



ISSUE 13 | FRIDAY 22 AUGUST 2025

WELCOME TO OUR

Pānui

## Principal's Message

Kia ora parents and whanau

Last week was New Zealand Maths Week and our classes were involved with various Maths activities as part of celebrating Maths in everyday life. Congratulations to the Toroa class who competed in the NZ Rock Stars Times Tables competition two weeks ago. The class had half an hour to answer as many multiplication questions as they could and were placed a creditable 44th out of 73 schools in the South Island. It was a huge team effort from the class, with a special mention to Mosé, Maverick and Isla who were our most valuable contributors. Ka pai Toroa!

At our last assembly, Piwakawaka class introduced our FORCE value focus for the next two weeks. We focused on O for Organisation and during this time, all children who were recognised by the staff for showing organisation, have been entered into a prize wheel which will be spun at assembly. The winning name will win a free subway voucher to use. We look forward to our first draw at assembly on Friday.

It was my pleasure to host morning tea for our six 100% attendees from Term 2 last Tuesday. Jax P, Brax, Jax C, Charlotte, Ashton and Alice joined me for a hot chocolate, homemade chewy chocolate chip biscuits and a chat about whether we preferred chewy or crunchy chocolate chip biscuits! The biscuits must have passed the test because they all disappeared quite quickly.

A reminder that we are currently running an election for members to join our Board. Thank you to our four candidates who have put themselves forward for election. Voting closes On Wednesday the 10th of September at 4pm. Voting papers can be placed in the box inside the door by Annie's office. Once votes have been counted, we will be announcing our new board members.

Strategic plan consultation continues this week with our third question. We are surveying our parent community on the direction of the school for the next three years. We have two ways you can provide feedback. Previous questions are displayed in the Whare Ako. Please look out for the emails in your inbox, all parents who have an email address on our HERO system are sent the link.

We are now three weeks away from our major school fundraiser - The Whale Run. The organisation is going well and we are hoping for a beautiful day with lots of keen competitors. At our last meeting we had approximately 200 entries which we are hoping will get nearer 300. Please be forthcoming to support our committee members as there are many jobs to be done beforehand if you are unable to help on the day. We are looking forward to seeing as many children there as possible, both to compete and to cheer our runners on!

Finally, parent/teacher interviews will be happening in Week 9 of this term. We have two days available - Wednesday the 10th of September and Thursday the 11th of September.

Each of our three teachers will be available from 12 noon on one of those days for parents and whanau who are able to come down during the day. Each interview is 15 minutes per student and you can expect to hear about your child's progress, achievement and goals for the remainder of the year. Please go to Skool Loop to book your interview slot. <https://skoolloop.com/en-nz/>

If you'd prefer Annie to book your times, please give her a call or pop in and see her, she will be happy to assist. Annie's hours are 8:30am to 12:45pm.

Nga mihi nui  
Kylee Habgood

## Important Dates

|              |                                       |
|--------------|---------------------------------------|
| Fri 22 Aug   | Toroa Assembly                        |
| Tue 26 Aug   | Paid Union Meeting                    |
| Fri 29 Aug   | Daffodil Day Fundraiser - Wear Yellow |
| Sat 6 Sept   | Whale Run                             |
| Wed 10 &     | Parent Interviews                     |
| Thur 11 Sept |                                       |
| Wed 17 Sept  | ERO Progress Visit                    |
| Fri 19 Sept  | Last Day - Term 3                     |
| Mon 6 Oct    | First Day - Term 4                    |
| Mon 27 Oct   | Labour Day                            |
| Mon 3 Nov    | Marlborough Anniversary Day           |
| Fri 12 Dec   | Last Day - Term 4                     |



## ENVIRO SCHOOL UPDATE

Each Friday a school house group meets together and works through the 'Enviro Team checklist'. This includes checking the weed matting is in place around the trees, picking up any rubbish, pulling out any weeds from the garden beds, around the fruit trees and young native trees. Last Friday we prepared a potato bed for when the frosts are over and the seed potatoes have sprouted. We will prepare a second potato bed this Friday.

