

SOLWAY COLLEGE OPEN DAY
SATURDAY 11 MAY 2019 10:00 am – 2:00 pm

For your information we are an integrated Year 7 to Year 13 day and boarding school for girls. We are a small school with Christian and family values. Most of our students enrol in Years 7, 8 or 9. We accept students from all walks of life and our students have a wide variety of sports, cultural, service and academic opportunities.

Our website is www.solwaycollege.school.nz

The Te Mahuri Charitable Trust

Te Māhuri - Whānau learning te reo Māori together

Te Māhuri is an after school group for tamariki and their whānau to learn and practise te reo Māori in a relaxed and fun environment, learning through games, waiata and other activities. Everyone is welcome, from complete beginners to fluent speakers, and we'd love to see you there!

When: Tuesdays 3.30-4.30pm at Newlands Community Centre; or Wednesdays 3.30-4.30pm at Linden Social Centre

(During school term time only.)

For more information or to join, please email meganmvant@gmail.com.



Sunshine Drama

Enrolments are open for our Term 2 classes! Sunshine Drama provides a creative and fun learning space for students aged 4 - 15 years of age. Sessions engage imaginative minds, grow confidence & build communication, performance and social skills. For class information or to arrange a free trial class, contact: Jenae 0274380533 or visit www.sunshinedrama.co.nz.

St Mary's College Open Day.
June 13th 2019, 9am.



A Marsden Whitby education for your son/daughter in Year 9, 2020

Open Day, SCHOLARSHIPS and enrolment information

You are invited to the Samuel Marsden Collegiate School Whitby Open Day, Sunday 5 May, 11am-1pm. This is a great opportunity to see the Marsden Whitby campus and find out about Marsden's Visible Wellbeing™ approach. There will be staff and students to talk to and our students look forward to showing you around. For more information and to register visit marsden.school.nz/experience

Scholarships - Academic Scholarships for entry into Year 9 in 2020 are now open, **applications close 16 May**. [Information and applications are online](#).

Enrolments – Apply to [enrol](#) for entry in 2020 by the end of Term 2.

For a personal tour or time in class for your son or daughter please call Lorraine Rose 04 234 1070

SAMUEL MARSDEN COLLEGIATE SCHOOL WHITBY

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2 Starboard Lane, Whitby 5024
www.marsdenwhitby.school.nz



Volunteer for the Heart Foundation at the Gazeley Volkswagon Wellington Marathon 2019

The Heart Foundation is the official charity partner for the Wellington Marathon again for 2019. As part of this partnership we provide volunteers to work at the event, to raise money for the Heart Foundation Wellington Branch. We would love to have you join our volunteer team for this event. For 2019 we have the following opportunities:

Sunday 23 June: Bag Packing, Westpac Stadium

We will be packing the goodies bags given to all runners at the finish line

Shift 1: 9.00am – 1.00pm

Shift 2: 9.30am – 1.30pm

Saturday 29 June: Race Registration, Gazeley Volkswagen, Kent Terrace, Wellington

We will be registering all runners ahead of race day and handing out numbers. This role requires a high level of concentration and accuracy!

Full Day: 8.30am – 6.00pm includes lunch provided

Half Day: 8.30am – 1.30pm

Half Day: 1.00pm – 6.00pm

Sunday 30 June: Event Day, Westpac Stadium

Jobs are a mixture of working in the recovery area (handing out drinks/fruit etc after the finish line, general support etc) and bag check area

Shift 1: 6.00am – 12.00pm

Shift 2: 7.00am – 1.00pm

Shift 3: 8.00am – 2.00pm

Shift 4: 9.00am – 3.00pm

For more information and to sign up go to:

<https://www.heartfoundation.org.nz/get-involved/fundraising/wellington-marathon/volunteer-registration-wellington>



Hi I'm Vicky, a nutritionist who is passionate about improving Kiwi's health through education and nutrition. As part of my goal to help more kiwis eat healthier foods, and gain better knowledge of nutrition, I am providing schools with free healthy recipes. For more information or more recipes, please visit my website www.nznourish.me. I aim to provide a large variety of recipes over time, and I do hope that you enjoy them.

Black Bean Brownie:

I have fooled even the toughest of critics with this recipe - DELICIOUS!!! And very chocolatey.

Ingredients:

- 1 400g Can of Black Beans
- 2 Tbsp. Cacao Powder
- ½ Cup Oats
- 1/3 Cup Maple Syrup – Make sure it's pure!
- ¼ Cup Melted Coconut Oil
- 2 tsps. Vanilla Extract/Essence
- 2 Tbsp. Chia Seeds
- ½ tsp. Baking Powder
- ¾ Cup Dark Chocolate Chips (this is very rich, tone it down if you're not that into a deliciously gooey chocolatey brownie).

Method:

Heat oven to bake at 180°C.

Put all ingredients into a food processor except for the chocolate chips and blend until you get a smoother texture (you don't want NO lumps though). Fold through the chocolate chips and then spread onto a non-stick baking tray.

Bake for 20 minutes and then leave to cool before removing slice from the tray.

It can be easier to put the tray in the fridge once cool enough to do so, before slicing.

Store in an air tight container in the fridge.

Nourish Me Style Shepherd's Pie

This one pot wonder is a great take on the traditional Shepherd's pie but is jam packed with WAAAY more vegetables, and less dairy.

For this mince part:

- 1kg premium beef mince
- 1 cup beef stock
- 2 diced onions
- 2 large carrots - grated
- 2 cups diced mushrooms

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- 2 diced capsicums
- 125g spinach
- 3 Tbsp. Worcestershire sauce
- 3 Tbsp. Tomato paste
- 1 Tbsp. Crushed Garlic
- 1 tsp. Mixed Herbs (dried)

Fry the onions in a wok with the Worcestershire sauce. Add all other vegetables and stock. Let simmer until vegetables are half cooked. Add mince and remaining ingredients and let simmer until cooked through and minimal liquid remains.

For the mash:

- 6 medium peeled potatoes - diced
- 1/2 a small pumpkin - diced (about 3 cups)

Boil the potatoes and pumpkin until soft enough to mash. Drain water and mash - no need to add milk!

Putting it together:

Heat up your oven to 180C, on bake.

Spread the mince dish evenly in a baking dish, top with the mash.

Bake for 20-30 minutes or until slightly browned.

Makes 6 Serves.

