



Tauhei Combined School Newsletter

Week 1 Term 4

15/10/2018

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Learning together – Minds Alive * Ako Ngai Tatou – Hei Kotahi Te Whakaaro

Powhiri was held to welcome Chris May today. We had plenty of support for both sides. Lead by Koro George Hopa, with special guest Brian Harrop as second speaker. Chris was supported by his wife and family and Gareth Duncan from St Columba's School.

It was a beautiful day, sun shining not a cloud in the sky. Our students did very well in performing some songs and listening to the speakers.



MEAT & MEAT ALTERNATIVES

Contain protein which help our bodies to GROW and build and repair strong muscles. Eat 1-2 servings a day.

LEGUMES: BEANS, LENTILS, & CHICKPEAS

RED MEAT
PALM SIZE, NO THICKER THAN INDEX FINGER = 1 SERVING

CHICKEN
3/4 CUP = 1 SERVING

FISH
HAND SIZE = 1 SERVING

EGG
1 EGG = 1 SERVING

TIP:
Remove fat and skin from meat before cooking

Developed by Sport Waikato 2018

Shake Out

New Zealand ShakeOut, our national earthquake drill and tsunami hīkoi, taking place at 9:30am on Thursday 18 October.

Lunches

Name	Sushi \$3.50	Baking \$1:00		Paid

UPCOMING EVENTS

Mark Your Calendars

17 October Film Crew at school
18 October Shake Out – Whole school
22 October Labour Day – No School
14 October Renee Project Energize - Takeaways
16 November Rural School's Athletics @ Tauhei
20 November Inter Schools Athletics
7 Dec Visit to Te Aroha
13 Dec Last Day 2018

JCL
Jackson Contracting
Growing Together

For all your Agricultural Requirements give JCL a call today on **07 887 6688** and have a chat to Rachel or Jeremy

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Jeremy Rothery (General Manager) 027 526 2441
Rachel Simpson (Operations Coordinator) 027 587 6688

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