



MASCOT

Respect, Responsibility, Aroha, Self-discipline, Honesty

Phone: 07 862 8602 Absentee Messages: 027 9523203

20th February 2020

Kia Ora Parents, Caregivers and Students

We have reached week 3 already! All the students have settled well into their new classes and we are fortunate to still be enjoying this lovely hot summer weather. Swimming is happening every day so please ensure your child/children bring their togs and towel every day. Please remember to name clothing as we do get items left behind in the changing rooms.

BEACH SKILLS DAY This year we will be having Beach Skills Day on Monday 30th March. The whole school will be attending and permission forms need to be completed for all students. You will receive these forms a little closer to the date. This event is very important for education around water safety in an ocean setting to compliment the pool based education we run at school.

DROP OFF ZONE MILLER AVENUE The yellow lines outside the front of our school in Miller Ave are marked "DROP OFF ZONE". Please do not park or leave your car unattended in this area as it is to drop off children only. We have had some instances where cars have been parked in this area causing congestion and becoming a safety hazard for children coming into school. Please use the car parks along Miller Avenue if you are needing to park your vehicle. Extra parking is available at the top car park (off Norwood Road)

CHICKEN POX We have had a confirmed case of Chicken Pox. If you notice any unusual spots appearing on your child please get them checked by your doctor as they will need to remain at home if it is Chicken Pox and until the spots have crusted over.



Coming Events

Hui-tanguru (February)

28th Cricket Training

Poutū-te-rangi (March)

2nd Cricket Smash

4th Hearing & Vision Testing

6th Triathlon

11th Yr 7 & 8 Immunisations

13th Senior Swimming Sports

18th Ohinemuri Swimming Sports

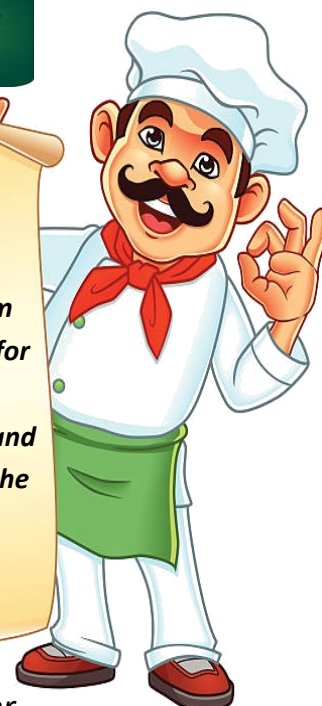
30th Beach Skills Day



Friday Lunch

Lunch orders are happening this term every Friday. \$5.00 for a six inch sub roll.

Please bring money and place your order at the school office.



Miller Avenue School—Creating brighter futures, together.

Miller Avenue School Contact Information

E-mail: office@millerave.school.nz

Website: www.millerave.school.nz

Bank Account: 03-1572-0010292-00 (please put in payment details) Westpac, Paeroa



Room 8 enjoying their swimming lessons in our newly painted swimming pool.

Public Notices

THE INCREDIBLE YEARS PARENTING PROGRAMME is designed to develop positive family relationships, empower parents to make change and to manage difficult behaviour. 14 weekly sessions starting 24th February 2020 from 6.30pm to 8.30pm at Tirohia School. For registration or further information please contact Kerry 07-862-7086.



PAEROA YOUTH RUGBY

MUSTER 2020

Thursday 27th February from 5:30pm - 6:30pm
Paeroa Rugby & Sports Club Rooms, Towers Street.

All new registrations boys and girls WELCOME!

REGISTER ON THE DAY and receive a **FREE SAUSAGE SIZZLE** and 1x ENTRY FOR OUR RUGBY BALL GIVE AWAY

Season starts April 4th - July 4th 2020
TEAM GRADES are the AGE of player as of 1st of January 2020

Rippa Rugby (6 yrs. and under)	U8's - 10 aside, half field.
U9's - 10 aside, half field.	U10's - 11 aside, half field (subject to squad numbers)
U11's - 15 aside, full field.	U13's - 15 aside, full field.

NEW REGISTRATIONS - Will need your child's full name, date of birth (no birth certificate needed), Parents VALID email address and ACTIVE CONTACT phone number.

EXISTING REGISTRATION - Your child's name and UPDATED email and ACTIVE CONTACT number.

If unable to attend the "MUSTER" please send your child's REGISTRATION DETAILS Via email to rugby@paeroayouth@gmail.com or if needing more information contact Te Aroha McKain on 021 145 9628.

Follow us on www.facebook.com/paeroayouthrugby/ to keep up to date with club information, training and ways you can support Paeroa Youth Rugby.

