# Te Karere

#### **Rai Valley Area School News**



**School Contacts** 

Rai Valley Area School 6700 SH6, RD 2 Rai Valley Marlborough 7192

Telephone: (03) 571 6016 Facsimile: (03) 571 6336 Email office: <u>office@rai.school.nz</u> Web address: <u>www.rai.school.nz</u>

**Principal: Maree Furness** 

DP: Mike Wilson

Junior Leader: Karen Davies

Secondary Leader: Siobhan Skinner

Executive Officer: Heather Richardson

Receptionist: Pauline Agnew

If you have questions, concerns or compliments please let us know - we value your feedback.

Please note that all up to date information on events etc. is available on our school app and on our website.



#### Wednesday 11<sup>th</sup> December 2019

Kia ora koutou

It was really pleasing to see so many of you at last night's Prizegiving to celebrate our end of year. Congratulations to this Year's prize-winners, may you enjoy the success that many of you have worked hard to achieve. I would also like to congratulate and acknowledge all of students who have worked hard to achieve your best throughout the year.

Since the last newsletter, the climbing frame has been installed and is proving very popular.

I would like to thank Marlborough District Council for their generous grant that has made this possible.

Over the school holidays the sewerage upgrade will happen. This has been part of our current 5 year property plan. At times during the holidays it will affect access to the school grounds. Please be mindful of Contractors signage. Also during the holidays the outdoor learning space will be built outside Room 15.

Last week there was an announcement from the Ministry of Education that schools would get a top up to their maintenance budgets. As part of this we will receive \$75,000. This comes with some clear guidelines on how it can be spent.

Our congratulations to Debby Upsall on her appointment as the Learning Support Co-ordinator for the TOSI COL. This is a new role. Debby will work with families and teachers in several schools to co-ordinate learning support. Debby will be employed and based in our school next year but she will not be teaching Years 5&6. I am pleased that this position will be based in our school.

To our school leavers, I wish you all the best as you begin your journey into adulthood.

You have had some amazing opportunities throughout your schooling, be proud of having attended Rai Valley Area School and take what you have learnt into a successful future.

- In Fay Issue in App Issue anoth "Faunt Tracker Labordar" and channe our school once installed.



I wish to acknowledge the winners of scholarships, some of which were unable to be announced last night. These scholarships amount to \$14,000 for 2020. One of these scholarships has the potential to pay \$32,000 over 4 years. (all details in 2020 newsletter)

We wish Alec Swan all the best as he travels to Australia in the next couple of weeks to compete for New Zealand in the New South Wales Open water championships. He will compete in the 7.5k and the 5k competitions.

Finally I would like to acknowledge the hard work of all our staff throughout the year and in particular over the last the last few weeks.

I wish you all a safe and peaceful holiday and look forward to seeing you all in 2020.

Ngā mihi nui

Maree Furness Tumuaki

## New Year 2020

Monday 27 <sup>th</sup> January	Teacher Only Day – SCHOOL CLOSED
Tuesday 28 <sup>th</sup> January	Years 11-13 Students Only
Wednesday 29 <sup>th</sup> January	All Students
Thursday 6 <sup>th</sup> February	Waitangi Day
Friday 7 <sup>th</sup> February	SCHOOL CLOSED

#### Playgroup – at Rai Valley Area School

Welcome to come along and join in with the activities. Ages 5 and under. Held in Room 14 on school grounds. Tea and coffee provided. Bring a kids lunchbox. Monday, Tuesday, Thursday at 9.00am to 12.00 noon.



Facebook Rai Valley Playgroup. For further information please contact Kelsey Knight 03 5716 353; Vicky Thompson 03 5716 212.

After the holidays, Playgroup will resume on Thursday 30<sup>th</sup> January 2020.

## **Board of Trustees News**

Bringing you relevant news from our monthly meetings

This month we discussed work that will be happening over the summer:

- A new \$90,000 septic waste water dispersal will be put in.

- More shaded areas will be put in to keep our children safe from the sun - an outdoor Learning Area will be put in outside Room 15.

