



PAREMATA SCHOOL NEWSLETTER

THURSDAY 20 MARCH 2025

WEEK 7 – TERM 1



www.paremata.school.nz
absent@paremata.school.nz

office@paremata.school.nz
afterschoolcare@paremata.school.nz

IMPORTANT INFORMATION

Tomorrow

Friday 21st March & 28th March

Wednesday 26th March

Wednesday 26th/Thursday 27th March

Thursday 27th March

5th March to 31st March 2025

Monday 31st April – Friday 11th April

Monday 7th April – Friday 11th April

Friday 11th April

World Down Syndrome Day – “Rock Your Socks”

Netball trials – 3:15 -5:15pm – Year 6/7/8

Epilepsy Awareness Day – Wear Purple

Kahikatea Team trip to Police College

ParentLink – Nourish and Flourish – 7:00pm – 9:00pm

Bee Healthy Dental Van on site

Book Fair – “Catch the Reading Wave”

Paremata School Book Week

Book Parade @ 9:00am



Kia ora tatou



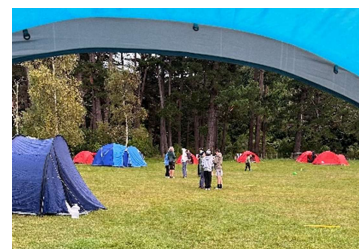
2025 Term 1 Read-a-thon

As part of our Term 1 Book Related Activities, we are holding a **Read-a-thon Student Fundraiser** from the start of this week until the end of the term. This fundraiser is to promote and encourage reading for pleasure. All funds raised will go into literacy resources for the school and library. The sponsorship forms came home last Friday and each student will work with you to come up with their own individual reading goal. Thank you for your support with this fundraiser, as it has so many benefits for our students.



Year 8 Leadership Camp - THANKS

A BIG thank you to those who helped in the way of transport, during the days and especially those who stayed overnight. Also, thanks so much to the Kahikatea teachers for their awesome organisation and their willingness to give up their time to spend with the students.



Pōhutukawa Team to Beach

What a great day the team had at the beach last Friday. The children have produced some lovely writing and below are some written by our super 5 year olds in Ruma Miromiro.

Wellness Evening – Get your tickets now - 1 week to go!

Our Parentlink group is organising a great term 1 event in the hall on Thursday 27 March. It's called Nourish and Flourish - a Wellness Evening for Women. Tickets are selling fast so you will need to be in quick. You can pay online or at the office.

Multi-Challenge Day

Unfortunately due to the weather the Multi Challenge Day was postponed. A new date will be advised soon.

Nga mihi nui - Matua Bryce

WORLD DOWN SYNDROME DAY – ROCK YOUR SOCKS - TOMORROW

In Porirua on March 21, 2025, you can celebrate World Down Syndrome Day by participating in "Rock Your Socks" day, a tradition where people **wear mismatched or crazy socks** to raise awareness and celebrate diversity.



- **What it is:**

"Rock Your Socks" day is a fun and engaging way to celebrate World Down Syndrome Day, which falls on March 21st.

- **Why wear mismatched socks?**

The idea is to wear mismatched or unusual socks to symbolize the uniqueness and diversity of individuals with Down syndrome, as well as to raise awareness about the condition.

- **Why March 21st?**

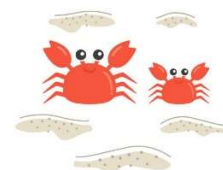
The date 3/21 was chosen to symbolize the triplication of the 21st chromosome, which causes Down syndrome.

BEACH TRIP


Last Friday, the Pōhutukawa syndicate went for a walk over to Paremata Beach. We created sand art, dug in the sand, played seaside bingo, buried 'treasure' and found lots of crabs and pipis!

Here is a report from our trip from some of the Rūma Miromiro tamariki about the things that we liked doing at the beach:

- I liked the crab. (Kora, 5)*
- I liked digging with Rory. (Realm, 5)*
- I liked holding crabs. (James, 5)*
- I liked making a mermaid. (Eva, 5)*
- I dug a big hole. (Rory, 5)*
- I found a jellyfish. (Leo, 5)*
- I liked the treasure. (Manaia, 5)*



Nourish & Flourish: A Wellness Evening for Women



Thursday, March 27th 2025, from 7:00 – 9:00 PM
@Paremata School Hall, 43 Paremata Cres

Join us for Nourish & Flourish, a special fundraiser event designed to uplift, inspire, and support the amazing mums and women in our community!

