

# Rotokauri School Newsletter



Issue No: 9

20 June 2013

## QUIZ NIGHT – FOUNDATION BAR

The PTA are holding another night of fun, trivia, rivalry and prizes.

This years' Quiz night will be held at the Foundation Bar – Te Awa on Saturday, 29 June at 7.30pm.

Get your family, friends and neighbours together.

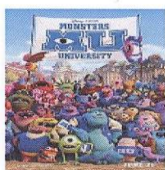
Tickets \$20 single and \$35 double – complimentary nibbles included.

*Tickets are on sale now at the school office.*

For information email Antonia [chevvi@xtra.co.nz](mailto:chevvi@xtra.co.nz)

### Pre release showing of Monsters University in 3D

Mike and Sully are back, younger and funnier than ever and we want you to be the first ones to experience them in 3D  
(brought to you by Rotokauri School PTA)



When: Sunday 07th July  
Where: Hoyts Te Awa  
Time: 4pm

#### Ticket prices

**\$20.00 Adults**  
**\$15.00 Children** (School age)

**Tickets include snack pack, drink, ice cream and 3D glasses**

Grab you tickets today from the Rotokauri School Office

Disney · PIXAR  
**MONSTERS  
UNIVERSITY**



**ROKOKAURI SCHOOL**  
462 Rotokauri Road  
R D 9  
HAMILTON 3289

**Telephone (07) 849 5068**  
**Fax (07) 849 4371**

**Email: [office@rotokauri.schoolzone.net.nz](mailto:office@rotokauri.schoolzone.net.nz)**

Dear Parents

*Nga mihi o te wa kia koe me to whanau.*

## **ROKOKAURI SCHOOL MISSION STATEMENT**

Our positive environment will actively engage our students in learning.

## **ROKOKAURI SCHOOL VISION**

We are responsible, confident learners and communicators.

## **ROKOKAURI SCHOOL VALUES**

Respect, Responsibility, Honesty, Persistence and Excellence.

## **NEW BOARD**

Firstly, I want to thank everyone who put their names forward for the 2013 Rotokauri School Board of Trustees election. This shows that our parents really want to support our school and help out in the role of governance. I would also like to thank all the parents who took the opportunity to vote. Over the years we have talked a lot to the students about democracy and the importance of having your say. Our students get a real hands on experience of this when it comes to voting in our student council in term one each year.

As a community we can consider ourselves lucky that our Board can draw on a wide variety of talented parents to continue to make Rotokauri School a great place for students to enjoy their first 8 years of schooling.

The Board met informally last week to discuss individual portfolios and collective beliefs and responsibilities. Our new Board of Trustees are:

Chairperson: Matt Snelgrove

Property: Nick Spiers

Secretary: Miranda Collinson

Personnel: Rosemary Pritchard

Finance: Fiona Webber

## **WELL DONE PARENTS**

One of the things I missed when I was on sabbatical was the amount of contact we have with parents coming into our school to help both students and staff. I was showing a new parent around the other day and they commented about the amount of adults in the school. The parent obviously thought you were all teachers. I had to explain that on any given day we can have parents coming in to help with writing, reading, maths, homework, cooking, trips to the zoo, sporting events or tree planting. You name it and the parents are here. We enjoy the parents being a real part of their children's education. Research tells us that when parents and teachers are working together the results for students academically and socially are enhanced greatly.

## COMMUNITY CONSULTATION 2013

This year we had 38 families take the time to give the school feedback in regards to student learning (engagement), being a positive safe inclusive environment and our school culture. We have reproduced this for the community to read. There are many positive aspects to this review but we need to remember that this success is based on all parties working together.

The winner of the community consulting competition which was drawn at last week's assembly was Helen Cameron.

### **COMMUNITY CONSULTATION RESULTS**

#### **SCHOOL CULTURE**

1. Would you say that we are an inclusive school (we try and engage all students and community members WITHOUT FAVOUR based on religion, gender or culture).

Yes - 92%

No - 3%

Unsure - 5%

Comments:

- Most of this is right but there could be more done in other areas.

2. Our Mission Statement states that we intend to provide a positive environment which will actively engage our students in learning. Do you think we provide a positive learning environment?

Yes - 100%

Comments:

- Although the Arts and Sciences could be better catered for.
- I truly believe that the positive attitude of the teachers and parents associated with the school reflect the positive learning from the students at Rotokauri School.
- Our children are positive about school and their teachers.

