



Newsletter

Friday 11th March – Term One, Newsletter 3, 2022

NEWSLETTERS ARE DISTRIBUTED FORTNIGHTLY ON EVEN WEEKS.

Tena ra koutou ki nga hau e wha – Greetings to everybody.

We are thinking of those of you with household positive covid cases who are home isolating at the moment. As of 11:59pm tonight, the isolation time has been reduced from 10 days to 7. Workers can then return to work and children can return to school on the eighth day if they have no flu like symptoms.

Thank you for keeping the school updated when you have a positive covid case in your household. This information is passed on to the teachers so they can make contact to support with learning at home if children are well, and it gives us an idea as to when we might expect to have children return to school. Our school has not been affected too badly at this point in time, with only one teacher and a small number of children away isolating due to a positive case in their households. This situation could change quickly, and if we are short of teachers to supervise children at school, then we

may need to ask parents to keep children at home. The ministry has offered to provide 'learning at home' packs to schools, and we are hoping these will be on hand when we require them.

The school triathlon event has been deferred to Term 4. Keeping the class groups separate was going to be a bit of a challenge and would take a bit of fun out of the event for the children. We are also hoping that families can be back on site by Term 4 to enjoy this day with their children.

Thank you for your continued support of the work we do.

Have a safe and enjoyable weekend.
Ngā mihi mahana

Rob Posthumus

HAPPY HURUPAKI BIRTHDAY TO:

Rhyden Hemi, Kelan Peachey, Evie Coates, Isabelle Dawson, Lennix Mead, Chappy Houghton, Ryder Thomas-Galpin, Taj Beilby, Havana Blank, Kendall New and Felix Bax!!!



Netball Update

At this stage the Junior netball competition will only go ahead once we move from red in the covid protection framework.

We are calling for families to let us know if their child is interested in netball, should the season go ahead.

Please let us know by completing this google form - [Netball - Register interest](#)

Please contact us in the office if you have any questions.



Pizza Day – Friday 8th April!!

The school support group are organising a pizza day!

Mini pizza's will be ordered through Kindo and will be distributed in the hall during lunchtime on Friday 8th of April.

More details to come.



PLEASE REMEMBER:

NO vehicles other than staff and service vehicles are to enter into school grounds to drop off or pick up children between 8.10am - 8.45am and 2.15pm - 3pm

The speed limit within school grounds is 5kmh

PLEASE INFORM YOUR FAMILY AND FRIENDS WHO DROP OFF OR PICK UP

REMINDERS

- ✓ Please register for our payment system Kindo either through our website or by clicking this link <https://www.hurupaki.school.nz/payments/>
- ✓ Download Hero app. Click <https://hero.linc-ed.com/parents/> Please let school office know if you have any questions.
- ✓ If you use Lunchonline please update your child's Pod number for 2022

IMPORTANT DATES COMING UP

Thursday 31st March

School Photos

Friday 8th April
 Thursday 14th April
 Friday 15th April

Pizza Day
 Last day of term 1 (Free Mufti day)
 Good Friday (no school)

COMMUNITY NOTICES



Hi Team,

So excited for this event!! all smiles this side...

We have had some Ribbon Day registrations coming in and we know it is a busy time but we would love for as many of our Athletics Whangarei families to join in and take part. **Also its FREE to participate this year.**

Please remember your Ribbon Day entries need to be in ASAP and by the 14th of March 2022.

Arrive: 9:15am
 Starts: 9:30am
 Sausage Sizzle: 12:15
 Wrap-up: 1pm

Ages from 7yrs - 14yrs welcome to participate. Athletes can enter up to 5 events only and must be relevant to their age group.

Parent helpers on the day would be very much appreciated, so if you know you are coming and happy to help on the day please chat to Yvette in the lead up to this day.

Please contact us via email or facebook for a registration form or any queries. We will have some registration forms available on Monday too, so you can sign up then if you like.

. Open to our 7 to 14 year olds only .

EVES Athletics Whangarei - Ribbon Day 2022

DO NOT POST THIS FORM - RETURN TO EMAIL: juniorathleticswhangarei@gmail.com by 14/03/2022

RIBBON DAY 2022 CLUB ENTRY FORM

Event Date:	19 March 2022
Entry Closing Date:	14 March 2022
Events:	Select from up to 5 individual events

NB: Please return forms to Club's Junior Athletics Team or coach on training night.

PLEASE PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS.

Full Name:	Date of birth:	_____ / _____ / _____
	Male:	<input type="checkbox"/>
	Female:	<input type="checkbox"/>
Age Grade:	Contact Name:	_____
Mobile:	Email:	_____

RIBBON DAY EVENTS - CHOOSE UP TO 5

	7yrs	8yrs	9yrs	10yrs	11yrs	12+yrs	Club Athlete Chosen
80m							Event 1
100m							Event 2
200m							Event 3
800m							Event 4
1600m							Event 5
Long Jump							
High Jump							
Shot Put							
Discus							
Hammer Throw							

**NB: The squares shaded out mean not applicable to the age group

Volunteers Needed

YES	<input type="checkbox"/>
NO	<input type="checkbox"/>



How Mindless Eating Contributes to Over or Under Eating

Mindless eating can be caused by a myriad of factors from irregular eating times to the use of devices while eating. Consequently, this mindless eating can make it difficult for adults and children to recognize hunger and fullness cues that are integral to adequately fueling the body. Mindful eating, on the other hand, enhances hunger and fullness cues while also aiding in meal satisfaction. When mindful eating occurs, more of the body's senses can be used and the body can respond more effectively to the nourishment it receives. Setting general mealtimes, offering plated snacks, and encouraging minimum distraction during meals are just a few ways to encourage mindful eating. Benefits include fewer mealtime struggles at the table and the avoidance of overeating.



Try squash for free!

Kamo Squash Club
Butler Place Kamo
Saturday 12 and Sunday 13 March
1 - 4 pm
*please have vaccine passes ready to show

TRY IT. PLAY IT. LOVE IT.

Find Kamo Squash Club on Facebook

RAPID ANTIGEN TESTS

NZ GOVERNMENT APPROVED
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