We are discussing converting the school to solar power. We have applied for funding to the Government Education Sustainability Power Fund, and will be hearing presentations from different solar companies. We are excited to move the school forward into a more sustainable future of power consumption - and lower bills!

With the hotter weather arriving, the Board reminds parents that the policy around sunhat use is compulsory for Years 1-8. All children when playing or learning outdoors are required to wear an approved sunhat that shades their face, neck, and ears. Please keep this in mind when choosing a school sunhat for your child over the summer.

Finally, the Board want to acknowledge and thank all the teaching and support staff for their wonderful work over this year. We truly appreciate all the hard work you do for our children!

That's all for November! Gabrielle for the Board.







## Enjoy your special time with family and friends over the holidays. Travel safely and take care.

Kia ora,

I hope that everybody is having a great end to the school year and that you all have a peaceful and restful break. The holiday break can be a difficult time for young people.

Did you know that there are phone lines and free counselling services specifically for youth? There is a mix of text and phone lines. Here are some of the main ones:

- 1737 Free call or text anytime for support from a trained counsellor
- Lifeline call 0800 543 354 or text HELP to 4357 (help) to speak to a counsellor (24/7)
- Tautoko suicide crisis helpline 0508 828 865
- Youthline also offer a phone line on 0800376633, a text line 234, email <u>talk@youthline.co.nz</u>, or webchat <u>www.youthline.co.nz</u>

I will be available to support students from Wednesday 29<sup>th</sup> January 2020, please email me to make an appointment at Richard.Wilkins@rai.school.nz

Have a wonderful Christmas

Nga mihi

## Prizegiving 2019

#### Year 0-2 – Leigh McKinlay – Presented by Jamie Knight

**Class Award for Physical Education Year 0-2** Sinclair Couper

**Class Award for Problem Solving Year 0-2** Izaac Craig

**Overall Top Student Year 1 – certificate and book** Georgia Patterson Archie Nightingale

**Overall Top Student Year 2 – certificate and book** Meika O'Donnell Paige Todd **Creative Award Year 0-2** Paige Todd

**Class Award for Work Ethic Year 0-2** Keira Wearing-Holmes

#### Year 3-4 – Karen Davies – Presented by Renee Jope

**Class Award for Physical Education Year 3-4** Elin Kiddey

**Class Award for Problem Solving Year 3-4** Cody Aldridge

**Overall Top Student Year 3 – certificate and book** Joshua Todd

**Overall Top Student Year 4 – certificate and book** Rawiri Wearing-Holmes **Creative Award Year 3-4** Eva Pooley

**Class Award for Work Ethic Year 3-4** Samara Partridge

#### Year 5-6 – Debby Upsall – Presented by Jess Patterson

**Class Award for Physical Education Year 5-6** Hamish Pratt

**Class Award for Problem Solving Year 5-6** Bella Hickson

**Overall Top Student Year 5 – certificate and book** Holly Mant

**Overall Top Student Year 6 – certificate and book** Weston Maisey **Creative Award Year 5-6** Lily Thompson

**Class Award for Work Ethic Year 5-6** Lorna O'Donnell Mickayla Woolridge

#### Year 7-8 – Laurel Nancarrow – Presented by Justin Morrison

**Class Award for Physical Education Year 7-8** Ash Martin Brooke Swan

**Class Award for Problem Solving Year 7-8** Damien Thame **Creative Award Year 7-8** Stella Mant

**Class Award for Work Ethic Year 7-8** Lily Kiddey Ella Jenner

**Overall Top Student Year 7** Ella Jenner

**Overall Top Student Year 8** Brooke Swan

#### **Primary Trophies – Karen Davies – Presented by Maree Furness**

#### **Speech Awards (Trophies)**

Year 1 & 2 - Mahakipawa Speech Trophy Year 3 & 4 - Mt Richmond Estate Trophy Year 5 & 6 - Mt Barrett Trophy Year 7 & 8 - Whangamoa Speech Trophy

