



# MOKAU SCHOOL

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

Phone: 06 7529733 \*email: [admin@mokau.school.nz](mailto:admin@mokau.school.nz) \* web: [www.mokau.school.nz](http://www.mokau.school.nz)

20<sup>th</sup> October 2020

## **Welcome Term 4**

We have started the busy final Term of 2020. We currently have 13 enrolled students and with 4 more 5 year olds to start in the first term of next year. You may have noticed that there was a lot of work done in the holidays, the car park was made a lot wider with the grass area replaced with gravel, the garden above the brick wall had a major over haul and the fruit trees have been planted. Our building project has had approval. This will include a new kitchen and administration area and a refreshment of teaching spaces. This will begin in December and be completed by the beginning of the 2021 school year.

## **Covid-19 Safety Level 1**

We are continuing to encourage good hygiene practices at school – regular washing and drying of hands and good cough and sneeze etiquette remain. There is a contact register and a QR code at the reception to assist with contact tracing. If children are unwell please keep them home. If a child has any cold like symptoms we will be phoning home and asking parents to collect their child.

## **Absences**

If your child is absent from school, please make sure you let the school office know before 9am.

## **Pet & Art Day**

We will be having our school pet day on Wednesday 21<sup>st</sup> October at 10am. We will have lamb and calf classes the same as previous years. We will start judging at 10 then after the pets are judged we will open up the classroom for art viewing. Lunch will follow. Please come along and enjoy the day with the children.

## **Tainui Pet Day**

This is on Friday 23<sup>rd</sup> October, if your child is going to this please let the office know as soon as possible.

## **Dental Bus**

The mobile dental bus will be here from the 9<sup>th</sup> to the 12<sup>th</sup> November. Please return the completed form that is attached to the newsletter to the school office as soon as possible. Appointments should be arriving soon.

## **Book Club**

The new catalogue issue 7 is attached if you would like to order you can do this online or send the order through to the office with the order form and payment.

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## **Art Exhibition**

We received very positive feedback about the children's artwork. The work will be back at school on display shortly.

## **Lunches**

We are really excited to let you know that our school will be joining the free lunch programme in Term 1 next year. The lunches will be provided for all students. Lunches will cater for the dietary and health needs of growing children and we will work with Ministry to ensure they meet the nutrition guidelines. So far we have submitted a proposed menu that has been looked at by an MOE nutritionist and has been approved. We are now completing the food safety plan as we are planning to make the lunches at school. We will keep you posted on our progress.

## **School Garden**

Our tamariki enjoy watching and waiting for the product in the garden to grow then using it for kai at the school. But sadly through the holidays we had some children (not from Mōkau) pulling out young vegies and then just wasting them. This is the second time this year the students have seen their hard work destroyed. They were very disappointed. If you see any behavior like this please let the principal or school know.

## **School pool**

The school pool will reopen during Term 4 when the weather is warm enough (End of November). Season keys for the pool will be available for \$70 with a refund of \$10 if the keys are returned on time. The keys are available from the school office only so please contact us towards the end of November if you would like a key. The locks are changed each season so the previous season key will not be usable this year. There are still quite a few keys not returned from last year so we would appreciate it if those could be returned.

## **Community Sharing Cupboard**

We have our community cupboard painted and it will be in place by Labour weekend. This cupboard will be used to share our excess produce and seedlings with the Mokau community. Anyone is welcome to add produce and seedlings to the cupboard. A Facebook group will be set up and advertised on the school page and the Mokau community page.

