

Para Kore 2018

Te Uku School is very **proud and excited** about being part of the Para Kore Initiative. X-Man visited last Thursday to re-launch Para Kore in our school, and at the same time presented us with a special sign now attached to the outside, front wall of the school. This initiative is being embraced by our whole school, staff and students and hopefully all of our families.

Our first goal is to have a zero-waste lunchbox. How can we reduce/eliminate food packaging? At our assembly, some children showed their lunchbox and how they use it to avoid the use of packaging. We hope that all of our parents/caregivers will embrace this goal.

For your information: Para Kore means Zero Waste. Humans are the only species on the planet that don't live by zero waste principles. The natural world does not create waste. Everything at the end of its life, whether it's a plant or animal, becomes part of another system. A dead insect becomes kai for another insect, a tree that falls in the bush rots and provides nutrients to the earth for new growth. Everything in nature is part of a closed, continuous, endless cycle.

Zero Waste is a *call to action* that aims to end the current *take, make, and dispose* mentality of human society. Zero Waste is a *policy, a path, a target*. It is a *process, a new way of thinking*. Most of all it is a *vision*. It's a new planning approach which *closes the loop*, so that all waste is a resource for another process.

Zero Waste is *excellence*, where waste, pollution and resource depletion are designed out - and job creation, economic prosperity and resource abundance are designed in.

The Para Kore programme works with marae to increase the reuse, recycling and composting of materials thereby helping to reduce the extraction of natural resources and raw materials from Papatūānuku.

More information can be accessed from: <http://parakore.maori.nz/para-kore/what-is-para-kore/>



Open Afternoon and Evening

Tuesday 27th February

1:30-4:00 OR 6:30 to 8:00

Personalised Invitations are in your children's bags today.

Please RSVP asap!!

Family Contact Details

We are very reliant on this information always being up-to-date. A copy of what we currently have for your child/ren on our system is included in this newsletter. Please check for accuracy, sign and return to Rachel in the office asap. We are also requesting that parents/caregivers supply an email address where possible, as we will be moving to a more electronic based system for the financial reporting etc. This is another way in which we are embracing Para Kore!

Ngā mihi ki a koutou,
Rachel Allan

Lunch Orders

A big thank you to those parents and students remembering to bring their lunch orders in an envelope or bag so that it can be deposited in the Lunch Order Box. This has made a tremendous difference to the congestion around the main desk, especially on Wednesday's Sushi order morning.

YEAR 7 IMMUNISATION

The Year 7 immunisation for Diphtheria, Tetanus and Whooping Cough will be undertaken this term. Consent forms will be sent home with EVERY year 7 student. Please complete and return to the school office. There is provision within the form for your non-consent, should you wish for that. PLEASE REMEMBER- WE WOULD LIKE ALL FORMS RETURNED REGARDLESS IF THEY ARE FOR CONSENT OR NON-CONSENT. As part of the programme, information will be given to each year 7 student. If you do not want your child to receive this education and/or to view the presentation the Public Health Nurse uses, then send a letter to the office so that your child can be removed from that class presentation on the day of the education session.

YEAR 8 IMMUNISATION

The year 8 immunisation for HPV (Human Papillomavirus) which can develop into cervical cancer and other HPV related cancers, will be undertaken in two doses within the year. Consent forms will be sent home with all year 8 students. Please complete and return to the school office. There is provision within the form for your non-consent, should you wish for that. PLEASE REMEMBER- WE WOULD LIKE ALL FORMS RETURNED REGARDLESS IF THEY ARE FOR CONSENT OR NON-CONSENT. As part of the programme, information will be given to each year 8 student. If you do not want your child to receive this education and/or to view the presentation the Public Health Nurse uses, then send a letter to the office so that your child can be removed from that class presentation on the day of the education session.

Term One Events:

Next BOT Meeting – Wednesday 21st February 6:30PM

Te Uku School Open Afternoon – Tuesday 27th February, 1:30PM

Te Uku School Open Evening – Tuesday 27th February, 6:30PM

School Closed for Teacher Only Day – Tuesday 6th March

Te Uku School Swimming Sports – Thursday 8th March

Interschool Swimming Sports – Thursday 15th March

School Closed for Easter Break – Friday 30th March to Tuesday 3rd April

Interschool Softball Tournament – Friday 6th April

Last day of Term One: Friday 13th April

First Day of Term Two: Monday 30th April

BREAKFAST IDEAS

EGGS ON TOAST

Eggs -ellent ways to have eggs on toast!

- Soldiers
- Poached
- Scrambled - add herbs for extra flavour
- Microwaved

DID YOU KNOW: Eggs are a great source of protein which helps to grow strong healthy muscles

SOLDIERS **SCRAMBLED** **POACHED**

Developed by Sport Waikato 2017

BREAKFAST IDEAS

EASY OMELETTE

- 2 large eggs
- 2 Tbsp. water
- Pinch of salt and pepper
- 1 Tbsp. low fat spread
- ½ cup filling – eg cheese, tomato, capsicum or your favourite vegetables

In a bowl mix eggs, water, salt and pepper well. Melt spread on medium heat in a medium sized pan. Pour in egg mix covering whole pan. Using a spatula, pull in cooked egg from the outside. Tilt the pan so uncooked egg can fill gaps until the bottom is set and egg looks slightly wet on top. Add fillings on one half of omelette and then gently fold other half on top. Slip on to a plate and enjoy!

Developed by Sport Waikato 2017

Fun for the whole family!

Get ready for....

Maui Dolphin Day 2018

and the famous

Recycled Raft Race

Saturday 3rd March 2018
11am-3pm
Te Kopua Domain / Papahua

Raft Race starts
11:45am

Brought to you by...

Whāingaroa Environment Centre

xtreme ZERO WASTE

Emceed by...
X-Man

TE UKU YOGA GROUP

Mondays, 7-8.30pm
Te Uku School Hall

Yoga Based Exercises for all Levels
\$5 Koha to Te Uku School PTA

Lead by Irene from Circus Aotearoa
and Stephanie from SpiritRides
Join our FB GROUP

SURFSIDE CHURCH RAGLAN FLIPT

Surfside Church is running their FLIPT programme for primary school age children for again this year. This is a fun programme with games, craft and some values based teaching via DVD. The children will also receive a healthy snack on arrival. It will run once a week on a Wednesday afternoon for 6 weeks starting Wednesday 21st February until Wednesday 28th March, finishing just before Easter. Start time is 3.00pm and finishing at 4.15pm when parents may collect their children. It is to be run at the Surfside Church facility at Te Uku. Parents are invited to give a Koha towards the cost of running the programme and the craft their children will bring home when they drop off or pick their children up.

Children will be supervised walking across the paddock from the school when school finishes. Only those children who have registered with the school office or Surfside Church will be brought across, so the school knows who are not going on buses that day. There will be a van available to drop children to homes in Raglan after the programme. Please register with us if you require this service. Also if your child requires a booster seat please make one available. If need be you can co-ordinate getting these to us by contacting us using the numbers below.

Any enquiries to Surfside Church office on 8255199 or email info@surfside.co.nz or the FLIPT Coordinator, Janet Peart on 8255855, email