

NEWSLETTER WEEK 5, TERM 4



*E te tī, e te tā, tēnā koutou e te whānau o Te Kura a Rohe o Murupara,
Aku mihi mahana ki tena, ki tena o koutou e noho mai na i o koutou kainga.*

Term Four is a very short and busy time for us all, it began with my pohiri in Kaiwhitiwhiti on day one, and it has been all 'go' from then on. We are now in week 5.

Trips:

Week 2 was the Ohope camp with amazing activities for the tamariki. I think one of the highlights was the night walk to see the kiwi and the glow-worms, a very special event as it was guided by Karito Paul. Many thanks to the teachers who organized the trip and the support crew who accompanied the tamariki.

Week 3 was the Year 1-4 tamariki who went on their haerenga to the Horomanga 'foothills'. This trip allowed the tamariki to get wet and wind-blown from their awa at the base of their tipuna maunga, magical experiences that can be extended in the years to come! This is a good example of localized curriculum learning.

There are more trips planned for the rest of the term, so watch this space!

Senior Prizegiving:

Week 3 was the Senior Prizegiving, an auspicious occasion that was held on Wednesday, 2nd November. I am proud of those students who received awards for their diligence and hard work. Also, to those three students who placed in the Waikato Cookery Competition, it was great to hear your tutor from Toi Oho Mai speak so highly of you. Lastly, the inclusion of a short video from our own Murupara Black Fern, Natalie Delamere, was very inspiring. She gave some good advice and tips for those seniors leaving as well as the remaining students, her advice applied to all of you. Thank you to all those parents who attended, and last but not least our pakeke, i rangatira ai te huihui i a koutou, tena rawa atu koutou.

Reminders:

Uniforms – It was great to see the standard of uniforms lift throughout the entire school in the last couple of days. The boys look really smart, and the girls look elegant, you are all ambassadors for the school, and you promote the school by wearing your uniforms with pride. Keep it up tamariki ma!!

NEWSLETTER WEEK , TERM

Behaviour:

Our Uara of Tiaki means to look after and take care of each other, including our kura buildings and property.

We show we care by being kind to one another, greeting each other, speaking nicely, and doing something nice for someone without expecting payment. We look after our kura by making sure there is no rubbish on the grounds -we use the rubbish bins for our rubbish.

Sunshades:

We are also reminded that the shades at the school are to protect you from the hot rays of the sun, they are not for climbing on!! Tamariki from our school have been seen climbing onto the Shades, and then onto the roof!! Parents, please help us keep the tamariki safe by reminding them to stay out of the school grounds after hours!!

NCEA Exams

By the time you read this newsletter, our senior taura would've begun their NCEA exams and we wish them all the very best.

We look forward to the Junior Athletics to be held on Wingate Park, as well as their prizegiving, two more special occasions for the school that their Kaiako are planning.

Lastly, we have two more Board meetings before the year ends, you are most welcome to attend these meetings. The next meeting will be on Tuesday 15th November beginning at the new time of 4pm to accommodate our newest Board member, Hyrum Heke. Nau mai, haere mai Hyrum.

I might also add that there is one more space for a parent rep, if you think this might be you, come along and have a listen!

Me mutu pea i konei,

Noho ora mai.

H. Anderson (Acting Tumuaki)

IMPORTANT INFO

Term 4 17th Oct – 13TH Dec

Exam Dates

Wed 16 Nov - NCEA L2 English

NCEA L1 History

Thur 17 Nov - NCEA L1 English

Friday 18 Nov - NCEA L2 History

Monday 21 Nov - NCEA L1 Te
Reo Maori

Upcoming Events

Tue 15 Nov - Board Meeting

Thu 17 Nov - Junior Athletics

Mon 21 Nov - Postponement
date for Junior Athletics

PH: 07 3665 602

EMAIL:

office@mas.school.nz

OFFICE NOTICEBOARD

An important update on school uniforms – price increase.

Thank you for your continued support with Schooltex. As we continue to offer you our high quality, affordable school uniforms available locally throughout The Warehouse stores.

With increased costs from our local and international suppliers and factors beyond our control we have reviewed our prices. Therefore, we wish to advise you that the following uniform items will increase in price from 7th November 2022 to the price listed below.

- NEW DRL CARG PKT SHOR BLK XS \$31.99
- NEW DRL CARG PKT SHOR BLK S \$31.99
- NEW DRL CARG PKT SHOR BLK M \$31.99

The Schooltex logo, featuring the word "schooltex" in a white, lowercase, sans-serif font. The "x" is stylized with a red dot above it. The logo is set against a dark blue rectangular background.

PĀNUI FROM OUR SCHOOL NURSE

Kia ora koutou,

It's that time of the year. The sun is shining, the lawns and gardens are blooming, and with that change of season comes hay fever and seasonal colds. So, what's the difference and what do we do if anyone in the whanau becomes unwell?

