



MOKAU SCHOOL

Together we can do it – ka taea e tatou – together we are able

Phone: 06 7529733 *email: admin@mokau.school.nz * web: www.mokau.school.nz

21st July 2023

Term 3

Welcome back.
We have had two students move to New Plymouth during the holidays. We will miss the helpfulness of William & Arthur around the school, we wish them all the best.
Our roll is now 26 students.

Speeches/Poems

We have Tainui Cluster Schools Speeches/Poems, the poems have been selected and the practicing has begun. The topic for the speeches this year is "Boss for a day" for Year 5 and 6 and "Happiness is..." for Year 7 and 8. Please help your children by listening to them practice and encouraging them.
The venue has **changed** to Ahititi School on the 11th August.

Career Expo

Ruma Tuakana will be attending the Taranaki Careers Expo on the 21st of August. We appreciate the support of Aotahi and Rangitahi Pathways to transport them to this event.

Matariki

On the last day of Term 2 we celebrated Matariki with the Tainui Cluster Schools' at Maniaroa Marae. 120 students, parents, staff and teachers joined in activities such as making a poi, mau rakau and kēmu. We all enjoyed a boil up with fry bread for lunch.
We finished the day with some fantastic Kapa Haka performances.
A **huge thank you** to all our helpers, staff and tamariki for making it a fantastic day! Ka mau te wehi.

Cross Country training

This term we train for the Tainui Schools Cross Country daily. Please make sure that your child has suitable clothing and footwear if they require it.

Community morning tea

Friday 28th July at 9am we will be hosting a community morning tea at the St Johns' room. The tamariki will be providing a little bit of entertainment for our community

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members and we will supply them with morning tea.

Welcome to the Mokau School Board

Merepaea Rauputu & David Easton.
Thankyou to our Board for your time and commitment to our kura.

Science

This term Ruma Tuakana will be undertaking some Science research and investigation. We will hold a Science Fair on the last day of Term 3 to share the learning.

Wanted to rent House for a school family

Pete,Pj, Pedro and Diana are looking for a long term rental within 15km of Mōkau School. Peter is a qualified builder with farm experience. Current address has no cell phone reception. Text 0212597890
Peteathq2@gmail.com

Dates to remember

July

28th Community morning tea @ St John

August

9th Mokau School Speeches, Mōkau Hall 10.45am

11th Tainui Cluster Schools Speeches @ Ahititi School

21st Career Expo @ New Plymouth (Ruma Tuakana)

Sept

5th Enviro Schools @ Ahititi

6th Life Education

8th Tainui Cluster School X Country @ Mimi School – Te Kura o Mimitangiatua

22nd Mōkau School Science Fair 1.30pm at Mōkau School.



Den & Prue Olde
Thank you

Menu for School lunches Monday 24th July to 4th of August

The following is the menu for the next 2 weeks. We thought you may be interested to know what delicious lunches your tamariki are enjoying.

Monday 24th Meatballs, brown rice and fruit

Tuesday 25th Lasagne and fresh fruit

Wednesday 26th Beef and bean nachos

Thursday 27th Soup ,bread roll and fresh fruit

Friday 28th Roast lunch and fresh fruit

Monday 31st Beef and beetroot burgers and fresh fruit

Tuesday 1st Sept. Spaghetti Bolognaise and fresh fruit

Wednesday 2nd Beef and bean nachos and fruit

Thursday 3rd Chicken fried rice and fresh fruit

Friday 4th Pita Pizzas and fresh fruit.

Mōkau School Fried Rice Recipe

Ingredients

4 Serves

- 1 cup dry brown rice
- 2 cups chicken stock (reduced salt)
- 2 tbsp oil
- 2 carrots, sliced
- 1 cup sliced green beans (or mixed Vege)
- 2 cloves garlic, crushed
- 4 eggs
- 3 tbsp soy sauce (reduced salt gluten free)
- Shredded cooked chicken

Method

- Rinse the rice under cold running water
- Combine rice and chicken stock and cook in a saucepan with lid or rice cooker
- For the pot method - bring water to the boil then turn down to low.
- Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes.
- Heat a wok or large frying pan
- Add the oil
- Add vegetables along with the garlic and stir-fry until nearly cooked
- Lightly beat the eggs
- Add beaten egg and cook until lightly scrambled
- Add cooked rice and chicken and heat through
- Add soy sauce and mix through.

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