



## FOS Fundraiser



### Doughboy Pies

Yes, these amazing Pies are back!!  
Order forms coming home this week.  
All order forms to be returned no later than  
Monday 26<sup>th</sup> August 2019.

## ABSENCES

It is very important for parents to inform the office when students are away.

### There are several ways for parents to let us know.

- 1) Call the office 377 5297 and leave a message
  - 2) Text 027 stating child's name, room and reason for absence
  - 3) Send a message via our school Calendar App
  - 4) Email ([office@masterton.school.nz](mailto:office@masterton.school.nz) or [keri@masterton.school.nz](mailto:keri@masterton.school.nz))
  - 5) Send a note.
  - 6) Send a private message through our Facebook Page.
- If you have run out of credit, please keep your phone on and answer when we call. If we are unable to get hold of parents, the Ministry of Education requires us to inform Truancy Services.

## MPS Awards

### The winners last week were:

Kyra Room 7 for working hard, making good choices and being kind and helpful. Rose Room 9 for caring for the environment and making good choices. Jade Room 14 for being on task and making good choices.

## MPS Performing Arts Show

### Coming up in Week 6 - Kiwiana Theme

Thursday 29<sup>th</sup> August - 2 performances.

Matinee Show 12.45pm and Evening Show 6.30pm.  
All students need to be at school by 6.00pm for the evening performance.

Tickets will go on sale from  
Monday 12<sup>th</sup> August..

Seating will be limited for the evening show so there will be **NO DOOR SALES** on the night.



## What's Hot - Enviro-Spot

### Tracey in the Library

For organizing the National Library books for the whole school each term.

# Calendar of Events

- Monday 26<sup>th</sup> August
- Thursday 29<sup>th</sup> August

Doughboy Pie Fundraiser  
MPS Performing Arts Show  
Matinee: 12:45pm – Evening Show: 6:30pm

This weeks assembly is run by  
**Room 9**  
Friday 12.00pm  
Parents/Family Welcome

PLEASE REMEMBER TO CALL/TEXT THE OFFICE IF STUDENTS ARE GOING TO BE AWAY. 027 711 9021  
ALL LATE STUDENTS MUST COME TO THE OFFICE FOR A LATE STAMP, PLEASE DO NOT BE LATE! SCHOOL STARTS AT 8.45am

## Whakatauki

Ko ngā pae tawhiti whāia kia tata, ko ngā pae tata, whakamaua  
kia tina  
The potential for tomorrow depends on what we do today.



Ma te huruhuru, ka rene te manu  
With feathers the bird will fly



MASTERTON

## MASTERTON INTERMEDIATE SCHOOL OPEN EVENING

for 2020 enrolments  
Will be held in the  
MIS School Hall

Tuesday, 20th August 2019

Prospective students and families are invited to  
attend from

6.30pm to 8.30pm  
6.30pm to 8.15pm in the school hall

Prospective students and families  
are invited to attend.

## Lucky Book Club

Lucky Book Club orders went home yesterday.  
Orders are due back by Friday 9<sup>th</sup> August.

Carterton Waste Free Living Workshops.  
Tickets are \$25 + BF, and attendees get a  
gift pack worth \$100.

### Booking

page: <https://www.eventfinda.co.nz/2019/waste-free-living-workshop-with-kate-meads/carterton>

## THIS WEEKS LUNCHES

**Thursday** – Subway – Envelopes at the office.  
Or online [www.subway.co.nz](http://www.subway.co.nz)  
**Friday** – Healthy Heart Tick Pies \$3.50  
Mince or Potato Top  
Lunch orders taken at the office from 8.00am

## WHAT KIND OF ADVENTURE ARE YOU LOOKING FOR?



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## Normal sleep

School-aged children need between 10 and 11 hours of sleep per night. Not getting enough sleep is common in this age group. Common sleep problems in school children include refusing to go to bed, nightmares, delayed sleep, and snoring.

## Effects of lack of sleep

### Emotional

Lack of sleep may cause your child to be moody, irritable, and cranky. They may have a difficult time controlling their feelings; for example, they may be frustrated or upset more easily.

### Behaviour

School-aged children who do not get enough sleep are more likely to have behaviour problems, such as not being able to concentrate, not doing what is asked of them and being very restless.

### Thinking and learning

Lack of sleep may result in problems with paying attention, memory, decision-making, reaction time, and creativity, all which are important in school.

### Bedtime routine

- Have a regular bedtime routine: this might include your child having a shower, brushing their teeth, then going to bed. Quiet activities, like reading, are good before bed.
- Have a regular bedtime and wake up time. This will help your child understand when it is time to sleep.
- If your child is going to bed too late, gradually change this by having them go to bed 30 minutes earlier and get up 30 minutes earlier.

Avoid active games, playing outside, and screen use (eg, TV, internet, computer games, etc) in the hour before bedtime.

Try dimming the lights earlier.

## PB4L WEEKLY FOCUS

“Caring for Resources ”