



Sutton Park School Newsletter – 26 August 2026

Ph. 276-4560

Email: office@suttonpark.school.nz

Nga mihi, mālō e lelei, talofa lava, kia orana, bula, namaste, talofa ni, fakalofa lahi atu, sabiadee, ola, bonjour, ni hao, welcome, konichi wa, আবেদন

Term 3, Week 6 Wednesday 26 August 2026

Theme: Embracing Diversity and Wellbeing Through Sports

Values: Perseverance and Respect

Winter Wellness and Online GP Care

We are half way through Term 3. It is important that we continue to work together to ensure your child/ren are attending school every day. Communication is important so if your child is absent please ring the school, fill out the online form on our school website, or come in to explain your child's absence. This term, we have seen a lot of children absent from school due to illness. There is a new online 24/7 contact centre for illness/health related information. If you are needing to wait for a doctor's appointment for your child/ren, please use the online service for assistance. (please see page 2 & 3 for more details)

Mālō 'aupito 'aupito

Thank you to the Sia Ua Bilingual unit for the Tongan Language Week celebrations. Thank you to our Tongan community for your support throughout the week. We had success in our Years 5-6 Tongan speech competition held last Wednesday at Otahuhu Primary School.

Congratulations to:

Y5 1st Anthony R9A 2nd Amelia R9A

Y6 1st Sekope R7 2nd Nafetalai R7

Yesterday our Y7&8 Tongan Speakers competed at Finlayson Park Intermediate, congratulations to:

Y7 1st Elizabeth R9 Y8 2nd Folau R9

Malo Lava le Tauivi

Well done also to our 3 Samoan students who competed in the National Samoan speech competition. There were speakers from Auckland, Christchurch, Wellington and Hamilton participating in the speeches last week at Maota Samoa in Mangere. Congratulations to Fina R2 who came 2nd in Y8.

Rehu Tai Y5&6 Results

This morning the following students were successful at the speech competition held at Al-Madinah School:

1st Flashtalk- Ezekiel R16 (left)

1st Rap- Sekope R7 (right)

1st Spokenword- Awatef R16 (centre)

These three will go on to represent SPS at the Auckland finals at Dilworth next Wednesday, 5pm.



Fata Vaitimu Togi Lemanu

Fata Vaitimu Togi Lemanu, Principal

Term 3 Dates:

Week 6: Book Character Week

Thurs. 27 Aug : Mr Whippy for best attendance W4 & W5

Friday 28 Aug : Book Character Parade

: Masina Va'aia Sausage Sizzle

Week 7:

Wed. 3 Sept. : Auckland Speech Finals at Dilworth 5pm

Friday 4 Sept : Mufti Day – gold coin Masina Va'aia

: Mr Whippy for best attendance W6

Week 8:

Tues. 8 Sept : Whenua Speeches 9.30am

: Moana Speeches 11.30am

Wed. 9 Sept : Y5&6 Boys' and Girls' Rugby- at Aorere Park

Thurs. 10 Sept: Sia Ua Trip -parents' meeting 4pm

: Masina Va'aia Fono 4.30pm

Friday 11 Sept: Mr Whippy for best attendance W7

: Moana Syndicate Sports

: Masina Va'aia fundraising - Fiafia Night

Opening and Closing of our School Gates

Safety of our children is of extreme importance. We have put a sign up in front of our school gates that shows the closing time and the opening time of our school gates. Every day in the morning the sliding gate is closed at 8:15am and it re-opens after school at 3:45pm. In the past the carpark area has been congested with cars zooming in and out blocking staff trying to get in and also not clearly seeing our children walk across the carpark to get to their classrooms. Please remember that the carpark is for staff only and if you have a real need to enter the carpark, call the school on 276 4560.

Term 3 - Week 5 Attendance

This is our attendance data for Week 4. We are trying to support our families in getting children attending school every day. So, this is a start for you to monitor our school attendance data, week by week.

Y1 - 74% Y2 - 75% Y3 - 83% Y4 - 86%

Y5 - 91% Y6 - 85% Y7 - 83% Y8 - 83%

Our top classes from each syndicate are as follows:

Whenua – R5 (85%) Moana – R20 (90%)

Aorangi - R12 (96%) Atea – R3 (89%)



Congratulations to each of the top classes who will be rewarded by Mr Whippy tomorrow.

