



## 2024 Start Date & School Terms

Term 3: Monday 22 July to Friday 29 September

Term 4: Monday 14 October to Tuesday 17 December

### Coming up:

Mon 29 Jul	BoT meeting 5.30pm
Thu 1 Aug	School beginners' evening 5.30pm
Fri 2 Aug	R7 Sausage sizzle & Milos
Wed 7 Aug	Planting at Kuranui Bay
Fri 9 Aug	Whakatau
Tue 13 Aug	Senior Cross Country - TBC
Wed 14 Aug	St Johns for all rooms
Fri 16 Aug	R7 Sausage sizzle & Milos
Wed 21 Aug	Thames XC at Parawai

*Kia ora tātou*

*Welcome back everyone. We trust you all had a restful break and are ready for another busy term.*

*A huge THANK YOU to everyone who contributed money for Sam. We raised an amazing \$1,700! Special thanks must go to Rotary for contributing \$500. This will help the family enormously.*

*David Brock, Principal – Tumuaki*

### Term 3 2024 Mid-Term Break

Please note on your calendar that our mid-term break will be from **Friday 23<sup>rd</sup> August to Monday 26<sup>th</sup> August**. This gives us all a four-day long weekend with time to take a break and refresh as there are no public holidays in Term 3.



### Uniform Reminder

Please note that jewellery is not part of our school uniform. The only jewellery items allowed to be worn at school are stud or sleeper earrings and approved taonga.

### Te rerenga korero:

**Nau mai hoki mai**      *Welcome back*

### Nutrition for Learning

The school day involves lots of concentration and physical exertion so our students need plenty of nutritious food to get them through the day. We encourage plenty of healthy food options in student lunch boxes to help them learn and perform their best.

**Sandwiches, fruits, nuts, vegetables and dairy products provide sustained energy.** *We suggest that processed foods be reserved for occasional special treats at home.*



Water provides the best hydration for busy minds and is available at school at the drink fountains.



## Sleep Requirements for Children (ages birth to 12 years):

1. Go to bed at the same time every night.
2. Have an age appropriate nap schedule.
3. Establish a consistent bedtime routine.
4. Make your child's bedroom sleep conducive – cool, dark, and quiet.
5. Encourage your child to fall asleep independently.
6. Avoid bright light at bedtime and during the night, and increase light exposure in the morning.
7. Avoid heavy meals and vigorous exercise close to bedtime.
8. Keep all electronics, including televisions, computers, and cellphones out of the bedroom and limit use of electronics before bedtime.
9. Avoid caffeine, including many sodas, coffee and tea.
10. Keep a regular daily schedule, including consistent mealtimes.

*Good sleep is one of the three pillars of good health and well-being along with a balanced diet and regular exercise.*

### THREE ELEMENTS OF GOOD QUALITY SLEEP:

1. **Duration**- The length of sleep should be sufficient for the sleeper to be rested and alert the following day.
2. **Continuity**- Sleep periods should be seamless without fragmentation.
3. **Depth**- Sleep should be deep enough to be restorative.

### TABLE OF RECOMMENDED SLEEP:

3-12 months — 14 to 15 hours

1-3 years — 12 to 14 hours

**3-5 years — 11 to 13 hours**

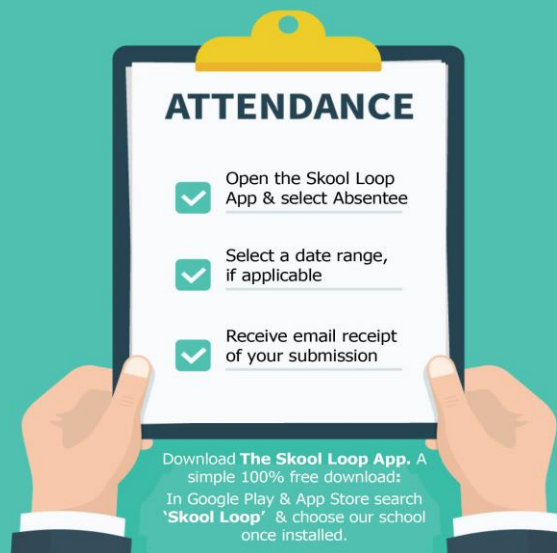
**6-12 years — 10 to 11 hours**

12-18 years — 8.5 to 9.5 hours



## ATTENDANCE MATTERS

Notify Us Of Your **Child's Absence** Within Seconds On Our **Skool Loop App**



## Netball

The season is nearly at an end, with the semi-finals and finals coming up in the next few weeks.



## School Hours

School begins 8.55am

1st break 10.30 – 10.40am (eating time)  
10.40 – 11.00am (play)

2nd break 12.40 – 12.50pm (eating time)  
12.50 – 1.30pm (play)

School Ends 3.00pm Monday to Friday

***Please ensure that students are in class by 8.55am when the bell goes as late students disrupt the rest of the class, and can miss out on instructions for the day.***

As much as we want students to be here in plenty of time before the bell, they mustn't be here before 8.15am as staff are not available for supervision before that time.



Moanataiari School invites you  
to our

# *School Beginners'* **EVENING**



**GIVE YOUR CHILD THE BEST  
BEGINNING**

**THURSDAY, Aug 1st 5:30 PM  
MOANATAIARI SCHOOL, ROOM 1**

- Come and see our junior space and meet some of our staff
- Get top tips on preparing your child for school
- Discover how our unique learning programmes in reading, writing and maths are gearing learners for success



**Bookings essential. Please email:**  
**[juliew@moana.school.nz](mailto:juliew@moana.school.nz)**  
**or phone: 07 868 6504 if you would  
like to attend.**



101 Kuranui Street, Thames \* Phone 07 868 6504 \* Email: [office@moana.school.nz](mailto:office@moana.school.nz)

Moanataiari School Bank Account: ANZ Thames 01 0455 0108122 01



# Community Notices



## AFTER SCHOOL CREATIVITY CLUB

3:30 - 5:30 at The Creativity Room 517 Pollen St Thames

Explore painting, drawing, papier mache, mask making, print making and much more.  
\$25 per session which includes all materials.  
Limited to 8 per session. For more info or to book your child's space

p. Laurie Mango - 027 575 7497 e. Laurie.mango@gmail.com

The  
**Creativity**  
Room  
517 pollen street, Thames.

**\$120**

### Comic strip course

*Learn all the basics to build and draw comics: characters design, storyboard, storylines, formatting and illustrations.*

**Tuesdays**  
from 3.45 to 4.45 pm  
Starting 30th of July.

**Ages 8 and up**

**8 week course.**

Contact Laurie  
027 57 57 497  
laurie.mango@gmail.com.

**All materials included!**



Welcome to  
the funny  
pages!