



# Te Kopuru School Board of Trustees

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## TE KOPURU SCHOOL CALENDAR

- **Tuesday 1st September** -Book Club issue 5 - Closes
- School Speeches **At Level 2** for the Juniors - Room 1, 2 and 3 will be held on **Tuesday 1st September at 11.30am.**
- **Wednesday 2nd September** - Northern Wairoa Speech Competition
- Te Kopuru School Cross Country will be held at Rope's Farm on **Thursday 3rd September.**

The Northern Wairoa Cross Country for this year has been cancelled.

**Reminder:** At level two we do not have school lunch orders available on a Friday.

**All 2019 prize giving recipients-** If you have trophies at home that need your name engraved on them please return them to the office ASAP so they can be sent away for engraving. Thank you.

The school no longer needs its incinerator, a koha would be appreciated. Anyone interested in the incinerator would need to remove it. Please contact the school office to make an inquiry.

## ONLINE SAFETY FOR PARENTS

<https://www.netsafe.org.nz/online-safety-for-parents/>

### 2. UNDERSTAND WHAT THEY DO ONLINE

Talk to your kids about what they're using the internet for. What's involved? Who's in their network? What information do they share? Are they using the internet to learn? To communicate and create friendships with others? To create music or videos? Really listen to what they have to say - what might seem like 'just a game' to you, could in fact be a way for them to connect with people who have similar interests.

**EAT TO ENERGIZE**

**AFTER SPORT: RECOVERY**

30-60mins after sport – refuel with a snack that includes GO foods to replace energy and GROW foods with protein to help your muscles recover.

**CHEESE & CRACKERS**

**1/2 PEANUT BUTTER SANDWICH**

**SMOOTHIE**

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**KAI KIA WHAKARITE I TE PUNGAO**

**I MURI TE HĀKINAKINA – WHAKAORANGA:**

30-60 miniti whai muri i ngā mahi hākinakina - whakaora tō tinana ki ngā kai HAERE. Arā, me kai i ngā kai TUPU hei whakaora ōu uaua.

**TĪHI ME TE PIHIKETE**

**HANUTI PINATI PATA**

**MOHANI**

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## **Te Kopuru School Cross Country**

Our annual Cross-Country on Thursday 3rd September will again be at Rope's Farm on West Coast Road.

Due to Covid Level 2 restrictions our event will run in two parts. At 9.00—9.15am our senior students will be leaving School and walking to Rope's Farm to start their races at 10.00am. At the completion of the 8-9 Yr olds our seniors will return back to school, with the exception of some of our Yr 7, 8 they will remain at the event to help our Juniors on their run.

Then at 10.15 – 10.30am our junior Hub will leave school to make their way to the Farm. Their races will start at 11.00 – 11.15am. The first age group race kicks off at 10.00am approximately and then every 15mins thereafter. See race start timetable below. ***Please note these times are approximate only.***

**What do Students need to wear:** It is compulsory for all students to wear shoes (PE Safety Requirement). These should be running shoes or good sports shoes with laces. A loose fitting T-shirt or singlet, running shorts, under short compression shorts. Jacket or Sweatshirt for after. Water bottle, light snack.

**'NO PARKING' available on the farm. Please park vehicles on the roadside on West Coast Rd.**

<i><b>Times</b></i>	<i><b>Senior Timetable (Age as at 1st January)</b></i>
<i><b>9.30 - 9.45am</b></i>	<i><b>Senior School arrive at Event</b></i>
<i><b>10.00-10.15am</b></i>	<i><b>12, 13 year Boys Followed by the Girls 5mins after</b></i>
<i><b>10.15-10.30am</b></i>	<i><b>10, 11 year Boys Followed by the Girls 5mins after</b></i>
<i><b>10.30-10.45am</b></i>	<i><b>8, 9 year Boys Followed by the Girls 5mins after</b></i>
<i><b>11.15-11.30am</b></i>	<i><b>Senior School Return back to School.</b></i>
	<i><b>Junior Hub (Age as at 1st January)</b></i>
<i><b>10.15-10.30am</b></i>	<i><b>Junior Hub depart School for Rope Farm.</b></i>
<i><b>11.15-11.30am</b></i>	<i><b>7, year Boys Followed by the Girls 5mins after</b></i>
<i><b>11.30-11.45am</b></i>	<i><b>6 year Boys Followed by the Girls 5mins after</b></i>
<i><b>11.45-12.00pm</b></i>	<i><b>5 year Boys Followed by the Girls 5mins after</b></i> <i><b>(If you wish to take your children home, please inform the classroom teacher)</b></i>





Due to **COVID19 St Peter's Pot-Luck Dinner** that was being held on the Saturday 5th September has been rescheduled to **3rd October. 6.30 pm St Peter's Church Hall / Limited Numbers.**

