

Te Poi School



A small school where big things happen.

Important Dates – Term 1 Week 2

10th February 2015

12 th February	Family Picnic at Jarvis Farm
18 th February	Room 9 Nutrition Session
19 th February	Nutrition Session visit to New World
26 th February	BOT Meeting 6.00pm - all welcome
27 th February	Life Education visit
3 rd March	Small Schools Combined Senior Swim Sports
13 th March	Interschool Swim Sports
17 th March	Parent Interviews
20 th March	Triathlon
31 st March	School Walk - Te Waihou
2 nd April	Last day of term

FAMILY PICNIC THURSDAY 12th FEBRUARY 6PM:

Jarvis Farm 998B Tauranga Road (follow the driveway to the bottom paddock).

Sausages \$2

Hamburgers \$4 or bring your own picnic.

Everyone welcome – best waterslide ever!

MINIVAN DRIVER:

Thanks to our team of volunteers we collect 16 children each morning. If you are able to join our happy team on a Monday or Tuesday morning, we need you! Please let us know.

READING TOGETHER WORKSHOPS:

Starting 5th March. A series of 4 workshops designed to take the stress and frustration out of listening to your child read and turn that into success for all. Limited to 8 families. Please register your interest.

NETBALL:

Any girls in years 3–6 who are interested in playing netball this year, please let us know.

A REMINDER:

School office hours are 8.30 – 12.30. You are welcome to leave a message outside these hours, as teachers are busy in classrooms and can't always get to the phone.

Contact emails for the school are:

Linda – principal@tepoi.school.nz

Helen – office@tepoi.school.nz

Sandra – sclark@tepoi.school.nz

Felicity – fstone@tepoi.school.nz

Junior Cricket, Yrs 3–6, Starting February 14th for 6 weeks. For details and registration. Cost \$25, 2nd child \$15. Ph: Fiona 07 880 9591 or fiona@fionabenefield.com

FOR SALE:

DRZ110 Suzuki child's motorbike. \$900ono.

Chicken hutch for 4–6 chooks \$400ono. Both items in excellent condition. Phone Michelle 888 1661 or 027 286 9995.

SELF DEFENCE CLASSES

Gives children great self-confidence. These will be held at the fire station hall commencing Wednesday 11th February at 4.15pm. Contact Heather Coffey 021 234 7967.

ONE VOICE PRODUCTIONS:

Want your child to learn how to sing or play a musical instrument? As we like to see your child have many varied opportunities for learning, these lessons can be undertaken during lunch times on school days. See information in the school foyer.

HOCKEY TRAINING:

Wednesday practices after school at Matamata College run by Kiwisport. See Miss Clark for further details.

FRIDAY LUNCH ORDER:

A reminder that ALL lunch orders must be in a named envelope please.

All pies	\$3.30
Sausage rolls	\$2.00
Egg or ham sandwich	\$3.00
Ham or chicken roll	\$2.90
Ham/beef/chicken wrap	\$4.20
Apple or custard pie	\$3.30
Apple or custard square	\$2.50
Choc chip biscuit	\$1.40
Just Juice	\$2.50

Principal's Comment:

We welcome another 2 students this week – Cayden and Alexander. Alexander and his family have recently moved into the area so an especially friendly welcome to you.

Homework is always a hot topic. You either love it or loathe it. There is varying research for and against homework, finding the balance is key. At Te Poi we focus on Reading each night, spelling words and maths basic facts. These 3 areas help support the class programmes. Room 9 will get a project to work on each term linked to the schoolwide topic. We believe riding bikes, swimming, dance lessons and play are all important after school activities.

Linda Larsen, Principal

EVERYDAY CHOICES

NUTRITION INFO PANEL

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!

NUTRITION INFORMATION (Averages)

Serving Size 30g
100g (100g)
Serving Size 30g

	Per 100g	Per 30g
Energy (kJ)	441	132
Protein (g)	105	31
Total Fat (g)	3.6	1.1
Saturated Fat (g)	<1.0	<0.3
Carbohydrate (g)	81.0	24.3
Sugars (g)	0.8	0.2
Sodium (mg)	1.2	0.4
Dietary Fibre (g)	85	25.5
Potassium (mg)	106	31.8
Phosphorus (mg)	0.55 (500)*	0.16 (150)*
Iron (mg)	0.42 (24)*	0.13 (8)*
Calcium (mg)	2.5 (25)*	0.8 (8)*
Folate (µg)**	100 (500)*	30 (150)*
Vitamin C (mg)	1.1 (22)*	0.3 (6)*

*Percentage of Recommended Dietary Intake
**1 serve provides 25% of the folate RDI
*Percentages of children's intake