

2 September 2022  
Newsletter  
No. 25



# MT MAUNGANUI INTERMEDIATE

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**Don't forget to vote for our  
BOT elections!**

## COMING EVENTS 2022

### SEPTEMBER 2022

5 - 9	AIMS Games
7	BOT Election Voting Closes 4pm
19	BOT Meeting
15	School Speech Finals
23	All 2023 Enrolments Due
30	Out of Zone Enrolments Notified of Ballot Outcome
30	End of Term 3

Good luck to all of our  
students participating  
in AIMS Games.

We hope you enjoy the  
special week!

### We are ready for AIMS!

Our Green Team did their training on Thursday and are ready to support our athletes and keep our environment clean and green.

**Let's go Team!!!!**



Dear Parents and Whānau

Next week is AIMS Games. We are so excited, after two years of cancellations, that the games are finally going ahead. MMI has 298 athletes participating in the games. It's going to be EPIC. I spoke with all competitors last week about showing our MMI values on and off the field throughout the week. The Games are not about being the number one team or individual athlete, they are about participating in a sport, developing your skills, learning new things and enjoying a large scale tournament. Learning to both win and lose graciously is important for us all. Huge thanks to all team coaches, managers and supporters for making our involvement in 23 codes possible. I would also like to acknowledge Andrew Spraggon and our office staff who have done a colossal amount of work to get the entries and administration requirements squared away for such a large number of athletes. Go Mounties! I can't wait to come and watch you next week.

### **Masquerade Night**

Last Friday, I attended the 'Youth Lives Matter Masquerade Night' at Classic Flyers. What an event it was. More than 400 people came from far and wide to support our school to provide counselling services for our students. The night was an incredible success, and to be honest, I am still feeling rather overwhelmed by the generosity and spirit of everyone who made this happen. As most of you will know, we lost one of our students to suicide in 2020. This was a life changing tragedy for us all. Responding to this showed the gaping gaps in resourcing for intermediates. It taught us things we never thought we would have to learn. Here is an excerpt from my speech last Friday:

*Out of the darkest of days, our community has rallied around and tonight is an illustration of how incredibly cool our Mount Maunganui whānau is.*

*Mount Intermediate does not get any funding to pay a counsellor. In the aftermath of Blake's death, we triaged more than 30 young people who were seriously at risk. We had to fight to get some emergency funding to help us. We worried ourselves sick that there would be more.*

*Throughout this incredibly challenging time, we have been supported by some great agencies who wrapped their arms around us to support us. I'd like to acknowledge Tauranga Grief Services and Ngāi Te Rangi iwi for providing us with the people power that we so desperately needed when we were on our knees. Our close relationship with Mount College and our four contributing schools was another source of strength and support for us. Our team has learnt a lot. We are not the same as we were before the 14th December and I often say a quiet little thanks to Blake for all that we have learnt since he died.*

*Instead of a sole focus on teaching and learning, the hauora/health of our young people is now loudly and proudly in our strategic plan. We are on a steep learning curve as we adapt and learn to face the mental health epidemic that we are faced with daily. Reading, writing and maths will always be important, but ultimately at our school, we want our kids to be happy, healthy, resilient, strong and engaged.*

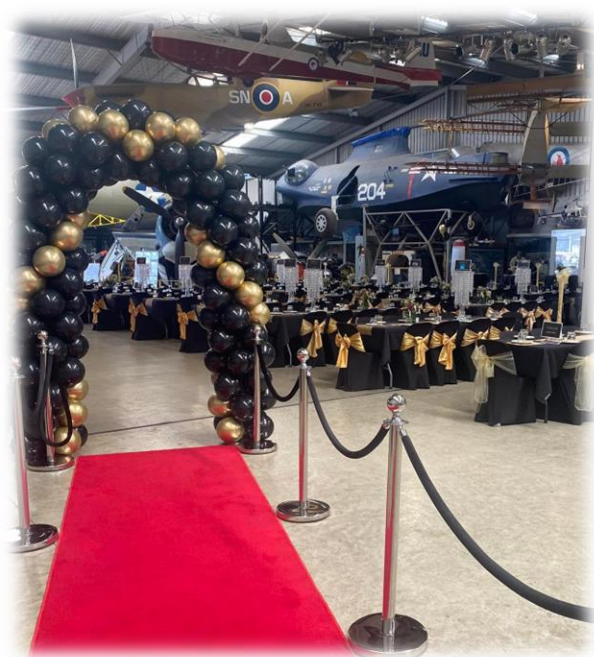
*So, with your help, we will continue to support our kids. Our awesome young people are 20% of the population, but 100% of our future.*