This will be an engaging, practical, and empowering evening filled with 18 expert speakers, hands-on demonstrations, and wellness stalls —all designed to help you feel your best in health, mind, and body.


What to Expect:

Our team of 18 women will share their different expertise & real life stories of balancing life & wellbeing:

- Holistic Health & Wellness: Learn from nutritionists, food growers & homeopathy experts
- Mindset & Mental Well-being: Get "unstuck" with a life coach, trauma therapist or energy specialist
- Movement & Body Care: Explore the benefits of pilates, yoga, chiropractic, pelvic floor work, acupuncture & strength training
- Self-Care & Beauty: Treat yourself with pampering, massage, dancing & creative expression.

TICKETS

via the [Event Page](#)
\$20 per person
(with 100% going directly to the school)





PAREMATA SCHOOL - BOOK WEEK 2025



Aloha,

Come hang loose with us on a radical ride through time, land and imagination during **Paremata School's Book Week 2025** that will run from Monday 7th to Friday 11th April.



Our Book Week is all about inspiring kids to float with the flow into the limitless worlds that books open up. We will be celebrating the magic of books and fueling the passion for reading.

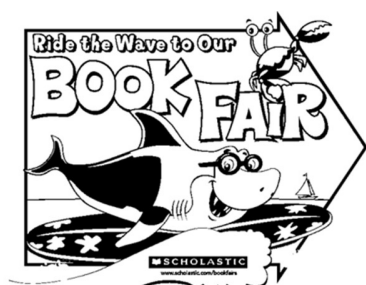
There will be daily quizzes and activities, along with the annual **"Decorate Your Classroom Window"** competition running throughout the week. Cruise with the current and dive into new adventures at our splash'tacular **"Book Fair Beach: Catch the Reading Wave"** rolling in from 31st March to 11th April. Get designing a costume for the **Book Character Parade** held on Friday 11th April, the last day of Book Week, at 9:00 am on the netball courts, or hall if wet. Sea you on the flip side, book riders.



You're o-fish-ially invited to our **"Book Fair Beach: Catch the Reading Wave"**, happening from 31st March to 11th April. Prepare to paddle out into a sea of stories, imagination, excitement, and endless possibilities!

This epic event brings the books kids are stoked to read straight into our school, giving them the chance to choose their own books and stock up their home reading collection. Reading for pleasure unlocks the power of knowledge, fuels creativity, and helps kids discover who they are—riding the wave to stronger reading skills and a lifelong love for books!

On Monday 31st March & Tuesday 1st April, the kids will catch the swell into a surf spot full of books, where they can explore a gnarly selection of captivating titles to add to their *Wish List* and take it home to discuss with you.



Grab your togs, throw on your jandals, and catch the wave to the Book Fair! Not only will you be snagging some rad stories, but you'll also be supporting our school! A percentage of the sales goes to reward points, helping us expand our library collection and bring even more tubular books to the school!

Opening Hours:

Monday 31st, Wednesday 2nd, Friday 4th, Monday 7th, Wednesday 9th & Friday 11th April
2:45 - 4:30 pm

Tuesday 1st, Thursday 3rd, Tuesday 8th & Thursday 10th April
2:45 - 5:00 pm

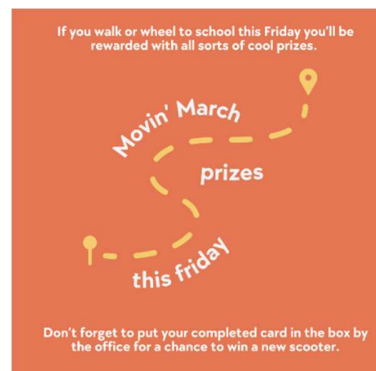
Surf on in and help your kids find their next favourite book while being part of *shaping* their reading habits and riding the tide to new adventures!

Book-a-bunga, Emma

MOVIN' MARCH – PRIZES THIS FRIDAY!



Remember to have your name, class and school written on your card and get it stamped if you walk/ride to school. There is a box for the completed ones in the office foyer. Have fun!



NETBALL -REMINDERS



Netball trials – 3:15 -5:15pm – Year 6/7/8 - Friday 21st March & 28th March

Netball Subs and Permission Slips – please remember to return slips and pay the subs as soon as possible.

Subs are \$40.00 and can be paid online – 12 3254 0048796 00 / Eftpos or cash at the office.

SCHOOL LUNCHES – Please pay any online payments the night before the lunches



We have a new email address for any information about our lunches, confirmation for pre-paid orders etc; lunches@paremata.school.nz . Please **pre-pay online the night before** into our account **12 3254 0048796 00**.

