

NEWSLETTER Tuesday 24 February 2009



Kia ora e te Whanau o Hamutana Rawhiti

Principal's Note

Kia Ora e te Whanau

School Family Picnic - Thursday this Week

Come along and meet other Hamilton East School Families. This is also a chance to meet the staff, your children's teachers and other agencies associated with the school.

Enjoy the supplied food or bring your own picnic tea. The swimming pool will be open and we will have some Volley Ball and Tee Ball games organised.

Allan Bull
Principal

COMING EVENTS

| | |
|-------------|-------------------------------------|
| 26 February | School Family Picnic 5-7pm |
| 26 February | Board of Trustees Meeting 7.30pm |
| 02 March | Teacher Only Day |
| 11 March | Parent Conferences |
| 18 March | Kauri Swimming Sports - 9.30-2.30pm |

Hamilton East PTA

Thank you to all who attended the meeting last Thursday evening. We had strong support which promises a great year of fundraising and communication. Events planned include: the garage sale in May, balloon festival luncheon, raffle, disco. If you have any fundraising ideas please let the Office know and we will pass them on to the PTA.

School Bus Delays

Due to road work's on Grey Street the school bus, morning and afternoon may experience delays beyond our control. The bus is running the usual route, parents/caregivers who are waiting at pickup points may have to wait a little longer.

Thanks for your patience

Sue Smith

Kauri Swimming Sports

Wednesday 18th March - Municipal Pools

9.30-2.30pm

Races from 9.30-12.30pm

Prizegiving 1.30-2.30pm

Come and join in the fun!

Touch Teams

Thankyou to the teachers and parents who are managing and coaching our touch teams. We have three teams entered in the competition and the organisation and transport for this is no mean feat.

Lunch Menu- Available Daily -order at the school office

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|---------------|--------|------------------------|
| Filled Rolls | \$2.50 | Chicken or Ham |
| Sandwiches | \$2.00 | Various fillings |
| Pizzas | \$2.50 | Hawaiian or Vegetarian |
| Fruit Muffins | \$1.00 | Flavour changes daily |

Proje's Myth Busters!

"Sports drinks make you run faster"

False!

Sports drinks have been designed to help elite athletes (NZ representatives) recover after training or competition so they are ready for their next session. If we drink them (as non-elite athletes) then we just get sugar (can be up to 14 tea-spoons per bottle!), so stick to the water to keep yourself hydrated.

