

# Tauwhare School

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9<sup>th</sup> February 2015

Dear Parents/Caregivers,

Firstly, a huge apology to Mrs Keyser; I spelt Erika's name incorrectly in last week's newsletter, and to Mrs. Gilroy; Kirsty's husband was bemused when he saw she was suddenly Miss Gilroy.

Our students have settled in very quickly and there is a lovely buzz throughout the school. Next week we have Mrs Vink starting back as a Teacher Aide. Maureen is very experienced, having been with us for 10 years previously, so we are thrilled to have her on staff again.

## **SCHOOL PICNIC - Friday 20<sup>th</sup> February rain or shine ☺**

The Cambridge Pools have just informed us that the learners' pool is closed and will not be reopened this season. This means that pre-schoolers and toddlers will need to use the 50 metre pool. The shallow end is 1 metre deep so toddlers and pre-



schoolers will need to use noodles or floaties, or have an adult swim with them. (We did try to find an alternate venue for the same date, but nothing was available.)



## **CAR PARK**

Thank you so much for arriving at 3pm to pick up your child/ren, and for leaving the top end of the car park as a drop off and pick up zone. There was definitely less congestion, which makes for a much safer area for the children.

At 3pm we will assemble all children who are being picked up by car or who walk home so you don't have to go looking for your child.



## **OVERSEAS HOLIDAYS**

The Ministry of Education has now ruled that any holidays taken during school terms must be coded as **Explained Unjustified** as of the beginning of this school year. Principals and Boards no longer have discretion over this decision.

## **FOUND**

Left in the swimming pool area, 1 watch and 1 greenstone pendant.  
Please contact the office.

## **NEWSLETTER**

From today the newsletters will be emailed to all Parents/Caregivers. Please check your emails each Monday and if you have not received it please email the office at [admin@tauwhare.school.nz](mailto:admin@tauwhare.school.nz). The newsletter is also posted on the school website each Monday as well.

## WHOLE SCHOOL TRIP

We like to start the year with a whole school study and trip. This year we are planning to go to Raglan on **Friday 27<sup>th</sup> February** to visit the rocky shore as part of our science study. Staff professional development is focussing around Art this term, so this trip will also open up opportunities for sketching and print work.

The whole school will go by bus, leaving school at 9am and returning by 2.30pm. Parents are very welcome to join us and come by car (we suggest you car pool). This is not a trip that is suitable for pre-schoolers.



The bus will cost \$10 per child. The school has subsidised some of the bus costs to make it more affordable. As always, please do not hesitate to arrange with Paula to pay any trip or stationery money off in instalments spread across the school year.

Please email permission or fill in the slip below and your child can put it in their classroom bag.

## RETURN SLIP – RAGLAN

I give permission for my child/ren \_\_\_\_\_ Room/s \_\_\_\_\_  
to go to the Raglan rock Pools on Friday 27<sup>th</sup> February.

- I Enclose \$ \_\_\_\_\_
- I have paid \$ \_\_\_\_\_ by Internet Banking to: 115700 0022836 11
- I would like to pay by instalments and enclose \$ \_\_\_\_\_ for the first instalment.

Signed \_\_\_\_\_ Name \_\_\_\_\_

**EVERYDAY CHOICES**

# NUTRITION INFO PANEL

Look at the 100g column, if...

- **Total fat is less than 10g**
- **Sugars less than 15g**
- **Fibre more than 5g**

then it's an everyday choice!

**Team Energize**

**Whole Grain Biscuits**

NUTRITION INFORMATION (Average)		
Serving Size: 30g (2 Biscuits)		
Servings per package: 1		
	Per Serve	Per 100g
Energy (kJ)	441	1470
Energy (kCal)	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

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



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