

Rotokauri School

Newsletter



Issue No: 1

12 February 2015

MEET THE TEACHER EVENING

Monday, 23rd February 2015

Teachers will be in their classrooms during the following times to outline their programmes of work, explain their expectations and answer any questions. (These are 15 minute time slots per class teacher).

7.00 p.m.	Mary Evans	Room 1
7.00 p.m.	Desiree Smith	Room 2
7.15 p.m.	Ashlie Kempthorne	Room 3
7.30 p.m.	Janice Skiffington	Room 4
7.45 p.m.	Victoria Cooper	Room 5
8.00 p.m.	Mike Watkins	Room 6
8.15 p.m.	Casey Sanders	Room 7

- Karen Hollingsworth, our Special Needs Teacher, will be available from 7.00 p.m. to 8.00 p.m. (in her office).
- The swimming pool will be supervised by staff from 7.00 p.m. to 8.00 p.m.

We look forward to seeing you all on Monday evening.

ROKOKAURI SCHOOL
462 Rotokauri Road
R D 9
HAMILTON 3289

Telephone (07) 849 5068
Fax (07) 849 4371
Email: office@rotokauri.school.nz
www.rotokauri.school.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.

WELCOME BACK EVERYONE

Welcome back everyone and a special welcome to our new families who have joined us this week. We hope that you and your children will enjoy Rotokauri School and the special caring environment that we as a learning community provide.

This term is busy and exciting with a number of special sporting and cultural events taking place. Please look at the end of this newsletter for the Term One Calendar.

For the first couple of weeks our teachers will be working on an Internet Safety Unit which will be relevant to your child's age and needs. The general topics to be covered will relate to digital citizenship and cyber safety. Our Information Technology consultation process with parents in 2014 showed that internet safety is the primary concern of parents whose children use technology at school. We endeavour to keep our children safe while online at school.

Teachers at the start of the year work hard to form a positive classroom culture. TEAM building activities and bonding discussions are common practise at the start of the year. This allows each teacher to understand how each child learns and socializes. Students will also be introduced to our school values which relates to what we expect from all students and adults. Our values are an important cornerstone of the Rotokauri Curriculum. The values are an important set of beliefs that keep us tight as a TEAM. For all of our new parents TEAM at our school means Together Everybody Achieves More.

In term one our values are Respect and Responsibility. We have discussions with students on self-respect, respecting others and respecting the school environment. Feedback from our students suggests that they believe that the value of respect is the most important value at our school. Respect is a two way street as it is important that we build strong respectful relationships with all our students.

BUILDING POSITIVE RELATIONSHIPS / COOL SCHOOLS

Life is all about building positive relationships with other human beings. With the advent of many new Information Technology devices our students are building relationships through different mediums than the ones we grew up with. As a school we have decided to continue to focus on a programme called Cool Schools. This programme was extremely beneficial in its 2014 inaugural year. I'm sure our senior students are once again looking forward to making a real difference in the playground through Cool Schools strategies. Cool Schools empowers students through a series of well documented processes to find their own solutions to simple playground problems e.g who's not playing fairly in basketball at lunchtime? The students resolve these issues amongst themselves, probably 98% of the time. If not then we can go through the Building Positive Relationships policy as seen below.

BUILDING POSITIVE RELATIONSHIPS

In our school as part of our Building Positive Relationships Policy we ask our students to do the following if they are upset with another child.

If someone is being mean to you



Say 'stop it I don't like it when you.....because.....'



Move away from the situation and find a real friend.



If they don't stop



Go tell a teacher and clearly explain the situation.

BOARD OF TRUSTEES NEWS

Two new staff members have joined the school in 2015 (Ashlie Kempthorne and Victoria Cooper) to fill the two maternity leave positions, so we look forward to having them at Rotokauri School. We had a very successful 'Around the World' school show held at Fraser High School. Thanks to all who contributed to such a great production. The trial IT classroom has been up and running in Room 7, and is going well. In November, we had Gavin Sowry from the MOE come and talk to the Board regarding land developments around the school area and zoning. Currently, there are no plans to extend the school zone. The Ministry have also decided that Rotokauri School will still remain as a decile 8 school. There was another great Car Show event held at school, well supported by the community. In December, the Board made the decision that school pool keys will only be given out to current school families and not the general community, otherwise a precedent would be set that would be difficult to maintain. The After-School care programme providers now have access to the school pool after 4pm, within specific contractual conditions. Reading Recovery will continue next year at Rotokauri School with the Board continuing to fund it in 2015. Discussions have also taken place concerning additional IT equipment that will be required next year.

