



MASCOT

Respect, Responsibility, Aroha, Self-discipline, Honesty

Phone: 07 862 8602 Absentee Messages: 027 9523203

5th November 2020

Dear Parents/Caregivers and Whanau.

If you have any questions regarding the whanau feedback survey, do not hesitate to call me OR come in and korero.

I want to take a moment to acknowledge the work of our Year 8 publishing house, the year 8's decided to call themselves 'Pukapuka Publishers.' This week they've been working on getting their book written from cover to cover with the help of expert writer and illustrator, Mike and Trish Legg.

Our goal of publishing a collaborative book is truly taking shape, I cannot wait to share it with our school. I cannot reveal any more than that...this is going to be epic.

Swimming has started this week and Athletics is set for Friday, more information on the next page. If you ever get the opportunity to be a part of our assembly on Friday afternoon from 2.30pm OR Monday morning from 9am, please come and join in with us, it's a truly wonderful experience.

Mauri ora

Richard Wilkinson – Principal.

Coming Events

Whiringa-ā-Rangi (NOVEMBER)

5th	Community Caterer Applications Close
6th	Senior Athletics (Postponement Day Monday 9th November)
11th	Ohinemuri Athletics
18th	Thames Valley Athletics

Hakihea (DECEMBER)

1st-4th	Year 7&8 Camp
4th	Paeroa Santa Parade
14th	Prizegiving
15th	Last Day of School (12 .00 pm finish)



Subway this Friday
NEW

**\$6 Subway roll &
cookie**

**Also \$5 subway still
available.**

**Come to the office to
place your order.**

Room 5 Storywriting & Cooking

“Everything has been weird since we’ve been put in this situation: kill or be killed; are we ever going to see the sun?” Oh that’s right, I haven’t introduced myself yet, I’m Mitzuki Ruto, The Super High School Level Adventure, and the protagonist of this crazy story. Me and fifteen others have been trapped inside a school, with no exit... I thought everything would be fine, but on the third day...”

Story snippet by Deeya



Public Notices

FRIDAY NIGHT FRIEND-ZY
13th November
6:30—8:30pm
FINAL Tribal Wars

LABEL READING

BE AN EXPERT!

Food labels can be misleading. Examples are “Reduced Fat”, “High in Fibre” or “Less Sugar”. It’s best to check for yourself by reading the label.

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	355
Thiamin (Vit B1) (mg)	0.55 (50%)*	1.83
Riboflavin (Vit B2) (mg)	0.42 (24%)*	1.4
Niacin (Vit B3) (mg)	2.5 (25%)*	8.3
Folate (µg)**	100 (50%)*	333
Iron (mg)	3.0 (25%)*	10.0

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

Project Energy

www.sportwaikato.org.nz
© This resource was developed by Sport Waikato 2020

Miller Avenue School Contact Information

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Miller Avenue School—Creating brighter futures, together.



Positive Playground

Caught Being Good

Big 'A' attendance Award

Mackenzie—Room 10

Room 9

Kauri—Room 7

Jack—Room 4

WANTED FOR ROOM 7 PLEASE

Empty clean coffee jars with lids. If you can please save them up and bring to school. Thank you.



**Touch Fees are now due. Please pay to the office or by internet banking.
\$10 per player.**

SENIOR ATHLETICS

Senior Athletics is happening tomorrow (Friday 6th November) and will be held at the Paeroa Domain. Students will need to come to school and then will walk to the domain and back to school at the end of the competition. The event will involve students aged 8yrs to 12+yrs with students competing in their age groups.

Start time is 10am—2pm ish depending on how quickly we get through the events.

Students will need to bring: shorts/t shirt/lunch/sunblock/sunhat/warm clothing (depending on the weather).

All students must return to school at the conclusion of the Athletics.

Parent help would be appreciated on the day if you can help please let us know.

If the weather is not in our favour tomorrow postponement day will be next Monday 9th Nov.



SWIMMING

All classes have begun swimming during the day so please remember to pack your children's togs and towel each day.



HEADLICE

These little critters are running rampant at school at the moment. PLEASE, PLEASE check your child/children's hair daily and treat if necessary. If you are needing any assistance with headlice treatment or combs please come and see Trish or Linda in the office.



This weeks Te Reo

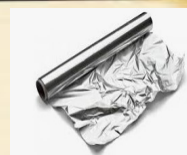
Kei te haere mai te pahi

Here comes the bus

WANTED

Tin Foil

If you have any unused or unwanted tin foil at home our school would love to have it. Please bring to the school office. Thank you.



Kylie Hedges

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VICTORIA BATTERY MINE RAILWAY and MUSEUM



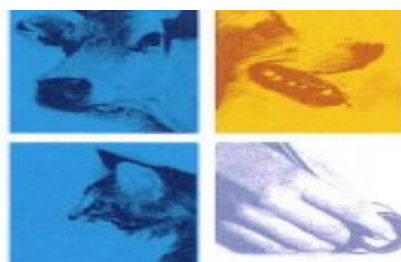
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