



Rai Valley Area School

Newsletter



Rai Valley Area School
**Growing and Learning
Towards a Great Future**

Phone: 03 571 6016
Email: office@rai.school.nz
www.rai.school.nz

Rai Valley Area School

Newsletter

Issue No.14 | 15th November 2024

Tumuaki's Report



Kia ora koutou

The end of the school year is now a little over 3 weeks away. Our NCEA students are also halfway through their examinations. At the beginning of this term, we were fortunate to run a defensive driving course for some of our year 12 and 13 students. This was generously funded by REAP.

The Leo Club led by Ella Jenner ran a successful quiz night and raised over \$2000 for community projects and school sports. They have also run a food drive for donations towards the Community food pantry. Thank you to everyone who has donated to this cause. The Year 9 and 10 form classes won the competition for the highest percentage of donated items.

It is pleasing to see the uptake of weekly summer sports. We have a secondary Volleyball team entered into the Monday night Nelson competition and 5 touch teams playing in Blenheim on Wednesday or Thursday evenings. Recently Jess Massey took 2 teams to the Marlborough Kai-o Rahi Tournament. There is a year 9&10 tournament coming up in Nelson and we also have a volleyball tournament at the beginning of December

Our Details:

Rai Valley Area School

6700 SH6, RD 2 Rai Valley

Marlborough 7192

Telephone: (03) 571 6016

Email office: office@rai.school.nz

Web address: www.rai.school.nz

Our People:

Principal: Maree Furness

Primary Leader: Karen Davies

Secondary Leader: Dan Waldie

Primary Senco: Jennie Brook-Watt

Secondary Senco: Eli Briasco

Learning Support Coordinator:
Theresa Sheppard

Executive Officer: Christine McDonald

Receptionist: Pauline Agnew

Caretaker: Shane Dearman



Tumuaki's Report con't



Over the past few weeks, Markos has been coming in weekly for skills training on Wednesdays. I appreciate the additional coaching support. Congratulations to Keegan Quirk who was selected for the Kahu Basketball Academy team and played Auckland as part of the SAS Australasian Slam Tournament over Labour weekend in Basketball in Auckland.

Congratulations also to Amy Billingsley who has been chosen for the Nelson Football under 17 team and is training for Nationals early in 2025

This term we have two teachers-only days, this gives teachers time so that staff can work on planning for 2025 and work with external providers together. The Ministry of Education has finally released the new Mathematics and Statistics curriculum for Years 1-8 and the English curriculum for Years 1-6.

Highlights in the next few weeks include a Kiwi-can Wet and Wild session on Friday 29th November and Pelorus Cluster Top Team on Thursday 6th December. Prizegiving at 6.30 pm on Monday 9th December and the final day is Tuesday 10th December. Kiwi Can Wet & Wild 29th November

Kia ora koutou

Maree

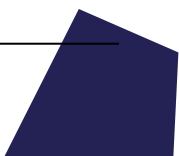


I chose to do a dolphin because it has been my favourite animal since I was little and I

love the water which reminds me of dolphins and how playful they are.

My choice of colours were because they looked bright and playful. They complimented the dolphin nicely and the shape of the cut out was just a fun shape and like water ripples.

I did big and small dots to fill in the gaps and I chose the way the dots go because it looked fun and didn't overpower the dolphin. BELLA HICKSON



Secondary News



We have had a wonderfully quiet period with the Year 11-13 students in and out for external assessments. It has been encouraging to catch up with many of the students once they have left the exams and share in the reserved, but also deserved, positivity they have had. We have also been able to use this time to accommodate those students who were seeking extension tasks and taking advantage of the opportunity to work alongside them, and help them build towards their future pathways, has been a real privilege.

In years 7-10 we have also had an opportunity to see students step up and take a bit more time in the limelight. They have kept themselves busy involved in sports and activities at lunchtime and after school. We have had the Makos in, sent various teams off to touch and ki-o-rahi so it has continued to be a busy term.

As we look forward to 2025, we are already building up our plans for the year, with course booklets and options being finalised as well as looking at ways we continue to build community spirit within the school.