STAFF NEWS

WELCOME BACK

We welcome back Janice Skiffington this term after taking the latter part of term 4 off to be with her sick mother. Modern schools cannot function without highly skilled professional staff. Janice in her capacity as Deputy Principal does an amazing amount of work for our staff and students to make our school a better place for everyone. So it's great to have her back on board.

SPECIAL TRIP

Raewyn O'Brien is away for a few weeks on a well earned overseas trip. The staff and students look forward to hearing about all the exciting places she visited on her return.

NEW ARRIVALS

No wedding bells over the Christmas holidays this year but we did have the arrival of two more babies. Linda and Paul Marsh had a baby boy - Harrison (7lb 9oz). Victoria and Jason Ford had a baby girl - Daisy (9lb 8oz). We look forward to meeting their new bundles of joy.

NEW TEACHERS

While Linda and Victoria are busy with motherhood this year we have Miss Ashlie Kempthorne (Room 3) and Miss Victoria Cooper (Room 5) who will be a part of our TEAM this year. I know the students, staff and community will enjoy their company and the skills they will bring to our school. I had the pleasure of watching both of these highly skilled professional teachers teaching before employing them.

I'm sure you will make them feel very welcome. It's amazing what a smile or hello means to a person starting a new job.

CHARTERS

It has been well publicised in the media that all schools are expected to have their Charter into the Ministry of Education by March the 1st.

The Board have seen a draft copy of the Charter in December and then a revised draft edition in January. Parents have the opportunity to look at the Draft Charter which is situated on the counter outside Sharon's office from Monday, 23 February. Please write any comments on this document or you may want to send me some of your thoughts via e-mail mgoodson@rotokauri.school.nz

Any comment that you make will be passed on to the Board at our 18th March meeting.

SCHOOL BUDGET FOR 2015

At the end of last year we were informed, along with 2500 other schools in New Zealand, about our decile status. We remained at decile 8 and this is likely to continue for the foreseeable future. Decile rating is not some form of quality rating for education. Schools that have a lower decile rating will receive more financial support from the government, whilst schools with high decile ratings receive less. It's that simple.

As a decile 8 school we will be funded \$258,850 by the Ministry of Education in 2015. Our schools expenditure is based around the following 10 major components - learning resources, computer expenses, teacher expenses, equipment, personnel, administration, property management, capital expenditure, environment and special events.

Any other money we receive is through locally raised funds. \$258,850 may seem a lot of money but when you take into account this has to be distributed for the needs of 200 students and pay certain staff it doesn't actually go far. For this reason we do a number of fundraising activities, mainly through the assistance of the wonderful PTA.

PTA

Where would modern schools be without the parents that join the PTA? They not only support us financially but also support social networking in the community. Last year 3 of our long term committee members left after years of amazing service. Thanks once again Hayley Yorke, Karen Dashfield and Antonia Withey.

With these ladies departure it leaves opportunities for others to come in, maybe with new ideas that we haven't tried in the past. We have already got a few projects in the pipeline for 2015 but we would definitely like to hear more from our community. If you would like to be a part of the PTA please contact us at school.

OPEN DOOR POLICY

Although we have never actually written it down we have always had an open door policy at our school. There is no signing in and out of the school by parents, as you would find mandatory in other schools. We do ask that you do not interrupt teachers while they are teaching. We have always said that the health of a school can be determined by the support the parents are willing to give.

Over the years parents have helped and supported us in every facet of the curriculum which we have really appreciated. If you feel you have some time that you feel you could give to the school feel free to see your child's classroom teacher.

MEET THE TEACHER

We like to meet the parents as early as possible and explain classroom routines and expectations. You should have received a special newsletter on Monday 9th February, with the times when each teacher will be available to talk to you on Monday 23rd February, starting at 7.00 p.m. The pool will be open (and supervised by one of the staff) so that you can spend some uninterrupted time with your child's new classroom teacher. A member of the PTA will also come into the class and have a chat about what the PTA is hoping to achieve in 2015.