MEAT PIE MONDAY – mince/steak and cheese (this will depend on what is in stock)

Meat pies will be available each Monday \$5.00.

Prepaid must be done by Sunday night



WEDNESDAY SAUSAGE SIZZLE – sausage/bread/sauce

Sausage sizzles are available for lunch for \$2.00 each Wednesday

Prepaid must be done by Tuesday night



FRIDAY HAMBURGER – bun/meat pattie/lettuce/cheese

Hamburgers are available for lunch for \$5.00 each

Prepaid must be done by Thursday night





Kelly Sports is back for the April Holiday Programme!

We have another action-packed programme at Porirua's best sports-based Holiday Programme!

Come and join Connor E and the Kelly Sports coaches for the best in sports fun.

We have some exciting days planned including:

Dodgeball Derby, Football Fun, Pirate Day, Brain and Game Teaser Day, Medieval Day, Bulls Eye plus a trip to Aotea Lagoon (Splash Pad) where Mr Whippy will be too. Plus, the Bouncy Castle is coming to Kelly Sports!

This sports-based holiday programme will give your child/ren the opportunity to try different sports, learn new skills, build their self-confidence, and most importantly have a huge amount of FUN.

Your child can expect high energy, all-inclusive games and activities to keep them entertained and engaged for however long they are staying!

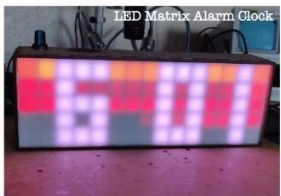
To enrol www.kellysports.co.nz email adminwgtn@kellysports.co.nz or call [021 972 728](tel:021972728)

STEM Holiday Programme

MAKEROOM
Wellington



Code Crack Safe



LED Matrix Alarm Clock



Game Controller

This Holidays Choose from 3 Awesome Projects in 5 Convenient Locations

Miramar, Kilbirnie, Petone, Northland and Newlands

One Day, Take Home Builds For Young Makers Aged 10-14

Small Group Sizes With Friendly Experienced Instructors

\$130 For The Day, 14th - 24th April 2025

To Learn More and Book Your Place visit:
www.makeroomwellington.nz

WESTERN SUBURBS X CAPITAL FOOTBALL

FOOTBALL FOR ALL PROGRAMME



WHAT CAN BE COVERED?

- Registration costs
- Equipment needs
- Transportation assistance
- Communication difficulties

HOW DO I SIGN UP?

Follow the link below to fill out the Registration Form. Select Western Suburbs as your preferred club.

If you have any questions or don't know how to fill out the form, contact Jo Todd operations@westernsuburbs.co.nz, 021 563 274

WESTERN SUBURBS

At Western Suburbs we believe in family; we are committed to forming lifelong bonds and memories with our players, our teams and our community through the beautiful game of football!

CLUBROOMS: ENDEAVOUR PARK
1B Albatross Close, Whitby,
Wellington 5024

SIGN UP NOW!

WHAT IS FOOTBALL FOR ALL?

The Football For All programme has the primary aim of fostering inclusion, participation and hauora, by using football as a vehicle. The programme has been designed to focus on our refugee and immigrant communities, as well as lower socio economic families and families facing hardship.


Participants who want to play but need a little financial assistance can get involved with the programme by registering with Western Suburbs for the football season. The Junior and Youth seasons are scheduled to start on the 3rd of May and finish on the 31st August.

OPEN TO AGES 6-17



VISIT:
<https://footballforall.org.nz/football-registration/capital-football-registrations>

<https://westernsuburbs.co.nz>

friends & family deals are here!

From 14 March - 23 March 2025

**cost*
+ 5%**
Computers and
Whiteware*

**cost*
+ 5%**
TVs and
Cellular*

cost* + 7.5%
storewide, exclusions apply*

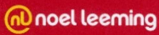
15% off all tech support & product protection^
 

Offers in this flyer run between 14th March - 23rd March 2025, while stocks last. *Cost reflects the average cost price of the product. ^Conditions and exclusions apply. See full terms and conditions for offer here.

Scan this barcode instore



OR
 Use this code online
FFMARFY25_N3

[Shop now](#)



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Lao New Year Festival

Saturday 5 April 2025 | 12pm to 4pm
Mungavin Community Hall, Porirua

Take the family out for a lively celebration at this year's Boun Pi Mai - Lao New Year Festival. Enjoy delicious Lao food, cultural performances, face painting, bouncy castles and fun activities for all!

FREE EVENT





A heartfelt thanks to our generous sponsors!



