

Tokomairiro High School Newsletter & Community Noticeboard

Wednesday 28th February 2024



238 Union Street MILTON T: 03 417 4483



E: genesis@tokohigh.school.nz

Athletics Results

# Tokomairiro High School

- Sarah Geary			
- Dominic Dobson			
<ul> <li>Sophie Greer</li> </ul>			
- Leon Healey			
- Pippa Greene			
- Troy Mallon			
<ul> <li>Charlotte Lennon</li> </ul>			
- Jacob Murray			
Tournament Champion - Jacob Murray Track Champion - Jacob Murray			
- Jacob Murray			
<ul> <li>Charlotte Lennon</li> </ul>			

#### Athletics House Points:

1st	Ayson	865		
2nd	Reid	736		
3rd	Ross	688		
4th	Malcolm	539		









PERFECT ATTENDANCE RFECT ATTENDANCE PERFECT ATTENDANCE

# Support your Child to be at School

Toughen up on Truancy. It is not ok to be late or to be off school without a justified reason. If it is truancy, tell the school. If your child refuses to go to school, find out why. Take their needs seriously and support them to be happy at school. Talk with the Dean, Counsellor, Assistant or Deputy Principal or other parents to make a plan to help your child.

### Dates to Remember...2024

Wednesday 28th February -Board Meeting Tuesday 5th March -Parent Teacher Hui Tuesday 19th March -Swimming Sports

Whakaute, Haepapa, Hiranga Respect, Responsibility, Excellence

*Genesis Deadline* 12 Noon Monday



**Chromebook Amnesty!** 

We are seeking the return of chromebooks (and chargers!!)

that have been loaned to our senior students in years past.

treasures, and return them to the school when you can, no

the far-flung corners of your home for any forgotten

toward supporting the learning of current students!

Please have a look down the back of the couch, under the bed,

questions asked. The return of these devices will go a long way

**Kia ora Tokomairiro High School Community** 

SuperValue Milton: 59 Union Street, Milton Ph 417 8008 Open 7am - 8pm, 7 days. Prices valid 26th February- 3rd March 2024 or whilst stocks last.





Fresh Chicken Nibbles (Product of NZ, Excludes Free Range)



#### SCHOOL MISSION: Inspiring Excellence in Education, in Character and in Life.

#### Tena koutou katoa

Last week we held our Athletics Day and while the weather was not the warmest, it was a great day. Our students came dressed in their house colours and participation as well as competition was high. The day started off with the House Chants which we haven't had for a few years. All our House Leaders did a fabulous job of leading their houses in the chants but there can only be one winner and this year the best chant was won by Reid. It was also awesome to be able to watch the Primary School athletics happening at the same time.

**Housepoint Update** With the first of the major house events now completed the inter-house competition is well and truly underway. While Reid won the house chant in the morning of Athletics Day, Ayson won the most points for the track events and Ross won the most points for the field events. The overall winner of Athletics Day 2024 was Ayson. Once the points from Athletics Day were added to the recognition points that students are given in their classes the current standings are:-

Malcolm - 749 points Ross - 1,005 points Reid 1,024 points Ayson 1,092 points.

As you can see it is very close at this point and participation in our upcoming Swimming Sports could have a big effect on which house is leading the 2024 competition. In addition this year students will earn house points for their attendance at school.

**Parent Teachers Hui** We will be holding our first Parent Teacher Hui of 2024 on Tuesday 5th March from 2pm. These interviews will be with house group teachers and will last for 15 minutes. The purpose of the meetings is to discuss how the year has started and to discuss how we can support your child to reach their goals for the year. To allow us to hold these interviews we will be finishing classes at 1.20 on Tuesday 5th May. School buses will be running at the normal time and we will



be able to supervise any students who will need to wait for the buses or have no supervision at home. We however, do ask that if you require your child to stay at school until the end of the school day that you let us know.

To book an appointment you can either go to the School Interviews website https:// www.schoolinterviews.co.nz and enter the code fx5mb or scan the QR code which should take you straight to the booking page. If you do have any problems booking appointments then please do not hesitate to contact us.



112 Union Street, Milton Ph 417 8223



Honey Cured Pickled Pork -Great Hot or Cold!-Only \$14.95kg

Stewing & Casserole Steak

Only \$16.95kg

Tender Pork Chops Only \$14.95kg, Save \$6kg

Tasty Onion Sausages -Great on the BBQ-Only \$13.95kg

Check out the seasoning packs from our award winning Rum & Que range!

