

| IMPORTANT DATES TERM 3 2015 | |
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| 25 September | End of Term 3 Jump Rope for Heart Skip-a-thon |
| 12 October | Term 4 Commences Tennis coaching |
| 2 November | School Photos 1pm |

I know the children are looking forward to the term 3 holidays and I hope parents will also enjoy the break from having to organise life around daily school routines.

Yesterday was only the second day this term that we had 100% of our children present with many away sick with nasty flu bugs for quite long periods of time. Hopefully the holiday break will give everyone time to relax and build up their immunity.

Please remember that during the holidays children still need to read for 10-20 minutes every day and that sharing a story with your children, is not only fun, but is very important for maintaining their current literacy skills.

All three classes have been doing lots of practice and everyone is looking forward to our Jump Rope for Heart Skip-a-thon tomorrow morning from 10.45-12.20. Donation cards with the coins attached are to be returned to school by tomorrow. We also have our final Rock Climbers session for this year at 2.15pm so if parents want to come along to a session this is your final chance. Friday assembly will be at 1.15pm tomorrow but will return to the 2.20pm start time from the beginning of term 4.

I want to take this opportunity to thank Mrs Willans and Ms Harbutt for teaching the Kiwi Class in the afternoons while Mrs Ibbotson has been delivering the reading recovery programme over the past two terms.

Welcome to our school

Ianthe Macmillan-Armstrong
It's great to have you in Kiwi Room.

Class Awards

Friday 11 September 2015

Room Kiwi – Jack Dennis – Awesome, solves tricky words on the run while reading.

Room Hohoi – Georgia Lindsay – for putting great effort into her minion writing.

Room Tui – Mira Matthews & Laura McDonald – Some great co-operative work from you both.

Friday 18 September 2015

Room Kiwi – Maunana Kaieti – Tino Pai, working hard towards understanding new words.

Room Hohoi – Isabella Speight – it has been lovely to see your happy personality shine while on group activities and projects. We have heard some great discussion from you.

Room Tui – Josh Ruddenklau – for developing strategies to solve algebra patterns.

Assembly News

'Amazing Children' Lucky Draw Winners

Friday 11 September 2015

Lucy Holmes Crombie – showing great effort in Spanish.

School Values – Caring for myself.

Friday 18 September 2015

Elly Temple – helping a classmate do her bag up.

School Values - Caring for others.

Thank you to Christine & Paula for helping with gymnastics.



TE ANAU PONY CLUB

HAVE-A GO RALLY 26 SEPT Te Anau Pony Club will be meeting at 2pm at The Rodeo Grounds to kick off the new season. New members are very welcome – pony club caters for riders from lead rein through to 24 years old. Today is about having a go with us and see if you would like to join our club. We might be able to assist with transport if that is a problem. An invitation is also extended to adult riders who may be interested in joining with us for our activities. For more information contact: Kathy 021 051 8336 Lyn 021 269 0273

Marakura Yacht Club

Learn to Sail Courses (Levels 1 and 2). Places available now. Both children and adults catered for. Two lots of 10 week blocks. Mon/Tues evenings. Start options of Oct 12/13 and Jan 18/19. Enquiries 03 249 6664

School Uniform

Second hand items

We do have a selection of second hand items. If you require more uniform please phone the school office.

Sun hats

Please note that from the start of term 4 your child/ren will need to bring a sun hat to wear during play and lunchtime. The hats that we have at school are for emergencies when your child forgets their's. We do not have enough hats for all the children so if they don't have one, they will spend all their time under the sunshade!

Fiordland Athletic Club

Holiday Training Camp:

Surrey Park, Invercargill, Tues, Wed, Thurs Sept 29, 30, Oct 1, 9am - 3pm.

Cost \$50/3 days or \$20/day. Ages 11 up

Ribbon Day (Southland Athletics 2015/16 Opening Day):

Surrey Park, Invercargill, Sat 10th Oct, 10am - 1pm.

No entry fee. Ages 5 up

Kids Restore the Kepler has been alive and well within Mararoa School this year. Recently we have been planting more trees in our Down the Bank area which were won from the Southland Environmental Awards. We have had students representing us at many local community dinners and award ceremonies, and each time they have been a credit to our school.

At a recent KRTK leadership meeting, students and education co-ordinators from the five centres, along with Laura Harry from the Fiordland Conservation Trust, decided that a tenure be placed on members of the leadership team. It was decided that a year was the best fit, so that more students can be allowed to develop their leadership skills. This means that Oliver Mann and Sid Spence will be stepping down from the leadership team at the end of term 3 and moving to mentoring rolls for term 4. We would like to thank them for the passion, dedication and enthusiasm they have brought to the project so far. Two new members will be announced at Friday's assembly and will join Mira Matthews at future leadership meetings.

Raewyn Harrison, KRTK Education Co-ordinator





Loading up the lunchbox

Ngā kai tika ō te tina

Top Tips/Kai Pai

- Involve your children in lunchbox options and preparation
- Be a role model – prepare your own healthy lunch at the same time
- Think outside the (lunch)box – vary the shape of sandwiches by cutting them into triangles or use a biscuit cutter for different shapes
- Avoid soggy sandwiches – keep bread and fillings separate and let your child create their sandwich at lunchtime
- Experiment with different breads e.g. wraps, muffin splits, rewana, pita, fruit bread. Use wholemeal or wholegrain varieties
- Cut large fruit and vegetables into smaller pieces, include healthy dips for dunking (hummus, salsa, tzatziki)
- Keep it interesting – leftovers are a great option or try sushi, noodles, corn thins or tuna pasta salad as alternatives to sandwiches
- Prepare lunchbox items in bulk and store in the freezer until required e.g. fruit muffins, mouse traps (cheese and vegemite/marmite toasted fingers)
- Make sure lunchbox snacks come from the four food groups (see overleaf)
- Muesli bars are not the best everyday choice as they are often high in sugar and fat. Remember to check nutrition information on labels or look for the Heart Foundation Tick Experiment with your home baking. Reduce the amount of sugar and fat used by substituting with fruit, fruit juice or natural unsweetened yoghurt
- Water and plain milk are the best drinks for children
- Freezing a drink bottle overnight and placing it in your child's lunchbox will help to keep the food cold and safe.



