

# Manawaru School

## Newsletter



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www.manawaru.school.nz

Find us on 



Our focus this term  
is being a  
recogniser of  
structure and norms

**13 November 2020**

**Empowering learners  
for their future**

## PRINCIPAL'S REPORT

Kia ora whanau

What an absolute privilege I had yesterday managing our school team at the Te Aroha District Athletics. These 39 children who made up the team encompassed so many of our Harakeke values. They may have been competing as individuals but they were well and truly a cohesive team. This event is a manager's nightmare as both the track and field events run simultaneously which means there are children moving in all directions at different times. The Manawaru team helped their team mates get to the right event at the right time, they listened actively to instructions and were able to organise themselves to be in the right place. However, what stood out the most was the sportsmanship. Not only were they cheering on our school but they were congratulating the other schools on their results too. It was a particularly large event this year, and of course not everyone can be a winner on the day, but without sounding too cliché these students were absolute stars and I was extremely proud of them all. The following students have been selected for Thames Valley (to be held next Wednesday at Whangamata Area School. Our team is:

Leo - 100m, 200m, Long Jump + relay  
Stellar - 60m, 100m + relay  
Kaitlyn - Shot Put and Discus  
Leanne - 60m and 100m  
Summer - 200m and 100m  
Janzter - 100m, 200m + relay  
Matty - Shot Put and Discus  
Felix - Long Jump  
Elayna - Shot Put and Long Jump  
EJ - 100m, 200m, Long Jump + relay  
Caitlin - 1500m, Discus + relay



Now that I've gushed about the students, I can't forget about the amazing bunch of parents who volunteered to help, particularly those who assisted with Shot Put, organising an age group and transporting to and from Herries Park. Events like these can't happen without parent support so we really do appreciate your help.

It's 'Wheels Day' again on Monday, so that those who missed out today can join in the fun and frivolity.

Enjoy the weekend

Nga mihi  
Mel Sargent

***"Good Players Inspire Themselves Great Players Inspire Others"* - Aruneesh Kaspyap**

## COMING EVENTS

### November

- 18 Thames Valley Athletics.  
27 Teacher Only Day.

### December

- 8 Hearing and Vision technician will be at school after lunch.  
9 Room 1 and 2 going to Tatanui School.  
10 Prize-giving and Final Assembly for the year.  
10 Last day of school for children.  
11 Teacher Only Day.

## REMINDERS

If you would like to pay by internet banking for stationery (e.g. Prime Maths books) or T shirts, etc. our school bank account number is:

**03 1573 0013006 00**

The Fundraising Club account for any sausage sizzles or fundraising things is:

**02 0436 0071213 00**

## FREE MOBILE EAR CLINIC

Where: Future Te Aroha Community Centre  
13 Boundary Street, Te Aroha  
Time: 12:00 noon - 2:00 p.m.  
When: Wednesday, 25th November

Appointments are also available from 9:00 a.m.-11:00 a.m. Please phone 07 838 3565 Ext 22094

## MANAWARU HALL BOOKINGS

If you would like to make any hall bookings please phone Alys on 021 0230 3003

## SCHOOL BANKING



The First Credit Union provide a school banking service for all pupils at Manawaru School. Getting started is easy - just pick up an application pack from the school office, fill in the application form and place it in the red box in the school office.

If your children are already doing school banking, remember that the school banking is collected on Wednesday each week!

**Christmas DISCO PARTY**

Friday 13th November  
Year 0 - 5  
5.30pm to 6.30pm

at Future Te Aroha  
13 Boundary St

Year 7 & 8 - Movie screening of Holes at 7pm  
\$5 and movie snacks available

## MANAWARU HALL A.G.M.

Tuesday, 17th November  
7:30 p.m.  
Manawaru Hall  
All are welcome to attend

### **LABEL READING**

# BE AN EXPERT!

Food labels can be misleading. Examples are "Reduced Fat", "High in Fibre" or "Less Sugar". It's best to check for yourself by reading the label.

NUTRITION INFORMATION (Average)		
Serving Size: 30g (2 Biscuits)		
Servings per package: 1		
	Per Serve	Per 100g
Energy (kJ)	441	1470
(Cal)	105	352
Protein (g)	3.6	12.0
Fat, Total (g)	<1.0	1.4
- Saturated Fat (g)	0.1	0.3
Carbohydrate, Total (g)	20.0	67.0
- Sugars (g)	0.8	2.8
Dietary fibre (g)	3.2	10.5
Sodium (mg)	85	285
Potassium (mg)	106	355
Thiamin (Vit B1) (mg)	0.55 (100%)*	1.83
Riboflavin (Vit B2) (mg)	0.42 (24%)*	1.4
Niacin (Vit B3) (mg)	2.5 (25%)*	8.3
Folate (µg)**	100 (50%)*	333
Iron (mg)	3.0 (25%)*	10.0

\* Percentage of Recommended Dietary Intake (RDI).  
\*\* 1 serve provides 25% of the folate RDI for women of childbearing age.

www.sportwaikato.org.nz  
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### **LABEL READING**

# REDUCED FAT

This means there is less fat than the original version, however, it could still be high in fat. It's important to always check the label.

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**Join us for a free community talk**

# **EMPOWERING TE AROHA PARENTS**

**Psychologists will be sharing ideas about anxiety, how to talk to our kids and coping strategies to promote wellbeing.**

**NOVEMBER 26  
11AM & 6PM**

**SILVER FERN FARMS EVENT CENTRE  
44 STANLEY AVENUE, TE AROHA**

**contact [s.daroux@tacol.nz](mailto:s.daroux@tacol.nz) for more information**

**Join us for a fantastic free community talk  
Learn from experts about identifying anxiety in your child  
and ways to support their mood, sleep, behaviour & friendships.  
All are welcome.**

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