



Newsletter

Monday 12th October 2020

101 Kuranui Street, Thames * Phone 07 868 6504 * Email office@moana.school.nz



Kia ora tātou

Welcome back everyone. I trust you are refreshed and ready for an action-packed term 4.

Welcome to our new entrants who have started their school lives with us today in Room 4: Amber Game-Ricketts, Harini Patel, Safa Irtiza, Serenity Te Ruki, Emma Quinn and Daniel Whyte. Welcome also to Senuka Hewa Alankarage in Room 6 and Seneli Hewa Alankarage in Room 5. It's great to have you all in our Moanataiari School family.

*We will be holding a whakatau on **Friday 23 October at 1.30pm** to officially welcome our new students and their families, and everyone is invited to join us.*

*Please note that there will be a **teacher only day on Tuesday 27 October** after Labour Weekend. This means our school will be closed on that day.*

Thank you to Thames Organic shop for donating seeds for our garden. These are much appreciated.

We have purchased more native trees for our native garden and our students will be planting these on Thursday to enhance our field area.

Our award winning mural is nearing completion this week, so keep an eye on our front gate area to watch the progress. All of our students have been helping with painting the fish.

David Brock, Principal - Tumuaki

Coming up:	
Thu 15 Oct	Nation-wide Shake Out 9.30am
Fri 16 Oct	Cricket intro
Mon 19 Oct	BoT meeting 5.30pm
Thu 22 Oct	Touch rugby starts
Fri 23 Oct	Whakatau 1.30 pm
Tue 27 Oct	Teacher only day
Wed 28 Oct	Return calendar art orders
Wed 28 Oct	Soccer & netball interschool
Wed 4 Nov	Year 8 immunisations
Thu 5 Nov	Senior athletics
Wed 11 Nov	Thames schools athletics
Fri 6 Nov	Junior zoo trip
Thu 12 Nov	NYLD in Auckland
Wed 18 Nov	Thames Valley athletics
Thu 19 Nov	Thames drama event

School Terms for 2020	
Term 3: Monday 20 July to Friday 25 September	
Mid-term break Fri 28 - Mon 31 August	
Term 4: Monday 12 October to Thurs 17 December	
2021 Start Date	
Term 1: Tuesday 2 February 2021	

Moanataiari School Bank Account:

ANZ Thames 01 0455 0108122 01

School hours: 8.55am to 3pm Monday to Friday

Teacher Only Day – School Closed on Tuesday 27th October

Please note on your calendar that the **Tuesday after Labour weekend** is a teacher only day and school will be closed. This will mean an extra-long Labour weekend for our students.

This teacher only day has been added to the calendar by the NZEI teachers' union as part of the recent collective agreement negotiations.

Sun Hats

During Terms 1 and 4 children must wear uniform navy blue hats when outside the classroom. Children not wearing hats will play under the shade sail.

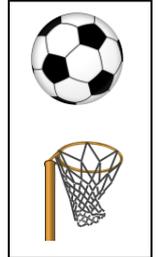


Touch Rugby - Training will be on a **Wednesday** at lunchtime. The tournament starts on Thursday 22nd October (delayed a week).

Interschool Football and Netball Tournament

Netball/Football teams will be competing in the inter-school tournament on Wednesday 28th October.

Netball training will be on **Wednesday** at lunchtime and soccer training will be on **Tuesday** at lunchtime. A form has been sent home – please return it by **Friday 16th October**.

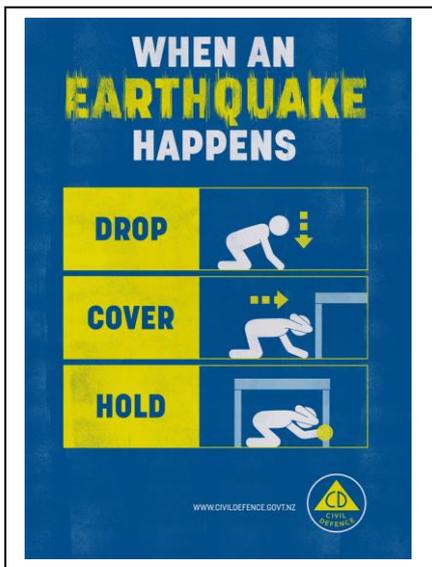


Whanau Meetings

We will be holding meetings to update and korero with our local whanau on **Monday 2nd November at 3.00pm** and repeated on **Tuesday 3rd November at 5.30pm**. All are welcome to attend at either time that suits.

