

**Community Notices – Ngā pānui a te hapori**

(Notices placed here are contingent on space and do not reflect the views or opinions of the school.)

**Studio One Performing Arts**

your local dance school, is currently giving Ballet (R.A.D.), Jazz and Contemporary (A.P.D.A) lessons in your area. The school's director is teacher, choreographer & ex-ballet dancer Patricia Paul A.R.A.D. (London). Ballet lessons from 3 years through to Advanced, and all levels in Jazz starting from age 7, and Contemporary starting from age 11. For all enquiries and a FREE trial class please phone 0220 344 342 or email [info@studioone.co.nz](mailto:info@studioone.co.nz)



**POUAKAI 2023 HOME SCHEDULE**

- SUNDAY, 16 JULY, 2PM  
MAINLAND POUAKAI VS WHAI
- THURS, 27TH JULY, 7:30PM  
MAINLAND POUAKAI VS SOUTHERN HOHO
- WEDNESDAY, 9TH AUGUST, 7:30PM  
MAINLAND POUAKAI VS SOUTHERN HOHO
- SUNDAY, 20TH AUGUST, 3PM  
MAINLAND POUAKAI VS NORTHERN KAHU
- SUNDAY, 27TH AUGUST, 3PM  
MAINLAND POUAKAI VS WHAI
- THURSDAY, 31ST AUGUST, 7:30PM  
MAINLAND POUAKAI VS TOKOMANAWA QUEENS

TICKETS AVAILABLE AT TICKETEK.

JOIN US AT THE KIOSK TO HEAR ABOUT

# Climate Action Campus

July 27th, Thursday  
6 PM to 8 PM

**27**

THURSDAY, JULY 27, 2023 AT 6 PM – 8 PM  
**Green Drinks X Climate Action Campus**  
Christchurch Botanic Gardens

**DRAMA CLASSES** – The Canvas Bag Drama School South Brighton is now taking enrolments for term 3, 2023. Ask about a free trial class.

Drama gives children a chance to develop imagination and confidence in a playful social environment.

Experience leadership, comedy, improvisation, costumes, laughter, friends, and wrap it all up with a fabulous performance in term four.

All of our tutors are qualified teachers. Classes run on Thursdays:



- 5 to 7 year olds – 3:30
- 8 to 9 year olds – 4:30
- 10 to 11 year olds – 4:30
- 12 years to teen – 5:30

Sign up for term 3 and be part of our wonderful term 4 show. For more information please email [info@canvasbag.nz](mailto:info@canvasbag.nz) or Contact Gina Fowler 022 351 2519 or visit our website [www.canvasbag.nz](http://www.canvasbag.nz)

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## EVENING WITH THE PARK RANGERS

**15th August 2023  
4.30pm to 7.00pm  
Climate Action Campus  
180 Avonside Drive**

**Come and spend an Evening with the Park Rangers during Conservation Week. Meet the Park Rangers and learn about their role in Ōtautahi Christchurch**

**Spotlighting in the Red Zone - Roasting Marshmallows - Quiz  
Garden Soup & Damper Bread - Treasure Hunt - Leaf Rubbing  
Make Traps for Pest Control - Conservation Mini Documentaries - Food Trucks**



**Christchurch Envirokids**

## UPCOMING EVENTS

# JULY

WHEN? Anytime from 10AM - 1PM  
WHERE? Kiosk in the Christchurch Botanic Gardens

**FREE**

- 1** Matariki Upcycle Lantern Workshop (2 weekend event)  
Envirokids, Creative Junk, and Richmond Community Garden are teaming up to make some Matariki lanterns. Richmond Community Garden has plenty of events on to celebrate Matariki that you can bring your lanterns along to.
- 8** KidsFest
- 15** Make Your Own Boat Using Natural Materials  
Join us for boat making from natural materials, learning about density, and a nature scavenger hunt for KidsFest!
- 22** Plastic Free July: Plastic Free Sea Creatures Upcycle Workshop  
We are focusing on a plastic free sea - with a fun spin on sea creatures!
- 29** Make a Tunnel Track with Predator Free Port Hills  
Come learn about NZ predators and take home a tool you can make to track what predators are near your home.

For more information @ChchEnvirokids

*From Bellies, Babies to Tweens*



## BUY & SELL PRE-LOVED MARKET

# SUNDAY 23 JULY

## 9AM-12PM

**MATERNITY BABIES KIDS**

**PAPANUI RSA  
55 BELLVUE AVE**

**fbbtmarket@gmail.com**







## Play Baseball in Christchurch

Sponsored by the **Christchurch Astros** 2023/2024

The Christchurch Astros are looking for neighbourhood teams to play in the upcoming 2023/24 season

Start your own neighbourhood team ([astrosbaseball.co.nz](http://astrosbaseball.co.nz)) and we will help you coordinate competitive games against teams from around Christchurch. If you cannot find enough players for a team, the Astros can help with the combination of programmes near to you.

- Starting school term 4
- Age groups ranging from 5 - U18
- No prior experience needed
- Limited coaching sessions available to help get started
- Equipment available for competitive games
- Practices to be held locally but games occur bi-weekly at Ansonhead Park

Please register your interest by emailing: [christchurchastrosbaseball@gmail.com](mailto:christchurchastrosbaseball@gmail.com)  
[www.christchurchbaseball.co.nz](http://www.christchurchbaseball.co.nz)



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# Unwell?

**Your local pharmacy can help with advice, medicine or referral for minor health conditions.**

 Acute diarrhoea	 Headlice
 Dehydration	 Pain and fever
 Eye inflammation and infections	 Eczema/dermatitis
 Scabies	 Minor skin infections

This Winter, Te Whatu Ora is funding advice, and if needed, medicine for minor health conditions at participating community pharmacies in specific areas across the motu.

For eligibility criteria and more information visit [www.tewhatauora.govt.nz/go-well](http://www.tewhatauora.govt.nz/go-well) or talk to your pharmacist.



Te Kāwanatanga o Aotearoa  
New Zealand Government
**Te Whatu Ora**  
Health New Zealand

**Are you needing a bit of help and support?**  
If so, check out our website for more information



Have a chat to a qualified Paediatric Sleep Consultant today

- Sleep training
- Sleep chats
- Parenting chats
- Ebooks
- Free sleep resources

Face to face, online, phone and text packages available

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



## STAR CERTIFICATE

The star with the coordinates  
RA: 13h23m49.65s DEC: -61°04'53.5"  
was successfully entered into the star-naming registry on 15/03/2019  
The star has been named

### Nga whetu o Rāwhiti

The Stars of Rāwhiti

On the darkest day in our City, you all shone brightly  
- You are the real stars for our Tamariki!

REGISTRATION NUMBER  
21259-1384-8321198