POOL HELPERS

Thank you to all the wonderful pool helpers who did a tremendous job keeping our pool immaculate during the summer break. Just a reminder that only official key holders who have signed pool user documentation are allowed to use the pool. In the past we have found that key holders have passed their keys onto friends or their teenage children. The pool swimming season will officially end on 27th March.

GOAL SETTING

Over the years we have talked about the importance of goal setting. Statistics will tell you that only 1% of the general population will keep their New Year's Resolution. Goal setting for children is as important as it is to adults. It makes them more independent, responsible and gives them a sense of achievement, a sense of accomplishment.

After attending the Meet the Teacher evening have a chat with your child about goal setting. It's important that the child sets the goal and that the goal has a defined time frame, the goal also needs your input in terms of support but doesn't include nagging. It's also important that as a family you celebrate the success of a goal achieved.

MĀORI CONSULTATION

Māori Consultation will be held on Wednesday, 25th February in the Staff Room at 6:30 p.m. Anybody is welcome to come to this meeting but please let me know by email that you intend on participating. At this meeting we will discuss achievement, improvements and curriculum. It is also the communities chance to have a say in what we do at school, what they would like to see and make any suggestions. mwatkins@rotokauri.school.nz

CARPARK SAFETY

Each year we talk to our parents and students about car park safety. The school Board has invested financially by making the car park exits wider and increasing the signage. Widening the exits however does not alleviate all of our safety concerns. Parents have a huge part to play in the safety of our children when they drive a motor vehicle on our school site. Parents need to drive very defensively and be prepared for the unexpected. After all we are dealing with children as young as five and they do not cognitively understand the concept of time versus speed. We all need to be proactive in the car park. If you are new to the school or send friends or grandparents to pick up your children please make sure they are aware of our basic car park safety rules.

1. If you are going to leave your car to pick up your child please DO NOT leave your car in the drop off zone.
2. Please continually move to the front of the drop off zone when the opportunity arises.
3. Please do not encourage your child to run across the car park to meet you. You and your child should always be using one of the two pedestrian crossings that have been provided.
4. Do not stop at the pedestrian crossing to pick up your child as it causes cars to bank up behind you.
5. Please follow the instructions of the staff and senior road wardens. Sometimes you may be asked to move your car if you are causing an obstruction.

Thanks for keeping our students safe.

ATTENDANCE

If your child is going to be away it's vital that you contact the school. When talking to a staff member on the phone from 7.45 a.m onwards please tell us the child's name, class and most IMPORTANTLY why your child is away. We have to track all student attendance via our computer system. Parents will be contacted if a child is away for continued unacceptable reasons.

ON TIME

Children that turn up late often find they have missed important information or vital instructions. Please ensure that your child is on time. Coming before 9.00 a.m allows children to socialise with their friends and touch base with their teacher. A bell will ring 2 minutes before 9 o'clock each morning and this is to signify that students are to organise themselves for class and that parents need to leave the teaching spaces. If you do arrive late please check in at the school office so that your child can be marked as present.

MATHS-WHIZZ

In 2014 we trialled Mathletics in our school which the Board financially supported. After going to an Information Technology summit in Rotorua we came across an even more superior programme in the form of Maths-Whizz. This new programme was trialled in Room 5 using a group of 8-10 students over a two month period. The feedback we received from the students and teachers suggested that Maths-Whizz would be more suitable for our staff, parents but most importantly our students. The board once again are putting their own funds into this initiative to take some of the financial burden off the parents. Parents will only have to pay \$30.00 per child. Please pay this to the school office as soon as possible. Thank you to the parents who have already paid for this worthwhile programme.

TESTING

To know if we have made a difference we need to get baseline data from our students. This is often done in the morning when the weather is at its coolest and children are fresh after a good nights sleep. This year we have hired Mrs Jan Jerram to come to our school to help staff with administering some of the important tests with our students. It will be lovely to have Jan back with us.

HEALTH AND SAFETY

We have a number of our children who have personal health and safety plans in our school. If a new child has health issues that requires special treatment that is supported by a doctor's note we need to hear from you so that we organise an action plan for them.
Medications held and administered at School:

Please check any medications that are held at school for your child, as soon as possible (ie asthma inhalers, tablets etc). These need to have a current expiry date and be packaged safely with clear instructions for administration.

You are also required to sign a form giving the school permission to administer medication on your behalf. No medication will be administered at school unless this form is filled in.

We have updated this form so please see Sharon in the office to sign off the updated "Parents/Caregiver Request for Rotokauri School to Administer or Supervise Medication" form.

