



Sutton Park School Newsletter – 16 Sept. 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, আবে

Term 3, Week 9 Wednesday 16 September 2026

Theme: Embracing Diversity and Wellbeing Through Sports

Values: Perseverance and Respect

Te Wiki o te Reo Maori

We held a lovely assembly on Monday to officially open and celebrate Te Wiki o te Reo Maori for 2026. It was lovely to share the opening with our Kohanga Reo children. This week will be full of activities and each syndicate has a challenge to complete by Friday. Well done to our Kapa haka group who performed an item as well. It is important for everyone to know that we support Te Ao and Te Reo Maori and it is part of our strategic goals this year. We are looking at posting some daily tasks on our school Facebook page. Thank you Whaea Molly and Whaea Uru for your organisation in making this week extra important on our school calendar.



Navigating Social Media Together

Social media is a big part of how our students connect, learn, and share. To help our school community navigate the digital world safely, we encourage families to chat about these three golden rules at home:

- **Keep it Kind:** Remind students that behind every screen is a real person. If you wouldn't say it to someone's face in the playground, don't type it online.
- **Think Before You Post:** Photos, comments, and videos can stay online forever. Once it is out there, it is hard to take back.
- **Check Your Privacy:** Take five minutes this week to look at your privacy settings together. Make sure accounts are set to private and that you only accept friend requests from people you know in real life.

No Mobile Phones at School

It has come to my attention that students are taking photos and posting them up onto Facebook and other social media platforms. I reminded our students at assembly that there is **ZERO TOLERANCE** for such things. Students will be warned if it is their first ever incident, stood down if it is done again and then probably suspended depending on the incident. It is **ZERO TOLERANCE** not only for phone use, but also for fights, bullying, tagging on school property and disrespectful behaviour towards others, to name a few. Mobile phones need to be given into the office upon arrival to school and then picked up at the end of the school day.

Fata Vaitimu Togi Lemanu,

Principal.



Above: John R1 and...

Term 3 Dates:

Week 9: Te Wiki o te Reo Māori

Friday 18 Sept: Mr Whippy for best attendance W8

: Mufti Day- gold coin for Rumaki fundraising

Week 10: Fijian Language Week

Wed. 23 Sept: Tonga Trip

: Duffy Role Model Assembly 9.40am

Thur. 24 Sept: Mr Whippy for best attendance W9

Friday 25 Sept: Whanau/House Sports

: Last day of Term 3- finish 3pm

Term 4 Dates:

Week 1: Photos -wear correct uniform! Dental Van onsite

Mon. 12 Oct: Term 4 begins – Team/Leader/Sibling photos

Tues. 13 Oct: Class and Individual Photos

Term 3 - Week 8 Attendance

This is our attendance data for Week 8. We are trying to support our families in getting children attending school every day. So, this is for you to monitor our school attendance data, week by week.

Y1 - 82% Y2 - 83% Y3 - 82% Y4 - 86 %
Y5 - 90% Y6 - 86% Y7 - 91% Y8 - 90%

Our Year levels are all in the 80% range and over which is good. It will be extremely good if all our Year levels are in the 90% range. We can get there by working together. We can do this.

Our top classes from each syndicate are as follows:

Whenua – R4A & R13B (90%)

Moana – R17 & R 25 (90%)

Aorangi – R16 (99%)

Atea – R2 (92%)

Congratulations to each of the top classes who were in the 90% range, great effort! You will be rewarded by Mr Whippy on Friday.



School Hats

Since we are in the spring season, we will be getting a bit more sun. In Term 4, we will start wearing our school hats when outside. A reminder to all our students, if you do not have a school hat then you are not allowed to play out in the sun. Please parents, if we can get this organised for your child/ren for the start of Term 4.



