



We are MANA!

Together achieving success as confident learners.

Manaakitanga Angitu Ngākaunui Aroha

Caring About Others

Doing My Best

Caring About Our Environment

Respecting Others

Waitara East School Weekly Newsletter

Tuesday 30 October, 2018

Kia Ora Whānau,

Week 3 has arrived and lots have been happening at Waitara East School

Firstly, I would like to congratulate some outstanding achievements from some of our students over the past week. Wyatt Hunt won gold at the Pan Pacific Jiu Jitsu 2018 IBJJF Championships. Also, both our Kapa Haka groups performing down at the Puanga Festival. You make us so proud with your singing and performing. Our Whakataetae Group won the overall competition for the Primary School Section.

On Wednesday 7th November at 6.30 pm we will be holding a whānau hui for all whānau to attend to share our work and ask for feedback on our strategic plan. We will also use this opportunity to introduce to you our Maori Achievement Collaborative (MAC) facilitator, who most of you already know, Damon Ritai. We will be holding a free sausage sizzle starting at 6.00 pm.

Lastly, a quick reminder for all parents check in to the school office and update their details (address, email, phone numbers) as this will be transferred to our new Linc-ED management system very soon.

Ngā Manaakitanga,

Perrie Topia

Principal

FREAKY THURSDAY 1 NOVEMBER. Halloween Dress Up Day
– Gold Coin Donation

Sausage Sizzle \$2. Face Painting \$2. Shop open from 2.30 – Lollies, Fizzy Drink. Spot prizes for best costumes – Dance Off.

(Due to our School Hall not being available we have had to cancel our Disco but we will have a super fun freaky Thursday. All money raised will go towards senior camp.



Touch rugby

Touch rugby enters its second week this Thursday. Last week all our teams performed very well even with our Kapa Haka groups on at the same time as games. All our tamariki look forward to this weeks matches. At the time of writing this we don't have a Draw yet.

MELBOURNE: - Hi my name is Wyatt Hunt. Lately I have been training to go to Melbourne.

In Melbourne I was taking part in a competition called Pan pacific Jiu Jitsu 2018 IBJJF Championship. There were over 200 fights, the adults to the children. When it was my time to compete I had to fight with a boy named Connor. I am a Grey Belt, Connor is a Yellow Belt, I am 60 kgs, Connor is 71.5kgs. Connor and I were fighting when I hip tossed him than I got the Mericana. A Mericana is when you put your hand under their hand, grab your wrist and pull up.

After a good trip I came back to New Zealand with my family feeling proud of myself.

Waitara HospiceShop

For clothes, bric-a-brac, household items, shoes, jewellery, electrical, books and sports accessories.



37 Princess Street Waitara

Open 9am-3pm Tuesday-Friday
and 9am-1pm Saturday



*Turning Second Hand Goods
into First Class Care*

Donations of quality re-saleable items gratefully
received during opening hours.

At the moment each class is visiting Harold in the Life Education Bus. Jack Miller from Room 9 wrote on his thoughts from his visit to the bus.

Healthy Mind.

So, what do we need to discuss? Your skill in the game Fortnite. Fortnite is so cool. No, we need to talk about how well you're taking care of your body. If you're going to understand, you need too understand the five things your body requires to be healthy. Food, water, sleep, oxygen and love. To be safe you need to stay clean, get shelter, and do what you have too to stay out of harm's way. So, now that you understand, can you answer my question?

We need to talk about your health!

Do you spend hours in front of a screen? *Well stop! It's bad for your health! 2 hours is all you need, and finish on them at least an hour before bed.*

Do you need to drink lots of water? *No, then start now? It powers your brain which powers your body.*

Do you eat healthy food? *If so keep going. Good food powers your body too.*

Do you get at least 9 hours of sleep? *Well you better? It reserves energy, and stops exhaustion.*

Do you love? *Don't be ashamed! It makes us all feel good, it's a miracle thing! Just remember, like, love and in-love are all different.*

So do you do all these things? If so, enjoy your long, healthy lives!