Students also split up the strawberries and replanted them. They put straw around them to help with water retention and weed suppressing. The last garden bed will be prepared for blueberry plants. Another project we would like to accomplish this year is labeling some of the native trees we have planted.





# PIWAKAWAKA CLASS

The Piwakawaka class went to visit the calves at Ruby's farm. We got to feed them with a bottle and then watched them drink from a feeder.

There were so many different coloured calves and they were all keen to suck the children's fingers.

The children were kindly given a treat pack of products made from milk to take back to school.



Other exciting news from the Piwakawaka class is that we have finished making our paper mache kōura and he is on display in the foyer to the office. We had a vote to name him and Craig was the winner. Craig the kōura was made to remind us of the story of how Kaikōura got its name.

## Titi Class

This week, we have been working on our "Maui and the Sun" artwork making sure we have included a koru pattern somewhere on our sun faces. We have also been learning a poi and rakau song. We may need to keep working on these before we are ready to perform for an audience but we know what the saying "Rome wasn't built in a day" means. We have also been learning about what life and Aotearoa were like when the first Māori people came to our country. Life was very different and hard for these brave adventurers.



# Toroa Class

Toroa class have been exploring writing through perspective. We wrote a first person account of a day in the life of Squeak. We apologise in advance for Squeak's attitude towards Rainbow as we know Rainbow is a friendly cat and Squeak can be, well, a bit indifferent towards other cats!

I am Squeak. I like to hunt Rainbow and whenever I see her, it is the end of her. I also like to meow at the staffroom door. Come with me, I will show you how it is done. "Meow, meow, meow, meow, meow!" Saskia

I am Squeak and all I do is eat, sleep and repeat. I own Suburban, I am the queen. I am the best of cats but Rainbow is a villain to me. She tries to take over my place and it's not happening. No, no, no! I am the cat that is supposed to purr when I sleep. I always keep one eye open so I can see Rainbow. I am the best, wah ha ha, if I don't get some food then I meow, meow, meow! Harper  
I am Squeak, I own this school! Hiss! Rainbow, on the other hand, she is an intruder. Anyway, I can't stand sleeping outside. I have five or more beds in this school. I love sleeping in the sunny spots and having a full bowl of food and milk. I love chasing Rainbow up trees. Wah ha ha! Life is good. Wah ha ha! Frankie-Rose

Today I'll be eating, sleeping and fancy walking. My day started with me hassling every adult I see to feed me. Why does this sun take forever to get in the right spot in the staffroom so I can enjoy my beauty sleep? After my beauty sleep, I look out the window, eeeggghh! My day is ruined! It's the worst day ever! Let me explain. At the start of the year this black cat moved in. Eeeeggghh RRRaaaiinnnnbbboowww. Just the name gives me shivers. She just pranced onto my turf and had all the kids crowding her like she was me so I knew what I'd have to do. I can't let her take over anymore. She stole my attention, my servants and most importantly, my sun! At least she hasn't found my food yet. Well, that won't happen! Ashton



## Triennial Elections

**VOTING OPENS SOON!**

**Thank you to Lydia, Amanda, Nadin and Pip for their candidacy.**

**Voting papers, candidate statements, and an envelope for returning are being sent via NZ Post to all eligible voters.**

**Please return your completed voting paper using the provided envelope, drop it in the ballot box at the office before 4:00pm on Wednesday 10 September 2025.**



# Candidate Statements

Hi Suburban families and community,

I am Lydia, mum to Tyler and Trent who are third generation attending this great rural school. I have been a part of Suburban school for 5 years now, the past year and a quarter I have been an active member of the Suburban school Board of Trustees.

I am standing again for the board to continue to make a difference in our school community by offering a different perspective on issues and matters arising that impact our school. I would like to continue to work with those on the board to contribute to making positive changes within our school to strive for excellence.