*With all the negative press about emerging adolescents, there is a myriad of good press too. Our kids are fun loving-they are developing their new adult identities and with this comes a sense of adventure and a desire to experience the wider world. Our kids are compassionate; their sense of justice is incredibly high - they will back the underdog and fight for the rights of marginalised groups - often with zero logic but a whole lot of hormones instead! I love their spunk, their energy, their positivity about risk taking and how they see potential in the world. These kids are developing street smarts and some of them look like grown woman and big hairy men, but they still need a hug and nobody ever complains when I call them honey or flossy.*

*We love that they keep us on our toes with their daily dramas and pre-teen catastrophes. They feel their feelings deeply and with rigour and this makes for some pretty entertaining interactions, and more than a few grey hairs for our teaching team.*

*I am overwhelmed with gratitude to you all for helping our school to help our young people. It takes a village; and this village is simply the best. From the bottom of my heart, and on behalf of the Mount Maunganui Intermediate Board of Trustees, staff, support staff and students, thank you.*



There will be an article in the Bay of Plenty Times this week about this amazing initiative. We are thanking the committee of organisers here at school next Thursday and feeling grateful and humble about the resourcing we will be able to provide because of their hard work.

### **Random Act of Kindness**

The highlight of my week was a visit from this lovely young lady who wrote me a note for Random Act of Kindness Day. Thanks Zippora (pictured right), you made my day.

Have a great weekend and AIMS week - I look forward to seeing lots of you on the sidelines next week.

Ma te wa

Whaea Melissa





# School Newsletter

T3 - September 2022

## Mahi

- Geometry - Maths
- Energy - inquiry
- Speeches - Literacy
- Lacrosse - PE
- Novel - Reading

## Whānau 5

### P.E

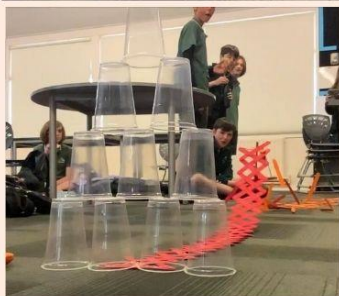
We have a new learning focus for weeks 5 and 6 - Lacrosse. A sport that some of us have not played before. We are developing our ability to lead a team and be selective with positioning.

Here is an action shot!



### Inquiry

We have been learning about energy through a range of experiments. One of the experiments that we have created was a moving cobra weave. The energy transformations taking place; potential built during the tension, to elastic, sound and kinetic when launched and then gravitational energy when they fall back down.



### Maths



We have been focusing on mathematics in art form to showcase our understanding - through reflection, rotation, translation, tessellation and enlargement. bearings and compass directions in our maths! it has been super fun, and we have learnt a lot that helps us to understand real life maths around us.

## WBOP BADMINTON COMPETITION

On Wednesday, 24th August, four of our MMI students (pictured below) participated in the WBOP Badminton Competition. Michelle and Indi placed second in Division 2 and Eva & Lexi Third in Division 1! A great day with excellent results! Well done girls. A big thanks to Anna (Ava's mum) and Richard (Michelle's dad) for getting the girls to the competition days and acting as managers.





## NIWA SCIENCE AND TECHNOLOGY FAIR

Congratulations to Nathan Appleton (pictured below) who made it into the New Zealand Herald for his achievements at the Bay of Plenty NIWA Science and Technology Fair.

# Big wins for budding scientists

A love for animals has landed Year 8 Mount Maunganui pupil Nathan Appleton a top prize in this year's Bay of Plenty NIWA Science and Technology Fair.

Appleton's project, Karaka Catcher, saw him design, prototype and test a reusable and eco-friendly product that effectively catches karaka berries, which are poisonous to dogs. His ingenious project won him the \$500 prize for Best in Fair.

The NIWA Bay of Plenty Science and Technology Fair took place at Harvest Centre in Rotorua on August 18 and 19, with other fairs also taking place across the country this month.

About 100 students competed at the fair, which was assessed by panel judges from all branches of science, technology, and engineering.

