

Welcome back to the final term of 2020.

This week is Bullying Free NZ Week which we are calling Pink Week!

This means classes are having a greater focus on:

- kindness
- being kind to others
- being kind to the environment
- being kind to myself
- giving compliments
- what bullying is
- what to do about bullying

On Friday, we are encouraging everyone to wear something pink to celebrate our learning.

You will have noticed the council working at the Comries Road/Bankwood Road intersection. To improve the safety of this intersection, a roundabout with raised safety platforms is beginning to be constructed with a completion date of mid December 2020. Traffic management will be in place to guide pedestrians and road users, however it is suggested that alternative routes are taken where possible.

Tomorrow, is NZ Shake Out Day. This means that at 9.30am, most children in NZ schools will practice what to do in an earthquake. We have been practicing this safety drill and will be joining the rest of NZ at 9.30 tomorrow.

#### Upcoming Events

Day	Date	What
Thurs	15 Oct	Shake Out Day
Fri	16 Oct	Pink Day
Wed	4 Nov	Road Patrol Training - Y5
Wed	18 Nov	Y4 - 6 Athletics
Fri	27 Nov	Tabloids Y1-3
Wed	2 Dec	Cluster Athletics - Y5 & 6
Wed	9 Dec	Celebration Picnic Reports go home Disco - Y3-6
Thurs	10 Dec	Y1 and 2 Disco 2-3pm
Mon	14 Dec	Y6 Leavers Party
Tues	15 Dec	Final Assembly - Y6 parents only
Tues	15 Dec	School finishes at 12.15pm

Subway/Sushi starts this Friday

**Subway Price has  
changed to \$5.80**

## WHY READ FOOD LABELS?

**Food labels provide us with nutritional information. This enables us to compare products equally. It also helps us to make informed decisions around dietary requirements.**

Serving Size (g)	Avg Per Serving	Total Daily Intake	Avg Per 100g
ENERGY (kJ)	636	8700	1390
-Cals	150	2080	333
PROTEIN (g)	4.2	50	9.3
FAT - TOTAL (g)	8.5	70	13
-SATURATED FAT (g)	0.1	24	0.2
CARBOHYDRATE - TOTAL (g)	91.2	310	261
-SUGARS (g)	10	90	22.2
DIETARY FIBRE (g)	4.1	30	9.2
SODIUM (mg)	135	2300	300

