



The Yummy Apple Sticker promotion is drawing to a close for this year. If you have any more stickers at home please get them along to school as we are about to send them away to claim our sports gear.

GO, GROW, GLOW!

KICKSTART YOUR DAY WITH BREAKFAST



Any breakfast is better than none, but some choices are better than others. Porridge, Weetbix and wholegrain toast are low in sugar and high in fibre so are a great start to the day.

Some breakfast cereals like Cocopops and Nutrigrain contain 33% sugar. That means 1/3 of the box is sugar!



Community Coaching Hamilton Workshop
 Wed 19 Oct 6.30pm
Sport Waikato, Brian Perry Sports House, Wintec Campus, Avalon Drive, Hamilton

Aimed at new/beginner coaches and covers the basics of being an effective coach, as well as planning sessions, codes of conduct and more!

Thank you to the following people who have offered to make **muffins or a slice** for Ag Day:-

Jenny Fraser	Clare Ansell
Sue Ireland	Liz Kanters
Sandy Murphy	Sara Sulzberger
Donna Faiers	Stacy Drummond
Kerryanne Walker	Craig Upston
Catherine Smyth	Richelle Williams
Linnat Hatton	Susan Reinsfield
Debra Brennan	Stephanie Smith
Julie Van Dijk	Mandy Menzies
Angela Richardson	Michelle McCullough
Vicky Waller	Lisa Vincent
Victoria Wrigley	

Thank you to the following people who have offered to make a **cake** for our Ag Day auction. The plate the cake is on is kept by the successful bidder, just use a piece of covered heavy card if this is going to be a problem.

Jenny Fraser	Jan Slaney
Sue Ireland	Clare Ansell
Jenny Comer	Sara Sulzberger
Jane Loyd	Ebony Hampson-Tindale
Toni Baker	Jenny Cashmore
Sandy Murphy	Julie Van Dijk
Kerryanne Walker	Mandy Menzies
Catherine Smyth	Judy Kerr
Caroline Webbon	Michelle McCullough
Vicky Waller	Kathy Rutter
Rachael Seavill	



Daylight Saving starts this Sunday, remember to put your clocks forward one hour.

JUNIOR CRICKET REGISTRATION
 Wednesday 28 September
 5.30 to 6.30pm Cricket Pavilion, Town Square
 Registration for Friday Night (\$45) and Saturday morning (\$75) teams.
 New CJC Caps available on registration night \$20.
 Further info: Steve Carter 827 8515

Congratulations to Our Elite Rowers We would like as many Karapiro School students as possible to join us at the Don Rowlands Centre Lake Karapiro on **Friday the 30th of September** from 3.30pm to welcome home and congratulate our medal winning rowing athletes. 9 medals were won in Slovenia recently and 11 boats qualified for the 2012 Olympics so come on down and get to know the rowers, get their autographs and maybe race them on a rowing erg! Students to wear their red Karapiro shirts or a red top of some kind. Please return the slip below by Monday the 26th of September.

Yes I (Name) will be transporting my child/children to the 'Rowers Welcome Home' at Lake Karapiro on Friday the 30th of September.

I (Name) would like my child/children to attend but they will require transport to the lake. Their homeward arrangements will be

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No my child/children is/are unable to attend. (Name)