

CLENDON PARK SCHOOL NEWSLETTER



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SELECT 1 FOR ABSENCES

TERM 3 WEEK 2

PRINCIPAL'S MESSAGE

Welcome back to school for Term 3, I hope you all had a great break. Our school roll is growing fast, we now have 711 students enrolled with us. We will need the Ministry of Education to provide us with more classrooms and we are hoping to hear about this soon.

Health and Physical Education Consultation

This week we put our Health and Physical Education consultation online. We are very keen to get our community's views on the areas we cover in our Health and Physical Education programmes at school. We want to know what you think and what you think should be included in our teaching, learning programmes. Please take the time to respond to our survey. We will let you know the outcome. The consultation starts on 31 July and closes on 14 August.

Please contact us if you have any questions about the consultation.

Enrolment at Manurewa High in 2025

Your Year 8 child is receiving an enrolment pack for Manurewa High School this week if they live in zone. It is very important to fill out the form and return it to Manurewa High School online as soon as possible. Last year some of our in zone students did not return their forms in time and missed out on getting into Manurewa High. Out of Zone students can collect a printed pack from the office which must be completed and returned with all supporting documents to Manurewa High School by 11th September.

Social Worker in School

Our SWIS Social Worker is Josephine Hopkins. If you would like to make an appointment to see her please contact her on 021 685 863

BELL TIMES

8:55am	School starts
10:55-11:15	Interval
12:45-12:55	Lunch eating
12:55-1:45	Lunch playtime
3:00pm	End of day

IMPORTANT DATES FOR TERM 3

Week 3	
05.08.24	MPSSA Netball
07.08.24	World Of Maths In Hall
09.08.24	CCSA Cross Country
Week 4	
13.08.24	Counties Boys Netball
14.08.24	MPSSA Girls Football
Week 5	
20.08.24	CCSA League
22.08.24	IZ Girls Netball
22.08.24	2025 MI students Transition Day
23.08.24	Counties Cross Country
Week 6	
28.08.24	Manurewa Rehu Tai Finals
29.08.24	Jump Day
30.08.24	CCSA Basketball
30.08.24	Counties Boys League
Week 7	
02.09.24	MPSSA Cross Country
03.09.24	IZ Cross Country
04.09.24	Counties Girls League



WINTER ILLNESS

Colds, flu and other respiratory illness are common in schools during winter. Here are some simple tips to prevent the spread of illness:



- Wash and dry hands regularly, especially after blowing your nose, coughing, sneezing, and using the toilet.
- Cough and sneeze into a tissue or your elbow, not your hand.
- Regularly clean high touch surfaces – door handles, taps, table tops, phones, computer keyboards, etc.
- If unwell, stay at home until 48 hours after symptoms have gone.
- Get a flu jab NOW – it's FREE for those aged 6 months to 12 years, pregnant women, and lots of other people.

For more information see:
www.rph.org.nz/winterillness



Follow our two school pages for frequent updates.
Clendon Park School | Te Whānau Āwhina Clendon Park School





BITELAB LUNCH MENU



HOT LUNCHES ARE DELIVERED FIVE TIMES OVER A TWO WEEK CYCLE ALTERNATING BETWEEN HOT AND COLD LUNCHES FOR DAY 1 & 2, DAY 3 & 4 AND DAY 5 & 6.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
STANDARD	HOT LUNCH Beef Lasagne	Marinara Chicken Meatball Sub w/ Cheese & Slaw Fruit Crackers Whole Fruit	HOT LUNCH Japanese Chicken Katsu Curry w/ Rice, Shredded Cabbage & Carrots	Ham & Cheese Sandwich Carrot Sticks Moogurt	HOT LUNCH Butter Chicken Drumsticks on Rice
VEGETARIAN	HOT LUNCH Lentil Lasagne	Marinara Plant Meatball Sub w/ Cheese & Slaw Fruit Crackers Whole Fruit	HOT LUNCH Japanese Tofu Katsu Curry w/ Rice, Shredded Cabbage & Carrots	Chickpea Smash & Cheese Sandwich Carrot Sticks Moogurt	HOT LUNCH Butter Tofu Curry on Rice
VEGAN/MADE WITHOUT DAIRY	HOT LUNCH Lentil Lasagne	Marinara Plant Meatball Sub w/ Cheese & Slaw Shortbread Whole Fruit	HOT LUNCH Japanese Tofu Katsu Curry w/ Rice, Shredded Cabbage & Carrots	Chickpea Smash & Cheese Sandwich Carrot Sticks Soy Dessert	HOT LUNCH Butter Tofu Curry on Rice

Allergen Statements: Meals will be prepared to cater for students with specific dietary requirements (ethical, religious, medical, allergies, intolerance), and identified with special labels on each lunch pack. These meals can be requested via your school. Please note this does not include food preferences and non-medical choices to certain foods. Please make your school aware if you experience anaphylaxis or have a low tolerance to allergens. It is important to note that our kitchen handles a diverse range of ingredients, including Gluten, Wheat, Milk/Dairy, Egg, Soy/Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites, and Lupin. Products from our suppliers may also be manufactured in facilities where allergen containing ingredients are present. We have a comprehensive allergen management plan in place and while we take every precaution to avoid cross-contamination, we cannot guarantee our dishes are 100% free from trace amounts of allergens. Some minor menu changes may occur due to a school opting out of some lunch components due to other healthy eating programmes currently operating in school. Full menu breakdown including ingredients and nutritional information can be provided on request.

WWW.BITELAB.NZ

TERM 3 MENU

HOT LUNCHES ARE DELIVERED FIVE TIMES OVER A TWO WEEK CYCLE ALTERNATING BETWEEN HOT AND COLD LUNCHES FOR DAY 5 & 6, DAY 7 & 8 AND DAY 9 & 10.

WEEK COMMENCING
29.07.24 12.08.24 26.08.24 09.09.24 23.09.24



	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
STANDARD	Chicken 'Big Mac' Salad Sandwich Cheese Wedge Moogurt	HOT LUNCH Beef Mince Curry w/ Mash & Mixed Vegetables	Corned Beef & Cheese Bap w/ Slaw Carrot Sticks Anzac Cookie	HOT LUNCH Roast Lamb w/ Roast Potatoes, Carrots, Peas & Gravy	BBQ Pulled Pork Filled Roll Banana Chocolate Muffin Whole Fruit
VEGETARIAN	Plant Chick'n 'Big Mac' Salad Sandwich Cheese Wedge Moogurt	HOT LUNCH Tofu & Lentil Coconut Curry w/ Mash & Spinach	Southern Style Plant Chick'n & Cheese Bap w/ Slaw Carrot Sticks Anzac Cookie	HOT LUNCH Pasta Lentil Bolognese	BBQ Plant Chick'n Filled Roll Banana Chocolate Muffin Whole Fruit
VEGAN/MADE WITHOUT DAIRY	Plant Chick'n 'Big Mac' Salad Sandwich Pineapple Crush Slice Soy Dessert	HOT LUNCH Tofu & Lentil Coconut Curry w/ Mash & Spinach	Southern Style Plant Chick'n & Cheese Bap w/ Slaw Carrot Sticks Anzac Cookie	HOT LUNCH Pasta Lentil Bolognese	BBQ Plant Chick'n Filled Roll Vegan Pkelets Whole Fruit



Follow our school sports page for regular updates
Clendon Park School-Sports Page