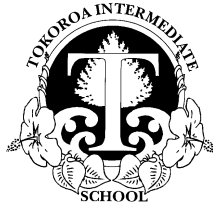


TOKOROA INTERMEDIATE SCHOOL

02 September 2009

Term 3 - No.7



www.tokoroa.school.nz

Phone: 07 886 7687

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Kia Ora Kia Orana Talofa Lava Greetings

BREAKFAST

There is a considerable research to show that learning is better if your child comes to school having eaten a proper breakfast.



I would ask that you ensure your child has a proper breakfast before leaving home for school.

We find many children are eating lunch before 8.30 a.m., hence

they have to survive the rest of the day without food.

The other factor we are noticing is children, who are buying pies, chips, sweets, fizzy drinks and other unsuitable foods on the way to school each morning.

Please help us help your child – ensure they have a healthy breakfast each day.

Phil Straw, Principal

SCHOOL FEES

A reminder that any unpaid school donations (\$50.00 per pupil, \$45.00 per pupil if two children attend) will be gratefully received and that outstanding paper fees (\$5.00 per child) need to be paid to ensure your child is eligible for a social invite.

The majority of the school donation is used for Technology resources. This means that instead of students having to bring eggs, cheese, bacon etc before they can cook, the school provides all the ingredients.

Similarly in Materials: instead of students having to bring money to pay for their wood / materials before they start a project, all materials are provided by the school.

SCHOOL SOCIAL

The next social will be held on Wednesday 23rd September. There are strict criteria for receiving an invitation to this event and children need to ensure that they comply with the following before they are eligible for an invite:

- Paper fees / NIE fees are paid.
- Library books are handed in or lost books paid for.
- Children will also have had to pay for any lost/damaged atlases or dictionaries.
- Children with dyed hair will not be eligible.

There will be more information in the newsletters prior to week 10.

LEADERSHIP COURSE

Last week at session 5 of our leadership course we had Paula from Environment Waikato talking to us about water and how important it is to us.

We also had Collette from Raglan talking to us about the different types of plastics there are, and she also talked about the landfills.

We would like to encourage the community to cut down on water usage and recycle our plastic. We would like to thank Paula and Collette for coming to our school to talk to us and we are looking forward to our next session.

By Joseph Cathie & Bruce Nguyen

FOOD & DRINK SURVEY

Energize is conducting a Children's Food and Drink Survey. The purpose of the survey is to find out about Waikato school children's eating habits. Survey results will help both develop the Energize project and fulfil Waikato District Health Board evaluation requirements.

It is a simple one page survey that you complete for your child and return to school. When all the surveys are returned we will get a summary report about our school and all of the Waikato. Please note that the survey is anonymous; no names are asked for.

Super Snacks: Banana Smoothie

Ingredients: 150 gram pot of fruit yoghurt
1 small banana, peeled
1 cup low fat milk

Method:

Puree all the ingredients in a blender until smooth.

Also, try adding different fruit - canned peaches or mango, frozen berries, kiwifruit - for different flavoured smoothies.



If you have any great ideas for after school snacks, send them to Milly Connell, Project Energize, PO Box 46, Hamilton and yours could be the next nugget!

