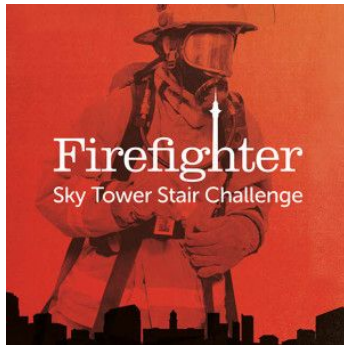


Monday May 15th 2017

Dear Parents and Caregivers,

Week three is underway and it has been a super start to the winter term.

**Principal's comment:**



This weekend I took part in the annual Sky Tower climb to raise funds for Leukaemia and Blood foundation. I had the pleasure to climb with seven Rakaia Fire Brigade members who are an example of Inspiration and Success in our very own community. These fine young men led the way with personal best times and also raised \$14,000 for the cause. I am sure you would acknowledge this as a fine effort and example for our youth today. Congratulations to the Rakaia Fire Brigade for your commitment to our community and the support of a worthy cause.

Congratulations also to Mrs Bonnington for completing a half marathon in the weekend. Emma ran the 21km in 2 hours 30 seconds. A fabulous time as she builds towards a marathon at the end of the year. Another Inspiration to us all.



Thank you very much to those parents who have been able to make it to assemblies and open mornings. We appreciate the support shown to your children and the students at school.

As the weather is getting cooler we remind students to dress accordingly in school uniform. Jackets, beanies and scarves are able to be worn to and from school but are not to be worn in class. Our Rakaia school uniform provides a warm polar fleece and children can wear plain coloured (preferably navy or black) polypropylenes under polo shirts for extra warmth with the uniform tracksuit bottoms or navy blue stockings with the kilt for the girls. Looking sharp in our school uniform shows pride and respect for our school.

Cross Country notices should have been returned to let us know if you are taking your child to and from the event next week. Order forms for Dorie fundraiser should have also been returned, do not send money with these orders, children will need to bring money and pay for on the day. There are gluten free sausages available, if you would like a gluten free please let us know. Please ensure your child has appropriate footwear for training this week and on the day is prepared with sports shorts, running shoes and water bottle.

A reminder about lunches and healthy and nutritional school snacks. We are seeing many lunches full of packets, containing a lot of sugar and processed contents. Lunch boxes should contain a sandwich or wrap with fillings such as vegetables and protein, snacks such as vegetables sticks with hummus, fruit, popcorn or low sugar yoghurt. Children should be drinking only water and school provided milk - **no juices or flavoured milk at school**. Sugary snacks do not provide children with the nutritional value they need to get through a busy day of learning and research shows that these snacks can be detrimental to their learning. This is an excerpt taken from an article written on Stuff about the impact sugar is having on our learners:

*“Lunches filled with highly processed sugars took children out of the learning environment and was detrimental to their schooling, he said( Principal Shane Ngatai- Rhode St School) It's an energy burst that then leaves them wanting 20 minutes, 30 minutes later, so their brains aren't engaged in the learning. They're drifting off, either yawning or feeling tired because that energy is gone so you get disengagement from learning. You're training your kids for life, you're setting their habits.”*

<http://www.stuff.co.nz/life-style/parenting/big-kids/five-to-ten/health-nutrition/9704275/Sugars-lunchbox-trap>

Book fair begins next week, see the flyer insert. There will be a dress up day around “Bookaneer” theme on Friday the 26th of May. More information about the week’s events to come!

Lastly but not least, a very big congratulations must go to our very own Mr Ellis for completing the Sky Tower Challenge on Saturday where he climbed 1103 stairs in full Fire Apparatus raising funds for the Leukaemia Foundation Mr Ellis you are an inspiration to us all!



 **Mount Hutt College**  
Wednesday 7<sup>th</sup> June 2017

<b>Open Day</b> Tours commence: 9am, 10am, 11.30am, 12.30pm, 2pm	<b>Information Evening</b> 7pm Meet the Principal & Senior Staff School Information
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1 hour programme & refreshments - register now  
03 302 8437 or [office@mthutt.school.nz](mailto:office@mthutt.school.nz)



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