#### Art Excellence Award (Trophy) Stella Mant

#### **Citizenship Awards (Trophies)**

Year 1 & 2 Olivia Harrison Year 3 & 4 Rawiri Wearing-Holmes Year 5 & 6 Sophie Harrison Year 7 & 8 Bayley Hickson

Year 1-8 Angela Sloane Rai Way Ambassador Cup Lily Kiddey

#### **Top Student Award**

Daniel Payton Cup for Excellence – Brooke Swan

#### Year 9 – Michael Wilson – Presented by Tony O'Donnell

**First in PE** Zach Hickson **First in Hard Technology** Bryce Stuart

**First in Soft Technology & Te Reo Māori** Brooke Dearman

First in French, Mathematics, Science Vincent Maisey

First in Environmental Science, ICT, Social Studies, Media Studies, English and Art Penelope Kiddey

Archie Nightingale Oliver Hope Weston Maisey Stella Mant

<u>Sportsmanship - Primary</u> Brooke Swan **Top Student Year 9 – certificate and book** Penelope Kiddey

#### Year 10 - Toni Taylor - Presented by Gabrielle Pooley

**First in Mathematics** Lewis Hill

**First in Art** Lillyarna Lilburn

**First equal in Social Studies, First equal in Art, First in PE and Hard Technology** Maddy Fisher

First equal in Social Studies, First in English, Media Studies, Science, Soft Technology, French, Health, ICT, and Environmental Science Electra Maisey

**Top Student Year 10 - certificate and book** Electra Maisey

#### Year 11 - Dave MacDonald - Presented by Tania Billingsley

**First in Hard Technology and Vocational Pathways** Sam Young

**First equal in Mathematics, First in Agriculture and Media Studies** Leah Wearing

**First equal in English, First in PE, Home Economics and Health** Rose Stuart

First equal in Mathematics, First equal in English, First in Science Alec Swan

#### Top Student Year 11 - certificate and book

Alec Swan

#### Year 12 - Steph Stuart / Richard Wilkins – Presented by Tania Billingsley

First in English Alec Johnson

**First in Agriculture** Jacob Rollo

**First in Mathematics and Chemistry** Cyrus Jope

**First in PE, Vocational Pathways and Hard Technology** Mikaere Holmes

**Top Student Year 12** 

#### Year 13 - Siobhan Skinner – Presented by Tania Billingsley

**First equal in Mathematics, First in Chemistry, Physics and Agriculture** Jordan Wearing

First equal in Mathematics, First in English, Media Studies, Computer Studies and Environmental Science Kade Martin

**Top Student Year 13** Kade Martin

#### <u>Secondary Trophies and Special Awards – Siobhan Skinner – Presented by Maree</u> <u>Furness</u>

**Leadership Award: Growing Coaches Certificate for completion of the Growing Coaches programme** Rose Stuart

**Certificate for Board of Trustee Representative (Service to School)** Jordan Wearing

**Marlborough Fine Arts Award - \$100 Award.** Penelope Kiddey

**Freeth Trophy for best Speech in the Senior school** Rose Stuart

**Sports Trophy for outstanding Sportsperson** Alec Swan

Art Excellence Secondary Trophy Penelope Kiddey

**Freeth Trophy for Excellence in Environmental Education** Kade Martin

Year 9 & 10 Citizenship Trophy for outstanding commitment to the school and community Anton Cory

**Year 11-13 Citizenship Trophy for outstanding commitment to the school and community** Rose Stuart

Year 9-13 Angela Sloane Rai Way Ambassador Cup Electra Maisey

**Prime Minister's Vocational Excellence Award + \$2000 Award** Mikaere Holmes

New Zealand Area School Association Recognition Award for commitment and effort in national sport Alec Swan

Senior School Top Student Award –For: Best Academic performance. Kade Martin

## New Climbing Frame A Playground Boost

Rather than just being another Monday, students at Rai Valley Area School were excited to see the newly installed climbing frame was ready for action.