3. Our Vision is for our students to become confident learners and communicators. Have we achieved our Vision?

Yes - 94%

No - 3%

Unsure - 3%

Comments:

- Mostly – some students do very well.
- I don't think a vision can be achieved at any point. It's something to keep going and growing in each child and in each generation of children. A good focus to have.
- Our children are confident about sharing what they are learning.
- Sometimes

4. Do you feel the school promotes its core values well?  
(Responsibility, Persistence, Honesty, Excellence and Respect)

Yes - 94%

No - 3%

Unsure - 3%

Comments:

- Yes, but I'd like the school to be more honest about education costs. It would be great to have a handout of other costs e.g. trips and performances, that we are likely to encounter throughout the year.
- Most of the time my child is having difficulty with bullying.
- Relieving teachers need to respect all children.
- Not sure about the excellence value. Seem to strive for average rather than excellence. Trying to meet the standards.
- Sometimes.

5. Would you say that students and staff at Rotokauri School demonstrate a mutual respect for one another?

Yes - 92%

No - 6%

Unsure - 2%

Comments:

- Generally yes.
- Sometimes.
- Respect is lacking between students at times.

6. Do you feel the staff / school communicates well with parents in the wider community?

Yes - 82%

No - 0%

Unsure - 18%

Comments:

- I feel the facebook page and website could be better utilized. x 2
- Could do better.
- Unsure what the communication is with the rest of the community.
- Student council needs to let the parents know more about the tuck shop.
- Need to listen to families if they have a concern.
- Newsletters are too long. Most school newsletters are one page. Too much personal opinion. It's a newsletter not editorial space.
- Sometimes.
- I like the weekly updates from the teacher in the homework book - it means we always are clear as what is expected of us that week.

7. Do you feel the school community communicates well with the Māori Community?

Yes - 30.5%

No - 0%

Unsure - 69.5%

8. Do you feel the school values parental input through its open door policy?

Yes - 80%

No - 5.5%

Unsure - 14.5%

Comments:

- Better school information / orientation for new parents.
- More can always be done.
- All staff are very approachable and take on board parent input / ideas and concerns.
- I have mostly thought so. I was pleased with the openness by the teacher when there was an issue with my child.
- Yes, I am concerned about classroom placement for the year as announced at the end of last year. A parent with a reasonable concern should be listened to.
- I think it's definitely open door but not sure parent input is valued unless it's easy.
- Definitely better - so few parents willing or able to help. Need to nurture the ones who do to keep them involved.
- Love this about Rotokauri School.
- Sometimes - room to improve.

9. Do you feel the school has a culture of high expectations for our students?

Yes - 94%

No - 3%

Unsure - 3%

Comments:

- Keep it this way. Society is lacking this from children. High expectations set children up to succeed.
- A move to introduce uniforms would reinforce high expectations.

- One of the main reasons that attracted to us to Rotokauri School.
- Seem to strive for average - no consequences for not completing homework tasks.
- Would be interesting to track National Standards over the years and see if there are positive trends.
- With the current professional development of staff in relation to gifted and talented children I'm sure it will give more scope and opportunity for higher achievement.
- Ten minutes is too brief. The twice yearly interviews are great.

## STUDENT LEARNING

1. Do you feel your child is engaged in their learning at Rotokauri School?

Yes - 97.5%

No - 0%

Unsure - 2.5%

Comments:

- My child is having a better year this year. Far more positive about school. Has higher self-esteem.
- Sometimes.

2. Has your child's teacher informed you about their learning step?

Yes - 83.5%

No - 5.5%

Unsure - 11%

Comments:

- Not at the time of this survey but my child hasn't been at school for long so I assume this will happen soon.
- I would benefit from the teacher sharing techniques of how I can help my child move to the next learning step.
- At Parent interviews.
- Only through reports and interviews.
- Very much.
- We may have missed information and aren't sure about the direction for our child.

3. Does your child ever talk to you about what they learned at school?

Yes - 100%

Comment:

- Yes always – love it.
- Every day.
- I feel as a parent you need to involve yourself. It's not up to the teacher to teach with no support from the parents.
- Frequently.
- Although I have to ask my child.

## COMMUNITY ENGAGEMENT

1. Does the school understand and promote the concept of Parent / School Partnership to help enhance student learning?

Yes - 88%

No - 0%

Unsure - 12%

Comment:

- I would benefit from a meeting with the teacher every term.
- Consultation policy over classroom placement should be available for parents who have real concerns.
- Would be nice to have more published work coming home.
- I feel the lack of toilets facilities for the juniors can lead to children feeling unsafe.

