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## Principal's Korero (continued on page 2)

Newsletter Issue 13  
4 November 2020

Kia Ora Koutou

Well done to all those students who made it into the Mangonui School Athletics Team!! It has been great seeing all our students participate in training over the last four weeks and seeing so many enjoy pushing themselves to their limit. We have some amazingly talented students, good luck for Eastern Zone Athletics Day.

Keeping our students active and fit is a really important part of what we do at Mangonui School. We make lots of opportunities for this to happen. It is all part of a bigger picture .... we want our students to lead healthy and happy lives and primary school is where the lessons begin. Supporting our students to develop these mind-sets will set them up for life.



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This term most classes are out once a week interacting with our local environment. This could be tramping, snorkeling, kayaking, swimming, exploring or paddle boarding etc. They are out there having a great time learning how to enjoy, be safe and connect with their whenua and tai. This has become a big part of our curriculum and has so many benefits for our tamariki:

Understanding their role as kaitiaki of our rohe (whenua as whanau)

Knowing where they come from to strengthen their identity.

Being active and knowing how to be safe

Having a healthy lifestyle.

Connecting with nature

Well-Being

I spoke to a student after surfing. They told me how scared they were to go on a surfboard. Then they went on to tell me how they got over the fear, and at the end of the day had actually stood up and had a small ride. She looked completely thrilled and proud of herself. How great is that! These are the lessons that are learnt during these experiences EOTC offers.

We have started planning for 2021. Reviewing, revising old plans and creating new ones for 2021. It definitely has been a challenging year. The COVID lockdown taught us that we were prepared for online learning and this is an area that we will continue to develop. We also know that 'balance' is critical and that we live in a digital world where most children will happily sit for long periods of time looking at a screen. We are learning a huge amount about the positives and negatives. Our curriculum also places lots of emphasis on exploring, interacting, problem solving and working with others. Creativity in the arts is also an area that we want to spend more time on in 2021. As mentioned above Well-Being is the foundation that everything must be built upon. Preparing for learning holistically not just throwing numbers and letters at our children. We had an excellent session with our Board of Trustees looking into the future and thinking about what type of school we want for our tamariki.

Luka is an amazing young man. He has made the call that this term he is going to take control of his learning. He sits next to people who will not disrupt his learning, he focuses on what the teacher is saying and as a result is making great progress. An extremely intelligent and talented young lad. Keep it up. Everyday Halo looks after the sports shed. She manages sports gear going out and coming in. What's amazing is that this little organiser is only Year 2. What will she be organising in the future? Prime Minister material! Bently just never gives up. Does not matter how hard he puts in 100%. Well done. All these amazing students received the Principal's award.

Have a happy weekend.

Nga Mihi

Dave



Mangonui School  
PRESENTS

SAT 28 NOV 2020

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# Awards Term 4, 2020

Weeks 3-4



## Kotuku

The learning award went to **Taniora Pike-Venner** for working hard and catching up on his mahi after being away on holiday. The Kaitiaki award went to **Fern Tracey** for her can-do attitude on our walk to Lane Cove. The Duffy award went to **Harmony Broadhurst** for her absolutely fabulous writing she produced.

## Tuatara

The Kaitiaki Awards went to **Kowhai Tomars** for being so passionate and knowledgeable about Papatuanuku and to **Brendon Downman** for taking the lead to create a class play for whanau in the park. The Duffy Awards went to **Katie George** for having such a great attitude on our EOTC trip and to **Tane MacDonald** for your awesome enthusiasm when you went surfing. **Anthony Tepania** received the Ka Rawe Award for also having an awesome attitude when we went surfing and **Cooper Hibbard** for always having such a positive attitude and a smile on his face.

## Kowhai

The Kaitiaki Award went to **Luka Owen-Natealofa** for consistently showing respect towards others in class and having pride in his work. The Duffy Awards went to **Nate Macdonald** for always completing his work to a very high standard. The WOW award went to **Ella Greaves** for getting out and giving things a go even when they seem scary... and really enjoying it.

## Taonga

The Kaitiaki Awards went to **Santana Udy-Robson** for working well to settle back into school and continuing to persevere with all her class work and **Alyssa Makiha-Soundy** for always showing and being kaitiaki in and out of our class.

