

July 2023

- **Year 7 Vision Screening**
- 25 Mt College Roadshow
- **Winter Tournament** 28
- DanceNZ Made 30

August 2023

- **Online Enrolments Open** 01
- 03 **Boostrix - Year 7**
- 04 **AIMS Games Payments due**
- School Disco 17
- Calendar Art due 25

Term 3, Week 1

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If you would like to view the information from the Cyber Safety talk on Wednesday. Please click on the link: https://mtint.school.nz/our-kids-online/





POIPOIA TE KĀKANO KIA PUĀWAI

Nurture the seed and it will blossom

KIA MAUAO TE TŪ



Pānui Newsletter 2023

FROM THE PRINCIPAL



Kia ora Parents and Whanau

Welcome to term three! I can't believe that half the school year is behind us. I hope you all enjoyed the holiday break with your children and that the winter weather didn't thwart too many of your plans.



Principal Mount Maunganui Intermedial

At the beginning of this week, we welcomed Mrs Sandra Larson to the MMI teaching team. Sandra is the new teacher in whanau 13 and has enjoyed reconnecting with many students that she has taught in earlier years and two of our contributing schools.

As you will be aware, we have been immersing ourselves in learning about Matariki this week. There has been a real buzz around the school with each team having a hangi lunch as a way to come together and celebrate this special time of the year. Thank you to all parents and whanau who contributed to our hangi lunches by donating kai. I have to admit that I have been very well fed this week and it's been great to see the students enjoying a cooked meal together.

In my visits to classrooms this week, I have also seen research skills, creative writing, cooking, kite design and making and lots of other fun, hands-on activities about Matariki.













In assembly this afternoon, each team presented some learning for the school about one of the Matariki stars. It was great to see the whole school coming together to share their learning and to be enjoying such relevant and unique learning concepts.

Each afternoon, we have been donating our leftover hangi kai to Takitimu House. Takitimu House provides homeless people in Tauranga Moana temporary shelter and access to services designed to break the cycle of homelessness and offer hope of a better future for themselves and our community. When dropping off the food this week, we learnt that the Trust is running short of resources.

If you can help this worthwhile charity, please drop any of the following to the school office and we will arrange for it to be dropped off:

Cereal
Powered milk
Toiletries - toothpaste, brush, razor, bar soap
Canned foods
Sock all sizes
Underwear all sizes

Over the holidays, we have had lots happening on our field. Our four remaining "village classrooms" were removed and 6 brand new modular classrooms have been placed on site. We are looking forward to moving into these lovely new learning spaces next term.













Thank you to the parents who were able to attend our Cyber Safety evening on Wednesday night with the informative and entertaining Ron Cope. Feedback was very positive about how helpful and relevant this presentation was. We are hoping to share some of Rob's valuable resources and insight with those of you who were unable to make it.

Have a lovely weekend everyone.

Ma te wa Whaea Melissa

AIMS GAMES



AIMS GAMES FEES - PAYMENT DUE DATE COMING UP

Aims Games fees have now been loaded onto students accounts. You will have received a request for payment of the amount of your child's sport.

You are welcome to make instalments if you wish. Please use your child's name as the reference and what you are paying for in the particulars.

All AIMS Games fees must be paid by Friday 4 August.

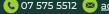
ATHLETE FACTORY



After an epic programme in Term 2. Athlete Factory are offering this again in Term 3. This term will be geared towards getting ready for AIMS Games, and those competing.

If you would like to register for term 3, here is the link below

https://forms.gle/zY17qzayH1vmRuwZ7



VISION TESTING

Year 7 Vision Testing

On Monday 24th July Hauora a Toi Bay of Plenty, Te Whatu Ora Vision Technicians will be visiting our school to carry out routine distance vision screening.

All students in Year 7 are included as part of the National Screening Programme.

If you do not wish to have your child's vision tested, please complete the Opt Off form emailed to you last week and return it to the office. (If you need another form sent to you please contact the office for one).





MMI MUN ACADEMY

MMI MUN Academy

What is the MUN?

The MMI Model United Nations is a group of delegates from 10 countries, which do different debates about world peace and how to achieve it.

