



Sonrise Christian School NEWSLETTER

Dear Parents

Tena koutou katoa

Good health is something we take for granted - until we start to lose it. God has designed the human body so that it is a finely tuned instrument that is the most resilient on earth. God's desire for us is to enjoy good health and that it may go well with us.

Help your child develop a healthy body and image

In this culture, unfortunately, many of us eat diets that aren't very healthy, and we don't get enough exercise.

That's true for our kids, too. In fact, experts suggest that this is the first generation that's less healthy than their parents.

Some tips:

1. Commit yourself to model good eating habits. Face it - whatever you do, they'll do. If you drink soda, they'll do too. If you snack on an ever-present bowl of carrots, so will they.
2. Learn the latest in nutrition. Processed foods are the biggest contributor to our health issues.
3. Throw out the junk food and don't stock treats. Except for special occasions.
4. Keep trying to get them to eat their veggies. Studies show that the major predictor in children's willingness to eat a food is familiarity.
5. Get your child involved in sport. When kids find a sport they love, they are more likely to stay fit for life.
6. Reduce stress. Kids who have higher levels of stress hormones in their bodies are less healthy physically, including the tendency to put on more weight.
7. Reduce TV use.

Last but not least, accept your child exactly as he or she is. Every child needs to be loved unconditionally. Clearly communicate that what matters is who we are on the inside and the choices we make about how we show up in the world.

Teachers Matter Magazine Issue 35 – Dr Laura Markham

Celebrations

Room 1

Magriet Coetzer: Welcome to Room 1 and Sonrise.

Nopera Potini: For trying his hardest in Reading and Maths.

Leighton Robinson: For making good choices and writing his name.

Room 2

Zyanja Rudge: Enthusiasm for Writing.

Marcus Gray: Great start at Sonrise School.

Liam Michaelsen: Great start at Sonrise School.

Room 4

Keilah Kent: Encouraging and being a positive influence on her classmates.

Jiten Ravla: Always the first to the mat and excellent input in his devotions bookwork.

Room 5

Alana Smolka: For being a positive role model.

What's On? Term 3

Maori Language Week

Monday 11 September

Kaiti Hill Challenge

Monday 11 September

Cross Country

Thursday 14 September, 9:00am -2:00pm

BOT Meeting

Thursday 21 September, 5:30pm -7:30pm

Sonrise Christian School Open Day

Tuesday 26 September, 9:00am-2:00pm

End of Term

Friday 29 September, 2:30pm

Muffi-Day

DEVOTIONAL THOUGHT

3 John 2

Beloved, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Principal's Award

Principals Award

Tana-Boy Haerewa: For showing a Jesus kind of friendship to others.

House Points

RED	245
BLUE	236
GREEN	374
GOLD	200



Congratulations to Noah and his team who were winners of the 2017 Poverty Bay Intermediate Hockey championship.

Vision
To be a Thriving Community
Committed to Jesus Christ, Excellence in Education and Service to Others
Values
Love, Integrity, Faithfulness, Excellence