Similar to the one on the Picton waterfront, the new frame is able to take a large number of students at any one time. Whole classes enjoyed the opportunity before break to test out the new playground addition.

The Kids Edible Garden has had to make way for the frame to be perfectly placed in the shade of our beautiful large trees. The garden has relocated to the sandpit site and the sandpit will be relocated in due course.

In the meantime, students are loving the new playground additions over the last couple of months, including tractor tyres, another tyre swing and a rope bridge.

The frame itself is the product of a long process...parent and community consultation, Board of Trustees approval for funds, submissions to the council for funds, finding the best deal for our money, site checks for power etc, waiting six weeks for product to ship from Korea. You are looking at a good chunk of the \$80,000 with leftovers being spread around the school playground to improve and upgrade our facilities.

The end result speaks for itself but wouldn't have happened without the help and support of the Marlborough District Council, The Rai Board of Trustees and the huge efforts of Renee Jope. Also, a huge thanks to our installers Tony and Ron. They said it was one of their better no hassle installs, and the kids were fantastic at keeping out of the way, no 1.8m fences needed at our PB4L country school. And we had a great week of sunshine.

It is important to note that students coming after hours are strongly recommended to wear shoes and to be aware that the black padding underneath can get quite hot in the summer months.

### ENJOY !!!!!!!!



## Secondary News YEAR9&10CAMP2019

On Wednesday we got up super early, headed down to school, chucked our bags in the trailer and made our way to Whenua Iti Outdoor Centre. When we finally arrived, we met our awesome instructors Andrew and Ben (they loved the mullets). Our first activity was the high ropes and the trapeze. Lots of us were terrified to do these, but everyone did so well facing their fears. EVERONE climbed to the top! We also learnt to jump rope and did lots of team building activities that definitely helped us to trust each other for other activities, even though a couple people were dropped... whoops!!!



The second day was all about the water, so went to the stunning Kaiteriteri beach and our competitiveness came out on display. My group went kayaking first, we kayaked around the



rocks, through the waves and played lots of games. We had the challenge to try paddle board back to shore but found it to be a lot harder than it looked. We swam and had a sand fight all through lunch. Then we had a raft building

challenge it definitely brought out people's strengths and weaknesses. We were all a little tired and a little bit sun burnt when we got back to camp so we roasted marshmallows and called it a day.

The third day was caving, in the morning we woke up got ready and jumped into the busses drove up to the top of the Takaka hill. Once we got there, we walked about half an hour before we finally reached the cave. The cave was extremely muddy and a bit cold but definitely one of the most peaceful places I have ever been. The caving pushed people even more out of their comfort zones but you could see how proud everyone was of themselves when they made it out alive.



#### Trip to Titiraukawa – Maungatapu Road

The Year 9 and 10 class, along with some Year 11 students enjoyed a trip to Titiraukawa on Monday. We were treated to a day of activities with Ngati Kuia Iwi members, thanks to Whaea Kiri.

Here is Matua Lewis, a local carver, sharing stories from our area and information about pakohe (argillite), our local stone out of which traditional tools are made.





Here Matua Tamahae is sharing his knowledge of the medicinal properties of kawakawa leaves.

We enjoyed making kawakawa balm and everyone took home a pottle.

Students learned where kawakawa is found, how it should be harvested and we were given the recipe for making balm using beeswax, leaves and grape seed oil. After a yummy lunch, Matua Hamuera showed us how to extract fax fibres and weave putiputi (flowers). We found some other ways to use with flax leaves as demonstrated below by Abby and Anton.

A fabulous day was had by all. We were gifted a lot of local knowledge and tikanga and we were grateful for this experience.

#### End of the Year Message

On behalf of the Secondary Team, I would like to wish all families a wonderful Christmas and restful summer break.