Chief judge, Scion's science operations and optimisation manager, Louise Sandford said the calibre of the science and technology projects this year had been outstanding.

"The students should all be incredibly proud of the work they've put into their projects, especially the intermediate schools.

"The future of science and technology is in very safe hands. I would like to extend my congratulations to Nathan and all the other winners for their fantastic achievement, and my gratitude to everyone who took part."

Kiwanis Runner Up in the fair went to Year 11 pupil Ellen Thompson from ACG Tauranga for her project on the effects of peppermint oil on short-term memory.

Don Raynor Memorial Award for

### GOT BUSINESS NEWS?

Email carmen.hall@nzme.co.nz or zoe.hunter@nzme.co.nz



Science fair winner Year 8 Mount Maunganui pupil Nathan Appleton.

Judges Choice went to Year 9 pupil Alissa Gaulger from Rotorua Lakes High School for her project Battle of the Beans. The judges were incredibly impressed by her methodology, replication and statistical analysis.

Scion Award for Bio-Circular Economy went to Max Farrar, Mount Maunganui Intermediate, for the creation of his app - recycle it, which lets you know where you can recycle. Sponsoring science and tech-

nology fairs throughout NZ is part of NIWA's long-term commitment to enhancing science and technology for young New Zealanders.

The full list of winners can be found at [www.bopscifair.org.nz/results](http://www.bopscifair.org.nz/results)

## BOP INTERMEDIATE INTERSCHOOL CHESS CHAMPIONSHIPS

On Friday 26th August, 2 teams of MMI students (pictured below) did us proud at the Bay of Plenty Intermediate Interschool Chess Championships.

**Team 1:** Archie Beale, Harry Banks, Jaxin Berkett and Kai Atkins came 4th. Archie Beale came 3rd out of all the number 1 players.

**Team 2:** Jackson Kitching, Nico Schweder-Goad, Vitek Spinka and Tasman Struthers came 5th. Congratulations!



Please be advised that Subway will be unavailable on  
**Friday 9<sup>th</sup> September.**

Pita Pit is still available on Tuesday/Friday  
St Pierre's Sushi on Thursday  
Subway on Wednesday

Thank you.



