

# Mua I Malae Malae

Vaiaso 7 Kuata 3 2016



Some soccer and running games you can play using dice and a timer that Kayden and Dante created for our Olympic topic study.

## Important Dates:

Friday 16 September- Book interview time

Monday 19 September- Reports Go Home

Tues/Wed 20-21 Sept- Parent/Teacher Interview

Friday 23 September- End of Term 3

Monday 10 Oct- Term 4 Starts

Talofa Lava!

E muamua pea ona tatou sii le viiga i lo tatou Tama oi le lagi ona o ana tausiga alofa ia te i tatou ua tatou aulia mai ai lenei masina fou i lona alofa tuloa.

Congratulations to Atele'a Barron-Afeaki for coming fourth in the Inner School Samoan Speech Competition. He was competing against most of our fluent speakers and we were very proud of him.

Thank you to those who came and support our art exhibition and purchased your child's canvas. It meant a lot that you valued their artwork.



Noah- I loved jumping on the air bag. Gymnastics is fun! I wouldn't mind doing it.



Jozef- I really enjoyed jumping on the air bag with my hands in the air. I liked doing mazes and how to do a front and back-roll.



Tasifesilafai- It was fun at the gym kids. I couldn't stop laughing. I liked doing forward rolls and back rolls and also one foot hand stand!

Aruna- I learned how to do rings. I had to do back and front flips and candle stick: it's like a handstand in the air. It was awesome!

### **Healthy Eating**

It takes you a minute or a few to eat a meal. But guess what? It takes your body around 12 hours before its fully digested. I think you should think more about what you're eating and how it affects your body.

You need iron to help perform lots of important functions. Iron helps carry oxygen to parts of your body in the form of hemoglobin. Not having enough can lead to iron deficiency and symptoms like being weak and extreme tiredness. Examples of iron foods are red meat, fish, chickpeas, tofu, beans and lentils.

Red blood cells are made in the marrow of your bones. They serve the important role of carrying blood around your body. Just about every one of us knows that we can't live without blood. The heart through a network of arteries and veins pumps the blood. Foods that can help you with red blood cells are dark green leafy vegetables; egg yolk, spinach and kale.

These are some foods you should avoid. Sugary drinks, most pizzas, white bread, most fruit juices, industrial vegetable oil, pastries, margarine, french fries, potato chips and cookies. These food types are full of salt, fat and sugar that are not good for your body. The salt works on your kidneys to make your body hold on to more water. This extra water raises your blood pressure and puts strain on your kidneys, arteries, heart and brain.

Healthy choices such as leafy greens, eggs, quinoa oats and brown rice help our body function well. You should be aware of what you eat and how it affects your body.

Tusia e Kayden Levi

### **Meaai Paleni**

Valu sefulu pasene o tatou tagata e fiafia I meaai lololo ma meaai le paleni e pei o sukalaki, lole, fasipovi, pisupo ma mamoe. O nei meaai ua faatupuina ai le tino puta ma maliliu ai le toatele.

Aisea e tatau ai ona faaitiitia le taumafa I meaai le paleni? E manaomia e le tino meaai paleni e fesoasoani ai i le tino ina ia malosi. E tatau ai ona taumafa i meaai talafeagai.

E tatau ona iai se taimi o le aso e faamalosi tino ai ina ia maua le malosi o le tino I taimi uma. Taumafai I fua o fualaau aina e pei o apu, moli, fai, kuava, mago ma isi meaai faapena.

E taua lou soifua maloloina e ao ai ina faamalosia le taumafa i meaai paleni I soo se taimi. Toaga e inu vai I taimi uma e manaomia ai. O le valu pasene o lou tino e manaomia le vai ma meaai paleni lelei mo le tino. E fesoasoani foi I lou mafaufau I au galuega o le aso.

Taumafa meaai paleni. Soifua ma ia manuia.

Tusia e Kayden Levi

### **Niu Sila (Tusia e Oscar Siaki)**

Ua lele le vaalelei Niu Sila. Ua lagona le fiafia i le matagofie o fale i Niu Sila. Oka se manaia o fale tetele. Ua ou sau e su'e so'u lumanai fou i lo'u olaga vaivai.

Oute fiafia i taaloga ma aganuu fa'aigilisi aua e mafai ai ona ou o'atu i isi atunuu esese i le lalolagi. E masani ona ou vaai i taaloga aemaise a le lakapi.

O a'u ou te fia leoleo poo le fomai aua ou te fiafia e vaai tagata mamai.

E manaia la'u aoga fou i Niu Sila. E eseese gagana. O le gagana Igilisi ma le gagana Samoa. E ese foi amio. E tele tamaiti matou te taaalo i le malologa. E tele foi tamaiti e fiafia ia te a'u.