Siobhan Skinner



## **Primary School News**

#### Greetings from the Primary Syndicate,

As we have rolled through our last week, we should reflect on what has happened this term. WOW! Is the thing that comes to my mind. From Pet Day, Athletics, starting of swimming, moving of sandpit, the building of the sky climber, lots of assessments, professional development for staff with associated information evenings for parents, a visit to Picton to see the HMS Endeavour replica and Whenua-Iti trips for Year 7 + 8's, it really has been a busy time. Students and staff alike are a little fatigued.

On Monday 9th December, we celebrated our year in the primary syndicate with a carnival afternoon for all the Year 1-8 children. Everyone had a great time including a free sausage or burger sizzle, ice creams and the use of the bouncy surf slide, two bouncy castles, and two flatwater slides. A special big thanks to Mrs Nightingale for all the organising. And glad she got to have some fun too. This was funded by our funding raising soup and sausage sizzle throughout the year.

Reports will be ready, most likely Tuesday evening or Wednesday, along with a stationery list and class lists for next year. Watch out for these. As we have had some members of our staff away for illness, accidents, and bereavements, please consider our workload and apologies, in advance, for our less than rigorous editing process this year.

I hope you all have a really great summer break. Some recent weather feels like we had gone back to winter. Hopefully, the sun will shine a lot for swimming, playing, fishing and all those things we really like to enjoy will be able to happen. Spending quality relaxing time with your families should be high on the list and for those in the farming community, I hope you have some respite also, from your daily farming jobs.

Spin the wheel happened on Tuesday when those students with lots of RAI Way stamps cashed them in for spins on the wheel and prizes.

On Monday 3<sup>rd</sup> December the children arrived at school to the surprise of the sky-climber being finished and ready to explore. Room 13 has presented a few small writing pieces to talk about this.

#### Amy Billingsley:

My first time on the sky climber was so cool. It was wobbly and jiggly. I climbed to the top and saw the whole entire school.

#### Cody Aldridge:

My first climb was on Monday. I climbed the sky climber that's what it's called. It is wobbly ad bouncy and tall. I climbed to the top. I saw the whole school. The main colour of the buildings are yellow.

#### **Gareth Woodley:**

One week ago some builders came to our school and built a sky climber. The sky climber is like a giant and it has a lot of rope. It has a tall piler in the middle of it.

#### Elin Kiddey:

My first time on the sky-climber was so so so cool and it was exciting. It was so jiggly and wriggly. I bet Sam to the top.

Our last outing for the year was for the Year 4-6 students who had an opportunity to go to Picton to see some of the flotillas for the Tuia 250 celebrations. It was a great day out, walking over the two ships, HMS Endeavour replica and the Spirit of New Zealand. Other land exhibits were also very interesting.

Here is some writing about this trip by Amy and Rawiri.

#### Amy Billingsley:

Yesterday we went to Picton to see the Endeavour and the Spirit of New Zealand. The teachers split us into four groups, then we left the carpark. When we arrived, my group went on the Endeavour and my Dad's group went on the Spirit of NZ. The other groups did activities. The Endeavour had huge masts and huge sails, two canons and a lot of rope. There were lots of ships in the harbour and there was a little waka.

#### **Rawiri Wearing-Holmes:**

On Monday we went to Picton and saw the Endeavour and lots of other things. We also saw canons on the Endeavour, they were super cool. There were also land activities that told us about the world and other things. There was a waka as well. My group didn't go on the waka but I bet it was cool. On the Endeavour, like most ships, it has a mast, a deck, but a waka doesn't have a mast. Also there is a ship called the Edwin Fox. it is the 9th oldest ship in the world.





## Carnival - Primary Syndicate



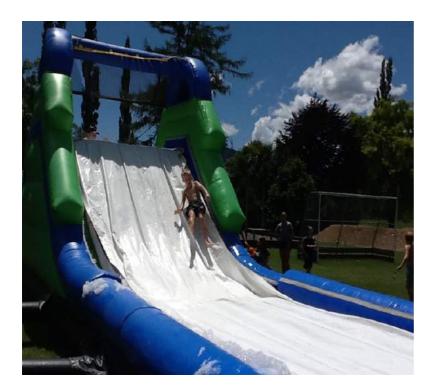












## **Heaps of FUN!**



### SWIMMING POOL KEYS

Swimming pool keys for season 2019/2020 Available from Renee Jope. call or text <u>0277750083</u> to arrange pick up\_and signing of pool contract. <u>\$50 for season</u> with \$10 being refunded if you return your key before the end of term 1 2020





#### Nelson Marlborough Sportsperson of the Year

Alec Swan was nominated in the 16 - 18year age group, for the Nelson Marlborough Sportsperson of the year, which was held on Thursday  $22^{nd}$  November. Fantastic effort Alec.

