

# PAREMATA SCHOOL NEWSLETTER

## WEDNESDAY 20 MAY 2026

### TERM 2 – WEEK 5



[www.paremata.school.nz](http://www.paremata.school.nz)  
[absent@paremata.school.nz](mailto:absent@paremata.school.nz)

[office@paremata.school.nz](mailto:office@paremata.school.nz)  
[afterschoolcare@paremata.school.nz](mailto:afterschoolcare@paremata.school.nz)

#### IMPORTANT INFORMATION

Tomorrow  
Thursday 28<sup>th</sup> May  
Thursday 28<sup>th</sup> May  
Friday 29<sup>th</sup> May  
Monday 1<sup>st</sup> June  
Thursday 4<sup>th</sup> June

School Cross Country and ice blocks  
Full School Assembly  
Parumoana Cross Country  
Teacher Only Day – School Closed  
Public Holiday – King’s Birthday  
School Photos



**NO HAMBURGERS - WEEK 6 - SCHOOL CLOSED - TOD**  
**NO PIES - WEEK 7 – SCHOOL CLOSED - KINGS BIRTHDAY**

Kia ora tatou

#### **Staff News**

Sadly, we have 2 staff members leaving at the end of the term. After 24 marvellous years working at Paremata School, Michelle Griffin is semi-retiring. Michelle has been outstanding in her roles as teacher aide and then office administrator at our school and we will miss her and her amazing date scones dearly.

We are also farewelling our wonderful year 2 teacher, Alice Gallagher who is moving to Hamilton with her partner, due to his job transfer. Alice has been with us for 2 years and is highly valued by us all. We wish her all the best with her move to the Waikato.

#### **Battle Hill Enviro Day**

A group of Paremata School children are attending the Future Unity Enviro Day today at Battle Hill. Thanks to Clare Knighton for organising this trip. We look forward to hearing all about it.

#### **Cross Country / Ice Blocks**

The forecast is looking great for tomorrow’s Cross Country, so remember to bring your running gear. We have decided to sell ice blocks at lunch time tomorrow as well as Friday this week.

#### **Nourish and Flourish Fundraiser**

Thank you Roz Griffiths and the team for organising another wonderful and worthwhile event. The feedback from attendees has been great, thanks to all the businesses/organisations who shared their stories and products/services. Please see their information at the end of the newsletter. We raised approx. \$1,700 which will go towards playground development.

#### **Family Contribution/Donations**

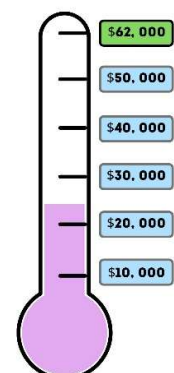
The School Donation Family Contributions are essential for covering our extra-curricular programmes and school trips. Thanks to the families who continue to support our school. Remember you can set up an automatic payment of less than \$12 a week to cover these contributions.

Donations for 2026 are as follows:

- One child - \$250
- Two children - \$350
- Three or more - \$400
- Year 7/8 Technology fee - \$80

Families who pay in full by 1 December 2026 will go into a draw to win the donation back.

#### **PAREMATA SCHOOL DONATIONS**



## Teacher Only Day

Our annual Term 2, Teacher Only day will be on Friday 29 May (King's Birthday is Monday 1 June). School will be closed for instruction for staff professional development in students writing.

Nga mihi nui - Matua Bryce

## CROSS COUNTRY/COLOUR RUN – TOMORROW

We are looking forward to our cross-country **tomorrow**. Below are the **approximate** times for each year group. In the afternoon we have the fun colour run again starting at approximately 1.50pm.



If you have any fairy wings and tutus that you could donate to the school, we would love them.



2026 Cross Country Running Order					
Thursday 21st May					
	Warm-up	Run		Warm-up	Run
Year 8 Boys	9:25 AM	9:30 AM	Year 4 Boys	11:35 AM	11:40 AM
Year 8 Girls	9:35 AM	9:40 AM	Year 4 Girls	11:45 AM	11:50 AM
Year 7 Boys	9:45 AM	9:50 AM	Year 3 Boys	11:55 AM	12:00 PM
Year 7 Girls	9:55 AM	10:00 AM	Year 3 Girls	12:05 PM	12:10 PM
Year 6 Boys	10:05 AM	10:10 AM	Year 2 Boys	12:15 PM	12:20 PM
Year 6 Girls	10:15 AM	10:20 AM	Year 2 Girls	12:25 PM	12:30 PM
Year 5 Boys	10:25 AM	10:30 AM	Year 1 Boys	12:35 PM	12:40 PM
Year 5 Girls	10:35 AM	10:40 AM	Year 1 Girls	12:45 PM	12:50 PM
MORNING TEA			LUNCH		

## SCHOLASTIC BOOK CLUB – ISSUE NO. 4 – ORDER ONLINE [mybookclub.scholastic.co.nz](https://mybookclub.scholastic.co.nz)

If you wish to purchase from the current book club selection, please order online no later than **Thursday 4 June**. If you would like any purchases to be held at the office, please order online under OFFICE.



