

Te Kura Rauwhiti O Waihi

# WAIHI EAST SCHOOL

*Rise Above And Shine*



Waihi East Primary School Newsletter  
Term 3 Week 7  
5 September 2019

## READ THE LABEL!

There are lots of different nutritional claims on packets. It's best to check for yourself by reading the label. Look at the per 100g column, and if...

**SNACKS**

	PER SERVE	PER 100g
Fat, Total (g)	0.4	1.4
-Saturated Fat (g)	0.1	0.3

**TOTAL FAT is LESS than 10g per 100g**

	PER SERVE	PER 100g
Carbohydrate, Total (g)	20.1	67.0
-Sugars (g)	0.8	2.8

**SUGAR is LESS than 10g per 100g**

	PER SERVE	PER 100g
Dietary Fibre (g)	3.0	10.1
Sodium (mg)	81	270

**FIBRE is MORE than 5g per 100g**

**THEN IT'S AN EVERYDAY CHOICE!**

The logo for Sport Energy, featuring a cartoon character with a green cap and a red shirt, holding a red apple. The text 'Sport Energy' is written in a stylized font.

[www.sportwaikato.org.nz](http://www.sportwaikato.org.nz)

© This resource was developed by Sport Waikato 2019



## UPCOMING DATES

Sep 11	Duffy Role Model Assembly. 9.30am. All Welcome.
Sep 11	EPro8 fundraiser. Hot dogs \$2. Juicies \$1.
Sep 19	Celebration Assembly. Rooms 3, 4 & 9. 2pm.
Sep 25	Whanau Breakfast. All Welcome. 7—8.30am.
Sep 26	Principal's Assembly. 2pm.
Sep 27	Last day of Term 3. Special Assembly. 11.30am.
Oct 14	First Day Term 4.
Nov 4	Agriculture Day.
Nov 9	Car Boot Sale. Back field.
Dec 5	Twilight Market.

## WELCOME TO OUR NEW FAMILIES!

NAU MAI, HAERE MAI

We would like to warmly welcome our newest students and their whānau.

Cate C—Room 1

# WEEKLY NOTICES AND REMINDERS

## TEAM EAST WHANAU ROOPU

The Roopu group is made up of Waihi East School whanau working together to best use the funds raised throughout the year to provide equal opportunities for all of our tamariki. Past and current examples are assisting our school families that find themselves in need by providing food to keep tummies full and brains ready to learn, helping with the cost of sporting events and school activities, fees, and camp costs, to ensure barriers to educational opportunities for our tamariki are removed.

In the past the Roopu group have released funds to assist with the retention of support staff, resources for our tamariki, and promoting and providing programs.

Funds have recently been donated to the new outdoor learning through play space for our Discovery Centre to help get this project underway and completed as soon as possible. Fundraising ideas already underway for term 4 this year are the Car Boot Sale and Twilight Market. Fundraising is a wonderful opportunity to support and build a stronger school community. We appreciate all of your support.

## LIFE EDUCATION & HAROLD

Harold, Mike and the Waikato East Life Education Classroom has left out school until next year. What amazing learning! There is a small cost to pay to attend Harold of \$5 per child. Please pay at the office.

**A HUGE Thank You to Mike for his wonderful lessons!**



## WHANAU BREAKFAST

Put Wednesday 25th September on your calendars to come and join in our school whanau breakfast 7-8.30am. We will be asking for donations of sausages and eggs closer to the time. More information to come.



## CAR BOOT SALE

SENIOR SCHOOL FUNDRAISER  
CAMP 2020

When: Saturday 9th November 2019. 8.30am - 12.30pm

Where: Back School field, Entrance off Gladstone Road

Who: All welcome to bring and sell your wares \$10 per car



Sausage Sizzle  
Baking Stall  
Raffles

To book your spot email [bfrew@east.school.nz](mailto:bfrew@east.school.nz)

## SOCCKER DRAW

Week 5 at Waihi College Top Field  
Friday 23rd August

Field 2	East Blue v Beach 1
Field 3	East Gold v Central
Field 2	East Gold v Waimata 2
Field 3	East Blue v Central



## EMERGENCY EVACUATION DRILLS

In the next couple of weeks we will be holding fire, earthquake and Lock down drills.



