

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

16 October 2020

**Empowering learners
for their future**

PRINCIPAL'S REPORT

Nau mai hoki mai whanau

Welcome back to term 4! The last term of the year promises to be another full and exciting one for us all. For some of our tamariki, this will be their last term at Manawaru School. I am sure that they will take away treasured memories. For our new children, (and there are a few, which is exciting) their journey is just beginning. This is a very thrilling term for all. It has been wonderful to see our children and parents coming through the gates again. We had missed the community feeling and it is wonderful to be back at Alert Level 1 enjoying being able to gather in larger groups. Thanks to you all for the support that you have shown throughout the year during the various COVID Alert Levels. You have all been so positive, even when the going got tough! We are so lucky to have such a wonderfully supportive community. We have lots of things planned this term that will involve sports, special gatherings and final assembly. Keep an eye out for notices via HERO as well as facebook posts about events coming up to ensure you don't miss out.

On the subject of supportive community, we have had worker bees busy over the holiday. Thank you Gary for fixing our pool tap and Dayle for replacing the top deck of the adventure playground – the kids are making great use out of it!

Our National earthquake drill (New Zealand Shake Out) took place yesterday at 9:30am and the whole school took part. At that time we asked everyone to Drop, Cover and Hold:

- **DROP** down on your hands and knees. This protects you from falling but lets you move if you need to.
- **COVER** your head and neck (or your entire body if possible) under a sturdy table or desk (if it is within a few steps of you).
- **HOLD** on to your shelter (or your position to protect your head and neck) until the shaking stops. If the shaking shifts your shelter around, move with it.

The Life Education truck made its annual visit this week. Harold and Mike worked with classes on a range of Health topics including the major focus of social relationships. Life Education is a valuable learning experience, as the programmes Harold delivers with Mike are relevant to our harakeke, and delivered in a spectacular manner. The learning evolves in a manner difficult to deliver without a Giraffe and real live sparkling stars! (Yes I love having the stars in the truck as much as the kids) We are all looking forward to seeing Harold again next year!

Advantage warning – **Get Spotted (Thursday 22 October)** As we are a Sunsmart School and we promote wearing hats in term 1 and 4, this Melanoma awareness day fits well in our school policy. We encourage children to come along to school 'spotted' and with a gold coin donation.

We will be having a **Teacher's Only Day** on Friday, 27 November. Please put this in your diaries.

Enjoy the weekend – I hope you all get out and vote.

Nga mihi nui
Mel Sargent

"There is no such thing as a vote that doesn't matter. It all matters."

Barack Obama

COMING EVENTS

October

- 12 First day of Term four.
- 12-14 Life Education at school.
- 21 Amazing Race (Year 5-8 teams)
- 30 Manawaru School Athletics Day, Herries Park.

November

- 3 Postponement Day for Manawaru School Athletics Day.
- 4 School photos taken by Photo Life Studios.
- 11 District Athletic Sports.
- 13 Indoor Bowls Tournament (Year 7/8 teams)
- 18 Thames Valley Athletics.
- 27 Teacher Only Day.

December

- 9 Room 1 and 2 going to Tātuanui School.
- 10 Prize-giving and Final Assembly for the year.
- 10 Last day for children at school.
- 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

TE AROHA ATHLETICS CLUB WELCOMES YOU TO THE 2020 / 2021 SEASON

We are excited to announce that registrations are now open for the 2020 / 2021 Athletics Season.

All registrations are at <https://memberdesq.onesporttechnology.com/3254/org>

The first club night for the season is Tuesday, 13th October 2020. Club rooms open at 5:00 p.m. for uniforms and flashes. Races start at 6:00 p.m. sharp.

Coaching Night for registered athletes 7+ will be Tuesday October 27th at 6:00 p.m. sharp!
Registered Club Members only

SCHOOL BANKING

The First Credit Union school banking team will be back at Manawaru School in Term four, starting on the week of Monday, 19th October.



They provide a school banking service to 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 return it to the school office.

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

KIDS MOUNTAIN BIKE RIDES

STARTING SATURDAY, 31ST OCT – 12TH DEC 2020

WHERE: Te Miro MTB Park, Waterworks Road, Te Miro

Approx 15 mins from both Morrinsville and Cambridge. Parking available on the Reserve.