I believe I would be a valued member as I am dedicated, willing to listen to others, am inclusive to all and will work collaboratively to grow suburban school for the better. I am passionate about quality education for all students and would love to contribute to Suburban's ongoing success.

I am a teacher at the Montessori preschool in town as well as running our 2 dairy farms with my family. My 2 energetic boys keep me busy; I love exploring with them, being outdoors, going down to the beach, fishing, hunting and listening to music.

Thanks for taking the time to read,  
please feel free to say hello if you see me around

Lydia Boyd



# Candidate Statements



Kia ora,

I'm Amanda McInnes and am standing for election to the school board. My husband grew up here and proudly attended Kaikōura Suburban School himself – in fact, he was so passionate about the school that he insisted our children go there too! Our eldest is now in her second year, and our youngest is due to start in 2027.

I bring a diverse background both personally and professionally, including travel, legal studies, remote Fly-In Fly-Out work, and my current role in managing a local adventure tourism company. These experiences give me a broad perspective and a collaborative approach.

I believe in strong communication, community involvement, and thoughtful decision-making to ensure our school not only thrives today but continues to grow and reflect the needs of our families into the future.

I'd be honoured to represent our community and work alongside whānau, staff, and students to support Kaikōura Suburban School's ongoing success.

Ngā mihi nui,



Amanda McInnes

# Candidate Statements

Hello parents,

I'm Nadin, a gal from Germany who made Kaikoura her home for over 10 years now. My children are Oscar (year 4) and Klara (year 3).

I love the suburban community and the spirit of the school and would love to be actively involved in my kids' education.

About me, I am spending a lot of time outside either gardening, walking the dog or biking with the family. As well as beach days of course.

Thanks,  
Nadin





# Candidate Statements

Kia ora

I am Pip (Phillipa) Scott and have been a parent at Suburban School for almost 2 years. I have 2 children and I have lived in Kaikōura for most of my life. I enjoy the outdoors and sports, especially netball and have been a committee member for Kaikōura Netball Centre for a long time as well as coaching in school aged teams and umpriing. I enjoy volunteering and giving back to our community and helping others where I can.

I have a Bachelor of Education and have been teaching in Early Childhood Education for over 15 years. During this time I have had experience in not only teaching but managing centres as well. I thoroughly enjoy teaching, particularly supporting children in their social and emotional development as well as building resilience and independence. The work I do involves a lot of communication with parents, teachers and the wider community which has meant I have developed strong skills in team work, communication, collabortion and documentation.

I would like to join the Suburban School Board because I care about the school and it's future. I have always felt like the school has great values and an amazing community of families. I would like to be able to support the effort to strive for continued growth and development to ensure our children are recieving the best educaiton possible.

I am a hard worker and will always do my best at what ever I am doing. If elected I will do this job to the best of my ability and put time and effort into learning about what is required of me and how I can best support the board.

Ngā mihi

Pip



Reporter: Ashton

Week 6, Term 3



# Student Voice

## WHALE RUN



**Whale run merch pre orders closed.  
Reopening 6<sup>th</sup>  
September, race day.**

## Times Table Rock Stars Winners for 2 x tables

**Year 4 champion Mosé  
Year 5 champion Sylvie  
Year 6 champion Ashton**



**This fortnights winner on  
the Wheel of Fortune for O  
for organised was Ned.  
He won a free subway.**

## POPULAR GAMES THIS FORTNIGHT

# Tennis, bat down and touch rugby.



**Pre-orders have  
closed.  
Reopens again on  
race day -  
6 Sept 25**





# What's Happening

## Who's having a birthday?

Happy Birthday to Charlotte L 30th,  
Madelyn 6<sup>th</sup>, Ben 9<sup>th</sup> and Parker 13th.

We hope you all have an  
awesome day celebrating.