From left: Dave MacDonald (Teacher), Alec Swan, Parents – Maria Cory and Darren Swan.



#### Summer STEAMS Programmes

Ministry of Inspiration Summer STEAMS programmes are as follows:STEAMS Cooking 13-17 January.Art and Engineering 20-24 January for 6-13 year olds.Magic the Gathering 15-16 January and 22-24 January for ages 10+.All programmes are held at Garin College from 9 to 3 each day, Register through Eventbrite or click onEvents Tab on our Facebook page.

21 December: Ornament Making and Cookie Baking for 5-8 year olds also at Garin College from 9-3.Contact: web@ministryofinspiration.orgSubject: Summer Programmes

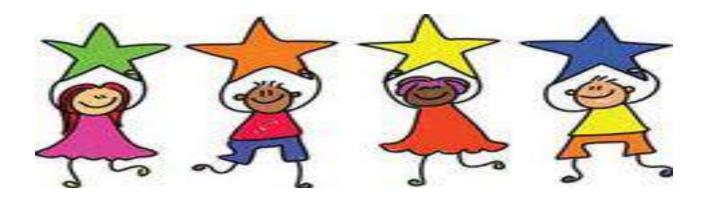
## Farm Source Rai Valley Gardening Special

Purchase 4 or more Potting Mix, Vegetable Mix, Strawberry or Tomato Mix and receive \$10 off with the below Coupon.

\$10 off with the purchase of 4 Bags of either of the following – Potting Mix, Vegetable Mix, Strawberry Mix or Tomato Mix. Can be mixed.



Valid over Dec, Jan 2019



## Rai Valley Community Library Inc. celebrates 20 years.

On November 4<sup>th</sup> community members and visitors enjoyed a cuppa, some cake and a reminisce about days gone by all with a happy chuckle while gathered to celebrate 20 years of the wonderful building we use today. We were lucky enough to have a guest – Jack Harte, author and ex-local, come talk to us about growing up in Rai Valley and promoting his new book – Another Challenge – Why Not??.

To borrow a copy contact Renee in the library. Thank you to all who attended and celebrated with us.

> Kind regards The Rai Valley Community Library Committee. Sarah Todd, Renee Jope, Vicki Thatcher, Debbie Wellman and Justin Morrison









#### Updating the Waste Management and Minimisation Plan

The Marlborough District Council is undertaking community consultation in preparation for updating the Waste Management and Minimisation Plan.

A series of public meetings have been organised. The public meeting for Havelock is being held on Tuesday December 17, 2019, at the Council Building in Blenheim. The time of the meeting is 9-10am. The room can accommodate 20 people.

Council recognises that the capacity of the room is limited. It may be helpful to discuss who might attend: people who do attend may choose to share information on behalf of the group. Other community members can still contribute by completing the online survey. The online survey questions are the same questions that attendees on the day will be asked to consider.

Every contribution will be sighted by Council. It is anticipated that a region-wide initiative will of course have to consider any financial implications of service delivery. That circumstance should not however prevent people from making innovative and forward thinking suggestions.