**IMMUNISATIONS** - Our public health nurses are coming to school in the week starting **8 June** to provide immunisation for Year 7 tamariki.

**Please remember to return your forms to the office, even if you are having your immunisations at your medical centre we still need a Non Consent Form**

If you have changed your mind or your child's medical situation has changed, please contact us at [gw-nphsimmunisation@tewhatuora.govt.nz](mailto:gw-nphsimmunisation@tewhatuora.govt.nz), or call us on 04 587 2949.

- If you have not yet consented, but want to, please collect a consent form from the school office or contact us.
- If you declined the vaccines last year but you have changed your mind and you now want your year 8 child to receive the vaccine(s) please collect a consent form from the school office or contact us.
- If your Year 8 child missed out last year and you would like them to catch up on their vaccinations, please collect a consent form from the school office or contact us.
- If you have any questions or concerns, please contact us at [gw-nphsimmunisation@tewhatuora.govt.nz](mailto:gw-nphsimmunisation@tewhatuora.govt.nz), or call us on 04 587 2949

## NETBALL – TIMEKEEPING - REMINDER

Paremata School are on timekeeping duty this Saturday 23 May.



### SCHOOL LUNCHES

**NO HAMBURGERS - WEEK 6 - SCHOOL CLOSED TOD**  
**NO PIES - WEEK 7 – SCHOOL CLOSED KINGS BIRTHDAY**



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 \$2.50 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**



**ICE BLOCKS FOR SALE - \$1.00 – CASH ONLY**

We will be selling ice blocks at lunchtime on Friday.

No online payments – cash only.

**AIMS GAMES**

## QUIZ NIGHT FUNDRAISER



**Paremata School are once again entering Aims Games with Rip Rugby and Netball teams plus two individuals competing in Mountain Biking and Golf. We need your help to get our students to Tauranga in September!!**

**Can you donate a gift towards an auction / raffle for our annual quiz fundraiser?  
Please contact David 0275733300**

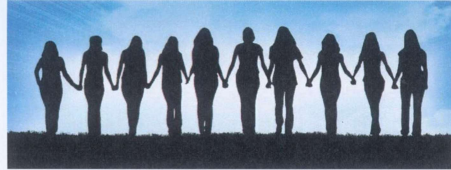
**Most importantly - come along on the night!**

**\$120 per team of 6  
Sunday 14<sup>th</sup> June 2026  
7pm-9pm**

1841 Bar & Restaurant, Johnsonville

Be quick to enter you're your team by paying \$120 into the Paremata School Aims Games Account **12-3254-0048796-52** (note- suffix 52 is different from the main school account)

**1841**  
BAR RESTAURANT



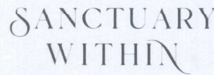
Sponsored by:

**Parka.**  
Just what you need

**Nourish & Flourish: Paremata School Women's Wellness Event 2026**

Thank you for joining us, here's info about our businesses and organisations attending tonight. Have a look at the spot prizes and pick the one you would like to enter! (extra entries can be purchased for \$2 each)

**Sanctuary Within** is a women-only, solo-stay space to rest, reset, and step away from everyday life. The Sanctuary is for women who want time on their own and are open to slowing down. It's a place to think, write, and sit with what's going on beneath the surface. The Sanctuary has been intentionally prepared for solitude and rest, offering simple comforts and quiet surroundings without excess or distraction. Located just 10 minutes from Greytown, it's easily accessible while still feeling removed.



[www.sanctuarywithin.co.nz](http://www.sanctuarywithin.co.nz)  
[hello@sanctuarywithin.co.nz](mailto:hello@sanctuarywithin.co.nz)

Spot Prize - 2 nights in the Sanctuary

**Phorest Inspired Skincare**

was born from a simple truth: your skin reflects far more than what you apply to it. Beneath every complexion is a nervous system quietly shaping inflammation, sensitivity, ageing, and repair. When stress and cortisol rise, the skin responds - often with dullness, reactivity, or imbalance. This brand exists to meet skin at that deeper level, where biology and emotion intersect, and where true, lasting radiance begins.