## **SAFE AND INCLUSIVE SCHOOL**

1. Is our school providing a safe environment for your child to learn in?  
Yes - 97%                      No - 0%                      Unsure - 3%

2. Do you think our school provides your child with a sense of belonging?  
Yes - 100%

Comment:

- My child is very proud of her Rotokauri top.
- On-going awareness of allergy is important.
- Buddy system is great.
- A school jacket would be good for outings in the absence of a uniform.

3. In your opinion, are there things we could do that make our school even more inclusive?

Comments:

- I love that parents are frequently asked to help out with various class / school events.
- More community activities.
- No doing a great job already.
- Ensure all groups of children are given appropriate responsibilities.
- Keep up the good work with fitness and incorporate into learning.
- Take top four students to cross country.
- Include junior students as supporters for top schools competition.
- Uniform.
- Good balance as it is.
- Relievers need to be consistent in the way they treat students.
- Fun based learning days e.g. theme days, science fair. A bio on each of the staff members on the web.
- There could be, but I feel there is enough opportunity to be included. Sometimes too much can be a bad thing.
- A night display hosted by our children. A tour of writing or artwork. Something the grandparents can watch.
- Banning items because a child has allergies is a little extreme. Child should be accountable / responsible for own allergy rather than putting the responsibility somewhere else.

## **ROKOKAURI STAFF**

1. Do you find the staff at Rotokauri accessible and approachable?  
Yes - 97.5%                      No - 0%                      Unsure - 2.5%

Comments:

- Absolutely friendly helpful and approachable.
- My children's teachers have been very approachable this year.
- Maybe more of a friendlier introduction at parent interviews – e.g. nice to see you rather than straight into results.
- On some occasions we have felt that approachability is a little less than the teacher we dealt with last year. Teachers we dealt with last year were better.
- Yes, though things are often rushed in the mornings and afternoons. Sometimes difficult to speak to teachers when they don't come until the bell rings. Very good feedback.

2. Do you think the staff at Rotokauri School have high expectations of the students?  
Yes - 92%                      No - 0%                      Unsure - 8%

Comments:

- It's a fine balance between not putting too much pressure on the child but stretching them enough to make them excel.
- Mostly – probably varies between staff.
- Reasonably high.
- Sometimes.

**MAKING A BETTER PLACE FOR ALL OF OUR CHILDREN**

- Some kind of drama or production for children.
- A school uniform for the whole school. This would stop the arguments between children and parents and what they are going to wear. Also, would give more visibility to the school out there in the community. Would make children feel as if they are equal.
- More science for our students. A science lab.
- A deeper pool.
- Junior school rugby and soccer teams.
- Maybe senior students could peer tutor juniors in maths, spelling and reading.
- Bring in an external music teacher for our students.
- School camps at the start of the year. This could be a time for the seniors to bond and school leadership to be established for the rest of the year.
- Hand dryers in all bathrooms.
- Smarter school sports uniforms.
- Rotokauri School is doing an awesome job with everything.
- Permanent AP/DP so that teachers are not out of their class.
- More school sport.
- More creativity and art. What about an art auction.
- Not having students select groups for cars / camp groups or table groups. My family feel sorry for people who don't get picked or might be selected last.
- Covered walkways. Would help to keep the kids off the muddy grass.
- A play centre. This would introduce the upcoming students to the school and get them ready for Year 1.
- Have a healthy food in lunchbox policy. Make parents aware that junk food and processed food is not okay. Bring back no litter lunch box on Wednesday. That way it teaches our children that healthy whole food is not only good for our bodies but also for the environment.
- Push the limits of the overnight camp. Let's do it in the bush. Many are in the country but don't do country stuff.
- Pet day for those children that can't compete in Agricultural Day. A chance for them to show their pets off.
- Team building sessions to stop girls being so catty with one another.
- A toilet block for the juniors in Rooms 1 and 8 - covered so they can remain dry.
- Pronounce Rotokauri correctly.
- More Science in the curriculum would be helpful for high school.

## **SCHOOL ADMINISTRATION AND LEGISLATION**

1. Do you believe the school should continue to operate a swimming pool?  
Yes - 97.5%                      No - 0%                      Unsure - 2.5%

2. Religious Instruction - Would you like Religious Instruction to continue in 2014?  
Yes - 79%                      No - 8%                      Unsure - 13%

Comments:

- This is a lot of learning time not used for teaching - nothing against RI.
- I believe it assists with our students moral compass.