## USEFUL INFORMATION

<b>SCHOOL TIMETABLE</b> School Starts – 8.45am Morning Interval – 10.25am Lunch – 12.20pm Dismissal – 2.45pm	<b>ABSENTEE INFORMATION</b> Please inform us of your child's absence by using one of the following ways: <b>Text</b> – 027 232 0446 <b>Phone</b> – 575 5512 ext 1 <b>Email</b> – <a href="mailto:absentees@mtint.school.nz">absentees@mtint.school.nz</a> Your child's teacher will see their absence. Please do not email the teacher directly as they may not see it or they may be absent.	<b>BUS INFORMATION</b> Click here to go to the Bayhopper School Bus website – <a href="#">Bus Information</a>
<b>MEDICATION</b> If your child has a severe medical condition or needs to take medication at school please contact the office.	<b>TERM DATES</b> <b>Term 1</b> - 1 February to 13 April (14 <sup>th</sup> TOD) <b>Term 2</b> - 2 May to 8 July <b>Term 3</b> - 25 July to 30 September <b>Term 4</b> - 17 October to 15 Dec (noon)  <b>TEACHER ONLY DAYS:</b> <ul style="list-style-type: none"> <li>Friday 3 June</li> </ul>	<b>TERM 3 FOOTWEAR</b> The footwear for winter is plain black shoes, ankle cut, leather look. If a sports shoe is preferred, it must be entirely black with no white/coloured emblems or labels.  We appreciate your child may have specific footwear requirements, due to severs, or other conditions. Please consult with us before you purchase shoes that may not fit with our uniform requirements.  For more information about uniform expectations visit <a href="https://mtint.school.nz/uniform/">https://mtint.school.nz/uniform/</a>
<b>DROPPING YOUR CHILD TO AND FROM SCHOOL</b> These are NOT drop off zones: <ul style="list-style-type: none"> <li>Lodge Avenue Staff Carpark</li> <li>Lodge Avenue Turn Around</li> <li>The Bus Bay on Links Avenue</li> </ul> This is for the safety of your children, when dropping off or picking them up. <u>Please refrain from entering and parking in these areas.</u>	<b>SCHOOL TELEPHONE</b> The school office telephone is for <b>emergencies only</b> .  Please make sure your child knows what their after school arrangements are before they come to school. These calls are at a cost to the school.	<b>PARENT SUPPORT GROUP</b> We are calling for anyone interested in being part of the Parent Support Group (PSG) to contact us.  They are always looking for volunteers to join their team.  Please email if you are interested: <a href="mailto:mmintermediatepsg@gmail.com">mmintermediatepsg@gmail.com</a>
<b>PAYMENT OF STUDENT ACCOUNTS</b> Thank you so much for continuing to pay your student accounts. When doing so please enter your child's name and what you are paying for. If you do not enter the reference we will credit the funds off the next item that is due. Many thanks from the office.	<b>ORDERING LUNCHES</b> We operate a lunch online system. You do need to register for this. The website for this is: <a href="http://www.lunchonline.co.nz">www.lunchonline.co.nz</a> .  You can order from 9 <sup>th</sup> February for the following days of the week:  <b>Tuesdays/Thursdays</b> – Pita Pit <b>Wednesday</b> – Subway <b>Thursdays</b> – St Pierre's Sushi	<b>CHANGE OF DETAILS</b> It would greatly assist us if you could please advise the office if you have any changes of address, phone numbers, email addresses and emergency contact details. In the event of an emergency, sickness or injury we need to be able to contact someone who can collect your child.
<b>COMMUNICATION</b> Check out our website, newsletters, daily notices and Facebook links.  <a href="https://mtint.school.nz/">https://mtint.school.nz/</a>  <a href="https://mtint.school.nz/daily-notices/">https://mtint.school.nz/daily-notices/</a>  <a href="https://www.facebook.com/Mtint.school.nz/">https://www.facebook.com/Mtint.school.nz/</a>  <a href="https://mtint.school.nz/newsletters/">https://mtint.school.nz/newsletters/</a>	<b>SPECIALIST FEES</b> Specialist Fees are \$40.00 per year. This covers the following specialist subjects we offer here at MMI:  <b>Food Technology</b> <b>Hard Materials/Electronics</b> <b>Media Studies/Robotics</b> <b>Music</b> <b>Visual Arts</b> <b>Dance and Drama</b>	<b>ONLINE PAYMENTS</b> <b>SPORTS FEES/OPTIONAL TRIPS ETC -</b> If you wish to pay online or by automatic payment you are encouraged to do so. Our bank account number is:  <b>12 3146 0104711 03</b>  Please put your child's name as the reference.  <b>PLEASE NOTE</b> – we have strict cut off times. When we give a due date this cannot be changed. Please do not be disappointed if you miss out if the date has passed. No correspondence will be entered into if you miss a cut off time.



# COASTAL VALUE CERTIFICATES 2022

## Term 3 – Week 6

1	Karlee Grattan	For showing bravery and commitment in completing and performing a planned speech. Kia māia, kia kaha, kia manawanui!
2	Tyler Agnew	For presenting such an amazing speech! Well done for working so hard on your speech! You should be so proud of your bravery and hardwork!
3	Lochlan Horrox	For an awesome speech presentation. Well done for showing enthusiasm and making an effort to make eye contact!
4	Greta Wagstaff	For doing her best during the preparation of her speech. She worked well independently and was able to ask open-ended questions to gather information.
5	Kaea Paki	For taking on any challenge that comes your way. Your perseverance and attitude towards your learning is commendable. We value your input in our class discussions and enjoy your added humour!
6	Aliayah Munroe	For persevering with her learning especially in Pāngarau/Maths and achieving success by not giving up. Tino pai tō mahi!
7	Shamar Broughton	For the effort you have put into your speech writing. You worked hard to use all the techniques you have learned and it paid off. Ka pai tō mahi!
8	Blake Rodden	For your self management of your learning. It was great to hear your well written speech Blake. Keep up the great work.
9	Ella Coley	For working hard on absolutely everything and making our class a better place to be. You are a superstar!
10	Elodie Keeble	For your excellent topic choice and thoroughly researched speech this week. You kept the audience entertained throughout with interesting stories and facts. Well done!
11	Wiremu Mitai-Marks	For the effort that you put into your speech and its presentation. It was great to hear about what is important to you and get some insight into your life. I hope your whānau has a chance to hear it. Kei te whakahīhi au ki a koe!
12	Samantha Hawkins	For an excellent effort with your speech. It was very well written with interesting facts and we all enjoyed it. Very well done Samantha.
13	Miller Borthwick	For showing perseverance and courage when writing and presenting your speech. The humour you included had our class in stitches.
14	Shylah Hafoka	For your hard work and desire to learn throughout the year, for Otago Problem Solving. This has resulted in an impressive total for the programme.
15	Zoe Jones	For your attitude towards your learning and for being an excellent role models for others. You are a star - He whetū koe! ☆

