afternoon tea provided  
everyday: Pancakes,  
fruits, crackers and  
veggies



**SPORTS**

**ART & CRAFT**



**LEGO & ROBOTICS**



**PIÑATA DAYS**



**ONE-ON-ONE**




**OSCAR  
PROGRAMME  
MSD &  
WINZ  
APPROVED.**

We collect from:  
Willow Park,  
Northcote Primary,  
Onepoto Primary &  
St Mary's Primary school.

Children from Northcote Intermediate can walk  
to Food-tech rooms (where we are located)

Limited places, book now!  
Bookings: [mi-casa.aimyplus.com](http://mi-casa.aimyplus.com)

[www.micasaasc.nz.co](http://www.micasaasc.nz.co)

 0220841801





this term's  
**PROMOTION**  
**Menu Items**

**SUSHI COMBO**



Available All Week



**Katsu Chicken/Pork & Apple Schnitzel on Rice with Salad**



Available All Week



**Butter Chicken on Rice**



Available Monday



**Macaroni Cheese**



Available Tuesday

**Pizza (C&P, C&H, C&C)**



Available Wednesday

**Pies (S&C, M, M&C)**



Available Thursday



introducing  
our **NEW**  
**NOURISHING**  
label

**Nourishing** ✓

Keep an eye out for this label



What does the label mean?

Our menu now features healthy food labels. These labels highlight items that are wholesome, meet the **Heart Foundation's** Healthy Eating Recipe Checklist, or have a Health Star Rating greater than 3.5. This helps ensure nutritious meals for our growing children. Look out for the Nourishing labels on the **EzLunch** website when ordering to see which items are better for our children.

Check out these checklists:



BFW Ltd. ©

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what makes  
our **SUSHI**   
better for children?

Healthier, fresh foods support students' overall wellbeing, improving their concentration, behaviour, and performance at school. Making nutritious choices every day helps build healthy habits for life.

Cooking methods make a big difference! Instead of deep frying, we boil or bake our meats to avoid unnecessary fats.

We limit the use of sugar in our seasonings.



**OUR SUSHI**

Sushi rice often uses rice vinegar with excessive amounts of sugar.

Sauces contain hidden amounts of fat, salt, and sugar.

Deep fried foods are higher in fat.



**UNHEALTHY SUSHI**

**ORDER NOW FROM GO-DELI**



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