Te rerenga korero: Kei te pehea te huarere i tenei rā?

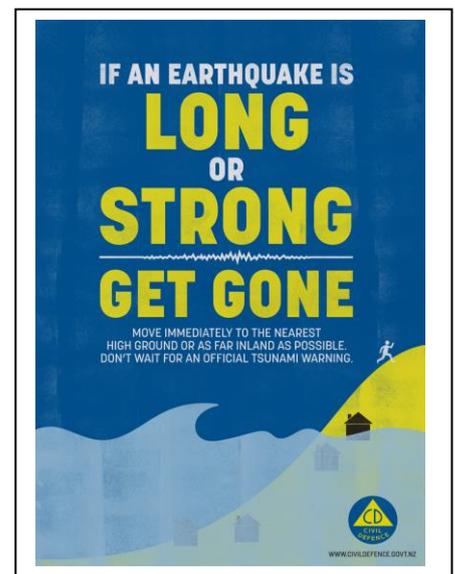
How is the weather today?



Are you ready to ShakeOut?

On **Thursday 15th October at 9.30am** we are participating in the annual nation-wide ShakeOut earthquake and tsunami practise. Please visit www.getready.govt.nz.

*We will be holding a tsunami drill on this day so please ensure students **wear suitable footwear for walking up Moanataiari Creek Road.***



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 processed foods should be reserved for occasional special treats at home.



**The Ten Commandments for Children's Sleep
(ages birth to 12 years):**

1. Go to bed at the same time every night, preferably before 9.00pm.
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.

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



Good sleep is one of the 3 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.

Juicies

Juicies are available for purchase each school day from the kitchen window by 8.55am for \$1.00 each and will be delivered to classrooms at first break.



Community Notices

Hey there!

Just popping in to check you have downloaded our school app?

Stay in the loop with term three events with Skool Loop.

- ✓ Events
- ✓ Notices
- ✓ Instant school messages
- ✓ Book interviews
- ✓ Absentee
- ✓ Newsletters
- ✓ Permission Slips



Simple free download: In Google play & App Store search '**Skool Loop**' & choose our school once installed.

THE BIG PUKEKOS
EDUCARE
poke around

Thursday
22
October
5.30pm to 7.30pm

YOU'RE INVITED TO OUR OPEN NIGHT

COME & ENJOY

A free Sausage Sizzle & toasted marshmallows around our open fire

Check out our beautiful creative spaces ...
Chat to our awesome teachers about your childcare needs & options ...

ENROL ON THE NIGHT & BE IN TO WIN YOUR FIRST MONTH OF CHILDCARE

FREE

PUKEKOS EDUCARE
11 Waipapa Road
Totara
Thames
Phone 07 8685027

**Thames Museum
Members and Volunteers evening –**
this coming Thursday 15th,
starting 5pm at the Museum
2020 AGM – Saturday 31st October
starting 3.30pm at the Museum. All are
welcome but under the Constitution only
paid up members are entitled to vote on
matters requiring confirmation or
otherwise at the Meeting. Formal Notice
of Meeting will be circulated on Friday,
23rd October.

Thames High School



Te Kura Tuarua o Te Kauaeranga

Year 8 information Evening
Wednesday 14 October 2020



**Before school
child minding service**

Please contact Christine Swindells on
027 678 1664
for more information.

**SPYC After
School Care**
Contact Ella on
027 434 6417

**DIESEL MECHANIC
WANTED**
for Trevor Masters Log
Haulage in Kopu.
Ring Damian 021 240 2278
for further information.

**Rotary
Thames**



Invites you to join us on
Mon. Nov. 2nd from 6pm
at the GBD Pollen St. Thames
for Frances Benge's
presentation on



cure kids

Please RSVP to:

Chris Webb: ccwebbnz@gmail.com

Mob: 021 0234 3936