2025 is shaping up to be an epic year and we all look forward to leading the charge alongside you all.

nga mihi
Dan Waldie



Parrot by Erin MacKenzie



Haast Eagle by Sophia Wiesner



Little Bush Moa by Erin MacKenzie



NMIT TRADES 2024 NMIT TRADES 2024 **NMIT TRADES 2024** NMIT TRADES 2024 NMIT TRADES 2024



NMIT Trades Academy 2024 has seen a small group of our senior students head to either Blenheim on a Thursday or Nelson on a Friday to take part in their chosen field of interest.

This is the 3rd year in a row one of our Rai Valley students has come top of their class. This year was the Carpentry course. Well done Ella Jenner.

These students also completed the year at their selected trade course, Lawrence Stewart - Gamification, Dylan Aldridge - Mechanical Engineering, Seth Staples - Aeronautical Engineering, Bayley Hickson - Beauty, Ella Dow - Automotive Engineering.

Great effort





Greetings everyone,

It is hard to believe that there are only 3 weeks and a couple of days left of our school year. Primary and secondary teachers are busy with TOD's that help us discuss and understand the new government changes to our English and mathematics curriculums. The first of these being this Friday.

Primary teachers are also spending many hours drawing together a comprehensive report for your children to bring home to you in the last few days of school. A lot of thought always goes into these. It also helps all teaching staff with the transition of students from one year level to the next, in readiness for starting the new learning year.

As part of the Pelorus Cluster events we here at Rai, are due to host our last event, which is our Top Team event to be held here at school on Thursday 5th December. All students from Canvastown, Havelock, Linkwater and Waitaria Bay will join us for a great day of games and fun activities in a mildly competitive way.

Previously Sport Tasman and then Mr Wilson have had the coordination of this event, but this year it will fall to me. I am mostly underway with the organisation and some additional teaching staff will help me. On the day, Thursday 5th Dec, it would be great to have some volunteers to help cover the 12 different activities that will be happening simultaneously so I would love to hear from you. Please contact me through the office, email or text and I will get an info pack out to you next week.

Teachers are also discussing academic and sporting achievements of our students at present. We need the return of any end of year trophy your child may have received last year, so we can get the engraving completed in readiness for this year's prize giving. Please return these to the school office as soon as possible.

We are always hoping that the weather has picked up at this time of the year, so children need a sunhat at school everyday and to wear this when outside playing. Sunblock each morning is helpful. We can help with both at school but their own is best. Togs can come to school regularly now also as we try to get in a swim most days when the weather is hot and sunny. The ability to float will be a focus for us while we have young students in the pool. Practising this in the family bath is great for the youngest members at our school.

Looking forward to seeing lots of families at our prize-giving. Please put Monday 9th Dec on your calendar.

Regards,
Karen Davies
Head of Primary Syndicate
and AP.



Seagull by Erin MacKenzie





KAITIAKI CLUB



We have had our first ever Kaitiaki meeting this week. Sarah and Abby from Te Hoiere project taught us about tracking tunnels and traps. We had a go at building our own tracking tunnel to see what kind of pests we have around school. We've got some big plans around predator control, improving our natural environment and helping with local sustainability projects. Watch this space to find out how you can get involved.



GROUP DAY 2024 RESULTS

GOAT

Open Best Feral : 1st MADISON COUPER

Open Best Fibre : 1st MADISON COUPER

LAMBS

Senior Ringcraft / Best Pet : 3rd ANNIE JONES

Senior Care / Knowledge : 3rd ANNIE JONES

Open Best Breeding Ewe for Prime Production : 2nd ANNIE JONES

CALVES

Middle Ringcraft / Best Pet : 2nd KIERA FENTON

Middle Care / Attention : 2nd KIERA FENTON

Dairy Light : 3rd KIERA FENTON





KIWI CAN – IMPORTANT UPDATE



Kia ora e te whānau – greetings to all families of our Kiwi Can kids,

We wanted to update you about some changes at Graeme Dingle Foundation Marlborough that affect Kiwi Can at **Rai Valley School**.

As we're sure you're aware, the tough economic climate and rising costs are hitting us all here in New Zealand, us included. Unfortunately, the tough times have had a big impact on us as a local charity, and we have reluctantly been forced to make some cuts to staffing and programme delivery for now.

Kiwi Can will continue at your school, just on a fortnightly basis, instead of weekly – but as action-packed and impactful as ever! Your child's Kiwi Can Leaders for Term 4 will be **Dan and Zarya**.



