



A MESSAGE FROM OUR PRINCIPAL

Dear Maungakaramea Whānau

Thank you to everyone who came to our community BBQ last night. It was great to see so many of you there, supporting the future direction of our school.

Without hesitation, we have immersed ourselves straight into the busy school year and are already making the most of the vast range of opportunities that are available to us. Our local Community of Learning (CoL) focuses and strategic planning reflections allow us to see what we have achieved and where our future priorities need to lie. These sources of information have also provided a very important reminder to us all that in this demanding and busy environment where students and staff are balancing academic achievement, sports, arts and leadership, we also need to remember to look after the wellbeing of ourselves, and of those around us.

On Monday night, Trudi, Hanz, Luana and I attended a workshop on building hauora. This was a Whangarei hub initiative that was focused on 'Positive Education: The Science and Practice of Whole School Wellbeing Promotion.' As this theme fits so beautifully with one of our goals for the year, we of course jumped at the opportunity to go and soaked up as much information as possible to ensure we are able to create a safe working environment at Maungakaramea School where wellbeing takes priority.

Kelvin Davis started us off announcing that the government

budget, is a wellbeing budget. This shows the importance that wellbeing holds nationwide, especially with the government. The thoughts of the government align closely with ours, we want New Zealand to be the best place in the world to be a child. It is vital that children are safe, loved, healthy and educated.

Dr Denise Quinlan, the internationally acclaimed health and wellbeing guru, was the star of the show. She spoke of the importance of gratitude, and how it supports wellbeing. If someone has gratitude, they are less entitled and therefore have a more positive outlook and healthier wellbeing. Dr Quinlan informed us that more than half of the population will meet the criteria for a mental disorder at some stage in their lives - if we can help to address this with the children at our school, we could truly make a lasting impact to their lives. Intensive research shows that when a focus is put on wellbeing, more resilience, higher achievement and greater successes will happen.

At Maungakaramea School, we understand and believe that it is important to prepare the child for the path, not preparing the path for the child.

I hope you all have a wonderful weekend and manage to take some time to focus on your own wellbeing.

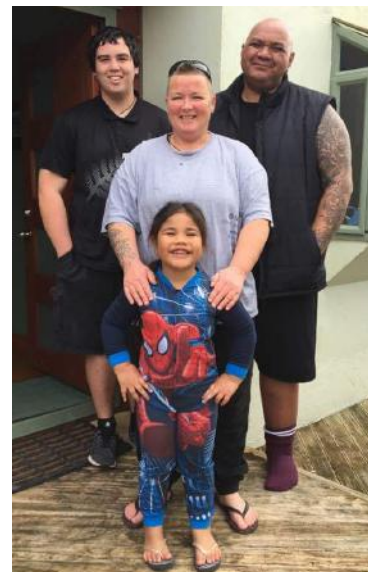
Warmest regards
Sophia Roulston
Principal

BARBARA MOSE

We have recently welcomed a new staff member to Maungakareme Primary School. Barb Mose has joined our staff as our OSCAR Club After-school Care Supervisor working with Lyn. Barb has settled in well in her new role and is a great addition to the team.

Hi, I was born in Northern Ireland just outside Belfast. When I was 2 years old I moved to NZ with my older brother, Mum and Dad. When I was a kid we moved around a lot. I went to 11 different primary schools, finally settling in Mangere, South Auckland when I was 11 years old. We lived in Mangere until 2 years ago when we moved to Maungakareme. I have played soccer, basketball, cricket and softball at various different clubs. I have been a postie. I have been a truck driver. I have been a teacher aide. I have been a playgroup coordinator. I have two beautiful children, Connor (goes to T.A.S) and Terangi in Kereru.

STAFF PROFILE



Q&A from Team Kereru

What's your favourite colour? Blue

What do you like to do when Terangi is at school? I like to do the shopping, washing, cleaning and other chores without being interrupted. But, I especially like to catch up on my programmes from the night before, like Shortland Street.

What's your favourite food? I love steak. Steak, coleslaw and mashed potato is my favourite meal.

Have you travelled? I have been to Australia and back to Northern Ireland when my Nanna passed away.

