



Manurewa West Primary School

School Newsletter
Number Two
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Dear Parents/Caregivers
Tena koutou katoa
Nga mihi arohanui ki a koe me to whanau

Our students are back into their learning routine. I am most impressed with the settled school environment despite all that's going on around the new block with the concreting of the playing surfaces and completion of the carpark. The self-discipline and focus of our students right from the first day is to be admired and commended.

Coronavirus

Like people throughout New Zealand and around the world we are following the information on the coronavirus outbreak very closely. The Ministry of Education has provided schools with regular updates and guidelines which has been very helpful. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Although there is no imminent threat to us at this stage, it is always advisable to follow good routines around spreading infection which include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. Let's keep reminding our kids about the really good habit of washing hands at important times.



School Values

We teach values as part of what makes us better people, to live our lives with appreciation of other people and their cultures, as well as developing positive attitudes and behaviours in ourselves. The school values are Respect, Self-Discipline, Honesty, Pride, Responsibility and a new addition this year is Resilience. Please talk as a family about the benefits of showing these values in everything we do and so that it becomes very much a part of who we are as individuals, as a family/whanau and as a school community. The school values are acknowledged and celebrated each week at our school assembly.



Milk and Fruit in Schools

We provide fruit every day and milk three times a week for our students, as we see this as an important part of promoting ourselves as a healthy school. Regular physical activity and drinking water instead of "fizzy" drinks also promotes healthy bodies and supports better learning. Please try to be a healthy family, as a healthy family in a healthy community means a better life for everyone. We also have a greater focus on sustainable practices, such as less single use plastic and packaged items brought to school so we have less rubbish at school and this then means less rubbish into our landfills. We encourage every student at school to pack their morning tea and lunch in a re-useable lunch box and to bring a re-useable water bottle to stay hydrated throughout the day. If you have been busy preparing healthy lunches and packing them in a re-useable lunchbox, getting your children to school on time and talking to them about their school work each day, then you are doing a great job. Well done parents.

Roadworks on McKean Avenue

Roadworks on McKean Avenue will resume on Monday 2nd March and will take up to 2 weeks to be completed. Parents are once again encouraged to use Dreadon Road to drop and pick up children as this will assist in easing the congestion on McKean Avenue at peak times.

Tips for Sandwiches

Younger children love little club sandwiches, or sandwiches that are

rolled up like sushi. Still not sure what to put on that bread?

The options for sandwich fillings are endless! Grated cheese & pineapple, cheese & vegemite, salad & cheese, ham, cream corn, salami, jam, honey, vegemite, tuna, egg, spaghetti, baked beans.



What about Chippies?

What about the regular packet of chippies that so many children take to school? If these are included everyday your child will think it is OK to eat chippies every day – but chippies should not be an every day food. If you include the 25 gram bag of chips every day in the lunch box, over the week your child will get 40 grams of fat from this alone – and it is likely more chips will be eaten over the weekend. Other lower fat choices such as pretzels, flavoured rice crackers, popcorn (plain) are also good snack choices that most children like. Our planet will love it as well!

Email Update

As part of our sustainable practice at Manurewa West Primary School, we are aiming to significantly reduce the amount of printing and paper that we use at school. We are considering moving fortnightly newsletters to an online platform on our school website and/or through an emailing system. The important communication between home and school which school newsletters provide is highly valued. Our parents/whanau and school community should continue to receive these hassle free. Therefore could you please provide your email details to us if you haven't already done so or it has recently changed. You could do this by emailing admin@manurewawest.school.nz

Vandalism of our New Building

We unfortunately have had an incident of vandalism of the new build which is proving to be extremely costly to fix. As a school we are absolutely disappointed that a school such as ours which goes above and beyond to serve the families/whanau and children of our wonderful community would be vandalised. We urge our neighbours to let us know or call the police if there are trespassers on school property after school hours or in the weekend. We appreciate your help to look out for and look after our school.

Cross Country/Colour Fun Run

On Tuesday 10th March we will be holding our Cross Country/Colour Fun Run. Races will commence at 9:30am for Year 1-2 students and from 11:30am for Year 3-6 students. Please ensure children are wearing an old white t-shirt as coloured chalk dust will be used as they run. All parents, grandparents and caregivers are welcome to come and support the children. We look forward to seeing you on the day.

Enviro Group

As one of our independent activities the Enviro Group made Grass Heads. They are stockings filled with soil and grass seed and the students need to give them a little water each day and they will eventually grow hair (grass). This is a super fun and easy activity you can do with your children at home.



Thought of the Day

"One small positive thought in the morning can change your whole day".

Nga Mihi Hui

Kogie Naidoo
Principal

Upcoming Events

10th March	Cross Country/Fun Run
26th March	Parent/Teacher Meeting (Goal setting)
9th April	ANZAC Day Special Assembly
9th April	Last day of Term 1