3. Health

Comments:

- Approach to health is good - keep it up. Would like to see more sports teams but I appreciate if I and others don't put their hand up to coach this impacts on this.

## **THE FINDINGS ARE AS FOLLOWS:**

### **SCHOOL CULTURE**

- According to the parent feedback we are an inclusive school (92%).
- Our parent community believe we are providing a positive environment as set out in our Mission Statement. (100%)
- The community believe that we are producing confident learners and communicators as set out in our Vision. (94%)
- The community feel that we promote our core values well (92%) and that we have a culture of high expectations (94%).

### **STUDENT LEARNING** (Engagement)

- The community believe that students at this school are engaged (97%).
- Our community tells us that 100% of the children give some form of feedback to parents as to what they have learned.

### **SAFE AND INCLUSIVE**

Our parents believe we provide a safe environment for our students to learn in (97%) and that our students are provided with a sense of belonging (100%).

### **ROTOKAURI STAFF**

The community believe that staff are approachable (97.5%).

## **AREAS TO LOOK INTO:**

### **CULTURE**

- 82% of parents believe that we communicate well with the community but 18% are unsure. We will need to have a discussion with the staff on what are the ways that we are expected to communicate with our parents, so that we are consistent.
- 69.5% of our community are unsure as to how we communicate with the Māori Community. There is a reason for this in that when we communicate with the Māori Community we communicate directly with them by phone, letter or email. In other words the rest of the non-Māori Community would not be aware of any additional meeting or consulting that we do with our Māori Community. In the last newsletter Mr Watkins shared Māori achievement information.

### **STUDENT LEARNING**

- 11% of our parent population are unsure as to the next learning steps of their child. This needs to be addressed with staff and to ways of getting the next learning step



across to parents in a way which can help their child even if it was just in a support role.

### **COMMUNITY ENGAGEMENT**

- 12% of the school community is unsure if we promote parent / school partnerships to help enhance the learner. We, as a school and individually as staff, need to promote the importance of parent / school partnerships.

## **HELPFUL HINTS BASED ON COMMUNITY RESPONSES**

### **Costs of educating children**

- The Board has made sure that our school donation has remained at the same level for a number of years.
- Our Camps are subsidised as are a number of our school trips that we have participated in over the last couple of years.
- As a school we try not to overburden our community with too many costs but at the same time we are mindful of making sure that our students do not miss out on educational experiences.
- The school's budget is available for interested parents in the school foyer.

### **Excellence and high expectations**

We make no apologies for setting high expectations for our students in terms of behaviour and academic success. We believe that students need support from parents and staff to uncover their potential and therefore be the best they can be. We really want all of our students to be actively engaged in their learning.

### **Relationships**

Rotokauri School is based around valuing relationships. Because we are not a large school we have the advantage of really knowing our students. Our students are very strong in terms of interpersonal relationships. If a child feels that someone is being unkind to them we have child friendly flow charts in each of the rooms which explains a course of action that can be taken. This is a part of our Building Positive Relationships Policy.

### **Webpage**

We are currently wanting to improve our webpage so that it becomes more useful to our community. We are asking all parties to give us feedback by the 28<sup>th</sup> June in relation to what they think would be useful on the webpage.

### **Communication with Māori Community**

A lot of parents were unaware that we communicate with our Māori Community as part of our legal charter requirements. This material in relation to Māori achievement is sent directly to parents of students identified as Māori.

### **Uniforms**

We have asked, in past surveys, whether parents would like the introduction of a school uniform. Numbers have not been strong enough to make the change but we will, in the future consultation processes, ask the question again.

### **Open Door**

It's all about communication and we are lucky that we have a very positive community who want to support their children and their teachers. Remember if you are unsure about something feel free to ask the classroom teacher. If you need to meet with them please make an appointment by contacting the school office or by e-mailing the teacher. This allows the teachers to spend time discussing your questions / queries.

Our open door policy follows our school philosophy that education is a partnership. For this reason we invite parents to be actively involved in their children's education in a variety of ways e.g. helping in the classroom, sharing their special skills (cooking) or training parents to help support their children at home.

### **MATHLETICS TRIAL**

Over the last couple of weeks you may have heard about our student's trialling Mathletics. This programme is currently in 30% of New Zealand schools. In the next newsletter we would like to share with you more information regarding this. A parents meeting has been set up with the company who runs Mathletics. This meeting will be held on 10 July at 7.30 pm in the Multipurpose Room. By doing this we hope that you can make an informed decision as to whether you want your child to be a part of this programme in 2014. Mark the meeting date on your calendar.