Our OSCAR Club is open every school term week day from 3.00pm - 5.30pm. For more information please phone the school office on 432 3804 or come in and visit Lyn or Barb on weekday afternoons.

Congratulations to this week's



Mana Award Winner!

Bright move: Optometrist donates sunnies to pupils

UV-protecting sunglasses now part of primary school's official uniform

Imran Ali

Maungakaramea Primary School is the first in Northland to receive sunglasses as part of its uniform and students feel the last part of the slip, slop, slap and wrap message is "cool".

Craig Robertson, from Visualeyez Boutique Optometrists in Whangarei, has sponsored sunnies for all 63 students after an approach was made to him by school board chairwoman Luana Misa and a representative from Le Tissier sunglasses.

Robertson and optometrist Stephanie Wallen handed over the sunnies in their cool cases at the school yesterday, but not before giving a few tips on eye protection.

Wallen said hats, T-shirts and sunblock were great at protecting people but they were not good at fully protecting their eyes and eyelids.

"Sunglasses are the last part of the slip, slop, slap and wrap message as they are really important to protect your eyes from the sun," Wallen told the enthusiastic crowd.

"Usually you don't get an instant 'sunburn' with your eyes, like you can on your skin, but there are quite a few problems that people get, especially as they get older when they have not protected their eyes against the sun."

Wallen also gave hints on looking after the new sunnies, including a demonstration that they be put on

Advocate **UPBEAT**



Maungakaramea School's 63 pupils are keen to wear their sunglasses gifted by a Whangarei firm. Photo / Michael Cunningham

with both hands.

Robertson said it was a good opportunity to hand over the sunglasses, because Kiwi children were mostly outdoors, especially on summer days.

"This way, kids also learn about damage to their eyes and if we can do something like this early, it helps prevent UV damage to their eyes which can cause problems like

cataracts later on in their lives.

"Their pupils are bigger therefore they have more UV in their eyes, so these sunnies protect their eyes and eyelids," he said.

"There's only a couple of other schools in New Zealand where sunnies are a part of their... uniform."

Misa said that like wearing hats outdoors, sunglasses were a health and safety initiative, in this case to

protect children's eyes long-term.

"This initiative sends a clear message to our parents and the community at large that we care about our students' wellbeing," she said.

Misa said she knew about the high-quality, durable, comfortable Le Tissier sunnies that offered 100 per cent UV protection and decided to approach the company that supplied them to schools.

This week our school was on page 3 of the Northern Advocate after we were visited by Craig and Stephanie from Visualeyez Boutique Optometrists in Whangarei. Visualeyez kindly sponsored every Maungakaramea Primary School student a pair of high quality uv protective sunglasses to keep at school and use as part of the school uniform. They have been a great hit with the students. Additional children's sunglasses are available to purchase from the school office for \$15 each.

visualeyez
boutique optometrists
PREMIUM EYECARE & EYEWEAR

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e info@visualeyez.co.nz
a 2 Cameron Street
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Whangarei 0140



The good people at **Turners and Growers** have been delivering these yummy apples for our students to eat at break times. It's so great to see T&G supporting our school and providing our children with nutritious food options. Thanks to Luana for organising this fruit delivery.

Camp - Thank you to everyone who returned permission slips and payment for next week's camp. We are still waiting on a couple of permission slips. Students will not be able to attend camp without these forms being completed and returned to school before Tuesday 26 February. Please be reminded that if you are having any issues with payment we are happy to discuss your options. Please contact your child's teacher or the school office. Camp is a great learning opportunity for all students and they will benefit from this experience.

Art and Music Classes - It is really great to see all the students who are taking up the opportunity to learn music and art this term with music teacher Lyn Moase and art teacher Linda Sabbage. If your child is interested in learning guitar, ukulele or attending after school art classes please contact the school office. There will be no art or music lessons next week while everyone is at camp. These will start back in week 6.

School Pool - Our school swimming pool is still under maintenance and with weather permitting we hope to be able to use the school pool again next month. In the interim we will still be giving the children the opportunity to bring along their togs and make use of the sprinkler we have available to cool them down on very hot days.

