

TE UKU SCHOOL NEWSLETTER

e x p a n d i n g h e a r t s a n d m i n d s

Te Pānui o Te Kura o Te Uku 14/18

17 Haratua 2018

Tēnā koutou e te whānau o Te Uku

Te Uku School Cross-Country

What a great event this was this morning. Despite the changeable weather there were still plenty of smiles and sunshine, in between the inevitable rain. The children were full of excitement, having prepared well for their cross country run over the last few weeks, and they all deserve to feel proud of the efforts they put in today. Students selected to go to the Inter School Cross Country will bring home a letter and permission form today. Thanks to parents, friends and whanau who turned up in support, making this event an extra special occasion.



Results are as follows:

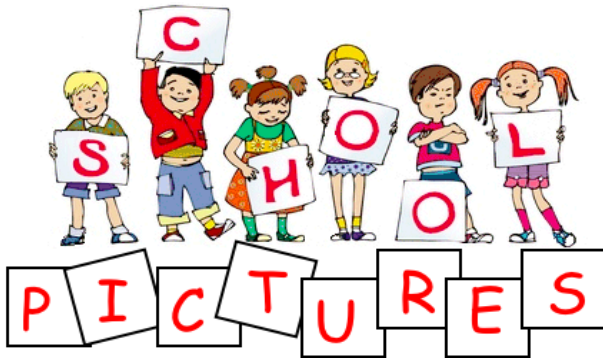
	5 year old boys	5 year old girls	6 year old boys	6 year old girls
1st	Emmett	Trixie and Pippa	Cassidy	Lily
2nd	Marvin	Lola	Noah and Dougal	Iris
3rd	Joey	Samara	Grayson	Maia

	7 year old boys	7 year old girls	8 year old boys	8 year old girls
1st	Conor	Sayla	Cameron	Bonnie
2nd	Remy	Emma	Ryder	Tiare
3rd	Diego	Rya	Max	Jade

	9 year old boys	9 year old girls	10 year old boys	10 year old girls
1st	Joe	Lily	Isaac	Katie
2nd	Caleb	Nirmala	Noah	Grace
3rd	Leo	Kiri	Conor	Emma

	11 year old boys	11 year old girls	12 year old boys	12 year old girls
1st	Crosbie	Alicia	Matthew	Brianna
2nd	Pipiri	Lydia and Riley	Marley	Nellie- May
3rd	Grady			





School Photographs

PhotoLife Studios will be here to take 2018's school pictures on **Friday 18th May**.

Individual student envelopes should have been brought home already. As usual, sibling envelopes are available from the school office by request. All orders will need to be returned to the office no later than Thursday 17th May.

Sushi Price Increase

We have been notified that the fabulous sushi makers at Aloha Sushi will be increasing their prices beginning from next week. They are doing this with 'heavy hearts' as a result of rising costs from suppliers. All items have increased by 50c, which still makes the sushi delivered to school cheaper than you can buy in the shop – a discount we are very grateful for.

New sushi prices as of Wednesday 23rd May will be as follows:

Chicken Teriyaki - small \$4, large \$7

Avocado - small \$4, large \$6.50

Tofu Musubi 5.00

Spam Musubi



Te Uku School Facebook page

If you haven't done so already, please join us on Facebook. This provides a quick and easy way for us to communicate with our community, especially when time is of the essence, as it was last week with the bus delay and again this morning notifying everyone that our cross country was going ahead. It also provides a fabulous platform to share what is happening in our school on a day to day basis.

<https://www.facebook.com/teukuschool/>

Term Two Events:

School Photos: Friday 18th May

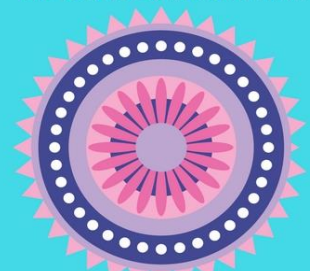
Next Board Meeting – Monday 21st May, 6:30PM

Inter-School Cross-Country: Friday 25th May

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

**KALANAO HE TOA
HAAKINAKA KOE I IIA RAA**

I MUA I TE KORINGA

1 - 4 hr i mua i te koringa, whaangaia too tinana ki ngaa kai WHAKAOHO MAURI, peenei i te paareti, i te witiipiki, i ngaa kai me taakai ki te paraaoa, i ngaa hanawiti kua mahia ki te paraaoa puu kaakano, i te rimurapa, i te raihi, i te huamata raanei kua ranua ki te kumara, ki te riwai raanei.

Paareti, Huamata raihi, Huamata kumara, Hanawiti pookai, Witiipiki, Hanawiti

Developed by Sport Waikato 2018

SPORTS NUTRITION

BEFORE SPORT

1-4 hours before you are active, fuel your body with GO foods such as porridge, weet-bix, wraps, a sandwich with grain bread, pasta, rice or a kumara/ potato salad.

Porridge, Rice Salad, Kumara Salad, Wrap, Weetbix, Sandwich

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