RELIGIOUS INSTRUCTION

We have Religious Instruction at our school for 30 minutes per week, on a Tuesday morning from 9.00 a.m to 9.30 a.m. Often these lessons support the values that we have at our school. If you do not want your child to attend these lessons please inform me **in writing**. Religious Instruction starts on Tuesday 17th February.

COMMUNICATION IS THE KEY TO SUCCESS

Each month last year our website was getting over 450 hits. Parents often want to see what is going on in the school or what their child's class is doing. Many of our new parents may not have looked at our website. Feel free to have a look and give us some feedback.

BEACH TRIP

The whole school will be going to Raglan on 13th March. While at Raglan the students will be working on activities including making sandcastles and sculptures, they will not be swimming. More information on this will be in a later letter.

SWIMMING SPORTS

Rotokauri School's swimming sports will be held on the 6th March at Te Rapa Waterworld. This year we will only be taking students from Years 4 - 8. This is because we could not get the warm shallow pool for the junior students. There will be a separate junior swimming day coming up soon.

The children will make their selections at school this year so please talk to them about what they want to do. We will need at least 8-10 parent helpers for this day. If you can help please email me on mwatkins@rotokauri.school.nz There will be a fee of \$5 per child to pay for buses and to hire the pool. Please send this money to the office in a named envelope. Parents are encouraged to come down to support their children, but there is a spectator fee of \$2, which you just bring on the day and pay at the counter at Waterworld.

BI/TRIATHLON

This year the Rotokauri School Bi/Triathlon will be held on 20th February. Your child can do either the biathlon (swimming and running) or the triathlon (swimming, running and cycling). If they want to do the triathlon they need to bring their bike and put it in the appropriate age group section on the bottom field by 8:30 a.m. If your child is bringing a bike for the triathlon, please make sure the brakes work properly and they have a helmet. **First race will start at 9:30 a.m.** This is the first chance to get points for the house shield and parents are encouraged to come and support their children. See you there!

TENNIS COACHING

We have contacted an experienced tennis coach to come in and provide tennis lessons once a week. His name is Alby Ellis and he is a Physical Education teacher at Hamilton Boys High School. Alby has coached at Rotokauri School in the past. The cost of the tennis lessons will be \$70 for 7 weeks. It will be held on Wednesdays starting on the 18th February, and go through until the end of the term. Lessons will be from 4.30 – 6.00 p.m. Students will need their own racquet and good sneakers. If your child is interested in

tennis lessons please contact Alby on aellis@hbhs.school.nz or 0226391208.
Any questions please contact Mr Watkins in Room 6 mwatkins@rotokauri.school.nz

GIFTED AND TALENTED STUDENTS

At any time during the year, parents are encouraged to complete a "Gifted and Talented Parent questionnaire" if you feel your child is operating at least 2 years above their same age peers in one or a range of areas. These areas may include academic achievement, creativeness, the arts/drama/music or sporting ability, social and emotional awareness and/or spiritual/cultural knowledge and skills. Please see the classroom teacher or Mrs Skiffington should you require further information about the opportunities at Rotokauri School for Gifted students. Our "Parent – Gifted and Talented Questionnaire" can be accessed at any time from the school website and is available at the school office.

ROKOKAURI TUIS – MESSAGE FROM SUZANNE MILLER

Dear Rotokauri Tuis

Thanks for the wonderful time you've given your teachers over the past eight years. It's been a joy to watch you grow and gain confidence. This year I am not able to teach the choir. My Dad is unwell and I will be using my spare time to spend some time with him. I am sad to be missing out on hearing your beautiful voices this year; I hope I can do some work with the seniors towards the end of the year if possible. Keep singing! All the best, Suzanne.

SCHOOL HATS

These now cost \$15.00 to purchase from the school office.