Sandpit Painting - We are in need of parents, caregivers or whanau members who have some spare time next week while the students are away at camp to paint the new sandpit. If you can help please contact Luana l.misa@mgk.school.nz or the school office. Thank you.

Our Schooling Futures: Stronger Together: Whiria Ngā Kura Tūatinitini report has been published and this is your opportunity to give thoughts and feedback to the Minister of Education before the end of March on 32 proposed changes.

There is a public consultation being held in Whangarei on Tuesday 26 February, 7-9pm at Whangarei Girls' High School. You will need to register for this event on the Ministry of Education website. Google: Tomorrow's Schools Review

If you would like to discuss this further please do not hesitate to contact our Chairperson Luana Misa.

Breakfast Club - Thank you to Karen Ryder who has been volunteering every Friday morning to run the Breakfast Club. The children have enjoyed breakfast on Friday mornings. We are still in need of helpers to supervise on the other days. If you are able to help out for approximately half an hour one morning a week please contact the school office. Thank you.

Wheels Day - A reminder to parents to ensure that if children are bringing 'wheels' to school that they are to bring a helmet which must be worn. They will not be able to participate with a helmet.

BIRTHDAY SHOUT OUTS - A big happy birthday to Luke and Cooper Wallace!



Kea Crossing Road Patrol - Adult Supervisors Needed

Kea crossings provide children with a safe place to cross the road. They're installed around schools so school patrols can control traffic and safely guide children across the road.

A kea crossing only operates when a school patrol and two fluorescent orange crossing point flag signs (one on each side of the road) are present. The school patrol will initially be operating after school. When the school patrol displays their STOP signs, traffic must stop. This helps keep children safe when they're going to and from school. When there's no school patrol and no crossing signs, the crossing point is just like any other section of road.

We need parents and caregivers who are keen to be part of our road patrol teams to supervise road patrol students each afternoon between 2.50pm and 3.10pm.

We will work around a roster system for both our senior students and teacher/parents/caregivers.

If you can help out please complete the form that will be coming home with students this afternoon indicating your availability and return it to school by Tuesday 26 February.

Thank you for supporting road safety at Maungakarama School.



Team Kereru

Team Kereru have been drawing self portraits. We have used a variety of adjectives to describe our traits and let people know positive things about us!



PSG PARENT SUPPORT GROUP

Are you interested in being a part of our Parent Support Group (PSG)?

We are a committee that organises different fundraising events to support your children in the different learning areas of the school. Past events have included Calf Club and Country Day, bingo night, International Rally of Whangarei as well as many more.

If you are keen to support your children and help fundraise, please get in contact with the school. If there is a particular fundraising event or subgroup that you would like to help with you can write down your details on the sign up sheet in the office. AGM date to be confirmed.

Dates to Remember

Tues 26 Feb - Thurs 28 Feb - Camp Y0-4	Tues 19 Mar - After-school Art Class
Tues 26 Feb - Fri 1 Mar - Camp Y5-8	Wed 20 Mar - BoT Meeting
Tues 5 Mar - After-school Art Class	Thurs 21 Mar - Music Lessons
Thurs 7 Mar - Music Lessons	Fri 22 Mar - Waterfall Trip
Tues 12 Mar - After-school Art Class	Fri 29 Mar - Assembly - 2.30pm
Thurs 14 Mar - Music Lessons	Wed 10 Apr - BoT Meeting
Fri 15 Mar - Assembly - 2.30pm	Fri 12 Apr - Last day of term 1 / Assembly - 2.30pm

Community Notices

Irish Night - Saturday 23 March at 6.00pm until late - Maungakaramaea Hall

IRISH NIGHT at the hall, band confirmed ANAM CARA, adults only, come and celebrate the day of the Irish ✨ post St Patrick's day. Community function in support of Maungakaramaea Sports Club. Tickets \$20 or \$35 for a couple. Cash bar. More details to follow on timings and ticket sales, get in touch with Emma Roche 021 211 5499 for further details.

WIN A special milk delivery with Ritchie McCaw

Tell us someone you'd share the goodness of milk with and Ritchie could be bringing them to your primary school. Enter at fonterramilkforschools.com to win. Ts and Cs apply.