

Kia Ora (Maori/NZ), Hello (English), Bula (Fijian), Welkom (South African), Huān yíng (Chinese-Mandarin), Ayubowan, Vanakkam (Sri Lankan), Namaste (India), Bem-vindos (Brazil), Marhaba (Arabic), Hallo (Dutch), Choum Reap Sour (Cambodia), Geiá sou (Greek), Mbote, Jambo (Congolese), Konnichiwa (Japanese), Hola (Spanish), Annyeonghaseyo (South Korea) Israel Shalom (Hebre)

CANCELLATION OF SWIMMING PROGRAMME FOR 2016 – INCLUDING SWIM SCHOOL

As you will be aware, we have had some water quality issues with our swimming pool that has unfortunately affected our children's swimming programme.

Our staff have been working hard to try to remedy this situation however; the issues have had a significant adverse impact.

We have been unable to restore the pool to ensure smooth ongoing operation so we have made the difficult decision to close the pool for the remainder of the school year, through until the beginning of Term 1, 2017.

We feel very disappointed to have to take this action and do understand that you and your children will also feel disappointed.

Invoices for those students affected will be adjusted accordingly to reflect the cancellation of the swimming.

We are now focused on remediation action to ensure the pool is fully functioning for the start of the 2017 school year.

FAMILIES IN SHARED CARE ARRANGEMENT

If your family are in a shared care arrangement, please advise Marise Crow by 9.00am tomorrow on 07 853-0039 ext. 858 who will be collecting the child/ren from school on **Friday 2nd December, 2016**. If you are happy for both copies of the Learning Plan to go home in the same envelope, please also advise.

LEARNING PLANS GO HOME TOMORROW - FRIDAY 2ND DECEMBER, 2016

A Learning Plan for each student will be sent home on **Friday 2nd December 2016** with the oldest or only child from each family. However, if your child started in Term 4 this year you will not receive a Learning Plan yet. Your child's teacher will be talking to you about your child's progress since starting with us.

The Learning Plans will also be available online after **3.00pm on Friday 2nd December 2016**. Included in the information pack being sent home with the Learning Plan will be instructions on how to log-on to the site.

National Standards in Reading, Writing and Maths – how well is my child doing?

Ministry of Education National Standards pamphlets in the below languages are available to view on our school website www.tetotara.school.nz under the tabs "Our Learning" then "National Standards":

* English * Samoan * Tongan * Afrikaans * French * Hindi * Chinese * Arabic * Korean

A REMINDER....

Please keep your Log-in and Password details for the Parent Portal handy as you will need these to access your child/ren's new class details for 2017 on Friday 9th December from 4.00pm. These will be included inside the Learning Plan folder.

CLASS PLACEMENTS 2017

We are currently working through placements for next year. We have been pleased that parents and students have had an opportunity to contribute to the process, it has helped.

- The class for next year will be available from **4.00pm Friday 9th December** on the Parent Portal, using the same login details used to access Learning Plans online.
- Teachers will talk with children about the arrangements for 2017 and answer any queries on Friday 9th December, so students have an opportunity to clarify any queries they may have
- On Wednesday 14th December from 1.30pm-2.00pm students will visit their new class and teacher. This helps our children know what is happening and to ask questions and build rapport with their teacher ready for 2017.

OUT-OF-ZONE ENROLMENTS PERIOD FOR 2017

Enrolment at the school is governed by an enrolment scheme, details of which are available on our school website www.tetotara.school.nz

The Board has determined that **3 places for New Entrant (Year 1) students** are likely to be available to out-of-zone students whose 5th Birthday falls within the enrolment period of 1st March 2017 – 30th June 2017. The exact number of places will depend on the number of applications received from students who live within the school's home zone.

The deadline for receipt of out-of-zone applications is **3.00pm on Tuesday 31st January, 2017** and should be addressed to:

Te Totara Primary School
PO Box 28134
Hamilton 3256

Parents of students who live within the home zone should also apply by this date to assist the school to plan appropriately for next year. Students who live in the home zone are entitled to enrol at the school.