Dan



Zarya



This is obviously a challenging time for us here at Graeme Dingle Foundation Marlborough and for our staff team and we appreciate your understanding.

However, like we teach your children in Kiwi Can, resilience is all about "coping with challenges and bouncing back". Rest assured, as an organisation, we're resilient! We're also 100% committed to continuing to meet the needs of the young people of Marlborough - and to building back up when better times allow.

Ngā mihi nui

Kelvin Watt, General Manager, Graeme Dingle Foundation Marlborough



RVAS Navy Soft Shell Jackets In Stock now \$70 each from the office



THE KIWI CAN CORNER



Integrity / Pono

In Kiwi Can for Term 4 our theme is integrity – or **doing the right thing, even if no one is watching!**

We'll break this down into three modules – learning lots about:

- ★ **Honesty**
- ★ **Reliability**
- ★ **Responsibility**

We'll share more about what we do as we go along. Stay tuned!

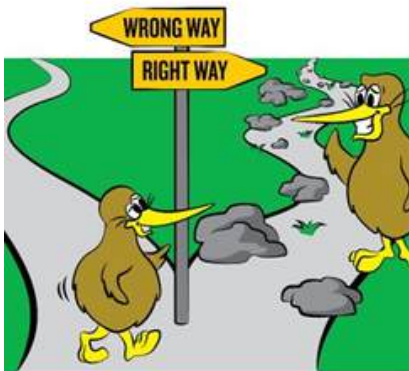
Talking about these ideas at home help reinforce the learning, and help connect it within a context of whānau and community.

Why not have a chat about with your child about:

- what integrity means to you and your whānau?
- a time when they did the right thing (and showed integrity)
- a time when you did the right thing, even when it was hard?
- someone you admire for their integrity?



Follow [@GraemeDingleFoundationMarlborough](https://www.facebook.com/GraemeDingleFoundationMarlborough) to stay up to date



Integrity

Pono

Means doing the right thing.





Integrity *Pono*

Means doing the
right thing.

THE KIWI CAN CORNER

Integrity / Pono



In Kiwi Can this week we're moving on to learning more about **reliability**. With our juniors we distil this down to the idea of "doing what we say we'll do". With older tamariki we're exploring more about how "doing what we say we'll do" influences how much others trust us – and why.

Some conversation starters for this week...

- ★ What qualities do you think make someone trustworthy? How do those qualities relate to being reliable?
- ★ Have you ever had to earn someone's trust? What did you do to show that you were reliable?
- ★ What do you think it means to be someone others can count on? And how does it feel when someone is reliable for you?
- ★ What can we do if we forget to do something we promised?
- ★ Who is someone in your life that you think is super-reliable? Why?
- ★ What are some of the ways you can show you are reliable when you are in a team?
- ★ How does reliability relate to integrity?



Follow [@GraemeDingleFoundationMarlborough](https://www.facebook.com/GraemeDingleFoundationMarlborough) to stay up to date



Student Absence / Buses / After School Arrangements / Students arrive late / Parent deliver or collect students

Could you please notify Pauline, when required as soon as possible, at the school office regarding above issues with a reason, either by phone (03 5716 016) and leave a message or by email (office@rai.school.nz) or personally to the office.

This allows up-to-date recorded information for emergencies.

If students are late at school or leaving during school hours: Parents need to sign in or out at the school office.

Thank you in advance.
Pauline





Up & Coming Key School Dates for 2024

Friday 15th November	T4W5	TEACHER ONLY DAY - ALL
Monday 25th November	T4W7	TEACHER ONLY DAY - ALL
Thursday 28th November	T4W7	Y9-10 Ki-O-Rahi
Thursday 28th November	T4W7	Volunteers Morning Tea
Friday 29th November	T4W7	Kiwi Can Wet & Wild
Thursday 5th December	T4W8	Pelorus Cluster Top Team @ Rai Valley
Friday 6th December	T4W8	Junior Volleyball
Monday 9th December	T4W9	Prize Giving - WHOLE SCHOOL
Tuesday 10th December	T4W9	Term 4 ENDS



Huias by Amy Billingsley



Pigeon by Bill Partridge





Christmas Hams!

All funds raised go to support the Graeme Dingle Foundation programmes in Marlborough.

Helping thousands of Marlborough young people!