### **MRS ERYCA RAWIRI**

Mrs Rawiri spent two days in our school last week with some of our students working on various aspects of Māori culture. This was a huge success for the students involved. On behalf of everyone I would like to thank Eryca for sharing her valuable skills with our students.

If anyone else has any others skills they would like to share with our students remember we have the options programme running later this year.

### **SUPPORTING THE PTA**

We have a very hard working PTA who unselfishly dedicate a lot of their free time organising major fundraising and social events for our community. It's important that we support the events that they organise as all proceeds go back into providing extras for the benefit of all students. The Quiz Night sounds like fun and is being held at The Foundation Bar on Saturday, 29<sup>th</sup> June for \$20 single or \$35 double. The family movie is on Sunday, 7 July at Hoyts, Te Awa. It is a pre-release showing of Monsters University in 3D – school age children \$15.00 and adults \$20.00. Tickets are available for both these events from Sharon at the office.

### **ROOM 8**

Room 8 is opening at the beginning of Term 3 with Jacqueline Hill coming back to support our students as their teacher. This class will comprise of the new 5 year olds coming into our school over the next two terms.

## STUDENT COUNCIL TUCK SHOP

Remember this service is down to once a week – Thursday - due to the lack of demand over the winter months.

*Dear parents and caregivers,*

*Over the past couple of weeks we have been running a small canteen at the bottom of the staffroom. We are selling food and drinks to help fundraise for camp.*

*Below are the prices:*

- *Pop drinks (Lemon and Orange) for \$2.50 (Limited stock )*
- *Noodles (Chicken and Beef) for \$3.50 (Limited stock)*
- *Chocolate cookies for \$2.00*
- *Popcorn for \$3.00*
- *Moosies for \$2.00*
- *Hot chocolate muffins for \$3.00*

*We are no longer ordering any Noodles or Pop drinks for safety reasons.*

*Please make sure your child (children) have the correct amount of money to purchase what they would like.*

## CAR SHOW

We are looking at running another Car Show this year with students / teachers / PTA once again getting involved. The date for this Car Show will be Sunday, 10<sup>th</sup> November. Now we know for sure that many of our community own cars that would entice townies to come over the hill to spend some time with us. If you know of anyone who would like to display their car please get them to email me with the owners name and type of car (year). [mark@rotokauri.schoolzone.net.nz](mailto:mark@rotokauri.schoolzone.net.nz)

Talking of the car shows we need to get a committee together to help set up this event. The first meeting will take place on Thursday, July 4<sup>th</sup> at 7.30pm in the school staffroom. All welcome.

## NEW WEBSITE

This year we will be overhauling our website and would like feedback from our students, parents and community as regards to what should be on the website.

Please feel free to tell us what you would like to see on the new Website

[mark@rotokauri.schoolzone.net.nz](mailto:mark@rotokauri.schoolzone.net.nz)

## ENTERTAINMENT BOOKS

If anyone is interested in purchasing this year's entertainment book please order and pay for your book before the end of June. Thank you to everyone who has purchased books already, your support is appreciated.

## ROKOKAURI FACEBOOK PAGE

Just a reminder that our school now has a Facebook page. If you would like to 'like' us and follow the latest news and updates, go to [www.facebook.com/rotokaurischool](http://www.facebook.com/rotokaurischool). Also, feel free to let us know what types of things you would like to see on this page.

## **ICAS - WRITING**

(International Competition and Assessment for Schools)

Fourteen senior students (Years 4 to 8) were involved in this University of New South Wales competition. These students are all enthusiastic and skilful writers who further developed aspects of their writing during the two workshop days held prior to the competition date. We look forward to receiving the results of their efforts.

Thank you to Mrs Win Schmits for motivating these students and preparing them for the formal test they completed.

## **FEES OWING**

**Please remember to pay the following to the school office:**

- Religious Instruction fee per year - \$5.00 per child
- Photocopying fee per year - \$4.00 per child
- Rooms 2 & 3 only – Newspaper in Education fee - \$3.00 Room 2 / \$3.75 Room 3
- Year 7 & 8 students only – Technology Fee \$100.00 per student per year.

Thank you to the parents who have paid their fees already. ☺

Bodywise is a family based programme aiming to manage over weight issues in children aged 5-12 yrs. Participation in a 6 week group programme is supported by on going individual visits for a further 12 months. Programme topics include: healthy eating for families, school lunches and snacks, getting active, promoting self esteem and confidence, tips for dealing with bullying, problem solving and goal setting. Bodywise is now accepting referrals for groups that will run in the second half of this year.