Applications from out-of-zone students will be processed in the following order of priority:

- a) **First priority** must be given to students who have been accepted for enrolment in a special programme(s) run by the school and approved by the Secretary of Education*.
** This priority is not applicable at this school because the school does not run a special programme approved by the Ministry of Education*
- b) **Second priority** must be given to any applicant who is the sibling of a current student of the school.
- c) **Third priority** must be given to any applicant who is the sibling of a former student of the school.
- d) **Fourth priority** must be given to any applicant who is a child of a former student of the school.
- e) **Fifth priority** must be given to any applicant who is either a child of an employee of the Board of the school, or a child of a member of the Board of the school.
- f) **Sixth priority** must be given to all other applicants.

If the number of out-of-zone applications exceeds the number of places available, students will be selected by ballot supervised by a Justice of the Peace, a Practising Lawyer or a Police Officer in accordance under Section 11G (1) of the Education Act 1989.

If a ballot for out-of-zone is required, it will be held on **Friday 3rd February 2017**. Parents will be informed of the outcome by **Thursday 9th February, 2017**.

YEAR 6 LEAVER'S SUPPER EVENING

Tuesday 6th December 2016 from 6.30pm-8.00pm in the Matariki Hall

This will be a night to remember, our Year 6's are leaving us.

Invitations have been sent home and RSVP's were due by Tuesday 29th November, 2016.

Please bring a plate of finger food to share for supper and BYO drink.

Due to limited space, **no siblings please**. We are really looking forward to this special evening.

END OF YEAR CELEBRATION MONDAY 12TH DECEMBER AT 5.45PM

This is our annual event to celebrate another great year at Te Totara. Here is some information to help make it a great event:

- It is a school event, so children need to be in a clean and tidy uniform and will be together as a school and are under the control of school staff. Please leave your child with us; we will take care of them.
- Students will need to stay through the whole event.
- There will be very limited parking available at the school car park and none in the turning bay. It will be best to find a car park on a nearby street and walk.
- It is like a concert in a park so bring a picnic, a rug to sit on, something to eat and drink and enjoy a variety concert.
- We use the hill behind Ra and Earth as outdoor stages where children perform. Toilets are open in the Ra and Earth blocks.
- Pre-schoolers are welcome to use the playground away from the performers so they don't distract from the performance.
- Other children not involved in the school are asked to be respectful and if they want to play, then the court area is a good place.
- There are likely to be over 2500 people at the event so we strongly advise walking to the event.
- Please **NO** umbrellas as it blocks the view of people behind.
- We will have a "Paparazzi" section at the front for parents of those performing to use to get a good photo.
- If the weather is not good, we will postpone to Tuesday 13th December, same time.
- Notifications will be put on the school Facebook page, school app and the website.
- The event is weather dependent, so may be cancelled at the last moment, but we will do our best to let everyone know as early as possible.
- At the end of the event we will need to stagger people leaving due to Health & Safety, so please be prepared to wait a little time. Announcements will be made to help.

SCHOOL STATIONERY ORDERING FOR 2017

We have teamed up again this year with OfficeMax MySchool so that you can buy all your school stationery needs for 2017 over the internet. If you do not have access to the internet, you can purchase stationery direct through Office Max (cnr Victoria St & Princes St, Hamilton) Ph: (07) 838-8604. Advise them that you are from Te Totara Primary School and the year level your child (ren) will be in 2017. They will have hard copies of stationery lists available at the shop.

Many of our families used this online system last year and will be familiar with the ordering process. This website is available from today for ordering at:

www.myschool.co.nz/tetotara

Instructions on ordering stationery will be placed on our website under "Newsletters".

[My School Stationery Information, 2017](#)

Please note: You do not need a Student ID, please leave this field blank. If you have a new entrant starting in Term 1, 2017 your child will be classified as a Year 1.

Please ensure you have placed your order no later than Thursday 26th January, 2017 to ensure delivery before school starts on Tuesday 31st January, 2017. Please ensure your child/ren have all their school stationery items before school begins for 2017.

Te Totara Primary School

Dec 2016

OfficeMax MySchool

Back to School made easy

FREE EARLYBIRD OFFER

BUY NOW, PAY LATER!

Relax these holidays by getting your stationery sorted with our Earlybird offer.

