Sutton Park School Newsletter – 28 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, আরে

Term 4, Week 3, Wednesday 28 October 2026
Theme: Aiming High & Doing Your Best
Values: Respect & Excellence

Tokelauan Language Week

"Ke mauaka taku gagana Tokelau i taku aganuku" - *My language is enriched and strengthened by my culture.*

Malo ni, to all our Tokelauan students and families in our school community, we want to support you, your language, culture and identity as we do with the other language weeks. Remember to always be proud of who you are as a Tokelauan. It is a lovely theme to go by, not only for this week but throughout your entire life.

Reminder - Community Fono – Tonight!

IT IS IMPORTANT FOR YOU TO ATTEND OUR FINAL FONO FOR THE YEAR!

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.

Term 4 - Week 2 Attendance

This is our attendance data for last week. We are trying to support our families in getting children to attend school every day. So, this is a start for you to monitor our school attendance data, week by week, during the term.

Y1 - 86% Y2 - 89% Y3 - 83% Y4 - 90%
Y5 - 87% Y6 - 90% Y7 - 90% Y8 - 88%

All of our year levels are in the 80% and over which is good and 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 - R4 & 4A (95%) Moana - R17 (94%)
Aorangi - R12 (93%) Atea - R3 & R11 (92%)

They will be getting their Mr Whippy treat <u>next week,</u> Friday 6 November.

Fata Vaitimu Togi Lemanu, Principal.



Photo right: Rishanvi R11, Mrs Dutt and Shyna R11 in their beautiful Diwali celebration outfits.

Term 4 Dates- please add to your calendar

Week 3: Dental Van onsite; Tokelauan Language Week; Assessment Week
Wed. 28 Oct: Community Fono
Friday 30 Oct: Mufti Day for Atea fundraising (gold coin)
Week 4: Dental Van onsite; Assessment Week
Tues. 3 Nov: BoT meeting 4.30pm
Wed. 4 Nov: School leaders LIT Session 3.15pm @Bader Int.
Thurs.5 Nov: CM Games @ Bruce Pulman Park, Takanini
Friday 6 Nov: CM Games @ Bruce Pulman Park, Takanini
: Mr Whippy for best attendance W2 and W3
Week 5: Dental Van onsite
Thurs. 12 Nov: Fire Truck Visit for Whenua
Friday 13 Nov: Mufti Day for Rumaki fundraising (gold coin)
: Mr Whippy for best attendance W4
Week 6:
Tues. 17 Nov: Y7&8 Athletics
Wed. 18 Nov: LIT session at Bader Int. 3.15pm
: Sia Ua parents' fono 4.30pm
Thurs. 19 Nov: Y6&7-Transition/Camp Meeting for 2027 @ 4pm
Friday 20 Nov: Mr Whippy for best attendance W5

School Lunches

Please organise lunch for your child/ren during our last week of term (Mon. 7 Dec. – Friday 11 Dec.) and the first 2 weeks of 2027. The free lunches will start in Week 3 of 2027.
Also, all the lunches provided by the lunch collective are nut free and also suitable for Halal diets, or those who have fish/seafood allergies.

Free Parenting Magazines

There are some copies of 'Aroha in Action', available in our school office. These magazines provide information and helpful tips for parents and whanau, including information to sign up to a free Triple P course or discussion group.

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.

Parent Survey

Thank you to those parents who have completed the survey sent out last week. If you have not done so, please take some time to complete the survey as it is important for us as a school to see what further support is needed or what we can do better as a school. The link should have been sent to you or else you can find it on our school Facebook page.



Above: Y5 students sitting their PAT vocab test this morning.

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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 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.

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.



Birthdays this week and next…



Yesterday: Susanna R4
Tomorrow: Cassandra R11A, Manha R3 and Vaoesea R10
Friday: Ainiu R18, Hosea R8, Jeremaiah R13B, Mouena-Grace R21 and Shyna R11
Saturday: Moala R9A
Sunday: Christina R3, Michael R2, Judah R25, Naseri R2 and Hannahiris R16

Welcome to our new student:
R4: Susanna
We hope your learning journey at SPS leads to great things!

Centaurus Project
The **Centaurus Project** aims to improve inclusivity and representation in technology by collecting selfie videos from individuals of **Pacific Island background, aged 5–25 years old**.
Project Overview:

- **Task:** Record 4 short selfie videos.
- **Eligibility:** Individuals aged 5–25 from the target communities.
- **Requirements:** Provide basic demographic information and complete the consent process.
- **Parental Consent:** Required for participants under 18.
- **Participant Compensation: Ages 5–17:** $37.50 USD
  Ages 18–25: $30 USD

Interested participants can register directly through OneForma using the link below:
Registration Link: https://onetake.oneforma.com/r/T1wM6g



Above: R14

Whenua students performed dances for our Diwali celebrations on Friday.

Below: R13B



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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.

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 kōore 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 rātou 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 maremare, ngā hakihaki me te torotiti.
- He nui anō ka āwhina i ngā toretore kanohi, ngā mate aramimi, ngā ārai hapū ohotata, ngā rongoā āraimate me ētahi atu mea.
- Ka āhei pea ētahi ki te hoatu rongoā mō ētahi rā ki te pau i a koe ōu, waihoki, e pīrangi 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 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 rātou 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

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 auaunaga faalesoifua malōlōina o lo'o iai pe afai e lē mafai ona maua sou avanoa i lau fomai 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 Faraile.
- E mafai ona e lafoa iai ata po'o ata pu'e e fesoasoani i le faamatalaina o ou āuga.
- E iai le filifiliga 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 fomai faaleaiga ia po o le leai fo'i o sau fomai faaleaiga.
- E avanoa i soo se taimi e aofia ai pe a manava galuega ma faaiuga o vaiaso.
- E taugofie taimi e vaaia ai tamaiti ma tagata e iai a latou community services card i isi auaunaga 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 aofia 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 fomai faaleaiga ma ua manaomia lou vaaia o se foma'i.
- Mo mataupu tau le soifua malōlōina faanatinati ma faafuase'i e aofia ai gau, māsui, lavea leaga, ulu fetoai, mū 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 falemai.

Saili lau falema'i faafuasei 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 auaunaga.

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'o 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'o fekau'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 vitiō ke tokoni ki he talatala ho ngaahi faingatā'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 'initanetí

- 'Apoinimeni toketā 'i he 'initanetí 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 ha'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'ama'a 'o e ngaahi 'apoinimeni 'a e fānau iiki' mo kinautolu 'oku 'i ai 'enau kaati 'oku 'iloa ko e Community Services Card.

Fekumi ki ha toketā 'i he 'initanetí' 'i ha'o vakai ki he uepisaiti **info.health.nz/OnlineGP**

Faletalavai

- Fale'i fekau'aki mo e ngaahi faito'o pe fo'i 'akau' mo e ngaahi faingatā'ia fakasino' 'o kau ai 'a e ma'u 'e he momoko', mahaki kili pe velia e kili'.
- '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'o ki he fakavaha fanau', ngaahi huhu malu'i' mo e ngaahi tokoni kehe pē.
- Mahalo na'a lava ke ma'u ha'o faito'o pe fo'i 'akau fakataimi pē kapau kuo 'osi pe toe fiema'u ha faito'o pe fo'i 'akau fo'ou.

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

Ngaahi kilīniki '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'o 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 faingatā'ia 'aupito.
- 'Apoinimeni ta'etotongi ki he fānau iiki' mo e totongi ma'ama'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 kilīniki'.

Vakai ki he uepisaiti **healthpoint.co.nz** ki he kilīniki ofi taha ki ha ngaahi tokoni fakavavevave.

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