<b>16</b>	Ayla Wild	For being brave and confident when presenting your speech. You used the feedback provided to really improve! Great job Ayla!
<b>17</b>	Damian Clark	For showing perseverance and courage when writing and presenting your speech and for the amazing balloon car you created for the Energy unit.
<b>19</b>	Ella Martin	For your quiet and considerate hardworking approach to learning. You are a delight to have in Whānau 19. He whetū koe!
<b>20</b>	Waiariki Tahere	For focusing and working hard on your learning tasks; especially your writing! You are doing such a great job Waiariki! Mīharo!
<b>21</b>	Leonard Atkinson	For an excellent effort in writing and delivering your speech.
<b>22</b>	Henry Henderson	For the kindness and support you show to your fellow classmates. You're doing a fantastic job of stepping up to be a leader and role model.
<b>23</b>	Tanusha Naidu	For writing a thought provoking speech, along with helping to organise and guide the speech process. Ka pai hoki koe!
<b>24</b>	Jay Eilering	For your quiet and considerate hardworking approach to learning. You are developing some excellent self managing skills. Ka pai tō mahi.
<b>25</b>	William Hyatt	For going above and beyond expectations in Math! Well done, William! Your work ethic in class has been commendable! Keep up the good work!
<b>26</b>	Armani Steunenberg	For being open to learning new concepts in class. You have been showing a real interest in delving deeper into your mahi recently. Well done!
<b>Digi Tech</b>	Henri Finn Whānau 22	For showing persistence and being engaged in all your Digital Technology lessons. Ka pai Henri!
<b>Dance &amp; Drama</b>	Te Maiana Karu Whānau 24	For demonstrating perseverance and leadership when making your movie trailer. You have been so engaged in dance and drama Te Maiana, tino pai rawa atu!
<b>Food Tech</b>	Luca Comber Room 25	For ALWAYS being a thorough gentleman, great learner & awesome team member. You have some very good qualities Luca, these will take you far. I hope you keep creating in the kitchen!
<b>Music</b>	Vlad Badea Room 14	For adapting so well to a new school, country and culture. You just slotted into music lessons as if you had been here all year. Welcome to MMI.
<b>Visual Arts</b>	Harper Paton Room 15	For your conscientious attitude and always giving of your best when trying new mediums over this cycle.
<b>Hard Materials</b>	Ella-Rose Collins Room 13	For showing persistence with your electronic projects, and taking the care needed to do them well.



# SCHOOL BOARD ELECTIONS



Please remember to vote  
for our BOT elections.

Voting closes 7 September 2022  
at 4pm!



Nominations have closed for our Board of Trustees election and below are the candidates. Voting closes on 7 September 2022 at 4pm. Good luck to all our candidates!

**KATE BURNS**

**ROSE GILMORE**

**LEE MARTIN**

**VICKY MCGREAL**

**DAN MEADE**

**DONNA TE WHEORO**

## COMMUNITY NOTICES

Are you a keen writer? As part of the Escape Festival Tania Roxborough is hosting a storytelling workshop. Information is below, and also [online](#).

**Tania Roxborough** (Ngāti Porou) is an award-winning author of more than thirty published works. Her book, *Charlie Tangaroa and the Creature from the Sea*, was the 2021 Margaret Mahy Book of the Year. She is a high school teacher, writing mentor and te reo Māori Masters student.

This workshop, for rangatahi aged 11 to 14, will take young writers through the do's and don't's of storytelling and why it is so important to get it right. Creating authentic voices are important in your writing.

Attendees will consider other points of view, investigate their characters' stories, and work through a step-by-step guide to awesome, authentic writing.

Writers  
Thinkers  
Poets  
Visionaries  
Activists  
Artists  
Performers  
& more.