We meet once a week as part of a literacy academy in room 27. (our epic headquarters)

It is for people who are interested to role-play the real events of the UN and get an understanding of how the world works in that retrospect.

(Liam, George)

Who was involved?

In our Model United Nations, we selected 10 countries to represent. These countries are: Russia, Australia, Turkey, UK, India, France, America, China, Japan, and Brazil. We all learnt that India has very valuable ores, Turkey is facing human rights as an ongoing issue, China is facing starvation, Brazil needs help with education, USA has extreme weather conditions, though hearing these it helped us understand the world and work together as a team.

(Jack, Nico, Finn)

What did we do in our MMI MUN?

We selected our countries and learnt about them to become delegates

We then made speeches about our countries and presented them to the committee. We then noted about the countries to see who had what resources and who we would ally with.

Issue Statement #1:

" All countries need to support the UN's decision to call for an immediate stop to Russia's war on Ukraine and give money and experts to help with the rebuilding and mass destruction.*

After receiving the first issue statement each delegate did extensive research on what their individual countries' stance on the matter would be considering the pros and cons specific to this country. After getting in the mind space of their country each delegate would alter the issue statement to how their country would see fit.

Following this each country would lobby and debate what country's issue statement fitted each country the best and voted what issue statement worked best for everyone.

Then next issue statement was: "All countries must have 100% electric vehicles by 2030" And then we repeated the steps above.

(Grace, Aster)

I found the experience quite interesting, getting to learn so much about so many countries and the ways they run was really cool. I found that having speeches about our countries actually made me eel a lot more confident in my writing and public speaking. Working with a partner and learning about so many different cultures all across the globe, and participating in something like this was truly amazing! Overall I found MUN very positive and enjoyable. Harper Paton - Delegate of United States of America found the experience quite intriguing and very interesting, I learned so much and feel like I'm more aware and more hopeful about the condition of the world. I have learned about the diversity between all of the countries but also about what makes them work together and strive for a better representation of India. It has forced me to look through a different perspective and think for all of India instead of myself. Learning about electric cars and the co2 emissions of different countries. Being a part of MUN has been an incredible experience and overall just an amazing learning experience.

Indigo semple-delegate of the republic of India



triSASSY

triSASSY at Mount Intermediate



triSASSY at Mount Intermediate

triSASSY is designed for 11-13 year old girls (years 7 & 8) who don't participate in sports but want to be active in some way while having fun with their peers and making new friends. The aim of the 16 week programme is to improve self confidence, try new physical activities, and learn skills that will help the girls feel good about themselves as they develop into young women and become part of the wider community.

This programme is run by Triathlon Tauranga with funding through the Lottery Grants Board and is FREE for the girls to attend. Part of the programme is to attend a "celebration event" together with other triSASSY groups, their friends & families. Each group will have something to aim for as an outcome of the programme (this isn't compulsory, just fun!).

Research has identified that there is a direct correlation between a lack of physical activity by young girls and them having poorer mental health and lower aspirations than their male counterparts. It also shows that the biggest drop-off in girls participating in sports activities occurs during the transition between primary and high school. Additionally, being active in adolescence is much more likely to lead to an active lifestyle in adulthood. Helping our young females to be active and stay active as they go through adolescence is important for helping them to be healthy and happy, now and in the future.

triSASSY at Mount Intermediate is run on a Tuesday afternoon as soon as school finishes for the day until approx 4:15pm. Our next programme will start on Tuesday 18th July and run through Terms 3 & 4 (during term time only). We start each session with an information "chat" on various topics such as social media safety, self confidence, friendships, goal setting and self care. Then we do a physical activity such as boxing, circuit training, running/walking and other games that

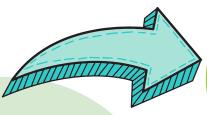
promote physical activity, friendship, but most of all FUN!







MMI SPORTS



Who: Billets are required for: Gisborne Intermediate Students

BILLETS REQUIRED

The Annual Super 11 Intermediate Winter Tournament between Bay of Plenty and Poverty schools, is to be held in Western Bay on Friday 28th July.