We know it's an expensive time of year so with OfficeMax you can order online in December and we won't charge you until we deliver. You choose when and where!*

We've worked with your school to load your child's class list requirements for each year on our easy to use website myschool.co.nz

PLUS, GET YOUR FREE MAGNETIC ORGANISER* when you order online in December

Includes a sticky note for every week and a background that can be coloured in! Valued at \$15.99 - while stocks last.

*Payment by credit/debit card only. Further t's and c's apply. See back page.

LET'S GET IT DONE

myschool.co.nz

0800 724 440

OfficeMax MySchool

PHOTOLIFE SHOOT KEYS – GROUPS & CLUSTER SPORTS PHOTOS ORDERS CLOSE TOMORROW FOR “FREE DELIVERY” TO THE SCHOOL

A **reprint** of the Shoot Keys have arrived and were sent home with each child earlier in the week with details on how to order **GROUP & CLUSTER SPORTS PHOTOS** online.

If you do not have a computer, please collect an order envelope from the School Office.

Families who have a shared care arrangement can still use the same Shoot Key to order online. If you have any queries, please phone Photolife direct on 0800 501040.

“Free Delivery” to the school will apply to orders prior to 8.00am on Friday 2nd December, 2016.

SCHOOL SPARE CLOTHES

Just a little reminder.... if you have borrowed any of the schools spare uniform, can you please return them to the School Office a.s.a.p. Currently, we have no stock of black skorts or shorts to lend to students. If you are happy to donate any of the above items (*clean*), you are welcome to drop them into the School Office. School clothing has a **X** on the tag.

BEST FOOT FORWARD PRODUCTION DVD'S

We have had a number of DVD's returned from the Ra & Milky Way performance to the school with problems; we are currently in discussions with the Production Company to have these replaced. We urge you to PLEASE watch your DVD and if there are any issues, return it to the school with your child's name, classroom number and a note explaining why. If you have any queries, please contact Marise (07) 853-0039 ext. 858.

LOST PROPERTY ON DISPLAY

Weather permitting; we will endeavour to display all lost property items EVERY Friday until the end of term.

Please check out our lost property bin. The BIG YELLOW bin is located outside the Earth building; there are **LOTS** of polar fleeces! Please check to see if any items belong to your family as all unclaimed items (*other than school uniform*) will be donated to charity.

We ask ALL families to please check your child's uniform on a weekly basis to ensure they are wearing their own uniform, rather than someone else's.



WEET-BIX KIDS TRYATHLON – SUNDAY 19TH FEBRUARY, 2017 Juniors aged between 7-10 years OR Seniors aged between 11-15 Years

If your child is interested in participating in the Weetbix TRYathlon as part of our Te Totara Primary School group, registrations are done online for each entrant by parents/caregivers – they are not done through the school. However, to be acknowledged as part of our school group, please ensure when registering your child that when you come to “Which School do you attend”, you choose the school group **“Te Totara Primary School”** in the drop-down box, and then check the small box underneath that to confirm you want to be linked to our school group.

We'd love to win “biggest school group” again but if you don't check the box to link to the school group, it won't recognise you as being part of it! All the information you need is on the Weet-Bix Kids Tryathlon website <http://try.weetbix.co.nz/> but for your information, the TRYathlon is on **Sunday 19th February, 2017** and it is held at the Waikato University grounds. Please check the website for any other information you need.

Nothing needs to be returned to school, we are just trying to get some information to you before the school holiday break so that you have time to check out the website and get your registrations in!

Don't forget to start swimming, biking and running!!

Megan Reid (for the Sports Team) megan@tetotara.school.nz

YEAR BOOK THANKS

Every year we put together a Yearbook to showcase our children and the wonderful learning that takes place during the year. As you may understand this takes a lot of time and effort to put together and also costs a bit to produce. We ask within our community for people that would advertise in the book so that the cost of the book to you is not too high. We do this so that every family can get one as the children love it so much.

We would like to thank our community for choosing to support us.

Many thanks to: Ollington Electrical, Direct Group, Noel Leeming, Bremner and Associates, TKMA Martial Arts. Please support them if you can.

ALLERGIES/MEDICAL CONDITIONS

In the event of a medical emergency, if your child has a medical condition, is taking regular medicine/tablets or has an allergy (including sticking plasters etc.), please advise the School Office (if you haven't already), so we can amend your records accordingly.