The Duffy Awards went to **Connor Steed** for always being willing to help others in our class and being a great teacher and **Eastern Heighway** for always having a positive attitude and working super hard with all his work.

The Awesome Awards went to **Kea-Wairua Tomars** for working really hard with reading and writing and **Estella Thompson-Harris** for always being helpful and kind to others in our class.

## Koru

The Kaitiaki Awards went to **Ollie Wakeling** for helping others in writing and always showing kindness and to **Mckenzie Ritchie** for always working hard and showing kindness.

The Duffy Awards went to **Bentley Hopkins** for working well with others and sharing his ideas and to **Aurora Green** for working so hard in reading.

The Awesome Awards went to **Mia Leonard** for participating in all learning and reading so well and to **Ashlyn Thomas** for always making good choices.

## **Nga Ringa Awhina**

The Kaitiaki Awards went to **Zoe Leonard** for having an amazing first few weeks at Mangonui School and to **Luke-Tyler Maika Paget** for having a positive attitude towards giving things a go in athletics. The Duffy Awards went to **Hohepa Diaz-Goodwin** for being helpful around the class and trying hard with his mahi and to Lara Laybourn for her careful attention to detail in her drawings of birds. **Jasper Bruce** received the Ka Rawe Award for his enthusiasm for learning.

## **Pukeko**

The Kaitiaki Awards went to **Shelby Wilton** for being a wonderful helper when she arrives at school each morning and **Leo Bridson** for always trying his best in all areas. The Duffy Caught Being Good Award went to **Jda Tukariri** for asking great questions and caring for our class skinks and snails. The Star Student Awards went to **Finn Bridson** for amazing sounding out and recording of letters during writing and **Sofia Greaves** for being a kind and caring friend and class member.

Reading Nights Awards: 25 Nights: **Arya Collins**. 50 Nights: **Jett Tracey, Shelby Wilton**. 75 Nights: **Shelby Wilton**.

## **IMPORTANT DATES TO REMEMBER**

***Term 4 – Mon 12th Oct – Tue 15th Dec***

***Week 4***

**Fri 6th Nov - Eastern Zone Athletics (select students)**

***Week 5***

**Fri 13th Nov - Far North Zone Athletics (select students)**

***Week 7***

**Sat 28th Nov - Whanau in the Park**

***Week 8***

**Mon 30th Nov - Fri 4th Dec - Year 6 Camp**

***Week 9***

**Fri 11th Dec - Prizegiving**

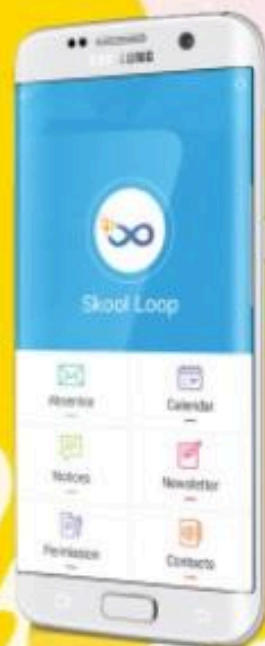
***Week 10***

**Tue 15th Dec - Last Day of Term 4**

**Any questions please contact the office: 406 0182 or 021 544 702  
Please remember to inform the office about any student absences.**

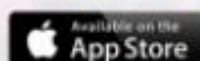


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# FOOD IN SCHOOL 2021

The Government is currently introducing a free, healthy, daily school lunch in some schools for all students.

We are really excited to let you know that our school will be joining the free lunch programme from Term 1, 2021.

All parents want to provide their children with a lunch every day. But, as you will know, there are many reasons parents can struggle, often through no fault of their own. We know that some of you will have been particularly affected by the economic impact of the COVID-19 pandemic. Offering a lunch for all our children who need it will go some way to helping families and whānau to support their children and tamariki. This is why we have decided to take part in this programme.

Lunches will cater for the diet, health and cultural needs of our students, and we will work with suppliers and the Ministry of Education to make sure they are healthy and nutritious. All suppliers will be required to meet New Zealand food safety standards.

