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31 Hōngongoi, 2023

Akomanga 30

Kia ora e te whānau,

Mrs Forrester and I are looking forward to a wonderful term of learning with some exciting events to look forward to such as production, a visit from an Olympic ambassador, our fun run and cross country and the celebration of te wiki o te reo Māori.



HIGH EXPECTATIONS

A reminder that in our Akomanga 30 whānau, we have high expectations of ourselves and each other.

Our class treaty reminds us to:

- have respect, honour & integrity
- have courage to be ourselves
- always try our best

In times of change we must always try to manage our choices so that we are the best version of ourselves.

Being tired is not an excuse to act badly.
Being upset is not an excuse to act out.

We are responsible for ourselves.
We are responsible for our words.
We are responsible for our actions.

No one else can change our behaviour.
It is our responsibility and ours alone.



Our Knighton Way focus is: **Whaikaha - Persistence.**

If you would like to find out more about the Knighton Way, our values or dispositions, please visit our school website www.kns.ac.nz.

Knowing what to do when you are stuck is an important life skill

- kia Kaha
- know what to do when things are hard
- trying our best
- problem solve

Upcoming events

Olympic Ambassador Visit

3 Here-turi-kōkā (Thursday 3 August)

We have a wonderful opportunity this week to meet and chat with Brooke Neal who was a NZ Blackstick hockey player. Brooke is now a mindset and wellbeing coach who knows the importance of nurturing mental health and wellbeing in order to perform at your best.



Cross country

Rāapa 23 Here-turi-kōkā (Wednesday 23 August)

We will develop our stamina and strength to participate in the cross country. There are options for everyone that include setting goals to run as fast as you can to try to win the race, walking with friends and not stopping, kicking a ball around the course, skipping, or playing tag and chasing a friend until you cross the finish line to name but a few. Everyone participates, including the kaiako and we all have fun moving our bodies together.



Production

Rāhina 4 - Rāpare 7 Mahuru (Monday 4 - Thursday 7 September)

A Night-in the Museum is a journey through time to explore various historical events. The tamariki all chose how they would participate in production and they are either in the main cast, in a group performance or working behind the scenes as a member of the backstage crew. We rehearse on Rātū (Tuesday) and Rāpare (Thursday) every week. Shows will be 11:45am and 6:30pm daily for the duration of production week. Ticketing information will come out closer to the time.

Important to Note...

- **Change of clothes:** Please make sure you have a change of clothes in your bag if you like to get wet and muddy playing on the field in the break times.
- **Medication:** A reminder that a consent form must be filled in and left at the school office for any medication administered at school. A consent form can be downloaded from our website www.kns.ac.nz or collected from the office. All medication remains in the office for safekeeping during the day.

Ngā mihi nui e te whānau.
Hei konā mai rā, nā

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