We also have several children in school with allergies and we have procedures in place to keep these children safe, including not sharing food/drink, washing tables, and hand washing before and after eating. Thank you for your cooperation in these matters.

SCHOOL SORES (IMPETIGO)

Just a reminder to keep an eye out for blisters on exposed parts of the body, such as hands, legs and face. The blisters burst and turn into a sore with a yellow crust that gets bigger each day. The sores are itchy and spread easily to other parts of the skin. Impetigo is easily spread to other children and adults by direct contact with the discharge from infected skin. They are **highly contagious** and children are infectious until sores are healed. To avoid the risk of infection, please ensure all open sores are kept well covered. If you have any concerns, please visit your Doctor as antibiotics are required to treat Impetigo. For more information regarding visit:

[MOH Infectious Health Chart](#)



CHICKENPOX

According to the Ministry of Health Infectious Diseases Guidelines:

- Early signs are a fever and spots with a blister on top of each spot.
- The child is infectious from up to 5 days before appearance of the rash until lesions have crusted (usually about 5 days).
- Time between exposure and sickness is 13-17 days.
- This disease is spread by coughing and sneezing and by direct contact with weeping blisters.
- Exclusion from school is approximately a week from the date of the appearance of the rash.

If you are unsure whether your child should return to school, please see to your family doctor.

A copy of the Infectious Diseases Guidelines can be found on the school website under "Infectious Diseases".

HEADLICE

Our Public Health Nurse has dropped in to see us and has some excellent tips on treating Headlice. She has recommended a product called "**NitEnz**" which is a natural shampoo proven to be very effective in eradicating headlice. It can be purchased from the supermarket. She urges that directions **MUST** be followed and a test patch conducted before applying.

We suggest to all our families to check your child/ren's hair on a weekly basis and wash hats regularly.

Please note: Children who are not treated may be asked to go home until treated.

I have included a link below from the Ministry of Education that may be useful.

<http://www.minedu.govt.nz/NZEducation/EducationPolicies/Schools/SchoolOperations/HealthAndSafety/HeadliceAndNitsGuideForSchoolCommunities.aspx>

FULL SCHOOL ASSEMBLY

This week's assembly will be held Friday 2nd December 2016, in the Matariki Hall at 2.00pm. This week Orion, Kōpū, Earth & Marama children will attend assembly where End of Year Class Awards will be presented.

TE TOTARA SPORTS PLAYER OF THE DAY

If you are a Coach or Manager, please email the POD to celestem@tetotara.school.nz

SUMMER HOCKEY

Kiwis TBA

Pukeko TBA

TOUCH

Rockets Kane Faulkner, Kingston Togia, Joseph Smart & Havana Beecroft

CRICKET

Strikers TBA

Tigers TBA



DATES COMING UP

Fri 2 Dec	Learning Plans Go Home and Online today
Tues 6 Dec	Year 6 Leavers Supper @ 6.30pm
Wed 7 Dec	Volunteers "Thank you" Morning Tea @ 9.00am
Mon 12 Dec	End of Year Celebration @ 5.45pm
Mon 12 Dec	PTA Raffle drawn at the End of Year Celebration
Tues 13 Dec	End of year Celebration Postponement Date
Fri 16 Dec	PTA Lemonade Ice-block Friday
Fri 16 Dec	SCHOOL FINISHES FOR 2016 @ 3.00PM

Kind regards,
Brian Sheedy
Principal



TE TOTARA PTA NEWS

EMAIL: tetotara.pta@gmail.com <<http://tetotara.pta@gmail.com>> <<http://tetotara..pta@gmail.com>><<http://tetotara.pta@gmail.com>> >

RAFFLE TICKETS

Raffle sales are going well – who is going to win the student prize for selling the most tickets? There is some strong competition for the title of 'top seller', so please keep trying – every ticket counts! **The child who sells the most raffle tickets will win an iPad MINI 2, Wi Fi, 32gb.**

Tickets are only \$5.00 each, with every ticket receiving **10 CHANCES TO WIN A PRIZE**. Also, for each full raffle book sold, your child will receive one entry into the draw for one of several bonus prizes, as our way of saying 'well done and thanks for helping'.

The draw will be held in front of the audience at the End of Year Celebration, 12 December 2016.