## Annie's Hours

Mon to Thur

8:30am to 12:45pm

Fri

8:30am to 12:30pm



## Police Vetting

If you are intending on being a parent help at school events or camps, can you please come and collect a police vetting form from Annie.

All volunteers who work with and around our children require a police vet. This also includes coaching sports teams for our school.

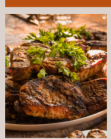
If you have previously had a police vet done by Kaikōura Suburban School, **please be aware they only last three years** so you may require another one.

Please note: These can take up to 20 working days to be processed.

## HEALTHY HEATER



Place your leftovers in a named heat-proof or tin foil package and your tamariki will have a warm lunch to enjoy on a cool day.



To be enjoyed during all of Term 3



## KAIKŌURA WHALE RUN

SATURDAY 6TH SEPTEMBER 2025  
@ KAIKŌURA SUBURBAN SCHOOL



5K | 12K | 21K

Run or walk + Kids Marafun

COME ALONG AND SUPPORT OUR  
ANNUAL SCHOOL FUNDRAISER!



## Uniform

Uniform can be ordered through our school website at any time.

To order, go to

[www.kaikourasuburban.school.nz](http://www.kaikourasuburban.school.nz) and click on the 'For Whanau' link. In the dropdown menu, click on uniform shop. After you pay online, you will be notified when items are available.

# What's Happening



## School Bus Reminder

If your children is going to be collected from school rather than going on the bus, please call Annie before 12:30pm.

## Attendance Matters

Please let Annie know by 9:00am if your child will not be attending school. You can do this via HERO, Skool Loop App, email or phone.

If you or your child are running late, please check in with Annie before heading to class.

## Kaikōura Suburban School

Thanks to the below businesses for sponsoring our school app:



If you would like to



the Kaikōura Suburban School  
Skool Loop App please email [Content@skoolloop.com](mailto:Content@skoolloop.com)

advertise on

To download our app: In Google Play & App Store search 'Skool Loop' & choose School once installed.

## School Policies & Procedures

All of our school policies are online. Every policy and procedure comes up for review every three years to ensure they stay current. You can view all of these by logging in with the below details.

<https://kaikourasub.schooldocs.co.nz/Logon.aspx?ReturnUrl=%2f>

Login: kaikourasub  
Password: fyffeforce

## Policies for review in Term 3

- Child Protection
- Abuse Recognition and Reporting
- Food and Nutrition
- Safety Checking
- Police Vetting
- Missing Student Procedures



# Community Notices

**ART NIGHT**  
FRIDAY 22nd AUGUST 6pm

PAINT YOUR OWN  
**CERAMIC COASTERS**  
OR HANGING HEARTS  
with **MARY ASHWELL**

← Create your own coasters similar to these!

**EMPORIUM BREWING**

ALL AGES WELCOME!  
ONLY \$25  
BOOKINGS ESSENTIAL

**ENTRIES NOW OPEN!**

**TUS SOCK RUN**

**Sunday, 24 August 2025**  
[www.tussockrun.co.nz](http://www.tussockrun.co.nz)

**SPARKLE**  
*in the park*

**WEDNESDAY 27<sup>TH</sup> AUGUST**  
6.30 pm GARDEN OF MEMORIES,  
(OPP MEMORIAL HALL)

**FREE COMMUNITY EVENT**

COME AND CHECK OUT THE LIGHTS AND GLOW DISPLAY  
ENJOY A FREE SAUSAGE SIZZLE.  
WEAR SOME GLOW IN THE DARK CLOTHING IF YOU FANCY  
ALL AGES WELCOME!