The lunches will be available for all our students. While we know there are hungry children in every community, we do not always know who they are. Providing a lunch to every child means we do not need to single-out those who need it more than others. However, lunches are not compulsory, and you can continue to provide your child's own lunch if you wish.

Right now, we are working with the Ministry of Education on the best way to meet our school's needs. For us this means working out our supplier for the lunches.

The programme will run until the end of 2021 and will be evaluated whilst it is running. This will include feedback from schools, students and suppliers about what the lunches are like, how they are delivered, and if they have an impact on students' learning and achievement. This information will help to decide whether to continue beyond 2021, and what an ongoing programme might look like.

You can find out more about the programme at:

[www.education.govt.nz/free-and-healthy-school-lunches](http://www.education.govt.nz/free-and-healthy-school-lunches)

If you have any further questions, please contact our office, or the Ministry at [school.lunches@education.govt.nz](mailto:school.lunches@education.govt.nz)





# Taonga Class News

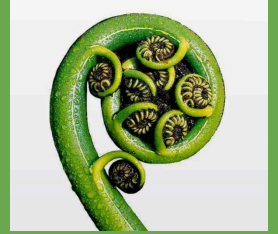


WOW term 4 is going by so quickly! Taonga class have had a great couple of weeks with Thibaud from TriOceans coming and talking to us about marine animals. We loved learning about the different species in NZ and what we can do to help them.





# Koru Class News



We have had two amazing EOTC lessons at school where we have learnt about Marine life and Plastic in the Ocean. We were very excited for both of these lessons! We also had an amazing time at athletics this week too. Term 4 is just flying by!





# Kotuku News

Term 3 Week 8 2020



Athletics, athletics, athletics! The term has started out really well with our students all trying their best with their athletics skills. Yesterday, some of our Year 6 leaders ran the non-competitive athletics sports for the rest of our school. What a great day. Good luck to all of our senior students who made it through to the Eastern Zone Athletics on Friday.





# Tuatara



Our Year 5 tamariki have been learning all about worms farms. They are in charge of feeding them and they're helping Mangonui School become waste free. Due to the number of food scraps we have left after lunch we decided to create 3 new worm farms. A SPECIAL thanks goes out to Kelly Construction (Mark Kelly and his team) who helped us build these wonderful farms. We would also like to thank our awesome community members at 'The Men's Shed' who donated the baths to us. Without you, this wouldn't have been possible. THANK YOU!



Our tamariki went to Taipa Beach for our EOTC surfing day. We had lessons from NZ Surf Academy and then went into the water to try out our newly learnt skills. It was HEAPS of fun!





# Nga Ringa Awhina News

Nga Ringa Awhina enjoyed exploring our Mounga last week. We walked the bush track around Rangikapiti and spent time connecting with this special place. We have also been busy working on some amazing pieces of art and practising our running, jumping and throwing skills in athletics.





# Kowhai Class News

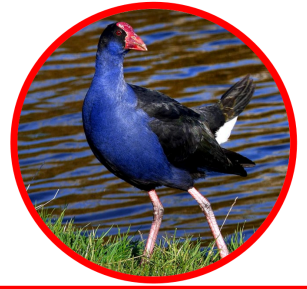
**Kowahi class are really getting stuck into making their seaweed fertiliser. Next steps are to create an exciting brand and packaging to 'sell' to other classes!**





# Pukeko Class News

Pukeko class have been excited to welcome some new class pets. We have created a suitable habitat for our skinks and given them lots of places to hide. We have collected food for them and make sure they have water every day. We love to interact with them and observe them.







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- Bags will be searched on entry

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## LABEL READING

# SERVING SIZE

Serving sizes vary. Be sure to look at the 100g column so you can compare products equally. Our label reading guideline applies to cereal, muesli bars and crackers.



	Per Serve	Per 100g
Energy (kJ)	441	1470
Energy (Cal)	105	352
Total Fat (g)	3.6	12.0
Saturated Fat (g)	<1.0	1.4
Unsaturated Fat (g)	0.1	0.3
Total Carbohydrate, Total (g)	20.0	67
Fibre (g)	0.8	
Sugars (g)	3.2	
Sodium (mg)	85	



Developed by Sport Waikato 2020

## PĀNUITIA NGĀ TOHU TAIORANGA

# TE RAHI Ō NGĀ KAI

E rerekē ana te rahi ō tēnei kai ō tēnā kai. Me āta pānuitia ngā tuhinga i te wāhi 100g kia whakaōrite ngā kai. He ōrite tēnei aratohu mo ngā kai parakuihi, he mūrihi me ngā pihikete.



