



JOIN US ON FACEBOOK

MPS CROSS COUNTRY And Sausage Sizzle

NEXT WEEK - FRIDAY 9th JUNE

Come along to our school Cross Country.

This will be from 11.00am to 12.30pm.

Parents are welcome to stay and have lunch with their children after the Cross Country.

We will be having a **Sausage Sizzle** so please feel free to join us.

Orders will be taken at the office (for students) Friday morning (parents don't need to pre-order, they can just purchase one at lunch time).

Sausage and Bread \$2.00 each.

If there are any parents available to help cook the sausages on the day, please let the office know.

CADBURY CHOCOLATE FUNDRAISER

Thank you to everyone who sold a box of chocolates. Please return any unsold chocolates or the money by Thursday. We want to give prizes out on Friday.

Money raised will go towards more technology purchases and \$1000.00 to Year 6 Camp.

MPS AWARDS

The winners last week were:

Jodeci Apiata Room 3 for being co-operative, Robyn Symons Room 5 for following rules and being on task and Luca Feringa-Howley Room 11 for making good choices and being kind and helpful.



WHAT'S HOT ENVIRO SPOT

Dominic Pullman

For using good manners at the school office.

Calendar of Events

- | | |
|--------------------------------------|---|
| • Mon 5th June | Queen's Birthday - School Closed |
| • Fri 9th June | MPS Cross Country |
| • Fri 23rd June | MPS Whanau Day |
| • Fri 7th July | Last Day of Term 2 |
| • Thur 17th August | MPS School Photos |

ASSEMBLY
This week's Assembly is run by **Room 5** Friday 12.00pm Parents/Whanau welcome.

Winter Sports

Winter sport is underway – tips for avoiding injuries

The winter sport season is now underway with lots of our students signed up for a team sport. Injuries are inevitable in any sport but there are ways to avoid getting hurt on the field, turf or court this winter.

Here are some tips for keeping our players injury-free and on the field this season.

- **Get kids to warm up before sports games or exercise – to play better and be kind to young muscles.**
- **Also get them to cool down and stretch afterwards – to avoid getting cramp and muscle injuries.**
- **It's important to drink before, during and after sport – to keep energy levels up during the game.**
- **Check they're wearing a mouthguard, shin pads and other protective gear.**
- **Remind them to watch out for others – on the field or court.**
- **Keep the exercise up in between games – to keep fitness levels up.**
- **For sprains and strains, follow the RICED guidelines: Rest, Ice, Compression, Elevation and get a Diagnosis if needed.**

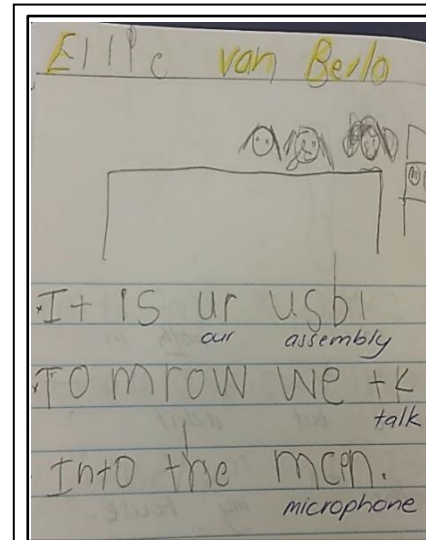
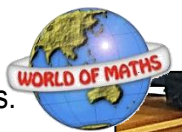
If an injury does happen, call your medical centre to see if they can help. If it's at the weekend, the Wairarapa After Hours service based at Masterton Medical is open 9am-5pm. Contact them on 06 370 0011 or call Healthline on 0800 611 116 for free medical advice 24 hours a day.

Please check your children's uniform to make sure they haven't accidentally put on someone else's. If they have please send the item back to school.

LOST PROPERTY

World of Maths Visit

Last week MPS students were lucky to have a visit from World of Maths. The hall was transformed and filled with a variety of displays with fun educational maths activities. Students experienced maths related to practical and real-life situations.



MPS GARDEN CLUB

We have a **Pop Up Shop** this **Wednesday 31st May** outside the Staffroom.

Citrus Splash \$2.00, Crabapple Jelly \$3-\$5
Marmalade/Fejoa jam \$3.

Funds raised will help us buy seedlings in Spring, we have already purchased a plum tree for the school.

HOCKEY DRAW

6 aside Half Field

THIS Friday 26th May 2017

MPS Jade Sticks v St Pats Wolfhounds

Friday 4:45 p.m. JNLH1

TONIGHTS GAME

Tuesday 30th May

Gladdy Giants V MPS Navy Sticks

5.45pm JNL Turf 3



MPS HOCKEY

Thanks to the Walczak family who have donated a player of the day trophy for the Navy Sticks hockey team to award each week. This weeks player of the day was: **Liam Lockley.**



Apache Jack's
Wairarapa Kids Cross Country

For Year 1 to 8 school children. (3series in total)
First event - Series 1 – 5th June Red Star Grounds, Colombo Road
Second event – Series 2 – 18th June Clareville Showgrounds
Third event – Series 3 - 23rd July Soldiers Memorial Park, Greytown
Entry fee \$6.00 per child or enter all 3 series and pay \$15.00 per child.
All details and entry online www.sporty.co.nz/wtf or on the day. 9.30am on the day registrations.