



Sutton Park School Newsletter – 14 Oct. 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 4, Week 1, Wednesday 14 October 2026

Theme: Aiming High & Doing Your Best

Values: Respect & Excellence

Welcome to Term 4

I hope you all had quality time with your children in the past 2 weeks and that they are ready for the final push towards the end of the year. I know for some children, there were Lotu Tamaiti (White Sunday) rehearsals and I hope that last Sunday's events went well.

I want to welcome back our students, staff and parents from their action packed educational tours to Samoa and Tonga. Thank you all for making this experience possible for our students. I am looking forward to hearing all about the trips at our Community Fono in Week 3.

'Aiming High and Doing Your Best' is the theme for this term. The values that we will focus on will be **Respect & Excellence**. Syndicates have planned well for this term, ensuring that all our students finish this year on a high, making the best possible shifts, not only in their learning, but also in their confidence and belief in themselves. We want to celebrate these successes throughout term 4.

Community Fono - Wednesday 28 October (Week 3)

This is our final fono for the year and it is important for you to be there. We will be going through the following talanoa and your voice is important:

- Term 4 theme
- Term 3 attendance data
- Tonga & Samoa trip presentations
- Review of our strategic goals
- Term 3 achievement data
- Draw of 8 x \$50 vouchers

At 4:30pm there will be a free sausage sizzle before the meeting starts at 5:00pm

Parking on Vine Street

Please, please, please consider the school neighbours when you stop to pick up and drop off your children or park on the roadside. You must leave the driveways clear for homeowners to access and leave their properties safely.

Parents, We Need Your Help

If you see anything unusual after school at the park or at the back of the shops or walking home, you need to contact the school office straight away so we can deal with whatever incident it is. We need to ensure that everyone is safe after school. Please help us put an end to any unwelcome incidents or antisocial behaviour.

Fata Vaitimu Togi Lemanu

Fata Vaitimu Togi Lemanu, Principal.



Term 4 Dates- please add to your calendar

Week 1:

Thurs. 15 Oct: Tongan Parents' trip fono 4.30pm

Friday 16 Oct: Mufti Day for Atea fundraising (gold coin)

: Applications for 2027 Tautua/School leaders close

Week 2: Dental Van onsite

Wed. 21 Oct: Rumaki Whanau hui 4pm

Friday 23 Oct: Diwali Celebrations

: Mr Whippy for best attendance (W1)

Week 3: Dental Van onsite; Tokelauan Language Week; Assessment Week

Mon. 26 Oct: Labour Day -public holiday

Wed. 28 Oct: Community Fono

Thurs. 29 Oct: Mr Whippy for best attendance (W2)

Friday 30 Oct: Mufti Day for Atea fundraising (gold coin)

Best Attendance

Our top classes from each syndicate will be rewarded with a Mr Whippy treat, starting next Friday 23 October. Who will be the first classes to win?



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.

House Sports Last Term



Above: Totara Team competing in the tug-of-war.

On the final day of term 3 the children enjoyed some house sports, (between the showers of rain). It was a lovely way to finish the term, children playing and working together in their colourful teams.



Above: Excited senior girls celebrating a tug-of-war win against the senior boys!

Photos Left: Mekaire R17 and Roman R14 enjoying the sports day in their bright kowhai shirts.



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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 4 2026

Students turning 5 / new entrants **must** transition before starting school. **Students wanting to start at the beginning of T1 2027, need to transition this term.**

Week 1 - Intake 1 - From Monday 12 October

Week 2 - Tues – Thurs. 20 Oct.- 23 July (transitioning) 9am-11am

Week 3 - Intake 2 - From Tues 27 October

Week 4 – Tues. – Thurs. 3 Nov.- 5 Nov. (transitioning) 9am-11am

Week 5 - Intake 3 -From Monday 9 November

Week 6 - Tues- Thurs 17 Nov.- 19 Nov. (transitioning) 9am-11am

Week 7 – Intake 4 – From Monday 23 November

Interested in your tamariki enrolling in the Rūmaki...

You can come and visit the Rūmaki Māori during the **even** weeks of Term 4 - 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.

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.

School Hats

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



Birthdays this week...

Tuesday: BJ R17

Today: Rebecca R16

Thursday: Lagi R21, Shafin R11A and Ayva R24

Friday: William R3 and Naomi R17

Welcome to our new students:

R18: Kristian and Noah R13A: Kendrique and Denziel

R1: Germaine R4: Lia and Lau

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



Y8 Students

Please let the office know which high school/college your child will be attending in 2027.

If they have not been enrolled yet, do so as soon as possible.

RUGBY LEAGUE ALL STARS

In celebration of the upcoming Rugby League World Cup 2026

we have some amazing books you can purchase for your league-obsessed children to enjoy reading about their favourite teams and players.

FACTS, STORIES & FUN!

Whether you support Toa Samoa, MMT, the Kiwis or you are Up the Wahs there is something here for every league fan!

SCAN THE CODE FOR PRICE AND ORDERING INFORMATION AND TO LOOK INSIDE THE BOOKS

WWW.READINGWARRIOR.COM

together we count! enrol to vote!

INFO NIGHT

WEDS 21 OCTOBER

5PM - 8PM

MĀNGERE EAST

COMMUNITY CENTRE

*Come through
anytime between 5-8*

**'CHECK YOUR STATUS
'UPDATE YOUR INFO
'ENROL TO VOTE
'HAVE A KAI & KŌRERO**

Brought to you by Māngere East Community Centre,
mangereeast.org, in collaboration with the Electoral Commission

Kimihiā 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. Kimihiā 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.

Kimihiā 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.

Kimihiā 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.

Kimihiā 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 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 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 mama'i mata, tulitā, faafuaseia mo le fuafuaina o le fanau, tui puipui ma isi mea e tele.
- Atunu 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 lau 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'utamaki fakavaveave' 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 'enua 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

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 fakatamii 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 'enua 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 fakavaveave.



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