Sutton Park School Newsletter – 11 Nov. 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 5, Wednesday 11 November 2026
Theme: Aiming High & Doing Your Best
Values: Respect & Excellence

We are half way through the final term of the school year and so many things are happening. I thought that I would share with you our prizegiving dates so you can plan accordingly. The teachers have been completing the review process of our Annual plans for next year, they are also busy with reports for the end of year.

Prizegiving Dates:
Thursday 3rd December - Sports (9:15am)
Monday 7th December - Rumaki (9:00am)
Whenua (11:30am)
Tuesday 8th December - Moana (9:00am)
Aorangi (11:30am)
Wednesday 9th December - Sia Ua (9:15am)
Masina Va'aia (11:30am)
Thursday 10th December - Atea (9:00am)
Dinner & Dance (time TBC)

Fun Days:
Tuesday 1st December - Atea - Panmure Pools ($10)
Monday 7th December - Rumaki – Mt Albert Pools
Thursday 10th December - Whenua Chipmunks ($13)
Moana (at school)
Aorangi (at school)

We also have our Rainbows End trip on Friday 27 November, to thank and acknowledge the input of our School Leaders, Tautua Leaders, road patrollers, Travelwise and sports monitors. The students who attended school every day throughout the year are also going to Rainbow's End as a reward for their 100% attendance.
We will have our annual Cultural Extravaganza in the afternoon/evening of Friday 4th of December 2026, from 4.30pm. This is where we will be showcasing our children's talents through cultural and festive dances. We will have food stalls at this occasion, so if you would like to have a spot to sell delicious food, see the office to book a place at our Cultural Extravaganza 2026. Cost is $20 per stall.

Term 4 - Week 4 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 - 82% Y2 - 84% Y3 - 85% Y4 - 87%
Y5 - 84% Y6 - 86% Y7 - 82% 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 - R5 (90%) Moana - R1 (97%)
Aorangi - R15/16 (97%) Atea - R9 (90%)
They will be getting their Mr Whippy treat on Friday 6 November.

Fata Vaitimu Togi Lemanu, Principal.

Term 4 Dates- please add to your calendar
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
Week 7:
Thurs. 26 Nov: Mr Whippy for best attendance W6
Friday 27 Nov: Rainbows End Trip for leaders/monitors etc
Week 8:
Tues.1 Dec: Atea Fun Day at Panmure Pools
Wed. 2 Dec: LIT session at Bader Int. 3.15pm

Important Message for our Parents when Dropping off your child/ren to School
Please parents, we as a school community are trying to keep the roads safe for all our children. There are many times where parents are stopping before the crossing and the children are hopping out of the cars. This is not allowed, it is very dangerous and is not part of the road code here in New Zealand. It is also not good role modelling for our children. Find a safe place to park your car (away from the crossing, cones and yellow lines) and let your child/ren out safely. Thank you.

Sporting Success
Last Thursday and Friday we took 4 teams to the CM games at Bruce Pulman Park. This is a tournament where all Counties Manukau schools come together and compete in the many sports offered at the games. We took the Year 8 girls and boys Netball teams and the Years 5/6 Rippa rugby teams. They represented our school well and carried our school values with them on both days.
Congratulations to our Year 8 boys who are the Netball Champions for the CM games 2026.
Year 8 girls netball team were Runners Up
Years 5/6 boys rippa rugby team came 4th
Years 5/6 girls rippa rugby team came 5th
Well done to all our students who competed this year at the CM games 2026.



Above: The Boys Netball Team, with their coach, Mrs Katoa. During the two days of competition, the boys played really hard and were on a winning streak. They made finals against Green Meadow Intermediate. They tied and had to play extra time. The first to score won and Malakai (left) shot the winning goal!

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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.

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.

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.

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.





Photos above: The girls netball team in action last week at the CM Games.

School Hats $15 each
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. You can pay with cash, Eftpos or via online banking. There are 4 sizes available: 55cm, 57cm, 59cm and 61cm.



School Photos
Emails have been directly sent to you from Photolife, so you can order your photos. If you have not received one, please check your **junk, spam, or promotions folders.** you still cannot find your code, contact the school office.
Free delivery applies to orders placed before **midnight on Sunday, 15 November 2026.**

Kia ora Māngere whānau!
Before the Christmas rush, why not take a little time to check in on your health?
Waiora Wellness Centre and Te Ora Pūāwai invite you and your whānau to our Open Clinic Day!
Saturday 14 November 2026
10:00 AM – 1:00 PM
38 Richard Pearse Drive, Mangere
Bring the kids, bring Mum and Dad, bring the whole whānau!
FREE health checks – blood pressure, blood sugar and more
FREE eye checks **No bookings needed for the free health checks. Just come along!**



Birthdays this week and next…
Today: Lanlee R8
Friday: Nathalia R16
Sunday: Emberlynn R18
Tuesday: Praise R15



Welcome to our New Student:
Micah R13A
We hope your learning journey at SPS leads to great things!

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 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.



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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 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 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 ãuga.
- 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 fāmilí

'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 '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 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 'initaneti´ '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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