New Zealand General Elections 2026 Registrations

I am wanting to ensure that those who are eligible to vote in the NZ elections 2026 have already registered. You need to register first in order for you to vote. You must be enrolled by midnight 25 October to vote in the 2026 General Election. The link below will take you to the voting website.

<https://vote.nz/enrolling/enrol-or-update/enrol-or-update-online>

Students of the Week (Week 5)

Well done to the following students:

R1 Viliami, R2 Puapuaga, R3 Blessing, R4 Pomana, R4A Saulala, R5 Palu, R6 Tokailoto, R6B Luhama, R7 Mary-Anne, R8 Cathrina, R9 Kalolaine, R9A Rosemarie, R10 Paris, R11 Kevin, R11A Kayden, R12 Ezra & Kieran, R13A Xavier, R13B Humairah, R14 Pasami, R15 Esther, R17 Caroline & Bree, R20 Tevita, R21 Lagi, R24 Priscilla, and R25 Fakaloloma.





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Winter Wellbeing

Early mornings are very cold and so we need to ensure that our children are coming to school nice and warm. Parents, this is your responsibility - it saddens me when I see children come to school early in the morning with no school jumper or jacket and no shoes and it is very cold. This then starts a ripple effect of children becoming sick due to cold and flu by simply not keeping warm. We can help out if you are finding it difficult to provide. You need to let our SWIS Eunice know if you need any help:

Ph 021 417 321 or email eunice@mefsc.org.nz.

We also provide breakfast from Tuesday to Friday.

Reminder

Please let the office know if you have changed your address, email or phone numbers. You can do this via the school website, call, email or visit the school office.

Uniform Donations

We welcome any washed uniforms that your child may have outgrown or no longer requires. Please drop off to the office.

New Entrant Enrolments and Transitioning Term 3 2026

Students turning 5 / new entrants **must** transition before starting school.

Transitioning Dates Term 3: 2026

Week 6 – Tues. – Thurs. 25 Aug- 27 Aug (transitioning) 9am-11am

Week 7 - Intake 4 -From Mon 31 August

Week 8 – Tues. – Thurs. 8 Sept- 10 Sept (transitioning) 9am-11am

Week 9 – Intake 5 -From Mon 14 September

Week 10 Tues. – Thurs. 22 Sept- 24 Sept (transitioning) 9am-11am

Interested in your tamariki enrolling in the Rūmaki...

You can come and visit the Rūmaki Māori every odd week of Term 3 - Thursday mornings between 10am-11am.

Camp Payments

Payments can be made in the office by Eftpos or cash, or via bank transfer from the convenience of home:

ASB 12 3079 0198868 00 (Sutton Park School Board)

Please use your child's name and CAMP26 as references.

Breakfast Club

Breakfast is an important part of our daily lives. We know that it is tough out there and families are finding it hard to provide for their families.



A hearty breakfast fuels children's brains and helps them stay focused for a full day of learning. You can encourage your child to visit the school's Breakfast Club, running **Tuesday through Friday between 8:00am to 8:30am**, where they can enjoy a warm, nutritious meal (weetbix or toast with milo or fruit) and a positive start to their day.



Birthdays this week and next

Today: Maata R11, Chelsea R16, Kevin R11 and Urshula R2

Thursday: Blessing R15 and Lia R14

Friday: Aisea R20

Saturday: Vivian R13A

Sunday: Christa R21 and 'Aisake R5

Monday: Jarell R11A, KJ R9A, Cain R3, Rose-Shanice R18 and Eti R18

Tuesday: AJ R13B

Welcome to our new students:

Adam R25, Amal R24, Fredrick R13B, Katrina R13B, Rafa R20 and Havyn R13A.

We hope your learning journey at SPS leads to great things!



Online GP care now free for all under-14s

With lots of winter illnesses about right now, health services are experiencing very high demand. If you need to speak to a GP and can't get in to your usual doctor or its after hours, Online GP provides a great option for accessing safe and quick care. **The service is available from anywhere in the country, anytime day or night, and is now free for all under-14s.**

Appointments usually take place through a video app or a phone call, and the service can prescribe medicine and send prescriptions to your nearest pharmacy.