12 to 16 October

# escape

LITTLE FESTIVAL  
BIG IDEAS

Tickets on sale now!  
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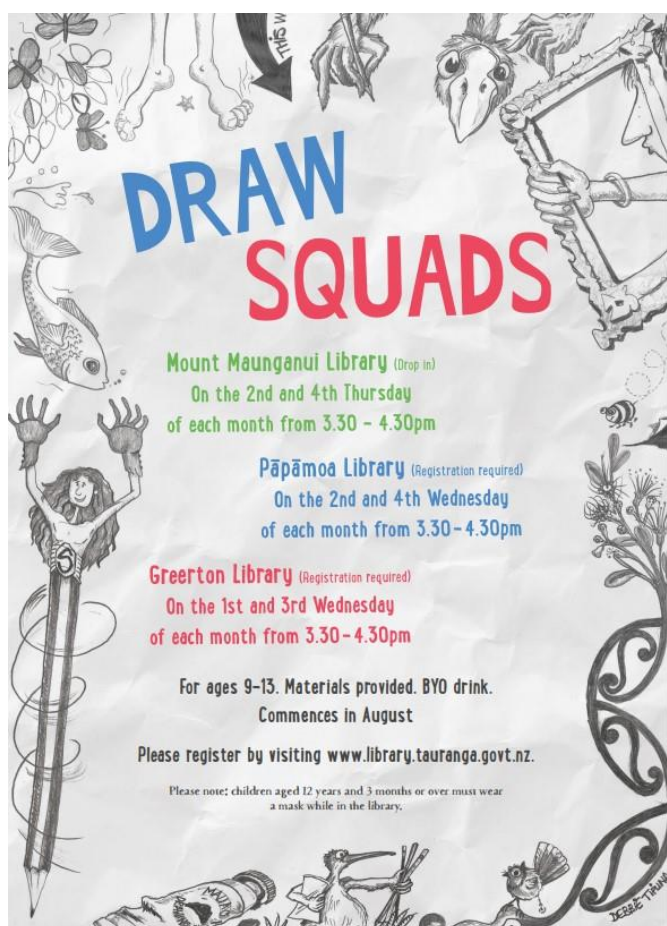
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**SALS.CO.NZ**

Available on:  





# DRAW SQUADS

**Mount Maunganui Library** (Drop in)  
On the 2nd and 4th Thursday  
of each month from 3.30 - 4.30pm

**Pāpāmoa Library** (Registration required)  
On the 2nd and 4th Wednesday  
of each month from 3.30 - 4.30pm

**Greerton Library** (Registration required)  
On the 1st and 3rd Wednesday  
of each month from 3.30 - 4.30pm

For ages 9-13. Materials provided. BYO drink.  
Commences in August

Please register by visiting [www.library.tauranga.govt.nz](http://www.library.tauranga.govt.nz).

Please note: children aged 12 years and 3 months or over must wear a mask while in the library.



## Grom Squad

After School Surf Program

**5 & 10 Week Program - Ages 7 - 15 yrs**  
Ideal for beginners and up

1.5 hr lessons  
Monday, Thursday, Saturdays  
Terms 1, 2 & 4

Mondays & Thursday - 4 - 5.30pm  
Saturdays - 9am - 10.30am, 11am - 12.30pm

- Qualified and experienced instructors
- 4 to 6 students per instructor
- Nationally accredited
- Award winning surf school

**HIBISCUS** For information and bookings visit  
[www.surfschool.co.nz](http://www.surfschool.co.nz)  
Or call 027 279 9687

MOUNT MAUNGANUI SURF SCHOOL



## love tennis

11 SEPT 2022 11AM-4PM

**IT'S FREE FOR EVERYONE!**

RACQUETS SUPPLIED. BBQ. PRIZES. GIVEAWAYS.

ASB CLASSIC

You could WIN A TRIP FOR TWO  
to the ASB CLASSIC in Auckland this January

[www.lovetennis.kiwi](http://www.lovetennis.kiwi)

REBEL SPORTS



## UNDERWATER HOCKEY

"HAVE A GO"

# "NEW"

## PEE-WEE PUCK

DO YOU LOVE WATER ACTIVITIES?  
WANT TO TRY SOMETHING NEW?  
ARE YOU AGED 9 TO 13 YEARS?