Please ensure that all tickets/stubs, corresponding money and any unsold tickets are secured in an envelope (with your child's name and class number), and returned to the GREEN PTA BOX in the Te Totara office, as soon as possible – and definitely no later than NEXT THURSDAY 8 DECEMBER. Thank you.

MUFTI-DAY

Thanks to everyone who supported the mufti-day last week :)

GALA AND COLOUR RUN

We had a small but productive meeting last week in regard to the upcoming Gala and Colour Run. Mark this date in your calendar: **SATURDAY 1st APRIL, 2017** (please note change of date). It is going to be brighter and bolder Gala than ever before! We will be in need of lots of parental support and help, please keep an eye out early in the new year for ways in which you can get involved and have fun.

As parents of Te Totara children, you are all members of the PTA as well. Please help by volunteering whatever

time you can spare. Our children are so lucky in being part of a school that is able to offer such a wonderful range of activities and events. All parents work hard, but we believe that if we can all do a little something to help, then it benefits everyone. **Please get involved - It's all about the kids!**

Till next time, have a wonderful week.

Your friendly PTA committee: Scott, Anna, Jasmine, Nalina, Vicki & Liz

COMMUNITY NOTICES:

We are often asked to put Community Notices in our newsletter. Due to the large number of requests, we now have a "Community Notices" section on the notice board in the School Office, where you will find more information on the notices below. Please note that this does not necessarily imply School endorsement of these notices.



The Summer Holidays are almost here!!

Check out our active and fun filled Holiday Programme at our five fantastic venues:

Hamilton Girls' High, Southwell, Te Totara Bankwood and Leamington Schools

We are OSCAR/WINZ Approved



Programme and bookings www.kellysports.co.nz

Email: waikato@kellysports.co.nz
Phone Kim, Mark or Liam 07 839 9017
Text 022 0532425

FREE FAMILY FUN FROM 3.00PM

- Sack races
- Egg & Spoon races
- Wheelbarrow races
- GWR Challenges
- BBQ
- Face painting

'PASS IT ON' FOR WAIKATO KIDS

Be a part of our Guinness World Record Attempt for the **Most Consecutive Rugby Passes.**

30 NOVEMBER 2016

3-7pm at FMG Waikato Stadium.

Check out our Facebook Page for details:
www.facebook.com/PassItOnforWaikatoKids



LOST SCOOTER

"Black and green scooter lost from Moonlight Drive Park on 29 November. It has my sons name on it, Marcus Lee. If you picked it up could you please call Amy on [027-429-0942](tel:027-429-0942). Thank you."

FOUND PROPERTY - IF ANY ITEMS OF THE BELOW ITEMS BELONG TO YOU, PLEASE SEE THE SCHOOL OFFICE





JANUARY BACK TO SCHOOL FOOTWEAR

We are making sure we are as well prepared as we can be for the January Back to School period, and to help you as best we can. Please find attached a catalogue of our 2017 Back to School range to help you identify which of our school shoes or sandals are appropriate for your school. This booklet covers our full Back to School range from Primary to Secondary schools. Alternatively, please click this link <http://www.hannahs.co.nz/back-to-school-2017> to view online.

We are able to make an online link for your school's preferences should you need this. See an example link here <http://www.hannahs.co.nz/collection?colid=95>. Please reply to this email with your preferred styles if you would like to take advantage of this complimentary service.

All of our retail staff are professionally trained fitting specialists, so we will ensure all your students are offered the best fit — guaranteed. To find your nearest Hannahs store click:

<http://www.hannahs.co.nz/stores>. If you have a particular preference, the Manager at your nearest store will be able to assist. Alternatively, our full range of Back to School will be available for purchase online from early January on www.hannahs.co.nz.



HOUSE FOR RENT IN ROTOTUNA \$580 PW

Very tidy 4 bedroom house available on Chesham Street, Rototuna.

Open plan living, separate lounge, Master bedroom with en-suite, double garage. Next door to Te Totara primary school, and close to Rototuna Junior High School and Barnardos Kindergarten. Really suitable for family with kids starting school or already in school. Prefer family looking for long term tenancy. Please leave message for further detail on 021840613.



Artz on Show School Holiday Performing Arts Workshop

This is a fun yet educational week for students
aged 5 – 15 years

Students participate in a range of performing arts
classes, concluding the week with a performance!