School Photos -Term 4

Photolife will be coming on the first 2 days of Term 4 to take photos. Mon. 12 Oct. for team/leaders/group/sibling photos and on Tuesday 13 October for the class photos and individual portraits. **Sibling Portraits** will only be taken if you submit an online request:

https://forms.photolife.co.nz/photolifeld/form/SiblingsPhotosRequestForm/formperma/JgpAIWWMHCUXQagHdfPD_eOteRCaIKG8Zx2ECt3gQyw?zfcrm_entity=68c71c3414d18f51051556e42a7a1224830c9881414c013c2c31364f8d3f3a63f89246f32760ca118de75322570d2ac743e6c431c96d5dbcd15f79d50fc71ee



... Avei R25 and Anastacia R25 with their Te Wiki o te Reo Maori artwork.



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Our Social Worker (SWIS) is Eunice. If you need any help, please contact her Ph 021 417 321 or email eunice@mefsc.org.nz.

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 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: Henry R2, Peter R14 and Milo R9A
Thursday: Curtis-Lloyd R10 and Steven R7
Friday: Paula R9, and Fifita R6B
Sunday: Carlos R10
Monday: Helen-Marie R8



Students of the Week (Week 8)

Well done to the following students:

R1 Lucas, R2 Marianive, R3 Lavinia, R4 Adalia, R4A Ropate, R5 Tupou, R6 Edith, R6B Lepeka, R7 Tevita, R8 Helen, R9 Vaimoana, R9A Tapenisa, R10 Zariah, R11Rayna, R11A Elmeah, R12 Daniel and Joseph, R13A Gabriel, R13B Sarifa, R14 Alaiah, R15 Tanielu, R18 Seutatia, R20 Logan, R21 Prince, R24 Amal, and R25 Genesis.

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>

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/knowning-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>

Have you enrolled your Y8 child into high school / college yet?

Please do this before the end of Term 3!

2027 Otahuhu College Enrolments

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

2027 McAuley High School (for Girls)

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

SCHOOL HOLIDAYS

AT MĀNGERE EAST LIBRARY

WEEK 1:

Sat 26, All Day:
Woven Fish

Sun 27, 12-4pm:
Wool Revolution

Mon 28, 10-1pm:
Wool Revolution

Tue 29, 2:30pm **Spaces limited*:*
Ocean in a Bottle

Wed 30, 10:30am:
Woven Bowls

Thur 1, 10:30am onwards:
Movie Day

Fri 2, 2:30pm:
Digital Scavenger Hunt

Sat 3, All Day:
Lego

WEEK 2:

Sun 4, 12-3pm:
Wool Revolution

Mon 5, 10-1pm:
Wool Revolution

Tue 6, 10:30am:
Masi Painting

Wed 7, **Booking Required**
Sewing Floor Turtles (ages 8+)

Thur 8, 2:30pm:
Rainbow Fish Muffins

Fri 9, 10:30am **Booking Required**
Fijian Fan decorating

Sat 10 & Sun 11, All Day:
DIY Fidget Toy

To book email
megan.golding@aucklandcouncil.govt.nz
message us on Facebook or talk to a
staff member at the desk

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 tūtōhu 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 takoki, 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 auauanaga 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 tomai 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 auauanaga 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 mama'i mata, tulitā, faafuaseia mo le fuafuaina 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 auauanaga.

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 'ilōa 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 fakavaveave' pe 'oku 'ilōa 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 'ilōa ko e Community Services Card.

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

Faletalavai



- 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 fakavaveave'



- Ngaahi tokoni hili 'a e houa ngāue angamaheni' pe tokoni fakavaveave 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' fakavaveave 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 'ilōa 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 fakavaveave.



OM **ONEHUNGA
MĀNGERE
SOFTBALL CLUB**

**OPEN DAY
2026**

SUNDAY 13TH SEPTEMBER, 11AM

📍 SWANSON PARK, MĀNGERE BRIDGE

-  **JUNIOR + SENIOR TEAMS**
-  **NEW AND SEASONED
PLAYERS WELCOME!**
-  **MINI GAMES**
-  **FREE SAUSAGE SIZZLE**