DURING TERM TIME : SUNDAY 4PM - 5PM  
3 SESSIONS FREE - JUST PAY ENTRY INTO BAYWAVE  
RECEIVE A FREE PASS TO BAYWAVE AFTER YOUR 3RD  
SESSION (WHILE STOCKS LASTS)

ALL GEAR SUPPLIED  
For more details contact:  
Tauranga Underwater Hockey  
[www.sporty.co.nz/tauranguhc](http://www.sporty.co.nz/tauranguhc)  
or email [tuhw@gmail.com](mailto:tuhw@gmail.com)

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*Illuminate*



After School Club  
Term 3

*Art and Craft*



3pm-4:30pm  
Wednesdays

<https://www.illuminate.nz/>

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



THE  
**ATHLETE FACTORY**  
NEW ZEALAND

Mt Maunganui Intermediate School, 21 Lodge Avenue, Mt Maunganui 3116

Phone 07 575 5512 Email: [admin@mtint.school.nz](mailto:admin@mtint.school.nz)

Facebook: <https://www.facebook.com/Mtint.school.nz/>



## FLAG GRIDIRON

Flag gridiron is an inclusive, non-contact, fast, fun, condensed version of American football. The response from the kids has been amazing and it would be great if they wanted to continue further in the sport during the spring/summer.

Children of all ages are welcome, along with their friends and whanau. Practice sessions for children are currently being held weekly, every Sunday at 2.30pm at Arataki Park, Tauranga.

For more information go to <https://www.facebook.com/BOPFlagFootball/>



BAY OF PLENTY  
**SYMPHONIA**  
WWW.BOPSYMPHONIA.ORG.NZ  
PRESENTS

# FREE Family Concert

*Peter and the Wolf* and more  
**FAMILY FRIENDLY ORCHESTRAL MUSIC**  
BY PROKOFIEV, STRAVINSKY, BIZET AND COPLAND

Follow the adventures of Peter and the Wolf and learn about the orchestra in a fun musical afternoon for the whole family!

NARRATOR: JEREMY HANTLER  
CONDUCTOR: JUSTUS ROZEMOND

TWO FREE 1-HOUR PERFORMANCES  
**SUN. 4 SEPTEMBER 2PM & 4PM**  
**HOLY TRINITY CHURCH**  
**DEVONPORT ROAD, TAURANGA**

Donations welcome to help cover costs!

HOLLAND BECKETT  
Seeka  
TECT  
Tauranga City  
Stratum CONSULTANTS

# TMAA Papamoa

## Try Martial Arts

Great for Confidence, Self Defence and Discipline

A group of children are posing in various martial arts stances, wearing boxing gloves and belts. They are set against a background of comic book-style speech bubbles and stars.

**29 Reynolds Place, Papamoa**  
To register email us at [pap@tmaa.co.nz](mailto:pap@tmaa.co.nz)  
or phone 07 5420798

### Brazilian Jiu-Jitsu

- Boxing -
- Taekwon-Do
- Muay Thai

**1 WEEK FREE TRIAL**

THE MARTIAL ARTS ACADEMY



 **CELEBRATING 25 YEARS** 

# EAT YUMMY APPLES FOR NEW SPORTS GEAR FOR YOUR SCHOOL!

Collect the stickers from Yummy Apples and cut-outs from 1.5kg bags of Yummy Apples for your school's share of sports gear worth

## \$200,000

**\* RUNS THROUGH TO END OF TERM 3**  
EATING HEALTHY FOR COOL SPORTS GEAR SINCE 1998...

Yummy Apples at  
 **NEW WORLD**  
 **PAKSAVE**  





**MOUNT CROSSFIT'S**

# GROMFIT

These Teen classes are designed especially for School Years 7-13. GromFit takes everything we love about CrossFit and makes it age appropriate and extra fun!

Our Groms will have unlimited access to the hour long classes throughout the term with our head coach, Cullam. He'll take them through specific strength skills and conditioning workouts.

Choose which days work for you:  
4-5pm Monday - Thursday  
\$180 per term.

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INTERESTED IN A FREE WEEK TRIAL?  
EMAIL [INFO@MOUNTCROSSFIT.COM](mailto:INFO@MOUNTCROSSFIT.COM)



# Piano Lessons

Tune In

Beginner piano lessons

First lesson free

Crane St, Mt Maunganui

Rachel Jenkins

[hello@tunein.co.nz](mailto:hello@tunein.co.nz)

027 856 8324