Colds - Usually last 1-2 weeks, however you can get a bacterial infection after a cold such as an ear or sinus infection

How are they spread – They are usually spread through the air when someone with a cold sneezes or coughs.

Symptoms – You might start getting symptoms 1-3 days after contact with a cold virus. Symptoms may include

- Scratchy or sore throat
- A cough
- Sneezing and a runny or a blocked nose
- Watery eyes
- Blocked ears
- A slight fever
- Tiredness and a headache

What to do - A cold is different from the flu so antibiotics aren't needed. Try and get plenty of rest, drink lots of fluids like water. You can treat the symptoms such as paracetamol for headache, nose drops or sprays or various cough syrups and lozenges that you can buy from a pharmacist.

When to see your doctor – Most colds will last only a week or 2 however you should see your doctor if you get any of these symptoms with your cold.

- An earache that gets more painful
- Wheezing, trouble breathing
- Swollen tender glands in your neck
- Chest pain
- Skin rash
- A sore throat that gets worse, or has white or yellow pus
- A cough that gets worse or becomes painful
- A temperature of 38.6 or higher that lasts more than 2 days
- Shaking chills
- A headache that lasts several days

PĀNUI FROM OUR SCHOOL NURSE

If you are unsure of what you should do call Healthline 0800 611 116

How to prevent the spread of colds and lower the risk of catching a cold – Use good hand hygiene, cough or sneeze away from others or into a tissue, don't share food or eating utensils, eat a healthy diet, get plenty of rest and don't smoke!

How to prevent the spread of colds and lower the risk of catching a cold – Use good hand hygiene, cough or sneeze away from others or into a tissue, don't share food or eating utensils, eat a healthy diet, get plenty of rest and don't smoke!

Hay fever – this is the common name to describe allergic rhinitis.

What is it – It's an allergic response to an allergen – most commonly house dust mites, pet, pollen and mould.

Symptoms – A ongoing runny nose, stuffy and itchy nose and frequent sneezing. It can also affect your eyes, sinuses, throat and ears.

How to treat – Try and identify your triggers. This is hard to do but if you think you might be allergic to pollen try to remain inside when the amount of pollen is at its highest, which tends to be in the morning, on windy days or after a thunderstorm. If your allergen is dust, removing items in your bedroom that collect dust will help. Bedding should be washed frequently in hot water and dried in the sun. There are several medications/treatments that might help.

- Non-sedating antihistamines tablets or liquid
- Corticosteroids (anti-inflammatory) nasal sprays reduce the inflammation in the lining of the nose
- Decongestant nasal sprays might help unblock your nose
- Eye drops

As with a cold, try and get lots of rest, eat well and drink plenty of water.

Hay fever and asthma – Hay fever can be a common trigger for asthma in both children and tamariki and can make a person's asthma much worse. If you or any of your whanau have asthma, it's a good idea to have an 'asthma action plan' in place in case symptoms become worse. This can be done by the nurse at your GP clinic, or you can come talk to me at the Murupara Area School on Wednesday or Thursday.

Stay well whānau

Ngā mihi nui

Caroline Davies (School Nurse)

COMMUNITY CONNECTOR



Tena ra tatou katoa,

Well, whānau, what an awesome day had by all that came near and far to be a part of our Gala, Te Arawa Fisheries, Rotorua, Toi Ohomai Rotorua, Eastern Bay Primary Health Alliance, Whakatane, our local St Johns and our local Fire Brigade, Manawa Tu, and the stalls selling kai, knick knacks and plants, even Gabby our face painter. Kids had fun on the bouncy castle, activities that the Brigade team put on and their infamous lolly scramble. Matua Graham who provided the music to keep us entertained for the day, and lucky the weather was perfect. Would also like to thank the WDC for the use of the recycling bins, so much gratitude for everyone that helped make our day perfect. But a HUGE thank you to Murupara Area School for allowing us to have our Gala onsite their grounds and, a huge thank you to our MAS students that helped set up and then tidy up when our day ended and then helped me pack up the trailer the next day to deliver the bouncy castle back to Rotorua. Tenei ra te piiiiki mihi maioha ki a koutou katoa.

No reira whānau, keep an eye out for the dates for next year's Gala!!!!