To learn more visit Online GP

Care: <https://www.healthnz.govt.nz/online-gp-care>

For more info on which health service to use when you or your child are unwell visit: www.healthnz.govt.nz/which-health-service-should-i-use

For advice on when you should keep your child home from school or ECE if they're unwell

visit: www.healthnz.govt.nz/known-if-your-child-is-well-enough-to-go-to-school-guidance-for-parents

Or download this factsheet: <https://healthed.govt.nz/collections/school-guidance/products/should-i-keep-my-child-home-from-school-or-childcare-he7040>

2027 Year 9 High School and College Enrolments

It is that time of the year when parents and caregivers of all Y8 students should be applying for and enrolling in high school/college. It is important to do this by the end of term 3 to give your child a seamless transition to their new school. Once you have enrolled your Y8 child, please advise us at SPS which college they have enrolled in.

Otahuhu College Enrolments

Enrolment forms can be picked up from our SPS office or found online on the Otahuhu College website.

McAuley High School (for Girls)

We have enrolment forms in the office if you would like one.



Kimihia ngā ratonga tiaki hauora e tika ana mōu me tō whānau

Ko te wāhi pai katoa hei tiaki i tō hauora ko tō rata, ko tō ratonga hauora rānei. Kimihia tētahi rata i healthpoint.co.nz

He whānui ngā kōwhiringa tiaki hauora hei whai māu ki te kore koe e āhei ki te kite i tō rata. He nui e wātea ana i ngā hāora tōmuri me ngā mutunga wiki.

Healthline 0800 611 116



- He tohutohu utukore i te waea nā ngā tapuhi me ngā manapou tata, ao noa, pō noa.
- He rata Māori e wātea ana mēnā kāore ō rata, mai i te 8 i te ata, ki te 8 i te pō i ngā rā o te wiki.
- Tukua mai he whakaahua, he ataata rānei hei whakamārama i ō tohumate.
- Tonoa a Healthline kia waeahia koe. Toro mai ki info.health.nz/healthline

He tāpui rata ā-ipurangi



- He tāpui ā-ipurangi, ā-waea rānei me te rata, mēnā kāore e āhei te pērā i te taha o tōu ake rata.
- E wātea ana i ngā wā katoa, i ngā hāora tōmuri me ngā mutunga wiki.
- He tāpui iti te utu mā ngā tamariki me ērā he kāri ratonga hapori ā rātau i ētahi ratonga.

Kimihia tētahi rata i info.health.nz/OnlineGP

Toa rongoā



- He tohutohu mō ngā rongoā me ngā mate iti, pēnei i te maramare, ngā hāhaki me te torotiti.
- He nui anō ka āwhina i ngā toretore kanohi, ngā mate aramimi, ngā ārai hapū ohotata, ngā rongoā āramimate me ētahi atu mea.
- Ka āhei pea ētahi ki te hoatu rongoā mō ētahi rā ki te pau i a koe ōu, waihoki, e pirangi tūtohu ana koe.

Kimihia tētahi toa rongoā i healthpoint.co.nz

I ngā hāora tōmuri me ngā whare haumanu ohotata



- He āwhina i ngā hāora tōmuri, he āwhina ohotata rānei mēnā kāore tōu ake rata e wātea ana, waihoki, me kite ā-kanohi koe i tētahi.
- Me he take ohotata, pēnei i te whati, te takaki, ngā motu kino, ngā tukinga upoko, ngā wera iti, ngā mate kanohi, ngā mate taringa, ā, mēnā kei te tino māuiui koe
- He tāpui utukore mā ngā tamariki, he tāpui iti te utu mā ērā he kāri ratonga hapori ā rātau i ētahi whare haumanu.

Kimihia tō whare haumanu tūtata i healthpoint.co.nz

Toro mai ki info.health.nz he tohutohu ā-hauora, he kōrero anō mō ngā ratonga kei konei.

Health New Zealand
Te Whatu Ora

Care options for you and your whānau

Your usual doctor/GP is the best place to provide you with routine and follow-up care. You can find a GP at healthpoint.co.nz

There are a range of healthcare options available if you can't see your regular GP. Many are available after hours and at weekends.

Healthline 0800 611 116



- Free over-the-phone health advice 24/7 from nurses and paramedics.
- Māori clinicians are available from 8am to 8pm weekdays.
- You can send photos or videos to help explain your symptoms.
- Option to ask Healthline to call you back.

Visit info.health.nz/healthline

Online doctor



- Online or over-the-phone appointment with a doctor if you can't get one with your usual GP, or you don't have a GP.
- Available any time including after hours and weekends.
- Low-cost appointments for children and Community Services Card holders at some providers.