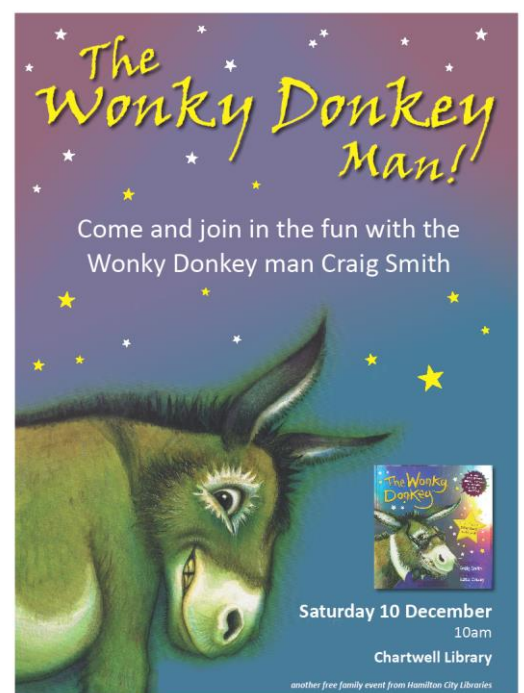
Held at Southwell School

16 - 20 January 2017, 9 am – 4 pm daily

View our website; www.artzonshow.co.nz

or contact Hayley on either
artz@artzonshow.co.nz or 0800 667 469

ARTZONSHOW



WWW.HAMILTONLIBRARIES.CO.NZ

Hamilton City Libraries
TE OHOMAUURI O KIRIKIRIORA

SPEECH & DRAMA CLASSES AT TE TOTARA PRIMARY SCHOOL

Fun classes where students learn to communicate effectively with other people, express themselves with clarity and confidence, use eye contact, practise active listening skills, develop an appropriately projected voice, develop a vocabulary rich enough to express thoughts and ideas with clarity and imagination, plus lots more !!

Above all, promotion of self-esteem and self-confidence is paramount.

Classes start February - spaces are limited so be in quick to secure your place for next year.

For further information and enrolments, please contact Gaylene Lonergan - gaylene.teacher@gmail.com before 20 December, 2016

JITTERBUGS DANCE LESSONS TERM 1, 2017:

- **Enrolments are now open for Term 1, 2017**
- Lessons held on a Monday, Tuesday, Wednesday and Thursday.
- Lessons held at Te Totara Primary School and RJHS
- Cost: \$90 for the term which includes a show and access to video's for your kids to practice to.
- For girls and boys ages 3 and up
- Email jitterbugs@vodafone.co.nz for more info, visit www.jitterbugsdancelessons.co.nz or checkout the Jitterbugs Facebook page



JITTERFIT TERM 1, 2017:

- **FREE TRIAL!!**
- **At this stage it is looking like I will have 4 spaces available at JitterFit for Term 1, 2017**
- **You are welcome to come for a free trial sometime over the next couple of weeks.**
- Ladies aerobics/conditioning class. Guaranteed workout and great for those wanting to increase their fitness and tone their body.
- Sessions held on a Monday night at RJHS at 7.30pm
- Cost: \$80 (plus you will need to purchase a swiss ball for around \$8)
- For all levels of fitness.
- Email jitterbugs@vodafone.co.nz for more info, visit the JitterFit Facebook page

YMCA Summer Holiday Programmes

The YMCA has something fun, and exciting to do every day these holidays! We run 9 different programmes at 7 locations across Hamilton. Programmes run 16th – 23rd

December and the 4th – 27th January. Come and try something new, like berry picking, and Frisbee making or join us for your old favourites; trips to the beach, pools, cooking, crafts and more! Come and join us for some fun in the sun!

Check us out at www.ymcahamilton.org.nz or call us on [07 838 2529](tel:078382529)

WATERWORLD AQUATIC HOLIDAY PROGRAMME - CATERS FOR AGES 5 – 12

FUN ACTION PACKED PROGRAMME FROM 7 – 27 JAN, RUNNING DAILY FROM 8.15 – 5.15

FOR MORE INFO, CALL US ON [07 958 5863](tel:079585863) OR SEE OUR WEBSITE - www.hamiltonpools.co.nz

HAMILTON CITY COUNCIL COMMUNITY SURVEY

Hamilton City Council is keen to hear from school students interested in skateable spaces in Hamilton. We have created an online five-minute survey for skatepark users or parents/guardians to complete on behalf of a child.