TERM ONE CALENDAR OF EVENTS

Just remember that a lot of our important dates appear on the big notice board at the front of the school and on the school webpage under school calendar www.rotokauri.school.nz

Sunday 15 th February	Weetbix Tryathlon
Monday 16 th February	Year 8 Senior Leadership camp in Coromandel
Tuesday 17 th February	Religious Instruction starts
Wednesday 18 th February	BOT meeting
Friday 20 th February	School Bi/Triathlon
Monday 23 rd February	Meet the Teacher Evening
Wednesday 4 th March	Junior School swimming competition
Friday 6 th March	Senior School swimming competition
Friday 13 th March	Raglan Beach Trip for whole school
Saturday 14 th March	School Fishing Tournament in Coromandel
Friday 27 th March	School Pool closes
Saturday 28 th March	Drive in Movie
Friday 3 rd April	Good Friday....School Holidays
Monday, 20 th April	First day of Term 2

HEALTH WAIKATO

CARING FOR YOU



YEAR 7 IMMUNISATION

The Yr 7 immunisation for Diphtheria, Tetanus and Whooping Cough will be undertaken during Term 1

Consent forms will be sent home with EVERY Yr 7 pupil.

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- EVERY FORM MUST BE RETURNED REGARDLESS WITH CONSENT OR NON-CONSENT.

As part of the programme information will be given to each Yr 7 pupil.

If you do not want your child to receive this education and/or to view the DVD 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 FEMALE IMMUNISATION

The Yr 8 Immunisation for HPV (Human Papillomavirus) which can develop into Cervical cancer, will be undertaken during the year (3 doses) commencing in March.

Consent forms will be sent home with EVERY Yr 8 girl.

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- EVERY FORM MUST BE RETURNED REGARDLESS WITH CONSENT OR NON-CONSENT.

As part of the programme, information will be given to each Yr 8 Girl.

If you do not want your child to receive this education and/or to view the DVD 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.

VIOLIN / KEYBOARD LESSONS

Clara Lange - Experienced music teacher - primary trained

Music teaching experience includes violin, piano and guitar privately and as an itinerant teacher in schools throughout New Plymouth for several years. Pupils range from pre-school age through to adults in one on one and group teaching roles.

Trained in classical violin, piano and contemporary singing. Music qualifications include Advanced Certificate Violin, Grade 7 Piano and Theory and a Diploma of Performance in vocals.

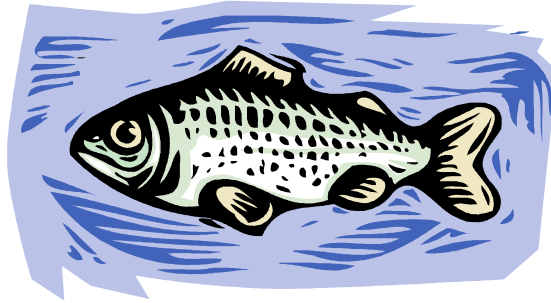
Teaching I include a range of styles in my teaching, having had wide experience and the enjoyment of playing and improvising in celtic, blues, rock and jazz bands over the years.

Individual lessons \$25.00 per 30 min lesson, paired lessons \$20.00 per lesson.

If your child is interested, please get them to collect a contract form from the office.



FISHING TOURNAMENT AND/OR CAMPING



The next Annual Fishing Tournament will be held on the **14th March 2015**. This is a great weekend that regular families keep coming back every year! If you don't like fishing there is still lots to do in sunny Coromandel and you can still be part of the camping weekend at Shelly Beach Top 10 Holiday Park. See below for their details.

If you don't have your own boat, get in quick to a charter. I know the teachers have already booked and filled a charter boat, but there are more options. You can't leave this to last minute or there will be none available. They book out quick.

Here is a list of the Charters I could find, but if these don't have any available there are more if you can find them:

Charters: GET IN QUICK!!!

- Coromandel Fishing Adventures: Phone - 0800 coro fish
- Anglers Lodge Fishing Charters: Phone - 07 866 8584
- Epic Adventures Ltd: Phone - 021 886 223
- Mussel Barge Snapper Safaris: Phone - 07 866 7667
- Coromandel Fishing Charters: Phone - 027 866 8001
- Coro Cowboys Fishing Charters: Phone - [07 866 7297](tel:078667297) Mobile: [027 344 7833](tel:0273447833)
- Nadgee Fishing Charters: Phone - 07668172 or 0223002201
- 'Fish n chips's Charters': Phone - 021 866 879

Accommodation: If you need somewhere to stay there is plenty of accommodation in Coromandel to choose from. Lots of parents stay at Shelly Beach Top 10 Holiday Park, as this is where the weigh in is held also. This is highly recommended as it is a great place for the kids to hang out together, and the parents do a lot of 'socialising' also.