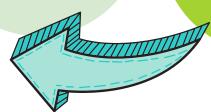
We are still short and require more families. Your child does not need to be in the Winter Tournament to billet.

When: Thursday night 27th July

We still need families for 4 males and 2 females

Interested? Please contact Nicola at sports@mtint.school.nz

Requirements: The students will arrive approx 2.30pm. Bed, breakfast & a packed lunch to be provided



GENERAL ELECTION

WORK FOR THE 2023 GENERAL ELECTION

Help your community to vote in this year's General Election! The Electoral Commission is now recruiting for roles across Aotearoa to deliver the 2023 General Election.

Whether you want to work for several weeks or just for a day, there's a variety of options to suit you.

Pay rates for roles vary depending on the role but range from \$26 (plus 8% holiday pay) per hour to \$33.80 (plus 8% holiday pay).

We have Voting Places across the Bay of Plenty so there will be something close to you, with the Electorate Headquarters based in central Tauranga.

To apply or get more information – <u>General Election 2023 - Bay of Plenty Electorate - Electoral Commission (elections.nz)</u>





TOI - WEARABLE ARTS



The design that won 'Star of the night' - Candylicious Designers - Lily Goodspeed, Nakita Faulkner & Zoe Kidd

TOI - WEARABLE ARTS







DUE TO AN OPERSIGNT,
THESE WEARAGLE ARTS
GARMENTS WERE LEFT
OFF OUR LAST
NEW SLETTER,
LOOK AT THESE AMAZING
GARMENTS!



JAPANESE HOMESTAY



IN OCTOBER 2023?

We have a group of students from Japan who require homestay.

The dates are October 18th to 1st November.

The students will be attending Mount Intermediate for the duration of their stay.

If you are able to help. Please fill in the google form. Got Questions? email r.thurston@mtint.school.nz

You will be providing homestay for a single student. You need to be able to provide the student with their own room.



If you are able to host, please click this link to add your details.

JAPAN EXCHANGE - FUNDRAISER



ICAS 2023

We are delighted to inform you that Mount Maunganui Intermediate will be participating in the world-renowned ICAS competition this year.



What is ICAS?

ICAS is an online academic competition that is designed to assess students' higher order thinking and problem-solving skills in English, Mathematics, Science, Writing, Spelling Bee and Digital Technologies.

Each assessment celebrates students' accomplishments by providing opportunities for recognition and development. Every student who participates will receive a printed certificate and an online results report. Top performers will be eligible for medals.

We encourage you to consider entering your child into ICAS this year.

Learn more about ICAS here - https://www.icasassessments.com/products-icas

How to participate in ICAS

If you wish for your child to participate in ICAS this year, please:

- Read about ICAS subjects and prices here: (icasassessments.com/products-icas)
- 2. Read the terms and conditions here: (icasassessments.com/wp-content/uploads/2022/10/2023-ICAS-Assessments-Parents-PPS-TsCs_final.pdf)
- 3. Go to Parent Portal to purchase tests here: shop.icasassessments.com/pages/pps
- 4. Enter our school's access code VXY158
- 5. Enter your child's details, select the tests you would like to purchase, then proceed to payment.

Please note that the ICAS tests shown for selection are at the school's discretion. After payment is made via the Parent Payment System, you will receive an order confirmation email, please keep this for your records.

ICAS Results and Certificates

We will notify you of the date(s) that we run ICAS at the school and when your child's ICAS results are ready. Once we have received your child's ICAS certificate, we will send it home with your child. The back of the certificate shows ICAS results and the login details, "TAP ID and Pin", that you and your child need to enter the Results Portal orti.icasassessments.com/ortiStudent

If you have any questions about the ICAS Assessments please contact Shem Banbury s.banbury@mtint.school.nz



OUR HAPPY PLACE

We are excited to announce that Mount Maunganui Intermediate has implemented a new program called 'Our Happy Place'. This programme is designed to equip our students with the knowledge, tools and mindset they need to thrive in every area of their lives.