| MAYFAIR MOVIES & EVENTS                    |             |           |                   |                   |           |            |           |
|--------------------------------------------|-------------|-----------|-------------------|-------------------|-----------|------------|-----------|
| 21-27 AUG 2025                             | THURS<br>21 | FRI<br>22 | SAT<br>23         | SUN<br>24         | MON<br>25 | TUES<br>26 | WED<br>27 |
| THE NAKED GUN<br>M 85MINS                  | 4.30PM      | 3.45PM    | 12.30PM<br>8.00PM | 12.30PM<br>5.30PM | CLOSED    | 2.00PM     | 4.45PM    |
| RELAY<br>M 122 MINS                        | 6.45PM      | 4.45PM    | 5.30PM            | 7.40PM            |           | 1.30PM     | 7.30PM    |
| WEAPONS<br>R16 128 MINS                    | 7.00PM      | 7.20PM    | 7.10PM            | 7.00PM            |           |            |           |
| THE FRIEND<br>M 119MINS                    | 1.30PM      | 1.00PM    | 2.45PM            | 2.45PM            |           | 4.10PM     | 2.00PM    |
| FREAKIER FRIDAY<br>PG 111MINS              | 4.15PM      |           | 1.00PM            | 4.20PM            |           | 4.30PM     | 4.00PM    |
| FANTASTIC FOUR - FIRST STEPS<br>PG 114MINS |             |           |                   | 1.30PM            |           |            |           |
| F1 THE MOVIE<br>M 155 MINS                 |             |           | 3.45PM            |                   |           |            |           |
| NZ MOUNTAIN FESTIVAL 120MINS               |             |           |                   |                   |           |            | 7.00PM    |
| NT LIVE: A STREETCAR NAMED DESIRE          |             | 6.00PM    |                   |                   |           |            |           |

## Her courage SPEAKS EVENT

### From Pain to Purpose

Join us for a transformative and uplifting evening, gaining inspiration, strength, and practical insights as Michelle & Carol share their raw, personal journeys.

- **From Wheels to Dancing:**  
Survival, recovery & reinvention after a life-changing accident
- **The Strength to Leave:**  
Healing after loving an alcoholic & letting go of unhealthy love



**SATURDAY  
AUGUST 30  
7-9PM**  
THE UPPER ROOM  
KAIKOURA  
**\$25**  
INCLUDES  
SWEET TREAT

**Gather your girls for a wine, a night out, and an evening of inspiration.**

Join us for a transformative event filled with connection, courage, and empowerment. While you relax with a drink & a sweet treat, you'll hear from two incredible women who have faced life's toughest challenges and emerged stronger. Through raw and inspiring storytelling, they'll share the lessons they've learned, offering hope, strength, and a renewed sense of purpose.

Michelle, a passionate dance teacher, was hit by a truck—an event that changed everything. She will share how she navigated the physical and emotional challenges of recovery, the role movement and mindset played in her healing, and how she transformed her pain into purpose, rebuilding her life and career in a whole new way. Her story is for anyone who has ever had to rebuild after an unexpected life-altering event, whether due to injury, illness, or circumstances beyond their control.

Carol will open up about the realities of loving someone suffering from alcoholism and the courage it took to walk away. Through her journey, she reveals the emotional toll of staying, the strength it took to leave, and the practical steps she took to rebuild her confidence, identity, and life on her own terms. Her journey speaks to anyone who has ever been in a difficult relationship, offering hope and guidance for reclaiming happiness and self-worth.

After the talks, we will have a Q&A session followed by time to relax with a sweet treat, mingle, and connect with like-minded women—glass in hand—while enjoying an acoustic set from JP Vocals.

**Come, be inspired, uplifted, and reminded of the power of your own story. Leave with the courage to embrace all that you are and all that you can become.**



# Community Notices



New Zealand  
**CLEAN UP** Week  
19-25 SEPTEMBER 2025

KEEP NEW ZEALAND BEAUTIFUL

Online registration opens 1st July 2025  
[knzb.org.nz](http://knzb.org.nz)