To book a cabin, powered site or camp site please contact them on:

Shelly Beach Top 10 Holiday Park: 0800 424 655

<http://www.shellybeachcoromandel.co.nz/welcome>

Please tell them you're from Rotokauri School and you are there for the Fishing Tournament.

Entries at the Rotokauri School office for \$40 adult \$10 children.

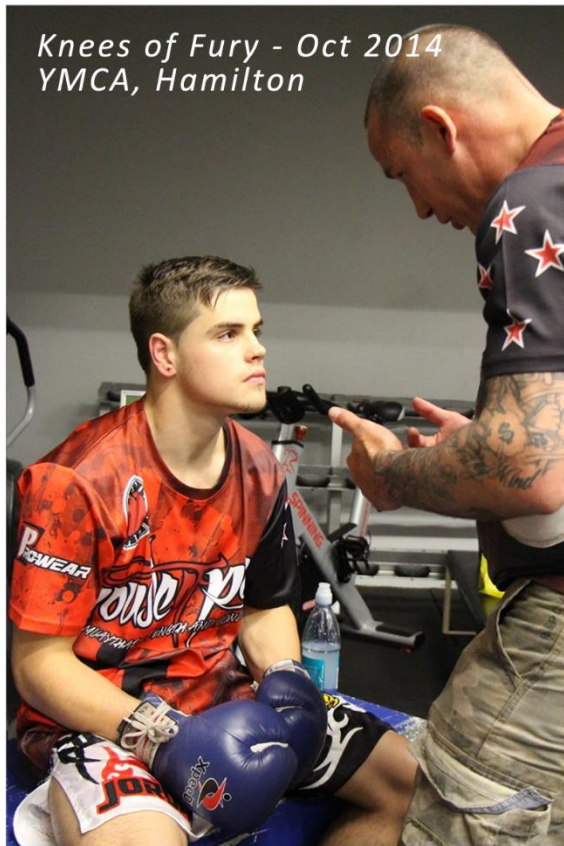
Email mwatkins@rotokauri.school.nz

Office phone: 07 8495068

Office email: office@rotokauri.school.nz

Adult Prizes	Children Prizes (up to age 18)
1 st Snapper \$300 2 nd Snapper \$150 3 rd Snapper \$100 Biggest other species \$150	1 st Snapper \$100 2 nd Snapper \$60 3 rd Snapper \$40 Average size Snapper \$50 Biggest other species \$50
Weigh in: <ul style="list-style-type: none"> • Shelly Beach Holiday Park • 4:00 – 6:00 pm (we will weigh fish earlier for those wanting to shoot off to the Eagles concert) • No entries on the day 	

ROKOKAURI KICKBOXING



Hi my name is Jordan Forlong.

Following our first year of classes at Rotokauri School, I am looking forward to bringing another year of Muay Thai Kickboxing to my old school.

I have been training in the discipline of Muay Thai Kickboxing for 3 years under the coaching of World Title holder and Knees of Fury promoter, Ethan Shepp. Last year I also had the privilege of representing New Zealand at the World Championships in Malaysia.

Through a **weekly class** I would like to pass on to others the skills and discipline I have learnt. **It will provide an opportunity to improve your fitness, increase your self-discipline and grow in confidence.**

All students will be asked to sign a participation agreement which includes a commitment to use Muay Thai within the class and recognised competitions only and not for violence.

This class will be open to both Rotokauri students and their families.

Classes will run **once a week** during school term on a **Wednesday night at 6pm** in the multi-purpose room and cost **\$5 per lesson** payable each week.

Our first night is Wednesday 18th February.

This night is free for those attending class for the first time.

Also this year a **second class will be available from 7-8pm** for those selected to train at the next level.

INTERESTED IN ATTENDING THIS TERMS CLASS?

Text me on 0275482572 or email me at bagustboy@icloud.com

Frankton Junior Rugby WANTS YOU!

Our General Weigh-in is being held March 7th 2015 at 3pm - 5pm at the clubrooms on Rifle Range Road. So come join our rugby community.

New players need to bring a current photo and a copy of birth certificate or passport. Any inquiries ph 0210590036 Haley.