We understand the importance of promoting and protecting Mental Wellbeing among our students and this program allows us to do just that. Our Happy Place is a platform that provides students with the resources they need to live a happy and fulfilling life, both while they are in school and beyond. More details can be found here - https://yourhappyplace.org.nz/

Students will be working through different sessions per week, with each session lasting around 10-15 minutes long. We will provide details about these sessions in our newsletter so you can support your child and follow these up at home.

The topics we are currently covering are:

SESSION 23 - THE BEST THINGS IN LIFE ARE FREE

This session is all about the great things in life that are free, like laughter shared with a friend, a wonderful hug or smile, being out in nature, the feeling of accomplishment when you achieve a goal or a good night's sleep!

Students are then encouraged to create their own list of things in their life they are grateful for which money can't buy.

SESSION 24 - POSITIVE AFFIRMATIONS

Session 24 looks at the things we can tell ourselves that are positive. Some examples discussed are, 'I am enough', 'I am a good friend', 'I learn from my mistakes' and 'I am getting better at...'.

Students then think about their own positive affirmations with the idea that our mind believes what you tell it, over and over again. So, by repeating new affirmations often and saying them with as much conviction and feeling as you can, you will convince your mind that they are true and therefore they will start to come true for you.







MMI COASTAL VALUES



MMI students are active learners



MMI students show aroha, respect and mana



MMI students act with integrity, pride and honesty



TUAKIRI

MMI students know their identity

COASTAL VALUE CERTIFICATES 2023 Term 2 – Week 10

1	Saima Dogra	For taking responsibility for your learning and managing your distractions more effectively. Your maturity and self-motivation is commendable.
3	Te Ariki Werohia	For being an amazing kaea (leader) not only in our whanau, but also for the whole Motuotau team when doing the Haka.
4	Nuku Cook	For being such a great team player during Matariki week! From your master potato peeling skills to your ability to support your peers with your knowledge, we appreciate you! He whetū koe!
5	Brooke McCarthy	For a great start to term 3 and having a positive attitude to all school work. Keep it up, Brooke.
6	Alfie Roskell	For a monumental change in work ethos and completing tasks in the given time. He whetū koe!
7	Chaeyoon Bae	For settling into whānau 7 with ease. It is so awesome to see you participating in all tasks, including PE, and flying your kite at the beach. Ka pai hoki koe!
8	Niko Sowter	For your great focus during kite making for Matariki - you are a great person to have in a team!
9	Toby Bowling	For the effort and focus you are putting into your learning - especially your maths. Ka pai tō mahi!
10	Fletcher Fowell	For great persistence and focus. You should be really proud of your final product as part of your business plan.
11	Wiremu Mitai-Marks	For your positive engagement in Matariki activities and the impressive way in which you led the haka for our class. Kei te whakahīhī au ki a koe!
12	Arabella Martelli	For having a positive attitude towards her learning and showing manaaki by supporting your peers. Ka Pai!
13	Hailey Scrimgeour	For a positive and dedicated start to the term. Also a very welcoming attitude towards me. Ka Rawe.
14	Josie Carlburg	For always role modelling positive approaches to learning, involvement in all activities, and a determination for self improvement. Great!
16	Alyce Grace	For an outstanding start to term 3. You have been an active participant in the classroom with a great attitude. Great job Alyce, keep it up!!