Nga mihi

Ripeka Hawkins

Community Connector, Murupara



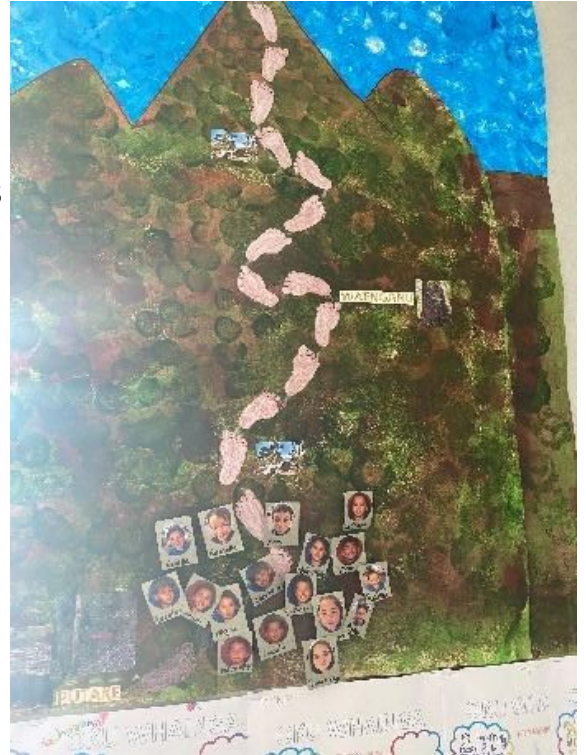
NĪOREORE PĀNUI

Tena Koutou e te whanau,

Nioreore years 1-3 have had a very busy term. Integrating our curriculum of goal setting outside the classroom by visiting our Maunga Tawhiuau which was an exhilarating experience for our Tamariki and also some staff.

Daily fitness is a huge part of our hauora which is being tracked "Using our Goal Setting Maunga". Your tamariki ascend the Maunga as they achieve each Goal with some of our tamariki already half way.

A big Mihi to our Whanau who have been busy fundraising for our EOTC this term. Now we are on to Christmas crafts.



Nioreore Tuakana

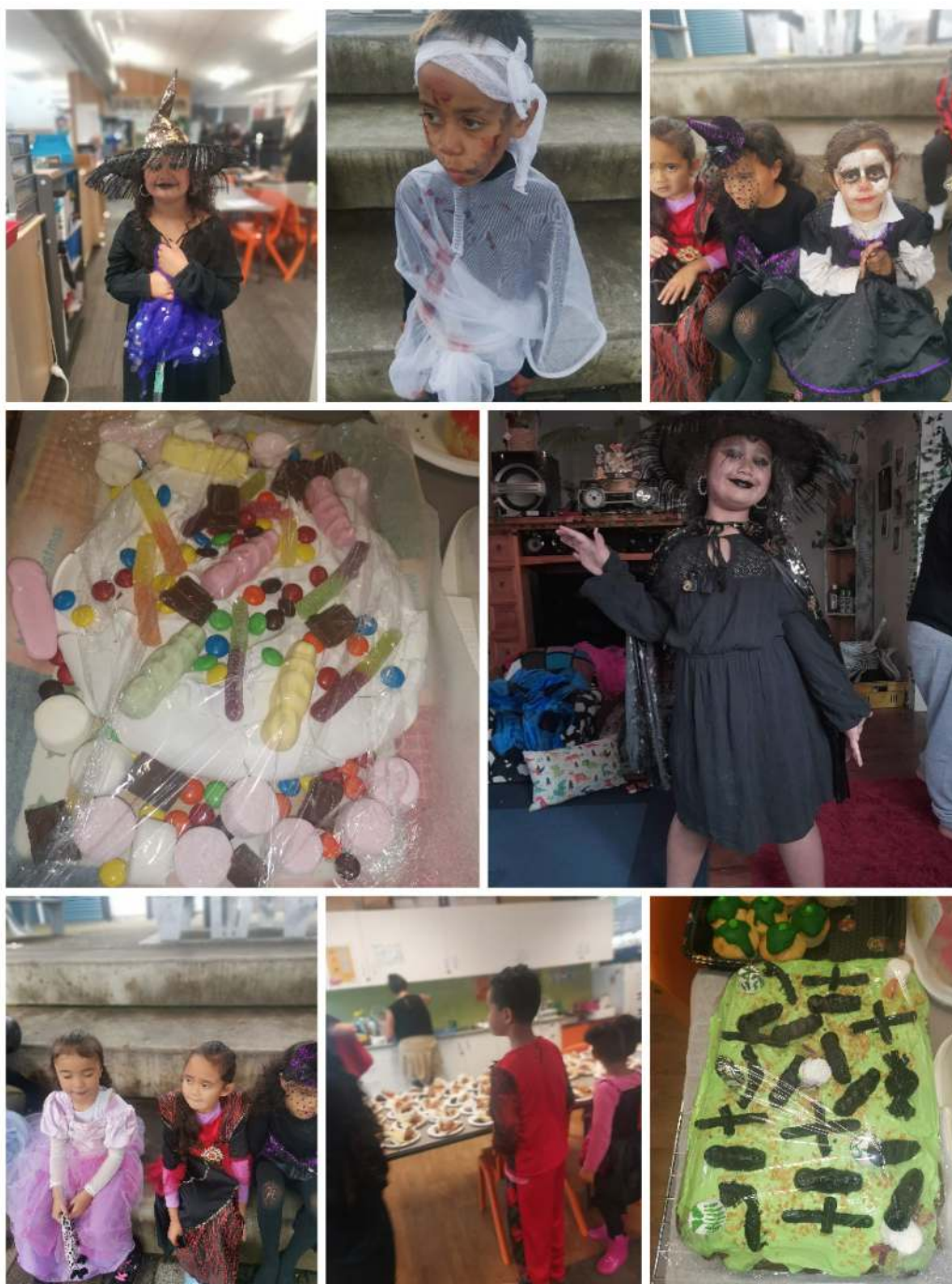
Whakanui – Celebrations!

