



MOKAU SCHOOL

Together we can do it – ka taea e tatou – together we are able

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September 2019

Hamilton Zoo Visit **12th September**

The zoo visit is all booked for the 12th September. The children have to wear covered in shoe to have an animal encounter. They will need morning tea, lunch and a drink. We will be meeting in the zoo grounds at 10.30am so that means you will have to leave at 8am from here. We have a classroom booking at 11am, so we will be having morning tea at the picnic area in the zoo before. There is a café at the zoo for adults. The ratio is 1 adult to 2 children. I have attached a zoo map please bring that with you on the day and the zoo conditions & behaviour facts. The fee is \$15 per person (Adult & Student) under 3yrs Free. Payments must be made before the visit. Please ring office for bank account.

Education Review Office Visit

We have our Education Review on Monday 2nd to Wednesday the 4th of September. The ERO team visiting would like to chat with any school community members who are not on the board at 3pm on Monday 2nd September.

Cross Country **6th September**

Mimi School hold our annual cluster cross country. The children walk the course before the race. Further information is attached to this newsletter.

School Van.

We have had no volunteer to do this, so there is no longer a van run.

Tainui Speeches **13th September**

This year's speech topic is **One day I would love too.....** The senior students have been putting great ideas on paper and have some interesting ideas.

Car Park Fence

A huge thank you to Geoff Robertson and Paul Symonds for spending a Sunday erecting the fence around the

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car park to help keep our tamariki safe. Thanks it looks great.

Dogs on School Grounds

We have in the past been relaxed about dogs in the school grounds. Unfortunately there have been several instances in the past 2 weeks of dog poo in the sand pit and the bark landing areas of the playground. This is unacceptable so we have decided to trial ensuring dogs are leashed in the grounds rather than a complete ban. If this is not effective we will have no choice but to ban any dogs on the school grounds.

Locked gate

The gate from the school into the end of Tainui St is now locked during school hours to encourage students to remain in the school grounds

Mokau School 125th Anniversary

Our school turns 125 later this year. If you are interested in helping organise an event to mark this special occasion please contact us before the 20th of August.

Food of the Week

We are again participating in the food of the week programme. This programme is cross curricular and each week we complete a variety of activities associated with the food of the week. The purpose of this programme is to support our students to develop healthy eating habits and teach them the importance of eating well and reducing processed food and sugar in their diets. Through the winter term we will continue Toastie Tuesday and Soup Thursday. Feel free to drop in and join us.

Food Stand Project

The Mokau Hall Committee have agreed in principal to allow a community produce stall to be erected outside the hall. The students at the school were keen to erect one after they saw the stall in Piopio. Any offers of help with construction or materials would be much appreciated. We would love to have this up and running for next term.

Music Festival

The 4 senior girls are participating with Waitomo Combined Schools in the Music Festival. They will be attending practises with Mrs Symonds. The show is in Te Kuiti on the 19th September at 7pm. permission forms attached.

Dates to Note

Sept

2nd Education Review Office ERO
3 Days

4th Hearing & Vision

6th Tainui Cross Country@Mimi

12th Zoo Visit Hamilton

13th Tainui Speeches@Whareorino

17th Bot Meeting 7pm

23rd Life Ed

29th Term 3 ENDS



Cauliflower takes a bit longer to grow than broccoli. Because of this cauliflower are usually more expensive than broccoli.

Cauliflower is a good source of vitamin K, which keeps our blood healthy. When we cut ourselves, Vitamin K helps the blood cells stick together (clot) so that we stop bleeding after a bit.

Cauliflower are available in the shops all year round.



Cauliflower Crust Pizza Makes 2 medium size

- 1 medium sized head of cauliflower
- ½ cup of cheese
- 2 egg
- ¼ teaspoon salt
- ½ teaspoon of dried mixed herbs

- ½ cup tomato paste or sauce
- 1 cup of cheese
- Chopped vegetables of your choice

Heat over to 180°C. Cut the cauliflower into small pieces. Place in a food processor and pulse until it's texture resembles rice. Microwave in a covered bowl for 2 minutes. Add the cheese, egg, salt and herbs and mix together. Shape into a round flat pizza base on a baking paper lined tray. Cook in the oven for 20 minutes until it is starting to brown. Remove from the oven and top with the tomato sauce, cheese and vegetables. Bake it for another 10-20 minutes. Enjoy!

www.whatsforlunch.co.nz

CRAZY CAULIFLOWER

It has so many uses!

Cauliflower dip is easy to make. Simply blend together the following ingredients and chill in the fridge. Dip, raw vegetables or crackers into the dip and enjoy.

- 1/2 head cauliflower, cut into florets and cooked
- 1/2 tablespoon salt
- 1 tablespoon olive oil
- 1 cup natural yogurt
- 2 teaspoons tahini (or peanut butter)
- 2 teaspoons lemon juice
- 1 small garlic clove, crushed



One serving of fruit or vegetables is the size of your palm. Cauliflower are a vegetable It is recommended that children eat five servings of fruit and vegetables every day to stay healthy.



For more great lunch box ideas sign up at www.whatsforlunch.co.nz