Check us out! www.miltonbutchery.co.nz or our Facebook page! **Sickness** As you are no doubt aware there is a wave of sickness passing through Milton and our school is not exempt. We ask caregivers to please let us know if their child is absent everyday because of an illness. We also need to plan in case our staff become unwell and are unable to come to work. While we hope that this does not eventate we might face the scenario that we can not fully staff the school on a particular day. Unfortunately we do not know that staff are sick until the morning and therefore quick decisions need to be made. If we do face this problem then we may need to ask some students to work from home, this will most likely be our senior students who are more independent and do not need child care at home. If this happens then we will post on Facebook and send out an email and text to affected parents. We also know that some students will possibly have already left for school before the decision can be made and in this case we will be able to supervise those students at school for the day. **Portal Access** 

Kris Simpson, Acting Assistant Principal, recently sent out information to caregivers on how to access the Portal. This is a convenient way to see your child's attendance and their attainment particularly at NCEA. If you did not receive your access code or you have any questions then please contact us.

#### Cellphones in School

As you are all aware there is a mandate, which has been sent out by the government, that students will be cellphone free during the school day as from Term Two. Currently students are not supposed to have cellphones out during class time. Last week we asked students to consider the reasons for the ban and what could be the benefits of not allowing students to have access to their phones during the school day. Their feedback was very interesting and the School Board will be considering these points of view as the policy is written. In the meantime however, if your child does not need their cellphone at school it might be worth them getting into the habit of not bringing it to school before the ban comes into effect.

### Teacher Only Day

Significant changes are occurring to strengthen our schooling curriculum and assessment systems. To support these changes, the Ministry of Education confirmed that there would be two Teacher Only Days during 2024. The first will be in Term 2 between 27 May and 7 June 2024. The second in Term 4 between 21 October and 15 November 2024. These days will allow our teachers to have **Public Health Nurse** 

November 2024. These days will allow our teachers to have dedicated time to explore the details of the changes and to begin to plan how the changes will be implemented in our school. We will update you once we have confirmed dates for our teacher only days.

#### Public Health Nurse Abby Brookland

Nga mihi Vicki Wish, Principal Available on Tuesdays at Tokomairiro High School in the Guidance Counsellor's Office. Phone 027 241 1506 to make an appointment.

### Genesis

The Genesis is a free publication, delivered weekly to homes and businesses in Milton, and is available on the school website, Facebook or via email. The Genesis office is open Tuesday 8:30am - 3:30pm and Wednesday 8:30-12. If the office is unattended, any articles, advertising or payments can be taken to the school office or left in the secure box in the office door.

**Genesis Deadlines:** Advertising and Articles - **Monday 12 noon**. These can be emailed to the Editor at genesis@tokohigh.school.nz. Genesis is delivered FREE to your letterbox on Wednesday afternoons. Any payments or donations can be made to *Tokomairiro High School,* account number 03 1736 0009803 000. Please use GENESIS and your name as reference. - *Carolyn Shanks*, Genesis Editor

# Literacy versus English – what's the difference?

This year students from Years 9-11 may be in a Literacy or English class, or both.

It is important to note that there are differences in the content of these courses, and good reasons for why students may have been recommended to take one or both classes.

Firstly, English courses focus on a range of communication skills: reading, writing, speaking, presenting and viewing. Students acquire knowledge and skills through studies of books and film. Such courses are also designed to encourage deeper thinking and a good understanding of the way language works.

At Level One, English is assessed through a mix of internal and external tasks. Undertaking an English course for a full year leads onto other English courses at the next level. In most cases, undertaking a literacy course alone will not provide the depth of skills needed for English at Level 2 and 3. It is important to remember that achieving in Level 2 and 3 English provides access to tertiary level courses; as well as supporting the language needs of other courses. On the other hand, the new Year 9-11 Literacy courses are

designed to specifically focus on language, reading and writing in a range of everyday contexts. For example, you might learn about writing an effective email, how to extract information from an advertisement, or write a simple report. The literacy courses are recommended to those students who need more practice in using language accurately. The aim is to prepare students to sit the new NCEA co-requisite in Literacy. Students cannot get NCEA without passing the Literacy Exam, which is offered in May and September in 2024. (Students can sit again in September, if they do not pass in May).



bill@tokohigh.school.nz



Genesis Deadline 12 Noon Monday

FINDEX

Milton

## **Bible Reading for the Week**

"Now faith is confidence in what we hope for and assurance

about what we do not see". - Hebrews 11:1

**TERM 1** 



**TOUCH RUGBY** 

20/2 Toko Taniwha (Snrs) vs. Otago Girls | 3-1 LOSS

#### FIXTURES

RESULTS

**TOUCH RUGBY** 27/2 Toko Taniwha (Snrs) vs. East Otago Girls | 5:00pm 29/2 Toko Kahurangi vs. Warepa | 5:30pm | Clutha 5 29/2 Toko Koura vs. Stirling/Waiwera | 5:30pm | Clutha 6 OTHER

Sailing - Wednesdays (Mrs Burgess) Indoor/Lawn Bowls/Darts/Pool (Mrs Johnston) **COMING UP IN TERM 1:** 

