



Whaia te iti kahurangi ki te tūohu koe me he maunga teitei.

Nau mai ki te wiki tuatoru o tēnei wāhanga whakamutunga o te tau! Kei te tere haere te wā kāore e roa ka tae mai a Hana koko me āna hoa. Heoi, e whai ake nei ko ngā whakaritenga mō ngā rā e heke mai ana, ā, te whakaatu hoki i ngā akoranga kua akohia e ngā tamariki o Te Whānau Whāriki.

Nga Akomanga

This term we are looking at healthy kai. The Mataamua class is fortunate enough to have Whaea Mae come and give us a doctor's view on healthy kai and what it does to our tīnana. Last week we looked at how to work out the amount of refined sugar and natural sugar in some of the kai we eat. There were a few shocked faces when working out how many teaspoons of sugar is in some kai. This week we will be looking at and cooking Low Carbs High Fat breakfast recipes.

The tuākana class vegie patch is growing strong in the school māra kai. The tamariki in Whāea Laela class are really engaged with this kaupapa. They have also had the opportunity to grow some of their own vegies from seeds.

This term we are trying to promote waste free lunches. Our tamariki who are bring waste free lunches will receive a waste wise card. Once these are full with the waste wise stamp they can enter into the draw to win popcorn at the school assembly. Could you please find the time to talk to your tamaiti about the importance of looking after pāpātūānuku and our environment. We have three different types of bins around the kura at morning tea and lunch times, a bin is for recycling, a bin for food scraps and one for landfill. Below are photos of the bins, please reinforce the message of recycling and looking after our taiao at home.



This term is a busy term at RRS. Please keep reading the whole school newsletter and our rōpū newsletter for dates of upcoming events.

Maramataka Upcoming events

Thursday 2nd November - TWW
haerenga to Kelmarna Gardens. Gold
coin donation.

Monday 6th November - Athletics Day
Years 3 -6 - Grey Lynn Park

Wednesday 8th November - Positive
Puberty Years 5 - 6
RRS Talent Show 6:30 to 8:30pm

Friday 10th November - Inner City
Schools Triathlon

Monday 13th November - TWW
Haerenga TBC

Friday 17th November - Sport Photos

Thursday 23rd November - Inner City
Athletics

Tuesday 12th December - Year 6
Graduation Dinner 6:00pm to 8:00pm
(across rōpu in the hall)

Thursday 14th December - Year 6
Farewell Assembly 2:00pm (across
rōpu)

He mihi nunui tēnei ki a Charlotte rāua
ko Te Kauri. Ka tū rātou hei kaiārahi i
ngā whare o te kura. Big
congratulation to Charlotte and Te
Kauri who have been chosen to be
house leaders this term.

Nei rā a ngākau iti e whakamiha atu ki
a Nia rāua ko Charlotte.
In the weekend our fablious Jump Jam
team competeted at the National
Jump Jam competition. The team
came 2nd OVERALL in the Open
category against some amazing teams
from all over the country, gaining an
Excellence award in Creativity, and
Distinction in Presentation, Costume
and Technique.



Te Kura O Ritimana

Richmond Road School

Growing Together As One

Office Hours 8.30am-3.30pm

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Aue tirohia te maha o te huka kei roto i ēnei kai!



Nāu te rourou, nāku te rourou, ka ora te iwi!



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