



Te Kura o Hau Karetu

He waka eke noa: *We're all in this waka together*
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29 October 2026

Kia ora, Talofa Lava, Mālō e lelei, Kia orana, Namaste, Kumusta, and now สวัสดี Sawasdee.

Wow, our little school is growing so quickly! As of today, we now have **166** students in our kura. Nau mai, haere mai, and welcome to Aotearoa/NZ to Sara and Rinh who have started in Te Waipuna and Te Pūao. Our tamariki have been so welcoming to them both, and we are proud of their manaakitanga.

UHUB – Emotional Coaching:

- On the **4th November from 9-10.30**, we are hosting an event here in the hall about **Emotion Coaching** – we would encourage you to attend if you're able – it'll be so informative, and I promise you that you'll learn something!
- Morning tea will be provided afterwards. As well, we will provide care for any pre-schoolers over the age of 2 years if required.



UHUB 'Empower U' Session

Emotion Coaching Guiding With Calm



Big feelings are a part of growing up.
Join us to learn a simple, supportive
way to respond to your tamariki,
building language for calm, guidance,
and connection.



Book your
free
spot now!



Wednesday 4th November, 9am – 10.30am
Hosted for the community of Te Kura o Hau Karetu
Venue: Te Kura o Hau Karetu, 32 Hillside Drive, Maoribank, Upper Hutt

www.uhub.org.nz

School Athletics:

- Our athletics day is tomorrow, Friday 30th October. Children are encouraged to wear their house colours please. All parents are welcome to come and watch; however, the weather forecast is not great, and there won't be a postponement date – we'll let you know via Skool Loop as to whether the event will go ahead:

Tui House wears green

Weka House wears yellow or orange

Kokako wears blue

Kereru wears red

Notices:

- **Potae/Sunhats:** A reminder for all children to bring a full brimmed sunhat/potae to school each day this term. While there hasn't always been sun out, there's still a lot of UV rays in the atmosphere.
- **Drink bottles** – please make sure your child brings a drink bottle to school each day. We have noticed children are becoming headachy and have sore tummies – a sure sign that they're dehydrated. Water only please.
- **Google permissions:** - have you signed your online form to allow your child permission to use Google at school? If not, please check your emails and complete the form.
- **School Photos:** emails to parents on how to purchase photos haven't been sent out yet. Photo Life will send you an email soon with how to order the photos. Thank you for your patience.

Important Events for Term 4:

Week 3 26-30 Oct	Monday 26 th October – Labour Day Holiday Friday 30 th October – School Athletics Day
Week 4 2-6 Nov	Assessment Week Tuesday – Danish Rounders Wednesday – UHUB Empower You event
Week 5 9-13 Nov	Friday – Road Patrollers Party Wednesday 11th Nov – Fundraising Sausage Sizzle at Touch Rugby – volunteers required. Please advise Roseanne if you're able to help.
Week 6 16-20 Nov	Swimming Starts – bring togs (no t-shirts) and a towel each day. Tuesday – Interschool Athletics IHAD event Saturday 21 st November
Week 8 30 Nov-4 Dec	EOTC Week – Events on Wednesday, Thursday, Friday. Notices coming soon. Years 1-4 – various events Years 5&6 - Camp
Week 9 7-11 Dec	Friday – special event for our students
Week 10 14-16 Dec	Monday – Celebrations Assembly, Leaver's Dinner Wednesday – Final Assembly & Christmas Raffle drawn

Whakaahua Spotlight



Congratulations to Camryn who won the supreme Manaakitanga Cup award. She received an amazing Lego set as her prize. At Te Kura o Hau Karetu, we believe that atawhai/kindness is probably our favourite, most important value, and Camryn exudes it!

We love this picture to the right of our two beautiful Te Pūao girls, Ana and Kaylee. They're sitting in the shade with their sunhats on – mīharo kōtiro mā!



And, here's our lovely Wolfe (below, left) who is showing everyone that he's probably got the best potae in the whole school! It's a bucket hat also with a flap at the back – he's sure to be the best protected kid from the sun!



But wait, there's more gorgeous kids! The lovely Autumn, Brooklyn, and Willow (in the background) are great friends, and they too are wearing their potae. Love your work girls!



Our lucky year 5 and 6 ākonga/students were treated to an experience using virtual reality devices to explore the oceans. They learnt about how the sea creatures are at risk of extinction due to over fishing, global warming, and pollution. This experience was founded by the Sir Peter Blake Trust. Our ākonga loved it!

As well, our years 4-6 ākonga go to experience indoor golf.



Thank you to Kickstart who took our senior ākonga for indoor golf lessons. It was so much fun, and we've already had people bringing in their own golf clubs to practice with a tennis ball at playtimes and lunch times. We appreciate people from our community supporting our tamariki with new experiences – thanks team!



Health Hub:

We find many children are bringing these juice boxes to school – they are contained in the snack boxes you can purchase from local dairies and 4 Square stores. A reminder to everyone that we **do not** allow juice at school. This particular model of juice contains 64% sugar (same as lollies), and is terrible for the children's teeth. High sugar foods are not great for the body either. **Please do not send juice to school.**

Thank you for your understanding.

Protein in each meal: did you know that combining protein and carbs keeps your energy steady and avoids sugar crashes by slowing down digestion and gives them steady, long-lasting energy. Here's how it helps in the classroom:

- **Better Focus:** Prevents the "sugar crash" so kids can pay attention longer.
- **Balanced Moods:** Keeps blood sugar stable, reducing irritability and tiredness.
- **Fuller Tummies:** Keeps hunger at bay so kids aren't distracted before lunch.

Our lunches contain plenty of protein and carbs and help our tamariki in the afternoons. Including protein in snacks such as cheese, nuts (but not peanuts at our school), yoghurt, hummus, chicken, boiled egg, edamame, etc, are all great options for keeping kids going.

Safety Belts in cars:

I've noticed lots of children not wearing safety belts when they drive past after getting into your vehicles. This is so important to prevent them from sustaining a serious injury in the event of a car crash. Did you know that the majority of car accidents happen within 7 kms of the home? Please help your kids to keep themselves safe by reminding them to "make it click". Thank you.

Ngā mihi nui
Karen Wellington
Tumuaki/Principal