9:45am - Meet at Main Car Park (rider briefing, group sorting and tip of the week)

10am - Group Rides leave main car park

12pm - Groups return to BBQ Area (depending on skill level you may return earlier)

- Recommended Age 8 to 15 (Adults welcome to join the ride)
- Under 8's must be accompanied by riding, walking or running adult
- Bring a drink bottle/camelbak & any medication you may need
- Bikes must be suitable for off road use & in good working order
- Helmets and shoes compulsory (No exceptions)
- No cost for the rides but donations & new members are welcome
- Stay after the ride for a sausage sizzle and drink – Cash Only
- Rides are on rain, hail or shine



Ph or Text Linley A/H for more information – 0272 363 778
Please advise if your child has any special needs so that they can be grouped with extra adult support if required

www.temiromtbclub.co.nz

PHOTO-LIFE STUDIOS SCHOOL PHOTOS

Wednesday, 4th November 2020

All students have been issued with named envelopes to purchase **pre-paid photos** through Photo-Life Studios this week.

If you would like your child to have an individual, sibling or class photo, **please ensure that all envelopes are returned to school with the correct money enclosed, by Monday, 2nd November at the latest.**

Please note that cheques must be made out to Photo-Life Studios.

Please also note that we do not deal with or handle the cash for the photos at school.

As we do not handle the money at school, please do not ask us to change money for you.

If you require a sibling photo, special sibling envelopes are available from the school office.

Please ensure that every student having a photograph taken completes an envelope, even if the payment is in another student's envelope.

Payment can be in one child's envelope with a note on the other for referral, e.g. money in Emma's - Room 2.

Sibling portraits will be taken following the completion of all individual photographs.

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, 4th November
Wednesday, 25th November

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

THURSDAY'S ARCHERY DISPLAY

Jack and his family enjoyed bringing archery into our school on Thursday to show the children.

If your children returned home excited with a lot to say about archery and would like to know more about it, you could go online and look up FB River Glade Archers or web - www.rivergladearchers.nz for more details. They offer 'give a go' days!

Or you could call Jess Brown (Jack's mum and youth co-ordinator) on 021 208 5557 for more details.



LABEL READING

WHY READ FOOD LABELS?

Food labels provide us with nutritional information. This enables us to compare products equally. It also helps us to make informed decisions around dietary requirements.

Serving Size: 45g Serving per pack: 11	AVG PER SERVE	TOTAL ONLY INTAKE (g)	AVG PER 100g
ENERGY (kJ)	626	8700	1390
(kcal)	150	2080	333
PROTEIN (g)	4.2	50	9.3
FAT - TOTAL (g)	0.5	70	1.1
- SATURATED FAT (g)	0.1	24	0.2
CARBOHYDRATE - TOTAL (g)	31.5	310	70.1
- SUGARS (g)	10	90	22.2
DIETARY FIBRE (g)	8.1	30	9.2
SODIUM (mg)	135	2300	300
	PER SERVE	% RDI* PER SERVE	PER 100g
POTASSIUM (mg)	120	30% RDI*	265
IRON (mg)	0.55	10% RDI*	1.23
NIACIN (mg)	0.43	25% RDI*	0.95
NIACIN (mg)	2.5	25% RDI*	5.6
FOLATE (mg)	100	30% RDI*	222
NIACIN (mg)	10	25% RDI*	6.6
NIACIN (mg)	200	30% RDI*	445

www.sportwaikato.org.nz
© This resource was developed by Sport Waikato 2020

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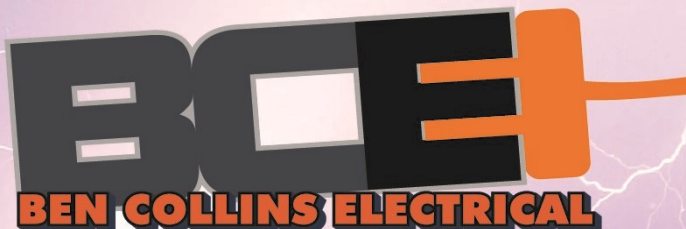
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