COASTAL VALUE CERTIFICATES 2023 Term 2 – Week 10

17	Alexis Turnbull	For a great start to term three. Ka pai to mahi, Alexis! Keep up the positive attitude!
18	Eunice (Jeeyoon) Kim	For showing dedication in all new learning. Your perseverance and growth mindset is inspirational. He whetū koe! You are a star!
19	Charlotte Hamilton	For an amazing start to term three. You have shown dedication and commitment to getting your mahi completed on time and to a high standard. Keep it up!
20	Lochie Berry	For working hard to improve and raise the standard of your mahi. Ka Pai Lochie, keep it up!
21	Stella Russell	For being a super helpful person in our class. Thank you Stella for always volunteering to help and showing great maturity and initiative. He rawe to āwhina mai.
24	Kingi Mortell	For showing commitment and dedication in our Kaupapa Maori classes. Ka mau te wehi, Kingi!
Digi Tech	Sandareer Tiananga Room 2	For a great start in your new cycle in Digital Technology. You are an active listener and creative with your learning.
Food Tech	K J Bennett Room 15	For being a focused and diligent worker. Thank you K J for being an awesome role model!
Dance & Drama	Donovan Hernandez Whānau 14	For being a wonderful role model so far in dance and drama, your collaboration skills and willingness to improvise in drama. You are a natural performer and great leader. Ka pai tō mahi Donovan!
Visual Arts	Lockie Forsyth Room 14	For a great start to Cycle 4 and excellent creativity and detail with your designs.
Music	Jaydyn Kakau Whānau 21	He waka eke noa. Were all in this together. For taking initiative, and helping when it was needed. Then ensuring your classmates had the resources they needed, putting their needs before your own. Your selflessness, along with your positive attitude to your learning, and toward others will take you very far in life.



The artwork is due back - Tuesday 23 August We will send out more details on how you can order your child's artwork, closer to this date.





COMMUNITY PHARMACY FOR TAMARIKI UNDER 14



Treatment of Minor Conditions from Community Pharmacy

A minor ailment service will be available at your local Bay of Plenty community pharmacy during the winter of 2023.

To be eligible for a FREE pharmacist consultation, advice, treatment or referral; patients must meet either of these criteria:

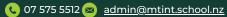
- · Children under 14 years of age
- · Māori or Pacific people
- Hold a valid community services card.
- A whanau member of an eligible patient with the same condition

Conditions to be treated include:

- · Acute Diarrhoea or dehydration
- Minor skin infections
- Scables
- Headlice
- Eye inflammation/infections
- · Pain and fever
- Eczema/Dermatitis

A pharmacist at your local community pharmacy will be able to provide you with advice about your health condition, appropriate treatment options and advice on whether you should see your GP or healthcare provider. Appointments are not required,





POIPOIA TE KĀKANO KIA PUĀWAI

Nurture the seed and it will blossom

KIA MAUAO TE TŪ



MOUNT MAUNGANUI INTERMEDIATE

USEFUL INFORMATION

TERM DATES

Term 1 – 31 January to 6 April Term 2 – 24 April to 30 June Term 3 – 17 July to 22 September Term 4 – 9 October to 14 December

MEDICATION

If your child has a severe medical condition or needs to take medication at school please contact the office at: office@mtint.school.nz

SCHOOL DROP OFF

These are NOT drop off zones:

- Lodge Avenue Staff Carpark
- Lodge Avenue Turn Around
- The Bus Bay on Links Avenue

This is for the safety of your children, when dropping off or picking them up. Please refrain from entering and parking in these areas.

CHANGE OF DETAILS

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.

office Please email the at office@mtint.school.nz

KEY LINKS

- **ABSENTEES**
- **BELL TIMES**
- **BUS INFORMATION**
- **ONLINE PAYMENTS**
- **ORDERING LUNCHES**
- **PARENT PORTAL**
- **SCHOOL UNIFORM**



Checkout out our website, newsletters, daily notices and Facebook links.

https://mtint.school.nz/

https://mtint.school.nz/mmi-daily-notices/ https://www.facebook.com/Mtint.school.nz/ https://mtint.school.nz/newsletters/







MOUNT COLLEGE YEAR 8 ENROLMENTS

2023 YEAR 8 STUDENTS ENROLMENT SCHEDULE



	Date
Visit MMI school assembly	Monday 26 June 2023
Prospectus packs issued	
Road show	Tuesday 25 July 2023
Open evening 6pm – 8.30pm	Wednesday 2 August 2023
In zone enrolments open	Friday 4 August 2023
Out of Zone enrolments open	Friday 4 August 2023
Enrolment interviews at MMI Library – optional	Wednesday 16 August 2023
In zone applications close	Friday 18 August 2023
Out of zone applications close	Monday 28 August 2023
Out of zone ballot	Monday 11 September 2023
MAP/EPA / Design Learning and GATE applications to Mount Maunganui College main office	Friday 27 October 2023
MAP/EPA auditions at MMC	Friday 3 November 2023

^{*}MAP - Mauao Athlete Pathways

^{*}EPA - Elite Performing Arts

YUMMY STICKERS



COLLECT YUMMY STICKERS CAN HELP EARN MMI FREE SPORTS GEAR!!