**bodywise**

For more information contact:

Helen, Bodywise Dietitian:

P: 838 3565 ext. 22142 E. [helen.stockman@waikatodbh.health.nz](mailto:helen.stockman@waikatodbh.health.nz)

Soroya, Bodywise Active Families Co-ordinator

P: 858 5388 E. [soroyam@sportwaikato.org.nz](mailto:soroyam@sportwaikato.org.nz)



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Florist ilene would like to offer all  
Rotokauri School community a 10%  
discount on all flower purchases  
collected or delivered within Hamilton.  
Just mention this ad when talking to  
one of our floral designers.



Artz on Show presents our July Workshop of 'Grease'. Spend the week with us at Southwell School from 22nd - 26th July 2013 to learn Jazz, Hip Hop, Drama, Art and Vocals skills and perform in our Show on Friday the 26th July

Phone us on 0800 ONSHOW to enrol or enquire, for more information see [www.artzonshow.co.nz](http://www.artzonshow.co.nz) or email [artz@onshow.net.nz](mailto:artz@onshow.net.nz)



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# COUNTDOWN \$15 MEAL DEAL



Hamilton Countdowns are joining with Energize to offer a \$15 family meal deal every week.

Check out the Energize display on entry.



If you miss the meal deal in store it'll be available through our Facebook page

[www.facebook.com/ProjectEnergize](http://www.facebook.com/ProjectEnergize)

**STEP 1: TAKE A FLIER**

**STEP 2:  
LOOK FOR THE ENERGIZE  
LOGO ON THE SHELVES**

**STEP 3: ENJOY YOUR HEALTHY  
HOME COOKED MEAL!**

## BREAKFAST SWAP

Some breakfast cereals such as Coco Pops or Nutri Grain are very high in sugar so swap them for a low sugar cereal like Weet-Bix or porridge and add fruit.



## BAKING SWAP

Bought cakes can be high in sugar and fat so try swapping for homemade baking like fruit muffins.

### Easy Fruit Muffins

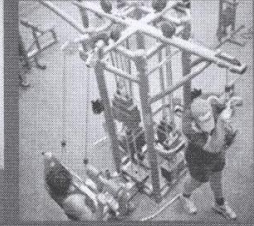
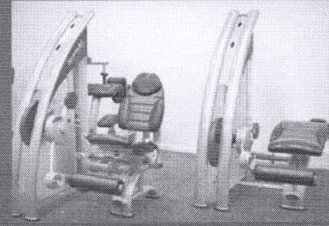
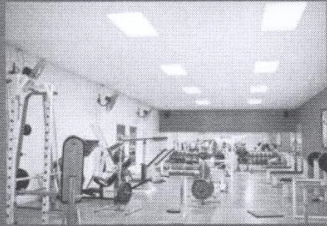
- 1 & ½ cups self raising flour
- ½ cup sugar
- ½ cup low fat milk
- ¼ cup oil
- 1 egg
- 1 cup any fruit (fresh, frozen, canned)

Mix flour and sugar. Add eggs and liquids. Fold in fruit. Pour into greased muffin tin. Bake 20 minutes at 180c.





# Discounted Gym Memberships available to ROKOKAURI SCHOOL PARENTS & STAFF



**\$14.80 per week**  
Normally \$17.80pw

- Over 160 free carparks
- Free use of over 100 gyms throughout NZ
- 24 hour use
- Group exercise classes
- Discounted membership
- Subsidised personal training when you join
- REPs certified staff and facility (independently audited annually)

To book a tour  
contact Sherryn  
07 849 6775 or 027 504 2070  
sherryn@firstplacefitness.co.nz

**First Place  
FITNESS CLUB**

**24 HOUR GYM**

614 Te Rapa Road, Hamilton | 07 849 6775 | info@firstplacefitness.co.nz  
www.firstplacefitness.co.nz



Sponsors of the

## Rotokauri School Coromandel Fishing Tournament



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### Healthy Habits PT Studio

Come and give Boot Camp a try, the first session is free so drag your mates along and have some fun.

- Mon & Thurs 6.30am @ Te Kowhai school.
- Mon & Thurs 5.30pm @ Ashurst Park.
- Tues & Fri 6.00am @ the Lake.

Call me for one on one PT options also.

Sandra 8494334 or 021584466

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