



Greetings to you all; tena koutou;

Just like eating well, sleeping well, exercising, and staying hydrated boosts our physical health, there are also things we can do to boost our mental health. We lead increasingly busy lives and it can be easy to forget to put yourself first, but looking after yourself will make you feel better. The saying 'You can't pour from an empty cup' rings true. This weekend take time to check in to see whether you and the whānau are getting your **Five Ways to Wellbeing**.

In 2008, the British government contracted the New Economics Foundation to come up with a set of actions that improve personal wellbeing. They wanted to develop the 5+ a day fruit and vege rule for wellbeing.

The Five Ways to Wellbeing.

While the 5 ways aren't a magic elixir that can wipe away our worries in an instant – doing them frequently can, over time, lift our mood.

Connect, me whakawhanaunga

With the people around you. With family, friends, colleagues and neighbours. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be Active, me kori tonu

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take Notice, me aro tonu

Be curious. Catch sight of the beautiful. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.

Keep Learning, me ako tonu

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give, tukua

Do something nice for a friend, or a stranger. Thank someone. Volunteer your time. Join a community group. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Looking after ourselves can make a big difference to our whānau, friends, and community.

Keeping Our Tamariki Safe

Please can you talk at home with ways to keep our tamariki safe especially at drop off and pick up times. Our car park and pick up areas are busy places. Please ask your child / children to **stay within the school grounds** while waiting for you, they should NOT be in the bus bay area or waiting outside the school grounds.

Students should **NEVER** cross Austin Road alone, please escort across the road if you are parked on the opposite verge.

We have teachers on duty straight after school in the hall car park, on bus duty, and by our main gates. Please help our staff by reinforcing our Five Feather Values, especially responsibility.

Mulch

We still have mulch available to members of our school community. Please contact the office if you would like some and to arrange a suitable pick up time. A small koha to the school would be appreciated.

School Pool Closing

While we are still experiencing some warm weather, the pool temperature has dropped and it is uneconomical for us to keep the pool open.

The last day for children swimming is Friday 24th March. Sunday 26th March is the last day available to the community. Please return your key so we can process your bond refund.



Nga mihi,
Claire Turton, Principal

TERM DATES 2023

Term 1	Last day Thursday 6 April
Term 2	Wed 26 April to Fri 30 June
Term 3	Mon 17 July to Fri 22 September
Term 4	Mon 9 October to Wed 20 Dec (TBC)

TERM 1 DATES 2023

- 24 March PTA Quiz Night & Band
- 31 March Friday Freeze - \$1
- 3 April Northland Swim Champs
- 4 April PTA Meeting - 6.30pm
- 6 April Greats, Grands & Whanau Day
- 6 April Last Day of Term 1
- 7 April Good Friday (Public Holiday)
- 24 April Staff Only Day
- 25 April ANZAC DAY (Public Holiday)
- 26 April Term 2 Begins

WELCOME TO OUR NEW CHILDREN

Hello and Welcome to **Ethan Wang** who has recently started with us in Room 4.



VALUES CUP WINNERS – 10 MARCH



Tawa – Marlu Labuschagne
Kauri – Jac Chapman-Smith
Rata – Jessie Owles
Kowhai – Sebastian Bowles

CERTIFICATE WINNERS – 10/17 MARCH

Rm 1	Kalia Anderson	Mia Hubner
	Anja Williams	Violet Cooper
Rm 2	Kauri Foy	Daniel Evans

	Olivia Tauri	Quinio Rodriguez
Rm 3	Steven Bibin	Annabelle Orr
	Amelia McCarrison	Jac Chapman-Smith
Rm 4	Maia Rapana	Oscar Baker
	Alna Ibin	Ethan Wang
Rm 5	Marlu Labuschagne	Avemariya Nobi
	Nixon Hood	Tricia Lai
Rm 6	Shane Connelly	Maya Nguyen
	Kennedy Churches	Manaia Langley
Rm 7	Thomas Hunter	Amelia Ulloa-Salinas
	Lexi Orr	Fateh Singh
Rm 11	Kezia Thomas	Charlie Mitchell
	Charlie Stephenson	Serena Miller
Rm 12	Vanessa Liu	Mankeerat Singh
	Mankeerat Singh	Indie Edwards
Rm 14	Sarah Eshal	Kenzie Nash
	Mia Whitehorn	Jonath Jijo
Rm 15	Hayden Baker	Indy Rigby
	Dace Toeke-Connelly	Hayden Baker
Rm 16	Mia Geraghty	Kian Hunt
	Ruby Marris	Mia Harmse
Rm 17	Austin Wright	Heath Rosewarne
	Daniella Frank	Khanh An Ha
Rm 18	Leo Edwards	Lilly O'Neill
	Saathvik Sreejith	Grace He

HAWKES BAY HELP DAY

On Friday the 10th of March the Events Team organised a school 'Hawkes Bay Help Day' to help raise funds for the community of Hawkes Bay after the effects of Cyclone Gabrielle. The children came dressed in black and white and a bake sale was held out of rooms 17 and 18. **\$1718 was raised** in total, thank you all for your kind donations and baking, it was a very successful day!