The Frankton Junior Rugby Club is very keen to provide a team sport in a supportive environment for the youth of our area. Thanks to the support of parents, club members and schools; the club catered for around 250 players in 2014. We are very much a family club. For more information email

smitymagirl@hotmail.com

EVERYDAY CHOICES

NUTRITION INFO PANEL

NUTRITION INFORMATION (Average)
Serving Size: 30g
(2 Biscuits)
Servings per package: 1

	Per Serve	Per 100g
Energy (kJ)	441	1470
(Cal)	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	353
Thiamin (Vit B1) (mg)	0.55 (150%)*	1.83
Riboflavin (Vit B2) (mg)	0.42 (24%)*	1.4
Niacin (Vit B3) (mg)	2.5 (25%)*	8.3
Folate (µg)**	100 (150%)*	333
Iron (mg)	3.0 (25%)*	10

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

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!






INGREDIENTS LIST

Ingredients are listed in order of quantity (most to least)

Watch out for fat or sugar in the top 3 ingredients





INGREDIENTS: OATS, INVERT SUGAR, SUGAR, RICE CRISPS (RICE FLOUR, SUGAR, MALT EXTRACT (FROM BARLEY), SALT, EMULSIFIER (471), COLOUR (150d), WHEAT GLUCOSE SYRUP, MIXED BERRY FRUIT PIECES (FRUITS (STRAWBERRY (25%), RASPBERRY (25%), RED ELDERBERRY JUICE), SUGAR, DEXTROSE, HUMECTANT (422), PECTIN, FOOD ACID (330), FLAVOURS), BRAN (WHEAT BRAN, WHEAT FLOUR, RICE FLOUR,

KELLY SPORTS

SUMMER SCORCHER CLINIC!

**Hockey, Football, Netball, Rippa Rugby
And all the famous Kelly Sports games!**

After School Sports at Rotokauri School – 7 Sessions

YEAR LEVEL: 0 – 4 **COST:** \$70.00

WHEN: Tuesdays, February 10th – March 24th, 3:10 – 4:10pm

For more information and to **BOOK ONLINE**
go to **www.kellysports.co.nz**

Email: waikato@kellysports.co.nz Tel: 07 839 9017

Marrzipan Drama

*Is your child shy? Do they feel intimidated by the idea of public speaking and performance? Do they sometimes find it difficult to make eye contact? Do they just need 45 minutes a week to take part in organised craziness?! Come and join **Marrzipan!** We run awesome drama classes which focus on key life skills in the library after school on Mondays! We play fun engaging games and perform at the end of term once to parents and once to the school. All scripts are original, engaging, educational and HILARIOUS. All children receive an end of term progress report too, along with a certificate to remind them they are awesome! Give me a call to come along for a free trial, or just a chat to discuss how our classes can benefit your child's development. **Contact Amelia on 0278183722 or email amelia@marrzipandrama.co.nz***

Scholarship for 1 term of Marrzipan Drama Available!!

Marrzipan Drama is offering one student A FREE TERM OF DRAMA at Rotokauri School. If you think that your child would benefit from confidence building drama classes that help students gain important life skills then this scholarship is for you!

*Applications forms are available to pick up at the school office.
Applications close Friday 13th February.*

Dance Classes - Wednesday lunchtimes with Katie

Come along for an introduction to dance with a variety of styles including jazz, ballet and musical theatre.

Katie is a Royal Academy of Dance registered teacher with a Bachelor of Dance from AUT University.

Free trial class 11th Feb! \$35 for the term (7 lessons). Contact Katie to register your interest katie-moore@hotmail.com

Hamilton North Football - Welcome to the 2015 Football season.

Registrations are open from today until 6th March. We cannot guarantee team placement after this date, it will be dependent on team numbers.

Some important dates to save in your diaries:

Grading 9th and 10th Grade Wednesday 11th March 6pm – 7.30pm

Grading 11th and Open Grade Thursday 12th March 6pm – 7.30pm

Grading 7th, 8th and Open Grade (second grading) Sunday 15th March 9am – 12pm (times slots to be confirmed)

Grassroots 4th, 5th and 6th Grade: Not graded. First session Thursday 23 April 4:30pm

Team Announcement, Briefing Day and Uniform Issue: Sunday 22nd March (times to be advised)

Links to our online registration forms are available on our website www.hamiltonnorthfootball.org.nz

For those that are unable to register online, forms can be emailed on request secretary@hamiltonnorthfootball.org.nz We will be holding a small registration evening on Friday 27th February 6pm – 7pm at Ashurst Park for anyone that wants to register in person.

All fees must be paid prior to the start of grading if you wish your child to be graded. For non-graded players, fees must be paid prior to uniform issue.

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