Find an online doctor at info.health.nz/OnlineGP

Pharmacy



- Advice on medications and minor concerns including colds, rashes and itchy skin.
- Many can also help with eye infections, urinary infections, emergency contraception, vaccinations and more.
- May be able to provide a few days of medication if you run out and need a new prescription.

Find a pharmacy at healthpoint.co.nz

After hours and urgent care clinics



- After hours or urgent care if your GP isn't available and you need to see someone in person.
- For urgent medical issues including breaks, sprains, bad cuts, head knocks, minor burns, eye and ear issues, and if you feel really sick.
- Free appointments for children and low-cost appointments for Community Services Card holders at some clinics.

Find your nearest urgent care clinic at healthpoint.co.nz

Visit info.health.nz for health advice and information on services.

Saili le tausiga faalesoifua malōlōina e tatau mo oe ma lou aiga

O lau foma'i masani/ foma'i faaleaiga o le nofoaga pito sili lea mo ou manaoga faalesoifua malōlōina o aso uma. E mafai ona e maua se falema'i faaleaiga poo le (GP) i le upega tafailagi o le healthpoint.co.nz

E tele ituaiga auunaga faalesoifua malōlōina o lo'o iai pe afai e lē mafai ona maua sou avanoa i lau foma'i faaleaiga. O le tele lava e tatala pe a manava galuega ma faaiuga o le vaiaso.

Healthline 0800 611 116



- O fautuaga faalesoifua malōlōina i luga o le telefoni e maua fua, 24 itula, 7 aso o le vaiaso mai tausi soifua faapea fesoasoani muamua.
- O foma'i Māori e iai tomali faapitoa e avanoa mai le 8 i le taeao e tau i le 8 i le po, Aso Gafua – Aso Faralile.
- E mafai ona e lafoa iai ata po'o ata pu'e e fesoasoani i le faamatalaina o ou āuga.
- E iai le fiifiliga e avatu e talosagaina ai le Healthline e toe telefoni atu ia te oe.

Asiasi i le upega tafailagi a le info.health.nz/healthline

O le upega tafailagi ma le telefoni o lau foma'i mo se taimi faatonuina



- O le upega tafailagi po'o le telefoni mo se taimi faatonuina ma se foma'i pe a lē mafai ona maua se avanoa ma lau foma'i faaleaiga ia po o le leai fo'i o sau foma'i faaleaiga.
- E avanoa i soo se taimi e aafia ai pe a manava galuega ma faaiuga o vaiaso.
- E taugofie taimi e vaai ai tamaiti ma tagata e iai a latou community services card i isi auunaga faalesoifua malōlōina.

Saili se foma'i i luga o le upega tafailagi o le info.health.nz/OnlineGP

Fale talavai



- Fautuaga mo talavai ma nai popolega e aafia ai le isu mamafa, papala ma le mageso o le tino.
- E tele foi e mafai ona fesoasoani atu pe a māmā'i mata, tulitā, faafuaseia mo le faafuaina o le fanau, tui puipui ma isi mea e tele.
- Atonu e maua ni nai aso o talavai/vailaau pe a uma inumaga a'o talia le talavai fou.

Saili se fale talavai i luga o le upega tafailagi healthpoint.co.nz

O falema'i e tatala i le te'a o le 5 i le afiafi ma ma'i faanatinati pe faafuase'i



- O falema'i e tatala pea i le te'a o le 5 i le afiafi ma ma'i faafuase'i pe afai ua le avanoa lau foma'i faaleaiga ma ua manaomia lou vaai o se foma'i.
- Mo mataupu tau le soifua malōlōina faanatinati ma faafuase'i e aafia ai gau, māsui, lavea leaga, ulu fetoi, mā laiti, faaletonu i mata ma taliga ma pe afai e lagona le ma'i tele.
- E vaai fua tamaiti ma pa'u le tau mo i latou e iai community service card, i nisi falema'i.

Saili lau falema'i faafuase'i o lata ane i luga o le upega tafailagi healthpoint.co.nz

Asiasi i le upega tafailagi o le info.health.nz mo faamatalaga i auunaga.

