

## Kia ora/Greetings

### New Entrant Open Morning

Next Thursday 12th November, from 9.30am to 10.40am we are holding our new entrant open morning for prospective enrolments. Anyone with a child turning 5 in the next few months, is welcome to come.

### School Hats



Our school hat is our one piece of school uniform that we ask you to purchase. Recently I have seen a number of children's hats with writing on them and looking very uncared for. Please take this time to remind your child about caring for, and having respect for their school uniform.

### Looking after our children

Knighton is a large school with over 700 children.

Over the last few weeks we have sent home notes reminding families that we have children who suffer severe allergic reactions to peanuts. Please work with the school to make sure that we provide the safest environment possible by not packing muesli bars with peanuts or sandwiches with peanut butter in your child's lunchbox. Remember- this could be your child...

We take the health and safety of each child very seriously- a large number of our staff have completed first aid training, but our staff members are not nurses or doctors.

### Junior school play pods



We are always on the lookout for play items for our junior school play pods.

Can you help with donating items like: pots and pans, sheets and blankets, boxes (large and small), planks of wood, pipes and spouting, reels, tarps, etc? Our children love to use these

in their play, and we would be so appreciative! Please talk to Keirryn Hintz in Room 15 if you have items to donate.

### Year Two Trip

The Year 2 classes had a fabulous morning at Hamilton City Gymnastics, with plenty of smiles, swinging, jumping, and more. The combination of playing at the gym and having a fun bus trip resulted in some very happy, tired year 2's.



### Taku Wairua

Over the last 15 weeks Knighton has worked with the Water Boy team to deliver the 'Taku Wairua' programme to 28 senior school children. The programme has focused on four themes- *belonging, self discovery, goal setting and citizenship*. This week the programme concludes with the children providing service to a local community group.

Next year Knighton is intending to run this programme with several senior classes so that more children can benefit from this opportunity.

### Parent Survey

Remember to give the Board of Trustees valuable information about our schools direction moving forward by filling out the parent survey that went home recently.

- Fill in the paper form and return it to the office.

or

- Complete the online form (available from the school's Facebook page).

## Our Tamariki

### Touch Tournament

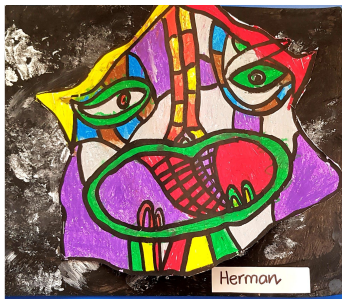
Two of our touch teams had a successful day at Peachgrove Intermediate's tournament last week. Displaying exemplary behaviour and team work both teams improved throughout the day against a range of primary schools from the Waikato.

Whoo,whoo try!  
On Friday last week I went to Peachgrove for a touch tournament. There were two touch teams from Knighton, Knighton A and B. I was in B. We first versed Forest Lake then Frankton. Although we won our last game, we didn't place in the finals but Knighton A's came 3rd overall!  
Even though we didn't place, we had fun.  
Thank you to all the parents,whaea Ringi and Mr Penman who helped on the day.  
-Bella Toderò

### Room 6



Cassie



Herman



Patariki



Tia

Inspired by the book 'Taniwha' by Robyn Kahukiwa. Our Taniwha Designs are pastel and indian ink on sponged black and white paint. The children looked at a range of taniwha designs and using elements of these they created their own. Each child designed a colour palate of no more than 5 colours using their knowledge of the colour wheel. They are very proud of their artwork.

### Tennis

Congratulations to Rohit, who placed second in the recent Waikato Tennis Primary Champs.



### LABEL READING

There are lots of different nutritional claims on packaging but it's best to check for yourself by reading the label. Remember to always use the 100g column.

**Tip:** Fibre helps us feel full for longer and keeps our digestive system healthy.

	PER SERVE	PER 100g
Carbohydrate, Total (g)	20.1	67.0
-Sugars (g)	0.8	2.6
Fat, Total (g)	0.4	1.4
-Saturated Fat (g)	0.1	0.3
Dietary Fibre (g)	3.0	10.1
Sodium (mg)	81	270

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### LABEL READING

## SERVING SIZE

Serving sizes vary. Be sure to look at the 100g column so you can compare products equally. Our label reading guideline applies to cereal, muesli bars and crackers.

	Per Package	Per Serve	Per 100g
Energy (kJ)	441	470	1470
Carb (g)	105	352	12.0
Fat (g)	<1.0	1.4	0.3
Sodium (mg)	0.1	0.3	0.7
Protein (g)	20.0	6.7	0.8
Fibre (g)	3.2	3.2	6.6
Sugars (g)	0.8	2.6	0.8

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### Sleep guidelines for focused learners



How much sleep do your children get each night?

While there is no hard and fast rule, the general guide is that toddlers **need** around 12 hours of **sleep** a night; **children** aged three to six – 10-12 hours; seven-12 years olds – 10-11 hours; and teenagers – around eight to nine hours.

**Ngā mihi nui**  
**Stuart Armistead**  
**Principal**