A SHARE OF \$200,000 FREE SPORTS GEAR AVAILABLE TO EVERY PRIMARY AND INTERMEDIATE SCHOOL IN NEW ZEALAND'S NORTH ISLAND.

What to do: Collect the Yummy cut-out labels from bags (each cut-out label is worth 10 stickers) and individual Yummy apple stickers. Hand these stickers to your child's classroom teacher and they will earn house points as well.

Where from: Yummy apples are available from New World, PAK'nSAVE and participating Four Square stores.

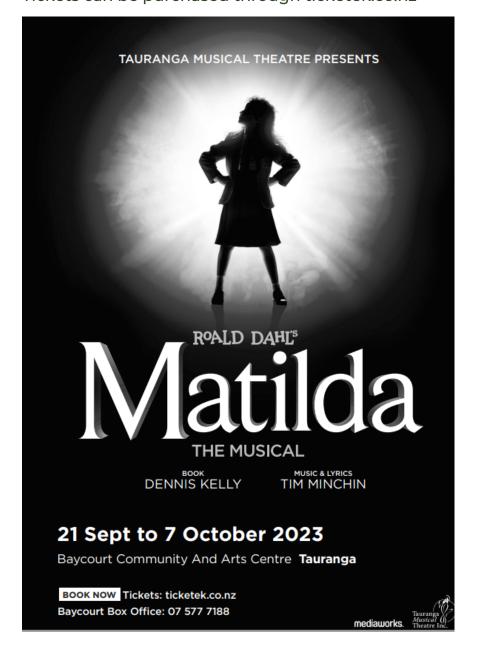
The more you collect, the more sports gear we get so get going and start collecting your Yummy cut-out labels and stickers now!

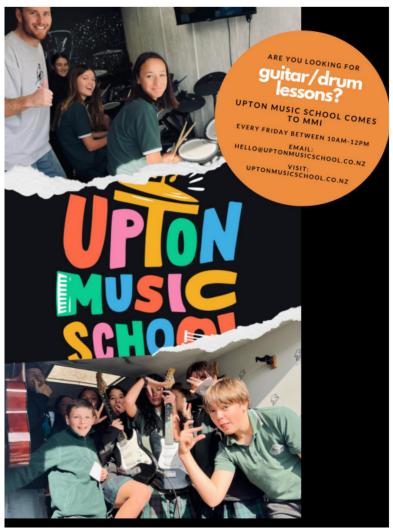


Matilda: The Musical

Our very own very talented, performing arts student; Milla Cudby, is playing Hortensia in the upcoming Tauranga Musical Theatre production of Matilda: The Musical! The Production runs from: September 21st to October 7th.

Tickets can be purchased through ticketek.co.nz







Mini Golf Tauranga Whānau Golf Day

Mini Golf Tauranga | Sunday 29th July | 10am - 11am | \$20 per whānau

Join us for the Futures Whânau Golf Day, where teams can be made up of a mix of mum, dad, siblings or grandparents!

Take on the challenge of Mini Golf Tauranga's 18 hole course with your whānau. Maximum groups of five per whānau.

For more information or to register please contact: Sam Kendall, sam.kendall@golfnz.org or find the event at www.golf.co.nz/futures







TERM 3 JULY 17th - AUGUST 31st 7 wks

THEME - Power Totem Animals - A paint and charcoal design.

jacquivandenbergartist@gmail.com 0210696555 www.mountwildheart.co.nz

TRIPLE P TEEN Discussion Groups



TEEN TP Discussion Groups help you manage the ups and downs as you guide your TEEN towards adulthood. Come to just one, or as many as you like. You will get practical tips and strategies that really do work, to help parents and caregivers to cope positively with some of the common issues associated with raising a teenager.