**Dates to Note**

**October**

17<sup>th</sup> ELECTION

20<sup>th</sup> Bot Meeting 12.30pm

21<sup>st</sup> Mokau School Pet & Art Day

23<sup>rd</sup> Tainui Pet Day

26<sup>th</sup> Labour Day

**November**

9<sup>th</sup> Dental Bus Date Change

27<sup>th</sup> Athletics@Ahititi

**December**

11<sup>th</sup> Last day Term 4

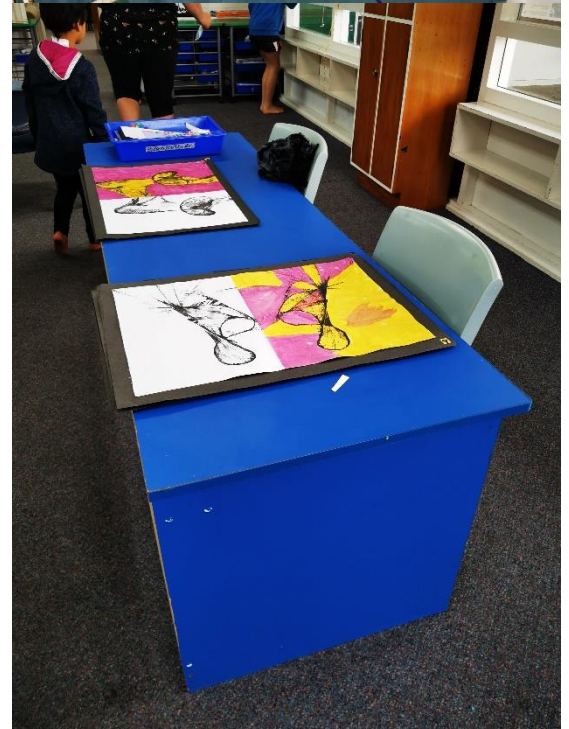
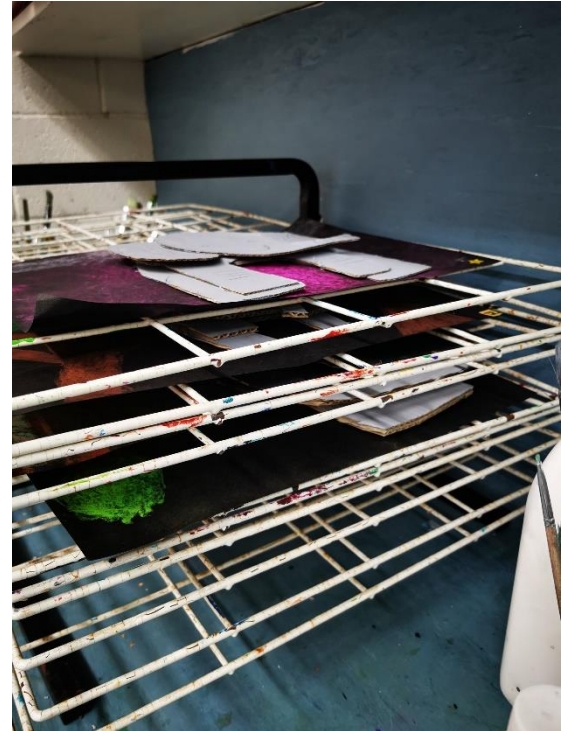
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**ART WORK IN PROGRESS**



**LABEL READING**

There are lots of different nutritional claims on packaging but it's best to check for yourself by reading the label. Remember to always use the 100g column.

**TIP:** Fibre helps us feel full for longer and keeps our digestive system healthy.

<b>Aim for less than 10g SUGAR per 100g</b>	PER SERVE	PER 100g
Carbohydrate, Total (g)	20.1	67.0
Sugars (g)	0.8	2.8

<b>Aim for less than 10g TOTAL FAT per 100g</b>	PER SERVE	PER 100g
Fat, Total (g)	0.4	1.4
Saturated Fat (g)	0.1	0.3

<b>Aim for more than 5g FIBRE per 100g</b>	PER SERVE	PER 100g
Dietary Fibre (g)	3.0	10.1
Sodium (mg)	81	270

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**VACANCY**

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**WHY READ FOOD LABELS?**

Food labels provide us with nutritional information. This enables us to compare products equally. It also helps us to make informed decisions around dietary requirements.

Energy (kJ)	PER 100g	PER 100ml	PER 100g	PER 100ml
ENERGY (kJ)	426	870	1540	1540
PROTEIN (g)	20	20	20	20
FAT (g)	10	10	10	10
SUGAR (g)	10	10	10	10
DIETARY FIBRE (g)	10	10	10	10
SODIUM (mg)	10	10	10	10

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**FLOWERS FOR DISPLAYS**