Scan to order

Order your free-farmed ham for \$84 AND support Marlborough youth!

Orders close Tuesday 3rd December

Collection: Tuesday 17th December
4.00-6.00pm
"Dingle HQ", 19 George St, Blenheim



www.bit.ly/GDFXmas2024
or scan the QR code above



Penguin by Elin Kiddey

Child car restraints information to Whanau

International best practice recommends the use of an appropriate child restraint (or booster seat) until your child reaches 148 cm tall.

Under New Zealand law, all children under seven years of age must use an approved child restraint appropriate for their age and size. Children aged seven must be secured in a restraint if one is available in the vehicle.

If you are unsure of the child restraint rules, or if your car seat complies, or if you are unsure about how any child restraint should be fitted in your car you can contact Emma on 027 390 0767 to make an appointment for advice.

This is a free service offered in our community by the Marlborough Car Seat Safety group and the Marlborough District Council.



FREE

Car seat checks

Whanau, parents & caregivers

Book an appointment to get some friendly, non-judgmental car seat help and advice. Car seat checks are **FREE**, helping keep our tamariki safe.

Contact Emma on
027 390 0767 to book

Tuesdays, 9.00am - 12.00pm
(Time slots are allocated when booking)

Redwoodtown Plunket Rooms
Oliver Park, Bytheft St, Blenheim



Smoking/Vaping



Reducing vaping harm for young people information sheet



Kia ora we are the Stop Smoking Service for the Nelson Marlborough area. We support people who want to quit smoking and/or quit vaping. Our service is free and confidential.

Free benefits include:

- Grocery vouchers to reward your efforts
- One-on-one support with your own quit coach
- Flexible appointments
- Nicotine replacement therapy



We know that quitting is hard – this service is designed to give you the best chance of quitting and staying smokefree and/or vape-free.

We know that navigating the constantly changing landscape around vaping is difficult. Please reach out to us if you would like access to the latest information and resources.

We look forward to hearing from you.

Email: smokefree@nmdhb.govt.nz

Phone: 0800 667 665 (0800NOSMOKE)

www.smokefree.org.nz



Can we help?

Nelson/Tasman

pamela.mccarlic@nmdhb.govt.nz

Wairau

paula.kole@nmdhb.govt.nz



Devices & sleep

Sleep an important piece of learning puzzle



Improve Your Child's School Performance With a Good Night's Sleep
Sleep good sleep contributes to better school performance. Learn how to improve sleep and enhance academic achievement for children and adolescents.

Sleep deprivation and mental health issues among teens spiked after 2012 – just as smartphone use became more common



Health New Zealand
Te Whatu Ora



Challenges Families Face

Challenges Families Face

Mana Ake



Marlborough Lines
Energising Marlborough's Future

Lights Over Marlborough

Fire Works

spectacular

Sat, Nov 16

A WHITNEY STREET SCHOOL FUNDRAISER

From 6.00pm (Gates open at 5.30pm)
A&P Park, Maxwell Road

(Postponement Day: Sunday November 17, 2024)

Admission: Adults & Children 5 & over: \$10
Family of Five: \$40 / Children under 5: FREE

For more information go to facebook.com/LightsOverMarlborough

MAJOR SPONSORS:



Whitney Street School



Barnardos

Incredible Years Parenting Programme



Salvation Army Building -
Cnr of Arthur & George
St, Blenheim



Wednesday 19 February -
Wednesday 11 June 2025



(A two-week break occurs
during school holidays.)

5.30pm - 8pm

This course is suitable for parents/carers of children aged three-to-eight years.

Incredible Years is a free 14-week programme for parents and caregivers of children aged three-to-eight years old, to grow their positive parenting skills.

It provides practical help and support focused on:

- enhancing children's social skills
- child-led play
- using praise and enhancing positive behaviours
- establishing routines
- setting clear rules and boundaries.

The purpose of this course is to resource parents and caregivers with tools to understand their children's behaviour and development, promote positive parenting and healthy communication within the family.

If transport or childcare is a barrier, please let us know as we may be able to help with this.

If you would like any more information please contact Barnardos.