SUNTORY OCEANIA W



Te Kura Tuarua o Kaikōura  
Kaikōura High School

**Community Service DAY!**

Wed 10<sup>th</sup> Sept  
10-1pm

*Giving back to our community*

If you have odd jobs that our students can support you with, contact Mel McNabb.  
[mmcnabb@kaikourahigh.school.nz](mailto:mmcnabb@kaikourahigh.school.nz)  
03 319 5138 (ext 203)

**FIRST AID TRAINING**

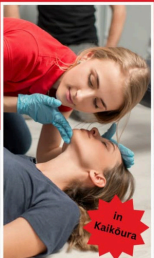
Monday 15<sup>th</sup> Sept 9am-5pm | Tuesday 16<sup>th</sup> Sept 9am-1pm

1.5 day full NZ First Aid Certificate  
1 day Foundation  
1 day Revalidation

**CONTACT US**  
Renee Wood  
[kaikoura@reapmariborough.co.nz](mailto:kaikoura@reapmariborough.co.nz)

TE HĀ MĀTAURANGA Learning in Kaikōura

PRIME MED



**REVALIDATION FIRST AID COURSE**

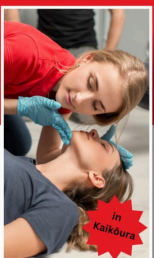
Wednesday 17<sup>th</sup> September 9am-5pm

Must hold a current first aid certificate that is less than 3 months expired  
Cost: \$193.50  
NZQA unit standards: 6402, 6401

**CONTACT US**  
Renee Wood  
[kaikoura@reapmariborough.co.nz](mailto:kaikoura@reapmariborough.co.nz)

TE HĀ MĀTAURANGA Learning in Kaikōura

PRIME MED



**KIDZ KLUB**  
FUN • FREE • FRIENDLY

**WEDNESDAYS**  
3:00 PM - 4:30 PM

AFTERNOON TEA PROVIDED!

GAMES  
CRAFTS  
STORIES  
ACTIVITIES

HELD AT ANGLICAN CHURCH HALL, TORQUAY ST.

Sponsored by St Pauls Presbyterian Church

FOR INFORMATION EMAIL: [STPAULSKAIKOURA@GMAIL.COM](mailto:STPAULSKAIKOURA@GMAIL.COM)



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

**Courses Supporting Parents**

**Your Partner in Raising Great Kids!**

We know raising awesome kids isn't easy and you don't always have hours to spend on parenting books. That's why we created a set of **five short, to-the-point courses** (in audio and written form) aligning to the Empowering Tamariki Programme, delivered in Primary Schools. Our parent courses help you tackle the tough stuff with confidence.

**Our courses cover:**

- ✓ Dealing with bullies
- ✓ Encouraging good manners
- ✓ Managing big emotions
- ✓ Teaching leadership & character; and
- ✓ Keeping kids safe from strangers

The courses are simple, supportive, and super practical, parenting help that fits your life.

**Let's raise Respectful, Resilient kid's together!**

Get started now:  
[www.empoweringtamariki.co.nz/parents](http://www.empoweringtamariki.co.nz/parents)



**Tamariki O Kaikōura SCHOOL HOLIDAY PROGRAM**

**September school holidays Monday 22<sup>nd</sup> Sept - Friday 3<sup>rd</sup> Oct**

**Spaces available! Get in quick! Contact us for an enrolment form.**

**Contact information:**  
Program director:  
Jill Prebble - Email: [tamarikiokaikoura@gmail.com](mailto:tamarikiokaikoura@gmail.com)

