



JOIN US ON FACEBOOK

MPS Arts Performance

Our Arts Show will be on **Thursday 24th 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 2nd August and Thursday 3rd 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 25th AUGUST – MUFTI DAY

We will be holding a mufti day on August 25th to support the Wairarapa Cancer Society. We would really appreciate it if you would send a gold coin donation on the 25th 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 25th August.

School Photos

Our school photos will be taken on Thursday 17th 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 just select 'Order Online' and scroll down to find Masterton Primary School. Payment has to be made before the 17th 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 17th August
- Wednesday 23rd August
- Thursday 24th August
- Thursday 24th August
- Friday 25th August

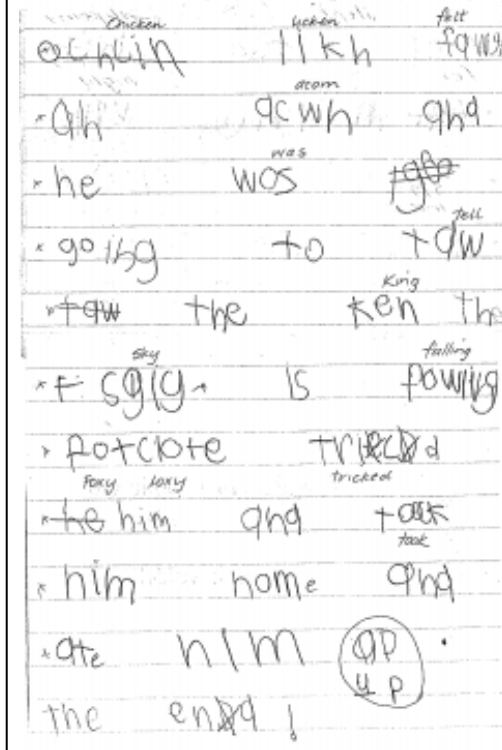
- MPS School Photos
- MPS Arts Show Dress Rehearsal
- MPS Arts Show Matinee 1.00pm
- MPS Arts Show Performance 6.30pm
- Masterton Orienteering

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 1st August
St Marys Yellow Sticks V MPS Navy Sticks
3:45 p.m. JNLQ2
Friday 4th 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.

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

FOS LUNCH ORDERS

THURSDAY

Subway

You can order online 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

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