Information about the consultation process can be found using this link: <u>https://www.marlborough.govt.nz/services/recycling-and-resource-recovery/rubbish-and-recycling-projects/community-consultation-wmm-plan-2021-2027</u>

Julia Pointon, Administrator, Havelock Community Association, P O Box 44, Havelock, Phone (03) 5742 555



#### HAVELOCK MEDICAL CENTRE CLOSED OVER CHRISTMAS/ NEW YEAR 03 5742233

#### LAST DAY OF WORK 19.12.2019 FIRST DAY OF WORK 6.1.2020

IF YOU ARE OUR PATIENT PLEASE RING SPRINGLANDS HEALTH 03 5780979 FOR ALL OTHER PATIENTS AND WEEKEND, PLEASE VISIT URGENT CARE CENTRE, WAIRAU HOSPITAL CAMPUS 8.00 AM TO 8.00 PM DAILY NO APPT. NECESSARY

### Rai Valley Area School Term Dates 2020

Term	Start Date	End Date
	a ath t	
One	28 <sup>th</sup> January (Years 11-13 Students)	Thursday 9 <sup>th</sup> April
	29 <sup>th</sup> January (All Students)	
Two	Tuesday 28 <sup>th</sup> April	Friday 3 <sup>rd</sup> July
Three	Monday 20 <sup>th</sup> July	Friday 25 <sup>th</sup> September
Four	Monday 12 <sup>th</sup> October	To be confirmed

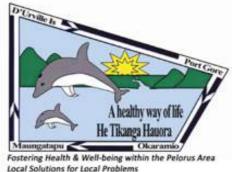
### Length of Day

Form Time	8.45am – 9.00am
Period One	9.00am – 9.50am
Period Two	9.50am - 10.40am
INTERVAL	10.40am – 11.00am
Period Three	11.00am – 11.50am
Period Four	11.50am – 12.40pm
LUNCH	12.40pm – 1.05pm
LUNCH (sit down)	1.05pm – 1.20pm
Period Five	1.20pm – 2.05pm
Period Six	2.05pm – 2.50pm
BUSES	2.50pm – 3.00pm

### 2020 Holidays

Monday 27 <sup>th</sup> January	Teacher Only Day – SCHOOL CLOSED
Tuesday 28 <sup>th</sup> January	Year 11-13 Secondary Students begin
Wednesday 29 <sup>th</sup> January	All Students begin
Thursday 6 <sup>th</sup> February	Waitangi Day
Friday 7 <sup>th</sup> February	SCHOOL CLOSED
Friday 10 <sup>th</sup> April	Easter – Good Friday
Monday 13 <sup>th</sup> April	Easter - Monday
Tuesday 14 <sup>th</sup> April	Easter - Tuesday
Monday 27 <sup>th</sup> April	Anzac Day - observed
Monday 1 <sup>st</sup> June	Queen's Birthday Weekend
Monday 26 <sup>th</sup> October	Labour Day
Monday 2 <sup>nd</sup> November	Marlborough Anniversary

### **Pelorus Area Health Trust**



### News from PAHT

We still urgently need volunteers at the Havelock Charity Shop over the summer period. Even just a few hours once a week would be helpful to us. Support your community's health while working with a great bunch of people in a fun environment.

The Charity Shop has been donated some amazing **antiques and collectibles**. Come and grab some unique Christmas presents at amazing prices

## **News from Havelock Medical Centre**

**Christmas Hours** – The Havelock Medical Centre will be closed from December the 23<sup>rd</sup> until January the 5<sup>th</sup>.

**Patient Portal** – Springlands Medical Centre (and therefore Havelock Medical Centre) now has 1500 patients signed up to the national patient portal system- Health 365. If you haven't yet, you should think about it as you can now manage your health online. With this service you can:

- \*Make appointments with your GP or nurse
- \*Access your medical records

- \*Order repeat prescriptions
- \*Track your lab/test results
- \*Access the consultation notes your doctor makes
- \*Get a list of scheduled events, e.g. due dates for checkups, follow up care etc

To sign up, grab an enrolment form from Havelock Medical Centre or the Havelock Charity Shop. Fill it in and bring it to the medical centre. Note: If you only have one email address for a couple, you will need to sign confidentiality agreements. It is better to have separate email addresses.

Visit our website for more information

www.pelorusareahealthtrust.co.nz