| Week 1                                                       |                                        |                                                              |                                                       |                                                    |
|--------------------------------------------------------------|----------------------------------------|--------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------|
| Monday 22nd                                                  | Tuesday 23rd                           | Wednesday 24th                                               | Thursday 25th                                         | Friday 26th                                        |
| Games / Sports day<br>Lunch at Gooch Beach<br>Beach clean up | Museum<br>Lunch at the Whale Bone park | Mini golf<br>Lunch at Coopers beach                          | Craft morning<br>Lunch at School<br>Dolphin Encounter | DOC morning<br>Lunch at School<br>Movies afternoon |
| Week 2                                                       |                                        |                                                              |                                                       |                                                    |
| Monday 29th                                                  | Tuesday 30th                           | Wednesday 1st                                                | Thursday 2nd                                          | Friday 3rd                                         |
| Craft morning<br>Lunch at School<br>Dolphin Encounter        | Mini Golf<br>Lunch at Coopers beach    | Games / Sports day<br>Lunch at Gooch Beach<br>Beach clean up | Museum<br>Lunch at the Whale Bone park                | DOC morning<br>Lunch at School<br>Movies afternoon |

**Base and times**  
We will be basing ourselves out of the Kaikōura Primary School Hall.  
\$40 per day  
Drop off between 8.30 - 9am  
Pick up between 3 - 3.30pm

Find us on Facebook  
**Tamariki O Kaikōura**





# Community Notices

**HIPPY**  
Home Interaction Programme  
for Parents and Youngsters

Literacy, numeracy,  
hands on activities, problem  
solving and more

For More Information Contact:  
Biddy Percy  
HIPPIY Coordinator Kaikōura

027 329 8180  
biddy.percy@greatpotentials.org.nz

Enrolling now



## KAIKOURA GOLF CLUB SPRING TOURNAMENT

SUNDAY 31<sup>st</sup> August, 2025

18 HOLES

11.30am START

CANADIAN FOURSOMES

MIXED AND MENS PAIRS

ENTRY FEE \$20.00 PER PERSON

enquiries to  
info@kaikouragolf.co.nz  
Phone: (03) 319 5628



**BRIGHT STUDIO**  
After School Art  
Term 3  
Kaikōura - Scout Hall

4pm - 5:30pm Thursdays

**Pet Draw + Paint**  
4 weeks \$85  
Artists will use their own pet or favourite animal for inspiration and create a funky pet portrait. Then the artists will work with acrylics and paint markers to produce a colourful pet portrait painting.  
July 24<sup>th</sup>, 31<sup>st</sup>  
August 7<sup>th</sup>, 14<sup>th</sup>  
Ages 5-14 years

**Designer Dragons**  
4 weeks \$85  
Artists will be drawing and designing their own magical dragon characters. Then using metallic watercolours and pens to create fantasy illustrations. Their designs will be the inspiration for creating a mini dragon sculpture.  
August 21<sup>st</sup>, 28<sup>th</sup>  
Sept 4<sup>th</sup>, 11<sup>th</sup>  
Ages 5-14 years

Get in Early Deal: Book 8 weeks and pay in advance for only \$160  
Book your place by sending a Facebook message or text 02040826838

**WOMEN & WINE**

KAIKOURA SQUASH CLUB



5 WEEKS STARTING 18 AUGUST  
6-7PM

\$50 INCLUDES EQUIPMENT AND WINE  
(OR OTHER DRINK OF CHOICE!)

**JAWS**  
50TH ANNIVERSARY



**THE MAYFAIR**  
ONE WEEKEND ONLY  
AUGUST 29<sup>TH</sup> - 31<sup>ST</sup>

**Mat Pilates**  
Everybody welcome, no experience needed

Wednesday 9:15-10 am with Tamara

Soul Studio, 40 West End  
Text: 0274820820 with any questions

**YOGA WITH KATHY**

Monday 6pm  
Hatha

Tuesday 11:30am  
Hatha

Friday 12pm  
Yin

40 WEST END KAIKOURA, SOUL STUDIO.  
MATS AVAILABLE. CONTACT KATHY ON 0274222082  
WITH ANY QUESTIONS.

*Come Line Dancing*

When: Tuesdays 10am - 11am  
Where: Memorial Hall  
Cost: \$5.00 inc a Cuppa & Cake

FOR THOSE WHO WANT TO  
JUST LISTEN TO THE MUSIC OR  
MAKE A GENTLE START TO  
LINE DANCING