GREATS GRANDS AND WHANAU DAY

Thank you to all the families who have returned the RSVP form with the numbers attending our Greats, Grands & Whanau Day. Please continue to return these forms by Tuesday 28th March.



We look forward to welcoming whanau from 9:30am on Thursday 6th April (parking on the field beside the hall). The day will begin with a special Assembly between 9:40am - 10:40am. Tea and



Coffee will be available from the hall kitchen at 10:40am. There will also be a coffee cart onsite where you can purchase a coffee for a small koha. After a short break, we will welcome whanau into classrooms between 11:15am - 12:50pm to complete some special classroom activities. At 12:50pm, we will serve a light lunch in the hall and weather permitting on the field. It is a great opportunity to mix and mingle and catch up with other whanau.

We would love for grandparents and whanau to share what life was like for them at school and bring any photos, school reports or artefacts from their school days if they have them.

SWIMMING SPORTS

Well done to all the children who took part in the school swimming sports, it was fantastic to see all the students out there giving it a go, or cheering on their peers from the stands. Below are the top three results from both the Middle and Senior Syndicates:

1 Length Freestyle**Year 3 Girls**

1st Agnes Bradford
2nd Hazel Hati
3rd Millie Shelford

Year 3 Boys

Riley Baker
Scott Geraghty
Jase Webb

Year 4 Girls

1st Hannah Walden
2nd Mila Cartwright
3rd Destiny Couchman

Year 4 Boys

Eddie Wong
Patrick Reid
William Hardwick

1 Length Backstroke**Year 3 Girls**

1st Hazel Hati
2nd Agnes Bradford
3rd Esther Manson

Year 3 Boys

Scott Geraghty
Riley Baker
Ivan Andrew

Year 4 Girls

1st Mila Cartwright
2nd Leah Evans
3rd Grace Adamson

Year 4 Boys

William Hardwick
Patrick Reid
Caleb Heunis

2 Length Competitive Freestyle**Year 5 Girls**

1st Mia Geraghty
2nd McKenzie Harrison
3rd Chloe-Ann Botha

Year 5 Boys

Hayden Baker
Riley Sisam
Sam Smith

Year 6 Girls

1st Renee Hardwick
2nd Serena Miller
3rd Elsie Adamson

Year 6 Boys

Andre Lai
Harley Taylor
Charlie Mitchell

2 Length Competitive Breaststroke**Year 5 Girls**

1st Chloe-Ann Botha
2nd Sienna Scott-Sawyer
3rd Jessie Bassett-Allen

Year 5 Boys

Riley Sisam
Hayden Baker
Charlie Stephenson

Year 6 Girls

1st Renee Hardwick
2nd Elsie Adamson
3rd Kyra Malcolm

Year 6 Boys

Andre Lai
-
-

2 Length Competitive Backstroke**Year 5 Girls**

1st McKenzie Harrison
2nd Chloe-Ann Botha
3rd Mia Geraghty

Year 5 Boys

Hayden Baker
Charlie Stephenson
Riley Sisam

Year 6 Girls

1st Renee Hardwick
2nd Elsie Adamson
3rd Gabby Dawson

Year 6 Boys

Andre Lai
Charlie Mitchell
-

1 Length Non-Competitive Freestyle**Year 5 Girls (Heat 1)**

1st Grace Cumming
2nd Jayde Tamariki
3rd Lauren Soulsby

Year 5 Boys (Heat 1)

Liam Lejos
Leo Bell
Riley Waddell

Year 5 Girls (Heat 2)

1st Shanae Cremer
2nd Alijah Bond
3rd Azahreah Rameka

Year 5 Boys (Heat 2)

Kian Hunt
Seb Bowles
Cooper Harrison

Year 6 Girls (Heat 1)

1st Fiona Johnson
2nd Mia Harmse
3rd Ruby Marris

Year 6 Boys (Heat 1)

Wiremu Barton
Angadvir Minhas
Dace Toeke-Connelly

Year 6 Girls (Heat 2)

1st Penny Williams
2nd Sydena Lemon
3rd Mckenzie Rose Mitchell-Young

1 Length Non-Competitive Breaststroke**Year 5 Girls**

1st Mia Whitehorn
2nd Grace Cumming
3rd Jessie Owles

Year 5 Boys

Seb Bowles
Kian Hunt
Riley Waddell

Year 6 Girls

1st Vicky Su
2nd Gabby Dawson
3rd Hong An Ha

Year 6 Boys

Marley Allen-Anderson
Dhawan Dave
Wiremu Barton

2 Length Non-Competitive Backstroke**Year 5 Girls**

1st Shanae Cremer
2nd Jessie Owles

Year 5 Boys

Kian Hunt
Riley Waddell



MAUNU SCHOOL

NEWSLETTER 4 Thursday 23 March 2023 www.maunu.school.nz

3rd -
Year 6 Girls
 1st Penny Williams
 2nd Payton Webb
 3rd Sydena Lemon

Cooper Ramage
Year 6 Boys
 Marley Allen-Anderson
 Angadvir Minhas
 -

awareness and kindness. It builds emotional literacy and resilience and helps our kids to develop a positive sense of connection to themselves, others and natural world.