 22 Queen Street, Blenheim
 barnardos.org.nz

 blenheim@barnardos.org.nz
 03 578 6491

COMMUNITY VACCINATION CLINICS

Two events upcoming:

MARLBOROUGH YOUTH TRUST
REDWOOD ST
THURS 21ST NOVEMBER 3-7PM

CROSSROADS
REDWOOD ST
THURS 28TH NOVEMBER 3-7PM

**Come along and find out if you are fully protected
Scan the QR code to register your interest**



Register and get vaccinated
on the day to go in the draw to
win a YOUKNOW hoodie* of
your choice.

*4 hoodies
up for grabs.
Tamariki to Adults sizes



HOT DRINKS

PRIZES

GAMES

KAI

For more information please call
Public Health Nurses Wairau - 03 520 9914



FUNDRAISING ORDER FORM

RAISING MONEY FOR RVAS SPORTS FEES

\$22



CHOCOLATE CHIP



APRICOT CHOCOLATE



CRANBERRY WHITE CHOCOLATE



SALTED CARAMEL



CHOCALICIOUS



BRANDY SNAP WHITE CHOCOLATE



BUMPER BROWNIE BITES

\$20



GLUTEN FREE CHOCOLATE CHIP

Name: _____ Classroom #: _____

Full Name	Address	Phone	Chocolate Chip	Apricot Chocolate	Cranberry White Chocolate	Salted Caramel White Chocolate	Choccalicious	Brandy Snap White Chocolate	Bumper Brownie Bites	Gluten Free Chocolate Chip	Money Collected	PAID ✓

- 1 Collect Orders & Payments
- 2 Submit Orders & Payment to the fundraising coordinator at your school or community group
- 3 Cookies will be delivered to your school, community group or designated drop off point from 2 December 2024
- 4 Deliver to your customers



Please have payment ready. Payment due by: **20th November 2024**
 CASH Bank Transfer - Account #: **12-3165-0348666-000** RVAS Reference: **XMAS COOKIES**
 Drop orders to Rai Valley Area School office or email Renee renee@rai.school.nz

COOKING TIME FUNDRAISER NOW ON.

We are raising money to help families subsidize sports fees, so please help by buying a bucket or 2

You can find an order form in this newsletter.



Harakeke Hub - Christmas Style

JOIN US FOR A CHRISTMAS THEMED HUB ALONG WITH **FREE** FLOWER ARRANGING DEMONSTRATION

- COME FOR A FREE CUPPA & CHAT
- FIND OUT ABOUT WHAT'S ON IN MARLBOROUGH
- CHECK OUT THE MARLBOROUGH COMMUNITY DIRECTORY
- MEET NEW PEOPLE!

11:00AM - 12:30PM
TUESDAY 19TH NOVEMBER

TE KAHU O WAIPUNA
(BLENHEIM LIBRARY)
(MEETING ROOM 2)
15 HIGH STREET

ALL AGES WELCOME!

FOR MORE INFO:

HELEN.MCLEAN@NMDHB@GOVT.NZ

See you there!



PO Box 5084, Lambton Quay
Wellington 6145
New Zealand
T 64 4 894 5200
F 64 4 894 3305
www.nzta.govt.nz

www.nzta.govt.nz

4/10/2024

Dear resident/business operator,

State Highway 6 Rai Saddle Resilience Works

Between 8am, Monday 14 October, and 5pm, Friday 22 November 2024, work will be in place at SH6, Rai Valley, between Mt Richmond Estate Motels and the top of the Rai Saddle.

The resilience works will be in place at three locations (one site at a time) within the overall site, with crews installing kerb, barriers, and pipework to protect the highway from the effects of future rainfall events.

In order to safely complete the work, one lane will be closed and traffic will be managed using stop/go traffic lights, day and night. Temporary speed restrictions of 30km/h will be in place 24/7 at the site.

Road users should allow an additional 30 minutes for travel, due to multiple worksites in place between Blenheim and Nelson during this time.

Emergency Services will always be accommodated through the site, and are advised to contact the project team directly as shown below, to allow travel in an emergency.

During Labour Weekend (26 to 28 October), the road will be re-opened from midday, Friday 25 to midnight Monday 28 October, 2024. From that time, the crew will resume the work, in order to finish late-November, well before the Christmas holidays.

A big thank you from the NZ Transport Agency

On behalf of NZTA, thank you in advance for your patience and understanding while we do this important work in your community.