Health New Zealand
Te Whatu Ora

Fekumi ki he tokoni lelei taha ma'au pea mo ho fāmili

'E ma'u 'a e ngaahi tokoni lelei taha ki ho' ngaahi fiema'u ki he mo'uilelei' he taimi kotoa pē mei ho'o toketā fakafāmili/kautaha pē potungāue 'oku nau tokangaekina 'a e kāinga Pasifiki'. Vakai ki he lisi 'o e kau toketā fakafāmili' pē 'oku 'iloa ko e (GP) 'i he uepisaiti healthpoint.co.nz

'Oku 'i ai pē mo e ngaahi tokoni kehekehe ki he mo'ui' kapau 'oku 'ikai faingamālie ke ke sio ki he toketā. Ko e tokolahi 'oku nau faingamālie hili 'a e ngaahi houa ngāue angamaheni' pea mo e faka'osinga 'o e uike'.

Healthline 0800 611 116



- Ma'u ha ngaahi fale'i ta'etotongi 'i he telefoni' 'i ha fa'ahinga taimi pē 24/7 mei he kau neesi' mo e kau taukei ki he ngāue fakafaito' fakau'aki fakatu'utāmaki fakavavevave' pe 'oku 'iloa ko e kau paramedics.
- 'Oku 'ataa 'a e kau toketā Mauli' 'i he faka'osinga 'o e uike' mei he 8am ki he 8pm.
- 'E lava ke ke 'ave ha ngaahi 'ata pe vitio ke tokoni ki he talatala ho ngaahi faingata'ia'.
- 'Oku lava pē ke kole ki he kau ngāue 'a e Healthline ke nau toki tā atu.

Vakai ki he uepisaiti info.health.nz/healthline

Ko e ngaahi 'apoinimeni toketā' i he 'initaneti



- 'Apoinimeni toketā' 'i he 'initaneti' pe telefoni 'o kapau 'oku 'ikai ke ma'u ha faingamālie ke ke sio ai ki ho'o toketā fakafāmili' pe toketā, pe 'oku te'eki ke 'i ai ho'o toketā fakafāmili'.
- Faingamālie pē 'i ha fa'ahinga taimi 'o kau ai 'a e ngaahi houa ngāue angamaheni' mo e faka'osinga 'o e uike'.
- Totongi ma'amā'a 'o e ngaahi 'apoinimeni' 'a e fanau iiki' mo kinautolu 'oku 'i ai 'enau kaati' 'oku 'iloa ko e Community Services Card.

Fekumi ki he toketā 'i he 'initaneti' 'i ho'o vakai ki he uepisaiti info.health.nz/OnlineGP

Fale talavai



- Fale'i fakau'aki mo e ngaahi faito'o pe fo'i 'akau' mo e ngaahi faingata'ia fakasino 'o kau ai 'a e ma'u 'e he momoko', mahaki kilii pe velia e kilii'.
- 'Oku tokolahi 'a kinautolu te nau lava ke tokoni ki he ngaahi mahaki 'o e mata', ngaahi mahaki 'o e halanga vai', tokoni fakato'oto' ki he fakavaha fanau', ngaahi huhu malu' mo e ngaahi tokoni kehe pē.
- Mahalo na'a lava ke ma'u ha'o faito'o pe fo'i 'akau fakatāimi pē kapau kuo 'osi pe toe fiema'u ha faito'o pe fo'i 'akau fo'u.

Vakai ki he uepisaiti healthpoint.co.nz ki he lisi 'o e ngaahi fale talavai'.

Ngaahi kiliniki 'oku ava hili 'a e taimi ngāue angamaheni' pe 'oku nau fakahoko 'a e ngaahi tokoni fakavavevave'



- Ngaahi tokoni hili 'a e houa ngāue angamaheni' pe tokoni fakavavevave kapau 'oku 'ikai ke faingamālie 'a ho'o toketā fakafāmili' pea 'oku' ke fiema'u ke ke sio hangatonu ki ha toketā.
- Ki he ngaahi tokoni fakafaito' fakavavevave kau ai 'a e fasi, maumau ki he uoua, lavea lahi, lavea lahi ki he 'ulu', vela iiki, palopalema ki he mata pe telinga' pē ongo'i faingata'ia aupito.
- 'Apoinimeni ta'etotongi ki he fanau iiki' mo e totongi ma'amā'a 'a e 'apoinimeni ki a kinautolu 'oku 'i ai 'enau kaati' 'oku 'iloa ko e community service card' 'oku ngāue'aki 'i he ngaahi kiliniki'.

Vakai ki he uepisaiti healthpoint.co.nz ki he kiliniki oti taha ki ha ngaahi tokoni fakavavevave.



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