Thank you to all our wonderful parents and families who came to support the children on the day and to those that helped with timing the races. A special thank you to Paul and Anita Sumich who brought their coffee cart to school allowing parents to purchase a coffee on a donation basis to support the Quarry Gardens.

WPSSA Swimming Team

A lovely shot of our Maunu Team who went on to represent us at the WPSSA Swimming Sports on the 15th of March. They can all be very proud!

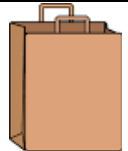


LOST PROPERTY BIN IS FULL!!!

Please ask your child/ren to look through the lost property bin sitting in the walkway by Room 10. It is full of unclaimed clothing, shoes, lunch boxes etc. **Anything unnamed will be gone after Thursday 6th April, the end of term 1.**

BROWN PAPER BAGS

If you have any spare bags from online shopping or other paper bags, these would be appreciated by Lynne in the library. Please drop into the office.



PAUSE BREATHE SMILE

Here at Maunu School, we are beginning to introduce children to mindfulness through the Pause Breathe Smile programme. This is to support emotional and mental wellbeing development. Children quickly understand the usefulness of mindfulness and adapt Pause Breathe Smile methods in their daily interactions.

The programme is being implemented in primary and intermediate schools nationwide and is supported by the Mental Health Foundation of New Zealand. Research shows that it leads to significant increases in childhood wellbeing.

Healthy minds are just as important as healthy bodies. Pause Breathe Smile helps kids learn important emotion regulation skills, develops self-

PTA NEWS

QUIZ NIGHT – The teams are all excited and ready to go for the Quiz Night on Friday. The PTA team can't wait to mingle with you all and have some fun and laughter. A huge thank you to the following sponsors of the evening - Activ8, Duracrete, John Duff Roofing and Lovelee Soles. We really appreciate your contribution towards this Fun Event.





MAUNU SCHOOL

NEWSLETTER 4 Thursday 23 March 2023 www.maunu.school.nz

COLOUR FUN RUN – The PTA are excited and proud to bring our very first **Colour Fun Run** to school.



We are raising funds for outdoor equipment and resources for our Tamariki and what better way to do this than through a Colour Fun Run? Children seek sponsorship and get fit at the same time.

This event will take place next term on the **12th May** so pop this in your diary NOW.

Your child will have between now and 12th May to raise those much needed funds for our kura AND get rewarded at the same time. Children can choose from a range of prizes when they raise as little as \$10 in sponsorship.

The fun run will be shared with your tamariki in Assembly tomorrow and all the information will come home with them on Monday.

Please look out for more information coming home as our kids will be bursting to start raising the funds towards amazing prizes and best of all their new outdoor equipment and resources.

WORKING BEE – The PTA are putting a little ‘Working Bee’ together during the first week of the school holidays to help Mr Lamb, our Caretaker, tidy up a few things around the school. With all this unusual weather and Cyclone Gabrielle we’ve had over Summer, the workload is more than what one person can handle. We will finalise a date, and let you know over the next few days.



If you would like to help or have any questions, please speak to the office or email me pta@maunu.school.nz so that we can add you to our helpers list.

This will be a fun day out, so bring the kids along to help or play around at school with their friends. We’ll possibly throw a few sausages on the BBQ and have some ice blocks after all the hard work. Let’s put our spades and shovels together and help out for a better community!

COMMUNITY NEWS

Maunga Mayhem – 25th MARCH

A Maungatapere School PTA Fundraiser.

3 Full-on Races! Obstacles and challenges designed to be fun for all ages.

Mini Mayhem: \$30 for children aged 6-12yrs, 1.5km

Mixed Mayhem: \$40 for a child (4-8yrs) and adult team, 1.5km

Major Mayhem: \$40 for 12yrs and over, 5km

Amazing spot prizes, plus medals for the top 3 placings.

Registrations from 9am, First race 10am.

Get tickets and more info online at: maungamayhem.co.nz



CENTRAL BROWN FOOTBALL CLUB

Junior Soccer Training is starting next week Wednesday 29th March on the Maunu School Field 3:30pm to 4:30pm.

We welcome all old and new players ages 4-8 years old. So, come along to start the season off or even give it a go if it’s your first time. If you can’t make it but are interested in starting football you can get in touch with Kelly Donaldson on kelly.donaldson@nzme.co.nz. We are also looking for a co-ordinator to run the Juniors so if you are interested come over and speak to us.



EPIC SCHOOL HOLIDAY PROGRAM

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Tuesday 11th - Friday 14th April

for kids aged 6 - 16 years