If you would like to speak to someone while work is in progress, please contact:
Fulton Hogan: Matthew Bruce: Ph 027 343 5086

All work is subject to weather and other unforeseen circumstances.

Use the camera on your smartphone to scan the QR code below, or visit www.journeys.nzta.govt.nz for up-to-date information about this work.





KNOW THE RIGHT PROFESSIONAL



Healthify website is one place for New Zealanders to find health information and self-care resources.
<https://www.healthify.nz>

Pharmacists are qualified to provide advice and treatment for:

☒ Athletes Foot	☒ Covid vaccinations and antivirals	☒ Head lice	☒ Sore throats & earache for less than 3 days
☒ B12 injection	☒ Dry skin, nappy rash, small patches of impetigo (less than 3 areas), abrasions, bruises, insect bites & sunburn	☒ Mouth ulcers	☒ Smoking cessation
☒ Constipation	☒ Emergency contraception	☒ Pregnancy vaccinations	☒ Thrush (between ages 16 to 65)
☒ Cold Sores		☒ Pain relief	☒ UTI (between ages 16 - 65, not pregnant)
☒ Coughs and Colds		☒ Piles	☒ Warts & verruca's
☒ Conjunctivitis for those aged over 2 years		☒ Flu vaccinations	
☒ Contraceptive pill		☒ Hay-fever	

Our Health Coaches offer advice, support and help navigate you towards community support: (All consultations are free of charge)

☒ Quitting smoking	☒ Advice on benefits, housing, home care, children's and older people's services, family support.	☒ Help and advice on financial matters, benefits such as WINZ and job seeking
☒ Drugs & alcohol support	☒ Exercise tips and support	☒ Diet and lifestyle support
☒ Pre-Diabetes advice		
☒ Setting health goals		

Our Health Improvement Practitioners can help with: (All consultations are free of charge)

☒ Anxiety	☒ Lifestyle changes	☒ Social Isolation	☒ Stress/Burnout
☒ Mental Health	☒ Depression	☒ Sleep problems	

Clinical Pharmacists at your GP can:

☒ 3-6 monthly medication reviews	☒ Assist with patients wishing to potentially decrease their medication	☒ Offer education session for patients on their medication
☒ Offer advice on any medication problems/queries	☒ Blood pressure	☒ Long term conditions management

Our Nurse Prescribers and Community Nurse Prescribers can:

☒ Prescribe and treat minor ailments such as rash/spots, wound infections, eczema etc.	☒ Long term conditions	☒ Treat minor ear & eye infections
	☒ UTI & STI checks + treatment	☒ Blood pressure reviews
	☒ Diabetes check + treatment	

AND can help with multiple medical conditions including:

☒ 3-6 monthly med reviews	☒ Driver's licence medicals	☒ Long term conditions clinic – review conditions such as; Asthma, COPD, Heart Failure, Gout, Cardiovascular disease
☒ ACC injury assessment + registration	☒ Women's health (contraception, menopause, breast concerns)	
☒ Eczema + other skin conditions		

Our Registered Nurses are able to do:

☒ Blood pressure checks	☒ Contraception	☒ Travel consults + vaccination
☒ Wound management	☒ Spirometry	☒ Ear Suctioning
☒ Child Immunisations	☒ Infusions	☒ Other vaccinations
☒ Cervical Screening		

Practice Plus is:

☒ Same day clinical appointment	☒ Weekdays 5pm – 10pm	☒ You will be contacted about your results
☒ Prescriptions sent to your Pharmacy	☒ Public Holidays 8am – 8pm	

Our GP's can:

☒ Assess and treat all ailments, conditions and diseases.	☒ Steroid Injections	☒ Long-Acting Reversible Contraception removal + insertions, such as IUD's & Implants
☒ Minor surgeries etc.	☒ Sports medicine	
	☒ Medicals	

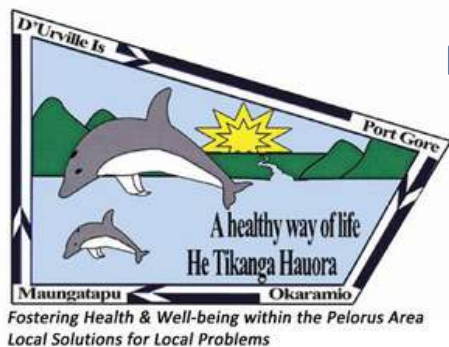
Urgent Care can:

☒ Urgent health care appointment	☒ Accident and injury treatment	☒ 8am to 8pm daily
☒ GP & Nurse visit	☒ X-Ray services	
☒ For patients who cannot see their GP	☒ Visitors to Marlborough needing treatment	

*Not available in all Practices

Credit: Civic Family Health Care





Pelorus Area Health Trust

What is happening in our
Pelorus Community Lounge:

Harakeke Hub

Every 2nd Tuesday of the month, 2.30-4.00pm. A chance to connect.
Just bring yourself and meet up with others for cuppa, cake and chat!!

PSUI Alzheimer's Support Day

Every Monday the Lounge is used for a group who get support, activities, morning and afternoon tea and lunch.

Cancer Society Counselling Sessions

Once a month the Cancer Society provides a counselling session for those affected by a cancer diagnosis

Hot Soup Run

Every Friday hot soup is served with a bread roll and a sweet treat, either delivered to those who would like it in their own home, or served in the Community Lounge

Community Group Meetings

Different community groups meet in the lounge on a regular basis from the local Knitters Group to the Havelock Lions

Health Drive Sessions

Different health practitioners can use the lounge to run a drive on a particular health issue whether it be a vaccination clinic or a session on elder abuse

Health & Well-being Information Centre

One corner of the lounge is dedicated to information on anything health and well-being. Pop in anytime to grab a pamphlet on a health issue that concerns you.

Drop-in for a Cuppa, a chat or some assistance

The Community Lounge is available for anyone who needs some assistance, a download or a cuppa.

Check our website www.PelorusAreaHealthTrust.co.nz for more information and like us on Facebook facebook.com/CharitableTrustHealth

We need more volunteers for our 2 Charity Shops and in our Community Lounge. Half day shifts or whole day shifts available.

PLEASE SUPPORT THOSE WHO SUPPORT US



Kurt Lindsay 027 469 9685
kurt.lindsay@bayleys.co.nz

NO.1 BAYLEYS MARLBOROUGH SALESPERSON 2018/2019 TOP 5% OF BAYLEYS SALES PEOPLE 2018/2019

KURT LINDSAY TEAM. BAYLEYS



Havelock

4 FOUR SQUARE SUPERMARKET

68 MAIN RD, HAVELOCK. PH: 03 574 2166

Pelorus Bridge Cafe & camping ground

Proudly Supporting Rai Valley School & Community

03 5716 019

GJ CURRIE ELECTRICAL

027 439 4606 • greg@pelorusvalley.co.nz
PO Box 52, Havelock 7150



TASTING ROOM
Thursday 11am-3pm
Friday 11am-8pm
Saturday 11am-3pm
Sunday 11am-3pm
23 Inglis St, Havelock
Phone: 03 574 2575

Mills Bay
MUSSELS

RAI VALLEY MOTORS
Proprietors: Phillip & Kelly Hawkins

OPEN 6 DAYS
PETROL - DIESEL - OIL
AA MEMBER - ENGINE RECONDITIONING & WELDING - CHAINSAWS
LAWNMOWERS - GENERAL ENGINEERS

Main Road, Rai Valley 
☎ 571 6014 A/H 571 6105



THE MILLERS REST
RAI VALLEY

BAR & RESTAURANT

BOTTLE STORE

VENUE HIRE

PHONE 03 651 0050

  themillersrest

Rai Valley Brick Oven Cafe

Our Specialties:
Country Fried Chicken - Catering 
Coffee - Takeaways - Groceries

Homemade Food At It's Best
Proudly Supporting Rai Valley School
Ph 571 6005

VETS ON ALABAMA RURAL & URBAN VETERINARY SERVICE
OPEN 7 DAYS
Mon - Fri: 8am - 5.30pm
Sat & Sun: 9am - 1pm

OPEN TILL 7PM WEDNESDAY

PH: (03) 578 6965
www.vetsonalabama.co.nz
165 Alabama Rd, Blenheim *The Zanzibar Narrative*

TNI *B careful B bright B seen B safe*

TNI supports the safety of children sharing our road network in communities throughout the Tasman region



Phone Carl Harris Branch Manager (03) 571 6118
AH (03) 571 6066 E carl.harris@tni.kiwi

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