Holistic Massage Therapy

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Menu

Patsy McKenzie
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Flexible hrs from 8:30am - 5:00pm

***Relaxation (Swedish)** 1 full hr treatment \$60 / 90 mins \$85
A full body massage to ease away any tension or soreness in the muscles. This is a massage that relaxes the nervous system, improves circulation, flexibility, enhances physical and mental wellbeing & more. Regular massage is excellent maintenance.

***Therapeutic Deep Tissue & Trigger Point Release** 1 full hr \$60
This treatment is beneficial for those experiencing chronic pain, tension and tightness caused by injury or overworked muscles. A therapeutic massage with focus on specific problem areas.

***Myofascial Release Therapy** 1 full hr \$60
Applying sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. Correcting muscle imbalances, relieves muscle soreness and joint stress, improves joint range of motion, improves neuromuscular efficiency, provides optimal length-tension relationships.

Hot Stone Massage 1 1/4 hrs \$100
Smooth volcanic Basalt stones are heated and used by your therapist to infuse warmth deep into the muscles. This is a full body balancing treatment to induce deep relaxation and wellbeing. The healing power of heat is combined with traditional massage techniques. Tension melts away as warm stones are used over the entire body.

- Gift vouchers available. (Treat someone special)
- Custom, a combination of the above * to meet your particular needs
- Concession of 3 x 1 hr treatments *\$165 (save \$15)



Positive Playground

Caught Being Good

Big 'A' attendance Award

Marlie—Room 10

Room 4

Piper—Room 10

Hope—Room 7

REMINDER—HAVE YOU ORDERED YOUR CHILD'S SCHOOL STATIONERY? If you haven't already ordered your child's school stationery, you can purchase it from our school. Please bring your child's stationery list and money to the school office and we will get it delivered to your child. Stationery is very important as it is your child's "Tools of the Trade".

SUN HATS During term 1 and 4 students must wear uniform navy blue sun hats with MAS logo when outside the classroom. Children not wearing sunhats will play under the shade.

YEAR 7 & 8 IMMUNISATIONS All Year 7 & 8 students have been given a consent form to bring home for you to choose whether to have your child immunised by the Public Health Nurses at school.

- Information on the immunisations is included on the consent form which has been given to your son/daughter at the information session.
- Please complete the consent form, answer all the questions and **return the form to school.**
- If your child is not being vaccinated at school, you still need to fill in the section with your child's name and details on it.

For further information on these vaccines phone 0800 IMMUNE (466 863).

MOBILE DENTAL VAN The Mobile Dental Van is currently at Paeroa Central School.

We are currently trying to resolve the issues of finding a suitable and safe parking site for our next unit at Miller Avenue Primary School. We will keep you informed of our progress. In the meantime, if you have any dental concerns for your child we are available at Paeroa Central School by calling: 0800 TALKTEETH (0800825583) or 021359798. Thank you.

MILLER AVENUE SCHOOL UNIFORMS If you are needing to order new uniforms for your child/children please see Trish or Linda in the office for an order form. Otherwise you can order online from Direct Group. The details to use are as follows: Username—MillerAve Password—Uniform

SCHOOL NEWSLETTER Our school newsletter is published weekly on a Thursday. A hard copy is sent home with the youngest or only child in a family and it is published on our school app and school website page. We love to hear what our students are up to. If your child has any achievements from out of school activities you wish to share please let Trish know and she will add to the newsletter space permitting.

This weeks Te Reo

Ata mārie

Good morning

WANTED

SHELLS

If you have any shells you may have collected or no longer need please bring them into our school.

Thank you.

BREAKFAST IDEAS

A CRACKING BREAKFAST

Eggs are a great source of protein which helps us to grow strong, healthy muscles. Add some wholegrain toast for a tasty, filling breakfast.

- Scrambled - add herbs for extra flavour
- Boiled
- Poached

TIP: Add spinach, tomato or avocado for extra goodness

BOILED **SCRAMBLED** **POACHED**

Developed by Sport Waikato 2019

HE PARAKUIHI PAKEE

He kai pai te heeki naa te puumua, kia pai taa taatou tupu, i ngaa uaua ora. Taapirihi eeteahi toohi kaakano kia reka, kia kikii rawa.

- Ranu - taapirihi eeteahi otaota kia tino reka te namunamua
- Koropupuu
- Koohue

TOHU: Taapirihi te spinach, te tomato, te rahopuuru, ranei kia reka ake.

KOROPUPUU **RANU** **KOOHUE**

He mea hanga © Sport Waikato 2019

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Kylie Hedges

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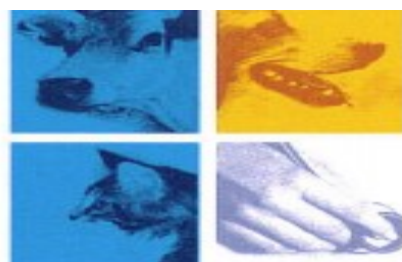
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