



JOIN US ON FACEBOOK

### MPS Arts Performance

Our Arts Show will be on **Thursday 24<sup>th</sup> August**  
1.00pm Matinee. 6.30pm Evening performance.

(children are to arrive at 6.00pm). Seating is limited so we encourage parents to attend the Matinee performance during the day if possible. Tickets will be available soon.

### 3 Way Learning Conferences Tomorrow

Wednesday 2<sup>nd</sup> August and Thursday 3<sup>rd</sup> August.

This is for all year 4,5 and 6 students. Parents/Caregivers will need to book a time to have a 3 way learning conference with class teachers to discuss progress, and next step learning.

### Daffodil Day

FRIDAY 25<sup>th</sup> AUGUST – MUFTI DAY

We will be holding a mufti day on August 25<sup>th</sup> to support the Wairarapa Cancer Society. We would really appreciate it if you would send a gold coin donation on the 25<sup>th</sup> August. We will also be selling the usual merchandise, Teddy Bears \$10 (2 different types available), Windmills \$2 each, pens \$2 each and silk daffodil brochures \$2 each. These will all be for sale on Friday 25<sup>th</sup> August.

### School Photos

Our school photos will be taken on Thursday 17<sup>th</sup> August. Envelopes were sent home last week. Class photos are \$15 each and there are packs available for \$30, \$35 and \$40. You can also order online [www.lcscott.co.nz](http://www.lcscott.co.nz) just select 'Order Online' and scroll down to find Masterton Primary School. Payment has to be made before the 17<sup>th</sup> August for portrait photos to be taken.

### MPS AWARDS

The winners last week were:

Anahera Whittaker Room 14 for making good choices, Tegan Gadsby Room 3 for making good choices, being kind and helpful and respecting others, Dereice Room 8 for following rules, being on task, waiting patiently, following instructions, making good choices, respecting others, having good manners and fantastic behaviour at Junior Syndicate assembly.

### WHAT'S HOT - ENVIRO SPOT

Tracey

for mending books and keeping the library running smoothly.

## Calendar of Events

- Thurs 17<sup>th</sup> August
- Wednesday 23<sup>rd</sup> August
- Thursday 24<sup>th</sup> August
- Thursday 24<sup>th</sup> August
- Friday 25<sup>th</sup> August

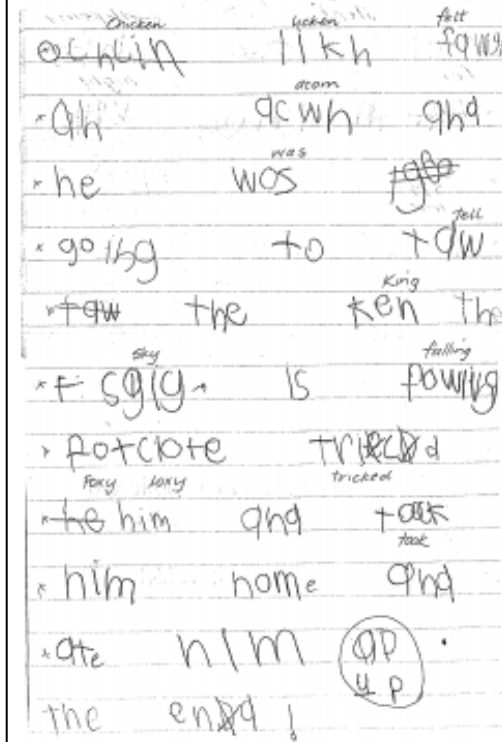
- MPS School Photos
- MPS Arts Show Dress Rehearsal
- MPS Arts Show Matinee 1.00pm
- MPS Arts Show Performance 6.30pm
- Masterton Orienteering

### ASSEMBLY

This week's assembly is run by **Room 9** Friday 12.00pm Parents / Family Welcome

By Shelby Searle

### Room 2



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

### Experienced Animal Carer

Seeking domestic animal companion work, walking grooming etc. Phone 022 135 0655

### HOCKEY DRAW

**Tuesday 1<sup>st</sup> August**  
St Marys Yellow Sticks V MPS Navy Sticks  
3:45 p.m. JNLQ2  
**Friday 4<sup>th</sup> August**  
MPS Jade v Kia Kaha Tigers  
Fri 4:45 p.m. JNLH2

### WEDNESDAY

**MPS Hotdogs**  
**\$3.00 each**  
Orders taken at the office Wednesday morning 8.15am-8.45am  
NO LATE ORDERS

### Colds & coughs

What to do next:

### 1 Home:

to rest and drink water regularly; pain relief for sore throats, earaches and headaches

### 2 Family doctor:

if still sick after 3 days or if child is feverish, miserable and not wanting to drink



### Colds & coughs

Coughs and colds are common in children and are usually short-lived. Most coughs and colds do not require treatment and get better by themselves in time. Colds can last up to a week while coughs can last up to 3-4 weeks.

#### What to do

- Make sure your child drinks small amounts of water regularly.
- Check your child is going to the toilet to urinate (wee) at least every 6 hours.
- Get your child to have plenty of rest.
- Avoid exposure to cigarette smoke, which can make coughs worse.
- You can give your child pain relief (eg paracetamol) if they have a sore throat, earache or headache.

#### When to get help

- Call your family doctor if:
- your child is feverish, miserable and not wanting to drink
  - your child is still unwell after more than 3 days
  - a cough lasts more than 3 weeks.

#### Take your child to ED if:

- they are sleepy, floppy or limp
- they are breathing very fast or have trouble breathing
- they are too tired or breathless to drink
- they have not urinated (been for a wee) for 6 hours
- you are overly concerned about them.

#### More information

For more information call Healthline 0800 611 116 or visit [healthnavigator.org.nz](http://healthnavigator.org.nz).

### Publications and Privacy

Masterton Primary School often uses photos of students in a variety of media publications (Newsletters, local newspapers, school magazine, website, school blogs, facebook etc) We ask that parents inform the school if they **DO NOT** want any photos of their children to be used in any media publications. Please contact our office 06 377 5297.

**THE HEALTHIEST CHOICE IS OFTEN THE CHEAPEST**

Two lunchbox comparisons

<p><b>Lunchbox 1</b></p> <ul style="list-style-type: none"> <li>• yoghurt</li> <li>• apple</li> <li>• egg and lettuce sandwich</li> <li>• 2 wholegrain crackers with marmite</li> <li>• carrot sticks</li> <li>• water</li> </ul> <p>2.5+ teaspoons of sugar</p> <p style="text-align: center;"><b>Cost: \$2.01</b></p> <p style="text-align: center;">full tummies and long lasting energy</p>	VS	<p><b>Lunchbox 2</b></p> <ul style="list-style-type: none"> <li>• a fruit string</li> <li>• muesli bar</li> <li>• giant cookie</li> <li>• fruit drink box</li> <li>• chippies</li> </ul> <p>17+ teaspoons of sugar!</p> <p style="text-align: center;"><b>Cost: \$4.18</b></p> <p style="text-align: center;">hungry tummies soon after eating</p>
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For more information, visit [fuelled4life.org.nz](http://fuelled4life.org.nz)

## FOS LUNCH ORDERS

### THURSDAY

#### Subway

You can order online [www.subway.co.nz](http://www.subway.co.nz), select 'order online' the 'School Lunch Programme', you will need to register. or collect an envelope from our school office.  
**Mini subs \$3.00 - \$3.70**  
**6 inch subs \$4.00 to \$5.20**

### FRIDAY

#### Healthy Heart Tick Pies

**\$3.00 each**

Orders taken at the office Friday morning 8.15am-8.45am  
NO LATE ORDERS