[ritualbeautytherapy@xtra.co.nz](mailto:ritualbeautytherapy@xtra.co.nz)

Spot Prize - Skin Vitality Pack valued at \$273.50

**Pelvipower**

Electromagnetic strengthening to the pelvic floor and inner core. Take back control of your body in a non-invasive way with cutting edge technology.

Spot Prize - first round of Pelvipower care: an initial assessment, 3 sessions on the Magnetic field trainer and a BioFeedback trainer valued at \$608



**The Zest Life**

Online course and group coaching designed to support mothers as they navigate the emotional and practical realities of separation, offering steady guidance and practical tools to help them move forward with confidence.

[thezestlife.co.nz](http://thezestlife.co.nz)  
[Jess@thezestlife.co.nz](mailto:Jess@thezestlife.co.nz)

Spot Prize: An eight week online course: Reclaiming Strength Through Separation. Valued at \$399.



**MK Physio**

Born of Ngāti Porou, Te Whakatōhea and Te Whānau-ā-Apanui descent, Maumahara is a proud mum, High Performance Sport Physiotherapist and Māori Health Consultant working alongside New Zealand national rugby union team and NetballSmart to support and empower Indigenous female athletes. With over 20 years' experience spanning women's health, neuro rehab, biomechanics, musculoskeletal rehabilitation and high-performance sport, she brings deep expertise through a holistic Te Ao Māori lens.



[maumahara03@hotmail.com](mailto:maumahara03@hotmail.com)

Spot Prize - 2x Saints tickets for May 25th game

**Mighty Greens** grows fresh, nutritious & delicious microgreens

These vibrant greens have amazing health benefits, aromatic flavour, & crisp texture. They are packed with vital nutrients, enzymes, & have a concentrated nutrient content. Proudly grown locally in Pautahanui, without the use of nasty chemicals or herbicides.

Packed up in zero waste re-used glass jars, these Mighty Greens are as green as can be. Delivered fresh to your doorstep or from a pick up point.

[mightygreens.co.nz](http://mightygreens.co.nz)

Spot Prize - Grow your own microgreens workshop



# Nourish and Flourish

## Businesses and Organisations

### Chiropractic Balance

We are passionate about supporting people to feel more like themselves again. We understand the demands of modern life can leave us in pain, overwhelmed, tense, exhausted or disconnected from our body.

Through nervous system-focused chiropractic care, we support the body's natural ability to heal, regulate & adapt, so you feel grounded, resilient & empowered in your life.

#chiropracticbalance [www.chirobalance.co.nz](http://www.chirobalance.co.nz)

Spot Prize - Initial Chiropractic Visit worth \$162



### Heather Haswell

Facilitator, speaker, educator and mentor who helps women explore the stories, roles, and labels they have carried and gently question whether those labels still fit.

Through honest conversation, reflection, and practical tools, she creates space for women to reconnect with who they are beneath expectations, pressure, and old identities.

[www.heatherhaswell.com](http://www.heatherhaswell.com)

[heatherhaswell111@gmail.com](mailto:heatherhaswell111@gmail.com)

Spot Prize - One private 60-minute session, valued at \$200 to support clarity and confidence.



### TwiceTwo

As a Functional Nutritional Practitioner, I tap into your body's innate intelligence to identify your body's main stressors and nutrient deficiencies to get to the root cause of these issues. My philosophy involves clean-eating, home cooking, supplementation, exercising, sleep & stress management. To support gluten & dairy intolerance, I run classes on GF sourdough bread, kombucha, DF yoghurt & cream cheese.

[twicetwo.co.nz](http://twicetwo.co.nz) [www.facebook.com/twicetwo.co.nz](https://www.facebook.com/twicetwo.co.nz)

[www.linkedin.com/in/victoria-allott-fntp-6b838bba/](https://www.linkedin.com/in/victoria-allott-fntp-6b838bba/)

Spot Prize - Initial Session (90min) plus a Follow up session (60min) with a Functional assessment \$370



### BodyLean

We are the gym for people who don't feel at home in traditional gyms. Based in Paremata, we specialise in fitness for adults 40+ wanting to lose weight, build strength, & feel confident in their bodies. All without the intimidation, egos, or confusion of big-box gyms. Our private personal training studio is safe, professional & genuinely supportive. Our average membership is over 3 years, people stay because training here is effective, enjoyable, sustainable, and personal.