## AFTER SCHOOL PARKING SAFETY

Please do **NOT** park in the staff carpark driveway after school as children walk past the entrance when leaving school. **NP** and Orange cones in front of driveways means **NO PARKING** please. If you see any cards parked in the wrong place please ask them to move as this is a safety issue. Thanks for your help in this matter.

## TWILIGHT MARKET 2019

We have a date! Thursday 5th December. Volunteers will be needed on the night.

## BEST START PROGRAMME FOR NEW ENTRANTS

If your New Entrant child has enrolled this term, or will be enrolling this term, please contact Briar about securing your place in our awesome workshops.

### Best Start Waihi East

Week 9 Tues 17th September 11.30am-12.30pm. Classroom visit only.

Week 10 Wed 25th September 1.30-2.30pm.

Contact Briar on [bfrew@east.school.nz](mailto:bfrew@east.school.nz) or 863 8693.





Please join us in a very special Assembly  
- to celebrate our leaving Leaders and bid them farewell.  
This will be followed by a light lunch.  
All welcome.

**When: Friday the 27th September @ 11.30am**

**Where: Waihi East School - under the shelter if fine, or in the hall if wet.**

## COMMUNITY NOTICES

### CRICKET

"The huge excitement generated by our Black Caps at the recent cricket World Cup and the good work done in the Waihi area last summer, Waikato Valley Cricket Association is working hard to re-establish regular cricket playing opportunities for primary school age boys and girls within the wider Thames Valley area.

Waikato Valley cricket association has created a Thames Valley Saturday morning competition with teams (Y3/4, Y5/6 and y7/8) from Thames, Ngatea, Whangamata, Tairua and Mercury Bay beginning in November. Boys, girls, parents, coaches, supporters who wish to play or be involved in our great game in Waihi please call Ramesh Subasinghe (Waikato Valley Cricket Association Development Officer) 021 786 250 ( [ramesh@wvca.co.nz](mailto:ramesh@wvca.co.nz)) or Julie Stephenson (Hauraki Sport Waikato District coordinator) [hauraki@sportwaikato.org.nz](mailto:hauraki@sportwaikato.org.nz) "

### FREE EAR CLINIC SERVICE FOR CHILDREN

The caravan will be at **Wednesday 9th October 2019** at Salvation Army Car Park at top of Seddon Street. NOTE; New location. **9.45am—2pm.** Visit the ear nurse for advice on Glue ear assessment and management, Wax/foreign body removal, Grommet checks and treatment of discharging ears. All children must be accompanied by a caregiver. For enquiries regarding this service please contact 078383565.



Hamilton - Sunday 17 November - Project Energize will have a free bus going to the event for families. Early bird entries close 13 October \$8 then \$10 after that date.  
Go to <https://roundthebridges.co.nz/> for more info.

### NETSAFE

*Netsafe have recently launched a great new resource for parents and whānau, the 'Online Safety Parent Toolkit'. This interactive PDF offers parents and whānau practical tips and tools to help them talk to their children about online safety. It includes:*

- quickstarter tips for parents, whānau and young people
- information to enhance digital parenting knowledge
- details about the online risks and challenges their children may face
- advice about how they can help their children.

<https://www.netsafe.org.nz/wp-content/uploads/2019/07/Online-Safety-Parent-Toolkit-R2.pdf>

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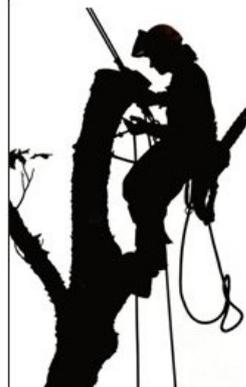
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