Thursday 1st June Coping with Teenager's Emotions
Tuesday 4th July Getting Teenager's to Co-operate
Thursday 20th July Reducing Family Conflict

Tuesday 15th August Building Teenager's Survival Skills

WHERE: 266 Maunganui Rd, Mt Maunganui 6.pm-8.pm

COST: \$25 per person **OR** \$35 per couple.

REGISTER: email: triplepinthebay@gmail.com

Ph/TXT 0273112140

www.triplep-parenting.net

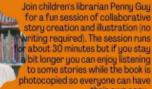


Pen Warriors Workshops

Date: 4 July 2023

Venue: Ako Átea Library, A Block, Toi Ohomai, 70 Windermere Drive, Poike, Tauranga To book your place in any of the workshops, please email bookraptnz@gmail.com

First Workshops: 10am to 11am



story creation and illustration (no riting required). The session runs about 30 minutes but if you stay bit longer you can enjoy listening to some stories while the book is photocopied so everyone can have their own copy.

Ages 4 to 6 yrs, cost - gold coin donation



Let author Angie Belcher teach you how to re-write your favourite tale with an unexpected twist, then present it with flair!

A great workshop for those who like to dramatise their writing.

Ages 7 to 10 yrs, cost - \$5



Make Your Mark! Get your hands out of your pockets and learn how to draw hands, heads and so much more with confidence. Put a smile on that face and find the fabulous in your story characters. Join Mustrator Debbie Tipuna for some fun art tips and build your skills.

Ages 7 to 10 urs, cost - \$5



Ten Tips for Writing a great Zombie Storu! Local junior fiction author Carol Garden is iolding a one-hour workshop on writing great zombie stories. Find out how to make your zombie story truly awesome -then use one of the starters to put your new skills to the test.

Ages 11 to 14 yrs, cost - \$5

Second Workshops: 11.15am to 12.15pm



Ages 4 to 6 yrs, cost - gold coin donation



Fact Finding Fun!

Learn how to be a fact detective for great storytelling with local unior nonfiction authors Debbie McCauley and Rachel Weston.

Ages 7 to 10 yrs, cost - \$5



Bone Broth by Lee Murray! In this one-hour workshop, international award-winning writer Lee Murray shares tips and tricks for infusing emotion into the bones of your story using show-not-tell and point of view techniques.

Ages 11 to 14 urs, cost - \$5



Make Your Mark! Get your hands out of your pockets and learn how to draw hands, heads and so much more with confidence. Put a smile on that face and find the fabulous in your story characters. Join Illustrator Debbie Tipuna for some fun art tips and build your skills.

Ages 11 to 14 yrs, cost - \$5





Triple P positive parenting program FREE for parents, whanau caregivers with children aged up to 16yrs.

To find out more information please contact Ardell on 0273112140 or 07 571 0144 or visit www.triplep-parenting.net.





DOES YOUR CHILD HAVE A WIGGLY TOOTH?

Your child losing their first tooth is a rite of passage and usually happens at around six years of age. The tooth comes loose then falls out, leaving a gap for the adult tooth.

This continues up until age 12, when all the baby teeth have usually fallen out.

It is okay to have your children wiggle and [for you to] wobble their teeth to help them come out. Just make sure you have clean hands and just try and grab it and gently wiggle it. Over a few days to a week or two it will come out.

After your child's tooth falls out, the gum area may be a little tender and sore.

It's still important to keep up tooth brushing and oral hygiene. Follow these five tips for a healthy smile.

- Brush twice a day with a fluoride toothpaste.
- Have regular dental check-ups.
- Lift the lip every month and check your child's teeth and gums.
- Choose healthy snacks.
- Drink water or milk.



WWW.MOUNTJIUJITSU.CO.NZ







BECOME A CHAMPION OF LIFE

call 021 0707 630

email info@mountijutitsu.co.nz

The Tauranga City U13 football team need some more keen football players to join their team. If you are interested in playing this season, register at tcafc.co.nz





Tune In Beginner piano lessons

First lesson free Crane St, Mt Maunganui Contact Rachel: hello@tunein.co.nz 027 856 8324