[www.bodylean.co.nz](http://www.bodylean.co.nz)

Spot Prize - 2 personal training sessions worth \$150



### Laura Cooper Beauty

She specialises in custom brow shaping and lash treatments from a private studio in Pimmerton. Every treatment is tailored to your features, your lifestyle, and what makes you feel most like yourself - because the smallest details make the biggest difference.

@bylauracooper

[lauracoopermakeup.com](http://lauracoopermakeup.com)

[lauracoopermakeup@gmail.com](mailto:lauracoopermakeup@gmail.com)

Spot Prize - Cassidy Skincare Nourish + Hydration Duo Set & complimentary brow shape + tint (\$285)



### Parka Insurances

Protecting yourself and others is so important when unexpected events occur, and life turns upside down. A great plan, based on your personal circumstances means you can get on with life, knowing everyone is taken care of with the support of a trusted Adviser.

[Tina@parka.co.nz](mailto:Tina@parka.co.nz)

021 1000 584

[www.parka.co.nz](http://www.parka.co.nz)

Spot Prize - Parka BLUNT umbrella valued at \$149 ☂



### Seasons of Self

A holistic health & wellbeing space based on the Kāpiti Coast. Founded by Sinead, Emily & Sam, we offer integrated support for the mind, body, and spirit. Our mission is to empower through all seasons of life by creating safe, inclusive, and nurturing environments where true healing and connection can take place. Our services include mental health, holistic nutrition, yoga, meditation, seasonal wellness programmes, and nature-based workshops and retreats. [www.seasonsofself.co.nz](http://www.seasonsofself.co.nz) <https://www.instagram.com/seasonsofself.kapiti>

Spot Prize - Spot at the upcoming retreat



### Revl Reformer Pilates

Mobility, flexibility, and strength are key pillars of long-term health and longevity. Revl, a Porirua-born boutique fitness studio, brings a bold new edge to Reformer Pilates. Set inside an immersive darkened studio with driving beats, dynamic lighting, and sleek premium Reformer beds, these athletic-inspired workouts combine strength, control, mobility, and endurance into one powerful low-impact experience designed to challenge the body and energise the mind.

[studio@revl.co.nz](mailto:studio@revl.co.nz) 027 285 4535

Spot Prize - 10 trip Reformer pilates pass (\$250)



**SUNDAY**  
**21**  
**JUNE**  
 11am - 3pm  
 Otaki

**Kids MARKET Workshop**

**Kids MARKET**  
**At Coastlands**

14, 15, 16, 17 July  
 10am-2pm  
 Coastlands Shopping Mall  
 Paraparaumu



**Kids MARKET**  
**Discovery School, Whitby**  
 Friday 5 June | 4.30 - 7.30pm

Tomo mai kia ako, wehe atu kia mahi

**Te Kāreti o Tawa - Tawa College**  
**OPEN EVENING**

Tuesday 16 June 2026  
 4.30pm - 6.30pm

Join us for a tour of the school with our tuakana and a presentation by our Tumuaki in the College Hall. Presentations are at 5pm and 6pm.

Visitor parking is available in the student carpark on Duncan Street and at Tawa Intermediate School.

Complete your online enrolment application prior to Wednesday 22 July 2026

Contact us: [secretary@tawacollege.school.nz](mailto:secretary@tawacollege.school.nz) or (04) 232 8184





Enter to learn, depart to serve

Registrations : <https://www.otakiwomensclub.org/kidsmarket>

## Keen to play Squash

Mana Squash club at Ngāti Toa domain, Mana, Porirua

We run junior club nights on a Friday from 5:15pm to 7pm for all juniors. No cost to start off with for a few weeks of club nights to come and try it out.

Young ones up to 12 years old - from 5:15pm to 6pm  
 13 years old to -18 years old - from 6pm to 7pm

We provide the kids with rackets & eye wear.  
 All the kids need is a pair of non-marking sport shoes & a drink bottle.  
 For Friday night junior club nights, run during the school terms.

Just head down on a Friday and ask for Ben, or you can contact Ben at [juniors@manasquash.co.nz](mailto:juniors@manasquash.co.nz) or via mobile on 027 34 33 145.

We also run junior coaching programs during the school terms for all ages and levels from new beginners upwards.  
 This is on a Wednesday from 4:30pm to 6pm, you can contact Ben.

Come along to try it out, it is great fun!  
 All the information about the club can be found here

[www.manasquash.co.nz](http://www.manasquash.co.nz)