# How you can help at home...

- Keep asking your child lots of questions about what they are reading, writing or learning at school
- Encourage your child to read or write at home everyday.
- Senior writers usually bring their books home: to add more information or editing/publishing
- Read with/to your child
- Encourage your child to learn those important basic facts and timetables.
- [www.nzmaths.co.nz](http://www.nzmaths.co.nz) - has some great ideas for educational games and activities you can do at home
- Remind your child to return homework, readers and library books.
- No set homework apart from readers or unfinished tasks for reading and writing.
- Check their school bags. You will find notices on school event and unfinished work that need completion at home. It is not always easy for some children to complete tasks.
- Encourage your child to research materials at the library or Internet for topic projects and posters. It enables children to gain new knowledge and skills.
- Remind your child that their behaviour and contribution to their learning is the key to their success.
- Name your child's clothing/belongings. It is disheartening to see too many clothes going to the lost property.
- Save chippies and other treats for special occasions please – water and fruit is always great.
- Email your child's teacher if you have any questions or concern.

These are competencies enforced at home:

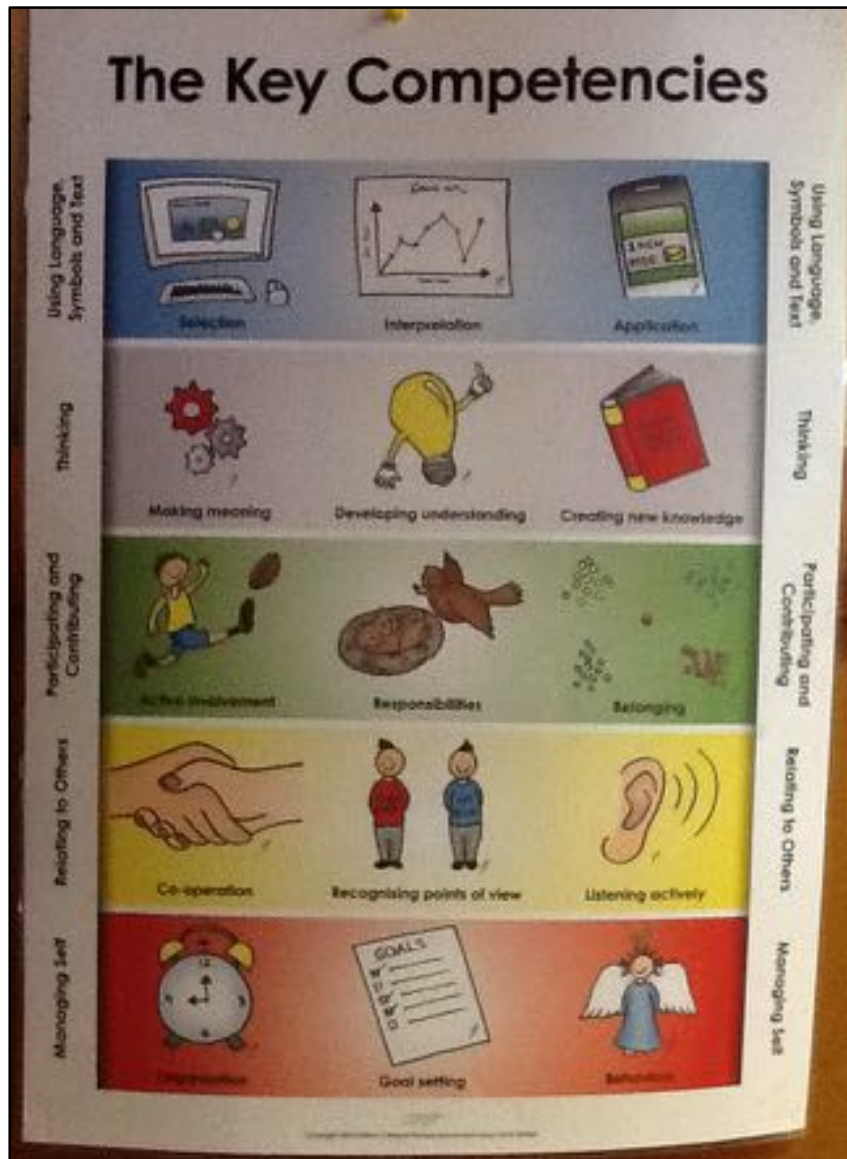
**Use Language**  
Interpret them  
Apply them

**Thinking**  
Understand  
Develop new  
Create new

**Participating**  
Get involved  
Belong to a

**Relating to**  
Co-operate  
Consider other  
Listen actively

**Managing Self**  
Manage your



important key that we abide by and can be

**Symbols and Text**

what you read  
understanding  
knowledge

**and Contributing**  
Take responsibilities  
learning group

**Others**  
with others  
peoples' point of view  
at all times

Be organized  
time don't waste it!