



WALK, BIKE, SCOOTER TO SCHOOL

Drop off at the Pou in South Road, Short Street and Cockburn Street. Enjoy this great autumn weather and stay fit and healthy.

SCHOOL FUNDRAISER CADBURY CHOCOLATES

Lots of prizes to be won. It would be great if every family could sell one box. Call in to the school office if you want to sell more boxes.

REDUCE/RECYCLE/RE-USE

Help the environment by reducing waste – use containers for food and avoid lots of packaging in lunch boxes where you can.

MPS CROSS COUNTRY

Coming up in Week 6. Friday 1st June. More details to follow.

LUCKY BOOK CLUB

Pamphlets went home yesterday. Orders are due back Friday 18th May.

Heart Foundation FOOD AND DRINKS FOR SPORT
Children and young people need the right fuel to do their best in sports!

Food:

- When playing sport, children and young people get their energy and nutrients from the foods they eat every day (not just on days they do sport).
- Regular meals + 2-3 healthy snacks each day will provide the energy they need, fuel to exercising muscles and nutrients for growth, recovery, concentration and the immune system.
- The right fuel includes carbohydrate for energy, protein for growth and a small amount of healthy fats (i.e. nuts, avocado).
- Good snacks include fresh fruit, nuts, plain yoghurt, sushi, smoothie or a wholegrain cheese/peanut butter sandwich.

Drinks:

- Water is the best drink for hydration and it's FREE!
- Keeping hydrated is just as important as food.
- Sports drinks are not appropriate for children and young people even if they have been active in sport. Most sports drinks have over 10 teaspoons of sugar per 750ml bottle.
- Children and young people should be encouraged to carry a water bottle and drink water before, during and after sport to stay hydrated. Don't wait until they're thirsty!

For more information visit: heartfoundation.org.nz

Heart Foundation One fish, two fish
Fish is a rich source of nutrients needed for young growing bodies.

Protein

- Helps to build and maintain strong, healthy muscles, hair, nails, skin and organs (e.g. heart, lungs, kidney and liver) Helps repair scrapes and scratches

Children and adults should aim to eat oily fish at least twice a week

- Salmon, sardines, mackerel, trout, tuna, kahawai, warehou are all good options
- Canned fish (drained and ideally in spring water) makes a great cheaper alternative to fresh fish.

Omega-3 fats

- Our bodies can't make Omega-3 fats and we must get them from the food we eat.
- Essential for a healthy heart, brain development and eye function
- Oily fish is a great source of Omega-3 fats

Iodine

- Essential for healthy metabolism, growth and brain development.

Zinc

- Helps boost the immune system to fight off coughs and colds.

Vitamin A

- Essential for healthy eyes, growth and helps fight infections

For easy fish recipes visit: fuelled4life.org.nz

MPS AWARDS
The Winners for last week were:
Kali Buick Room 3 for being kind and helpful, respecting others and communicating well. Joseph Rogan Room 8 for working hard. Jeremiah Reiri Room 10 for waiting patiently and making good choices.

WHAT'S HOT? ENVIRO SPOT!
Mrs Annundsen
For spending all lunchtime yesterday giving out feijoas.

Calendar of Events

- Friday 18th May Lucky Book Club orders due back
- Friday 1st June MPS Cross Country
- Friday 6th July Last Day of Term 2

This weeks assembly is run by:
Room 4
Parents/Whanau Welcome
Friday 12.00pm

LOST PROPERTY Please check the lost property box located outside the Library for any items students may have lost.

WINTER SPORTS

Keeping our players injury-free this winter sports season

The winter sport season is now underway with lots of our students signed up for a team sport. Kids plus sport can often mean injuries, however there are a number of ways to keep players injury-free this season while still having fun.

- * Plan to get kids to games in time to warm up with the team.
 - * Check they've got a drink bottle and a warm jacket for after the game.
 - * Make sure they have any protective equipment they need such as mouthguards and shin pads.
 - * Remind them to watch out for others – on the field, turf or court.
 - * Get them to cool down and stretch after games to take care of their growing muscles.
- 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.



Kids Klub students enjoying some Autumn fun in the playground.

SOLWAY COLLEGE OPEN DAY

SATURDAY 12 MAY 2018 10:00 am – 2:00 pm
For your information we are an integrated Year 7 to Year 13 day and boarding school for girls. We are a small school with Christian and family values. Most of our students enrol in Years 7, 8 or 9. We accept students from all walks of life and our students have a wide variety of sports, cultural, service and academic opportunities.
For more information www.solwaycollege.school.nz

MPS HOCKEY

Navy Sticks first game – Tuesday 15th May
Jade Sticks first game – Friday 18th May
Please ensure all students bring mouth guards and shin pads for all games and practises.

Love Horses? The Solway Equestrian Academy is a specialised programme in a leading educational environment

Available to students aged 11-18
equestrian@solwaycollege.school.nz

	1 st May 17 WEEK 1		8 th May 17 WEEK 2		15 th May 17 WEEK 3		22 nd May 17 WEEK 4		29 th May 17 Week 5	
TUESDAY	Chicken sandwich roll up	Grapes / Feijoas	Chicken lettuce mayo grated carrot wrap	Apple quarters / Banana	Nutella wrap	Feijoa / Mandarin	Ham roll up	Fruit combo / Feijoa	Ham & cheese sandwich	Fruit kebab / Feijoa
	Cherry tomato & salami kebab	Apple, Raisin oaty muffin	Mini vegetable frittata	Feijoa cupcakes	Pizza triangle	Orange & raisin muffin	Beef pasties	Choc chip cookie	Baby pizza	Rice bubble cube
MEGA	Ginger Crunch	Feijoa	Filo Pastry Parcel	Feijoa	Cheese and crackers	Egg Sandwich	Golden kiwifruit	Pikelets With Jam	Cherry Tomatos	ANZAC Biscuits

LUNCH ORDERS

TUESDAY
TUCKA BOX
ORDER ONLINE tuckabox.co.nz
Order anytime before 9.00pm Sunday.

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