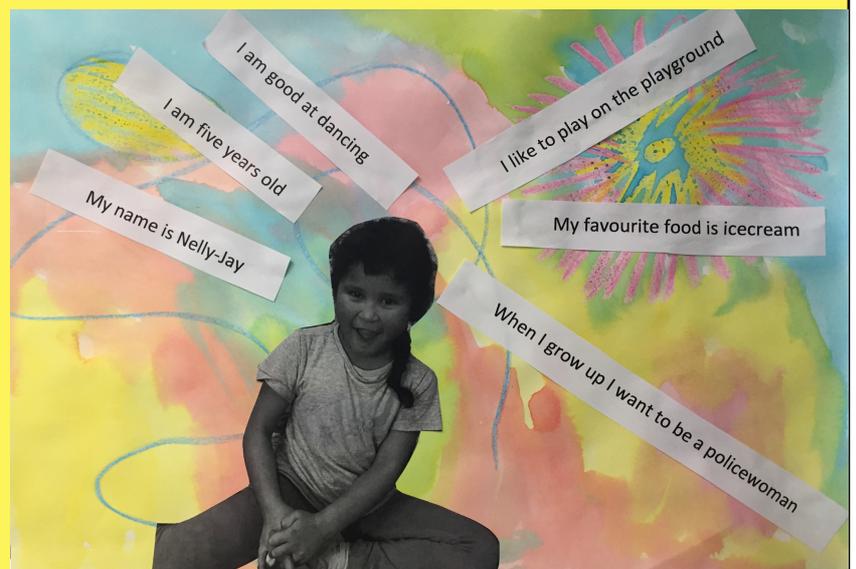
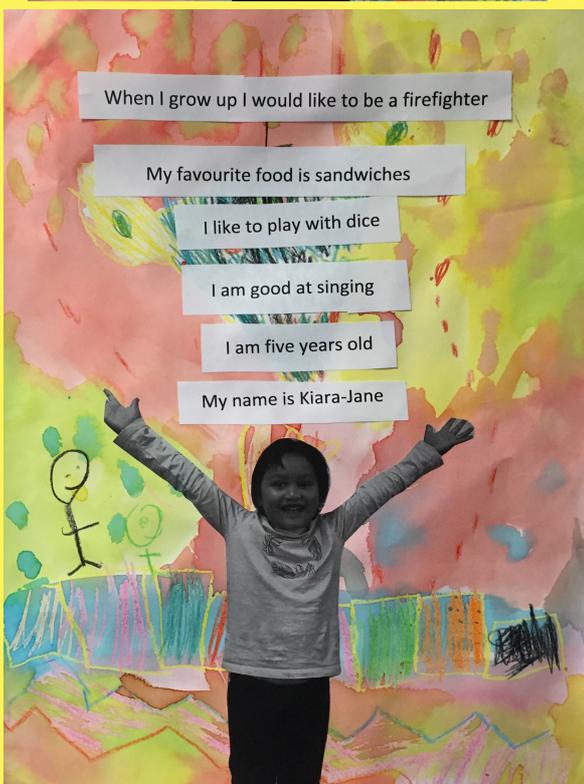
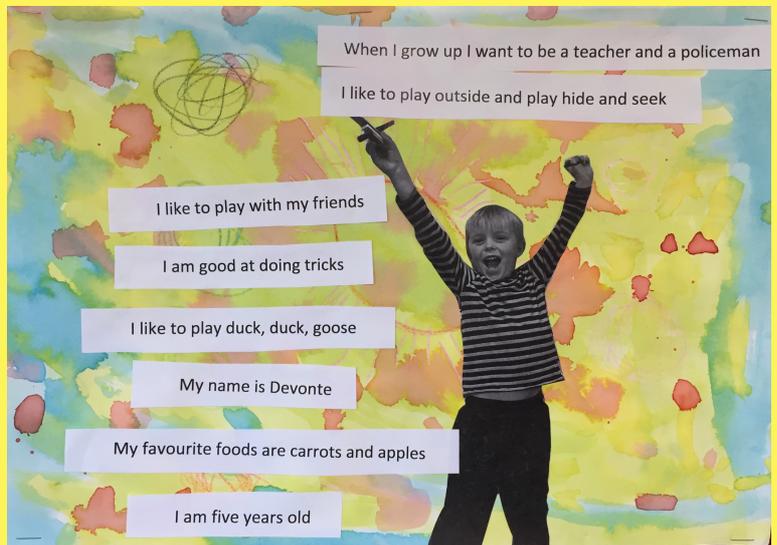
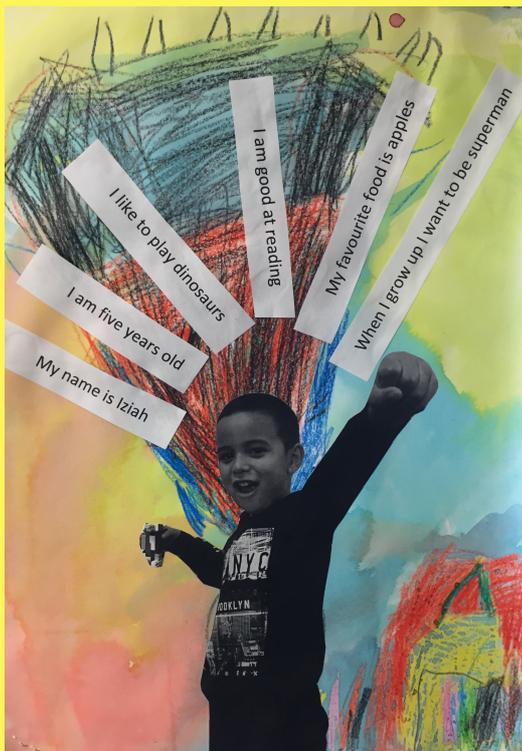
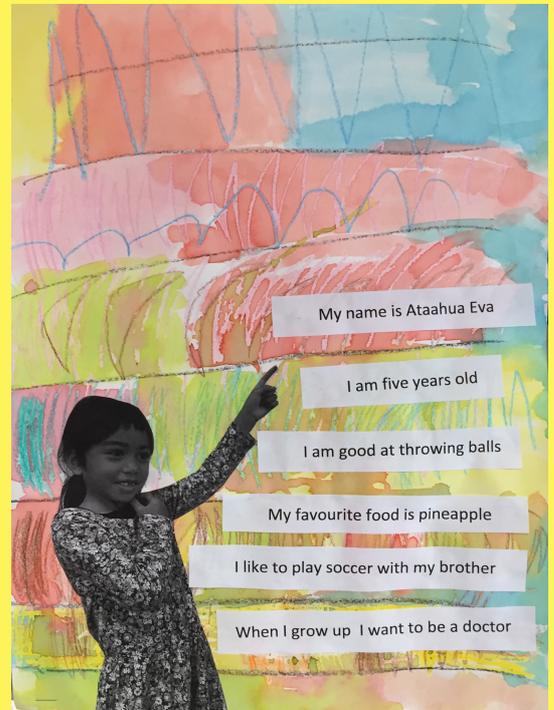
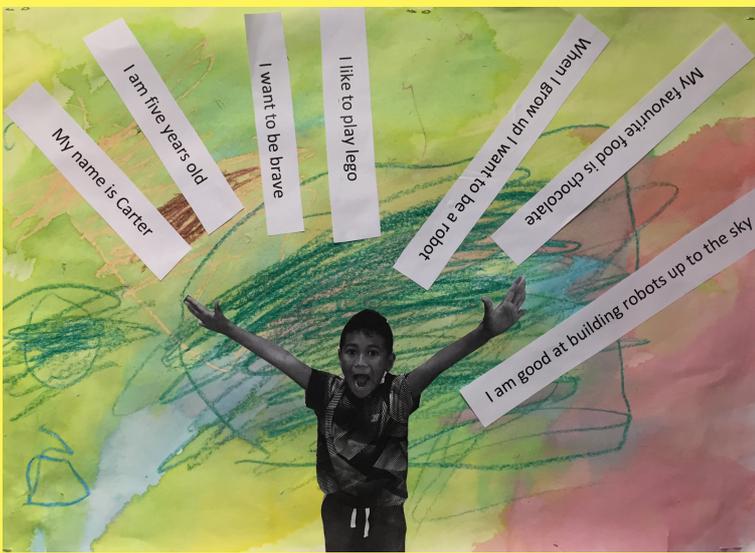
	PER SERVING	% RDI*	PER 100g
IRON (mg)	0.05	1000000%	0.23
IRON (mg) (from Iron Oxide)	0.05	1000000%	0.23
IRON (mg) (from Iron Oxide)	0.05	1000000%	0.23
IRON (mg)	0.05	1000000%	0.23
IRON (mg)	0.05	1000000%	0.23

**Project Energy**

[www.sportwaikato.org.nz](http://www.sportwaikato.org.nz)  
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Regards, Kay Cleaver, Principal.



By Rimu Room