Skating is a fun, healthy, informal and social physical activity. It enlivens public spaces and connects youth and young adults in the Community. Help us plan for the future of skating in the city by completing the survey. The survey is open until 14 December 2016.

<https://www.surveymonkey.com/r/skatehamilton>

Summer Art School for children at WSA

Monday, 23 January, 9am to 12pm

Painting Skills - techniques for beginner and advanced skills, clay modelling fun, mandala art

Tuesday, 24 January, 9am to 12pm

Paper maché sculptures, mixed media charcoal & paint, drawing skills - techniques for beginners and advanced

Wednesday, 25 January, 9am to 12pm

Geometric art with masking tape & paint, curly paper flowers, cartoon expressions

Thursday, 26 January, 9am to 12pm

Street art, cellophane sun catchers, abstract watercolour art

Friday, 27 January, 9am to 12pm

Pop art paintings, paper mosaic, create a board game



Our classes are suitable for 5 to 13 year old children, fees are \$30 per day or \$130 for the whole week.



Sybille Schlumbom
Art School Coordinator
Waikato Society of Arts
artschool@wsa.org.nz
120 Victoria Street, Hamilton
www.wsa.org.nz

CLUB ENERGIZE

Tri Kids Training!

9.30am - 12pm

17, 18, 19 January 2017
University of Waikato grounds, Silverdale Rd, Gate 3a

24, 25, 26 January 2017
Te Rapa School, 61 Ashurst Ave, Pukete

Suitable for ages 7-12 who are keen to build confidence for the weebix or school triathlon. Cost \$20

For more info contact Erin - erinc@sportwaikato.org.nz, 021 624 962
Register through Sport Waikato website - www.sportwaikato.org.nz and go to the date in the calendar. Limited to first 50 registrations

SWIM

BIKE

RUN

Parents, register your child for the tri programme & train with us for free!

FREE

ACTIVE & WELL PARENTS

9.30 - 10.30am

BOOTCAMP!

For more info contact Chloe - Chloee@sportwaikato.org.nz, 027 555 4603
Register through Sport Waikato website - www.sportwaikato.org.nz and go to the date in the calendar

proudly brought to you by Sport Waikato

SUPPORT OUR SCHOOL

with the perfect gift this Christmas!

Grab a *Healthy Food Guide* magazine subscription for \$54.90 with free gift and **\$5 from every subscription sold comes back to our school**

With
FREE
GIFT
worth
\$39

The team at *Healthy Food Guide* magazine want to spread the gift of health this Christmas and have a fantastic promotion to share with you and your school community.

We'll give your school \$5 from every subscription sold through your school before 16th December!

Plus there's a free gift of Living Nature's Firming Eye Cream with every subscription sold (NZ subscribers only and while stocks last).

Subscribe now to *Healthy Food Guide* magazine for 1 year AND get a free gift of Living Nature's Firming Eye Cream with every subscription sold by 16 December (NZ subscribers only and while stocks last).

SAVE 27% off the retail price! AND.... We'll give \$5 to your school!

Simply go to: www.healthyfood.co.nz/magazine-shop/new-subscriptions

Select from the Subscription options, and **ENTER your school** into the "Promotion or renewal code box" above Payment method on the Check Out page OR call [0800 360 0582](tel:08003600582) and mention the school promo.

Healthy Food Guide magazine is your complete guide to healthy eating. It's filled with:

- **Expert health advice** on all the big issues like heart disease, diabetes, cholesterol, giving you practical advice that's easy to understand plus tips for managing and improving health conditions.
- **Delicious healthy recipes** to suit every palate; family-friendly, low-cost, baking, vegetarian, vegan, gluten-free, meals for one/two, desserts, snacks and much more. The recipes are based on real whole foods that are affordable, easy to find in your local supermarket and most importantly – they taste great.
- **Tips and tricks** to help simplify your grocery shopping and how to choose the best products for you and your family. **It's the gift that will keep giving every month with healthy inspiration delivered every month for one year.**