



Kia ora tatou katoa - hi everyone

No 25

15 August 2019

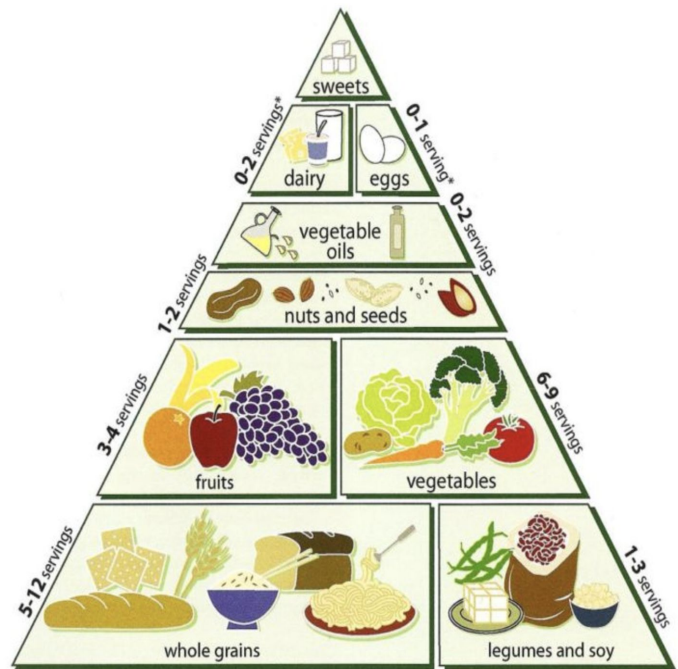
WELCOME to Levi Rainsford who started in Pukeko this week. We know he will enjoy his new classroom and making new friends.

HEALTHY EATING

While out on lunch duty recently I saw some amazing school lunches - healthy food that will sustain children's energy levels throughout the day.

Childhood is a time of rapid growth and development, and a time when many habits and behaviours are set. A healthy lifestyle, including healthy eating, in childhood will help to ensure a healthy future. **Children's diets do have an influence on their energy and concentration levels at school so can impact on their learning and behaviour.**

Making good food choices are decisions that parents and children share. One of the key messages for the children is to 'know what you are eating' and 'know what is healthy' and getting the balance right for a healthy diet.



I also noticed a lot of highly processed food in packets as well as not being high in nutritional value they also create a lot of rubbish. I am not suggesting you stop providing these but the quantity and frequency of these types of food need to be balanced with other items from the food pyramid.

<https://nutritionfoundation.org.nz/nutrition-facts/nutrition-a-z/lunchbox-ideas>



SCHOOL UNIFORM

After the recent focus on the uniform we have noticed an improvement. We received some feedback that has been discussed with the PTA, and the Board will consider at a meeting later this year. If you have any further feedback email me paul.kingston@pps.school.nz

Purchase of the School Uniform is available from the School Office at any time.

PTA

The PTA are an important part of our school. They help the school keep in touch with the wider school community, are involved in supporting the education your children get and provide some wonderful resources and opportunities for your children.

The PTA always needs new and enthusiastic members. The meetings are the second Tuesday of every month 7pm in the staffroom - 12 March. If you've got ideas, time or skills we'd love to see you. It's not just about fundraising either, the group are very welcoming and it is a chance to get to know people - the parents of your child's classmates.

Friends of the School / PTA

If you can't make the meetings but would still like to help out then you can be a Friend of the School / PTA.

We will send out volunteer requests for events and initiatives as they occur, outlining what help we need. **So if you, or anyone in your family, have some spare time and a willingness to contribute let us know** or the School Office admin@pps.school.nz

Record Cheese Roll Sales for our School Fundraiser!

**Can you spare some time this Sunday to help with production?
WE NEED YOU!**

If any parent/family members are able to help on Sunday between 9am and 1pm (even 1 hour is awesome) please text Alana Loader on 0273316110 or advise the School Office. It's a great way to catch up with PTA members and Helpers.

Due to the huge support for our cheese rolls this year, we have to change our pickup day. Cheese rolls will be available on Sunday 18th August, 12pm until 2pm, and during school hours on Monday 19th.

Thank you all for the awesome support!



UPCOMING EVENTS

Tuesday 20 August

Thursday 29 August

Friday 30 August

School Photos

Grandparents' Day

Daffodil Day

Kia kaha te menemene - keep smiling
Paul