Our theme for this term is Whakanui – Celebrations. Through this kaupapa the children are looking at, and learning about, the different celebrations that are done around the world throughout the months of October, November, and December. They are also focusing on their learning and how much success they have had over the year, as well as what they would like to achieve next year.

NĪOREORE PĀNUI

As part of this we did a 'Halloween' dress up, with a fundraiser as part of our day. The costumes were absolutely AWESOME! And the contributions to our fundraising were amazing. THANKYOU to everyone who donated kai for the day and a special THANKYOU to our wonderful whanau who came along and helped on the day- Miharo!!!

Best Costume awards went to Amber Merriman, Jahvayden Olliver, Cheyvarn Iraia, Rhythm Tapara and Te Atawhai Mahia-Ransfield. Congratulations guys and gals!!!



NĪOREORE PĀNUI

We also took part in 'Gumboot Day' which saw most of us wearing and rocking our gumboots. Our students participated in a colouring-in competition with the winners being – O'delia Graham, Daenah Harris and Rhianna Delamere – WELL DONE ladies.



Athletics

Our Athletics Day is scheduled for next Thursday, weather permitting. We have been focused on learning the correct techniques for the different disciplines the students will be participating in. Further details will be available from Whaea Tui – so watch this space.



KĀRANGARANGA PĀNUI

Ohope Camp Term 4 week 2 2022

On the 26th of October the year 7 to 9s went on a camping trip to Ohope Christian Camp. The kids had lots of fun at the camp and there were heaps of activities that were done like surfing and kayaking. The kids said they loved it and they wished we stayed longer. All of our uara was shown during camp it was amazing to see all the kids coming together and helping each other out. On the first night of the camp all of the boys on the camp went on a night walk on the Ohope track they saw spiders, weta they even said they saw a Kiwi. The next night the girls went on the night walk they almost caught an eel even the girls and boys said they had a lot of fun going on the walk. Not everyone wanted to go but enjoyed in the end. My favorite part was surfing with Ollie, Troy and my friends.

By Chanel Makiri



KĀRANGARANGA PĀNUI

Ohope camp

My favourite part of the camp was the night walk because it was my mates making me laugh

Kohine

My favourite part of the camp was hanging out with others and making more friends with people I don't usually hang out with.

Rangimaewa

My favourite part of the camp was the boys pillow fight while the girls were on the night walk.

Tuterangi



My favourite part of camp was jumping of the wharf and hanging out with my friends

Te Piriti

My favourite part of camp was surfing and jumping off the wharf

Maaki

Huge mihi and Thank you to Whaea Julie, Whaea Weka, Whaea Pam, Matua Muriwai, Whaea Jan and Whaea Ange. Also to our Whanau George & Charlotte and Jordan.



RANGIPŌ / SERVICE ACADEMY PĀNUI

Mahi from term 3 and 4 from our tauira in Hard Materials working with Matua David Beukes



SPORTS PĀNUI

Tena Koutou,

Students played off on their first game of netball in Rotorua on Nov 4th which they thoroughly enjoyed. Although we didn't come home with a win, our students were able to explore and touch base with some social games which in return will prepare them for next year 2023. A huge mihi to Whaea Julie and Sarah Ranui who took the time to drive our tamariki to their games. Sarah also offered to coach the year 7/8 team, so if there are volunteers to coach the year 9/10 please contact me at the school. The final dates for netball will now be on Friday 9th December.



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ATHLETICS will be held on Thursday 17th November depending on the weather, otherwise postponement date will be Monday 21st November. It will be held at Wingate Park starting around 9am. Athletics is only for our Junior School from years 1-8 so Nau Mai Haere mai.

Whanau, if you are available to help again please contact me at the school. Following our school athletics we have Interschool athletics at Galatea School on Wednesday 23rd November 2022.

Na Mihinui

Sports Co-Ordinator

Tui Matekuare