	Per Serve	Per 100g
Energy (kJ)	441	1470
Energy (Cal)	105	352
Total Fat (g)	3.6	12.0
Saturated Fat (g)	<1.0	1.4
Unsaturated Fat (g)	0.1	0.3
Total Carbohydrate, Total (g)	20.0	67
Fibre (g)	0.8	
Sugars (g)	3.2	
Sodium (mg)	85	



Developed by Sport Waikato 2020



## LABEL READING

# BE AN EXPERT!

Food labels can be misleading. Examples are “Reduced Fat”, “High in Fibre” or “Less Sugar”. It’s best to check for yourself by reading the label.

### NUTRITION INFORMATION (Average)

Serving Size: 30g

(2 Biscuits)

Servings per package: 1

	Per Serve	Per 100g
Energy (kJ)	441	1470
(Cal)	105	352
Protein (g)	3.6	12.0
Fat, Total (g)	<1.0	1.4
- Saturated Fat (g)	0.1	0.3
Carbohydrate, Total (g)	20.0	67.0
- Sugars (g)	0.8	2.8
Dietary Fibre (g)	3.2	10.5
Sodium (mg)	85	285
Potassium (mg)	106	355
Thiamin (Vit B1) (mg)	0.55 (50%)*	1.83
Riboflavin (Vit B2) (mg)	0.42 (24%)*	1.4
Niacin (Vit B3) (mg)	2.5 (25%)*	8.3
Folate (µg)**	100 (50%)*	333
Iron (mg)	3.0 (25%)*	10.0

\* Percentage of Recommended Dietary Intake (RDI).

\*\* 1 serve provides 25% of the folate RDI for women of childbearing age.



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## PĀNUITIA NGĀ TOHU TAIORANGA

# MATATAU KI NGĀ KAI

Kahore e tika ngā tohu taioranga katoa, pēra ki ngā “iti iho te hinu”, “nui te muka”, “iti iho te huka”  
Me pānuitia te tohu taioranga.

### NUTRITION INFORMATION (Average)

Serving Size: 30g

(2 Biscuits)

Servings per package: 1

	Per Serve	Per 100g
Energy (kJ)	441	1470
(Cal)	105	352
Protein (g)	3.6	12.0
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# MIX & MATCH:

These simple ideas can be made by using everyday kitchen appliances (eg. toaster, fridge or microwave).

Using the steps below, mix and match foods to create exciting and affordable meals and snacks.

## 1. Start with a whole grain or wholemeal base:



bread



toast



pita



microwave  
brown rice\*



corn thins or  
rice cakes\*



crackers



wrap



bagel



English muffins



tortilla



\*Gluten or wheat free

## 2. Choose a spread:



hummus or  
bean spread



cottage cheese



peanut butter



avocado



tomato paste



margarine



## 3. Add toppings: SWEET



Fresh seasonal fruit  
(eg. sliced apples, banana)



Frozen or canned fruit  
(eg. blueberries, pineapple)



spices (eg.  
mixed spice,  
cinnamon)

## SAVOURY



Fresh seasonal vegetables  
(eg. tomato, cucumber)



canned  
tuna or  
salmon



canned  
vegetables  
(eg. corn)



reduced-fat  
cheese



canned  
legumes or  
baked beans



boiled  
egg



fresh or  
dried  
herbs



# HEALTHY MEAL AND SNACK IDEAS



## MIX AND MATCH!



Toast, peanut butter  
& banana



Bagel, avocado & tomato



Tuna, corn &  
salad sandwich



Baked beans  
& tomato on toast



Munch and crunch platter with  
pita bread, dip & vegetable pieces



Corn thins, cottage cheese,  
chopped fruit & nuts



Egg, lettuce, hummus wrap



Brown rice, boiled egg,  
tuna & vegetables



Pita with hummus & salad

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