19 - 29 Feb - Class swimming 1 Mar - Top Team (7&8) (Mrs Bungard) 4 Mar - SOPSSA Athletics (7&8) (Mrs Milligan) 8-10 Mar - OSSSA Athletics (9-13) (Mrs Winder)

12 Mar - South West Triathlon (7&8)

19 Mar - Swimming Sports

4 Apr - Netball Festival (7&8)

6 Apr - Otago Triathlon 7 Apr - Otago Swim Champs



TATA

f

# Planning an Overseas Trip?

If you are looking for a romantic couple's escape, to reconnect as a fun family, a paradise island, a voyage of discovery or just an escape from life's hustle and bustle I can make that happen. I can manage every aspect of your next trip to ensure it's truly a holiday-of-a-lifetime. For inspirational ideas, professional advice, efficient service and the reassurance that I'm here while you're away, contact me today.

# I'm your local travel professional Little and Little world travellers Sara Sutherland TAANZ



Mobile Travel Expert TAANZ Approved Bonded Travel broker

Going further, staying in touch Mob: 021 0237 2282 E: sara.sutherland@worldtravellersmobile.co.nz www.worldtravellers.co.nz/stores/wanaka/sara-sutherland/

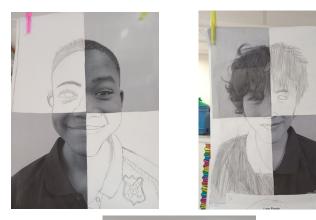


### News from Year 7 & 8 Homeroom

Homeroom has had a great start to the year, welcoming all our new students and new staff. We have been learning about each other and looking into some goals we would like to work on for the term.

The children have created self portraits, written their mihis and created a visual pepeha to go with these. Here are a few of them.

Feel free to pop in any time and see the rest or have a chat with the Homeroom team.





### Taylor Park Freshen-Up As you may have noticed, there have been a few changes at

As you may have noticed, there have been a few changes at Taylor Park! In an epic working-bee, the fantastic folks from Rotary and Lions cleaned the Union Street and Park Road pathways, pressure cleaned and repaired the existing fence, built a new section of fence Park Road and modernised the entrance archway.

Rather than engaging external contractors, Council gave the pool committee the opportunity to organise the work as a fundraising activity for the new pool. The result was a massive joint effort by our two great clubs, with timber donated by Calder Stewart and traffic management donated by Andrew Haulage.

Concurrently, as part of a collaborative project with the University of Otago, Project Bruce commissioned the lovely and very talented Eva Meeuws to create a design for the public toilet block. Eva with the help of her mum Juanita, painted the beautiful artwork "When Nature Calls" to celebrate our native flora. The finishing touch, a bright, new sign on Union Street was installed by Council to replace the

old one. We have had great feedback from the community and look forward to another awesome collaboration in the future!



# **Church Lentern Labyrinth**

Tokomairiro Church is doing a prayer labyrinth journey this year for the Season of Lent, a time when Christians embark on a spiritual journey from Ash Wednesday to Easter.

Labyrinths are ancient pathways that leads from a beginning point to a centre. They are usually in a form of a circle and it offers one path that always leads to the centre.

If you stay on the path you cannot get lost. There is no right or wrong way to walk a labyrinth, no set pace, just follow the path in your own time. Today, labyrinths are being created in churches, retreat centres, schools, and

Today, labyrinths are being created in churches, retreat centres, schools, and cathedrals to offer a spiritual space for prayer and reflection providing a stilling space in a busy world.

The centre is a place of meditation and prayer The winding path helps us to 'unwind'; to let go and rest in God and the experience.

The labyrinth journey originated in the twelfth century, when pilgrims or travellers, made a special trip to the Holy City. When the journey became dangerous and expensive, seven European cathedrals were chosen to become the 'Holy City' for

pilgrims.

The labyrinth journey, symbolises a spiritual journey that Christians travel through this Season of Lent. Most importantly on this spiritual journey is a time to reflect. Time to make space for God and for others. A time of rest, meditation and prayer. A time to find comfort and new direction in life.

Tokomairiro Church invites you to share with them in their prayer labyrinth journey. Our prayer labyrinth is located on the lawn behind the church hall. *Easter Blessings* 

Tokomairiro Church Family

Genesis Office Hours

The Genesis office is open on Tuesday from 8:30-3:30, and Wednesdays from 8am -11am. Emails are checked outside these hours. Please contact the school office at other times if needed.





© Events © Cancellations © Notices © Newsletters © Permission Slips © Instant notifications © Absentees Simple free download: In Google play & App Store search 'Skoo Loop' & choose our school once installed

**Download the Skool Loop app** to report absences and keep up to date with events and notices.

### Milton Medical Centre: Celebrating our Nurse Practitioner



At Milton Medical Centre we have a full-time Nurse Practitioner, Lorna Scoon.

Lorna works alongside Dr Jerry Hsu and our team of practice nurses. Nurse Practitioners are playing an important part in the future of general practice and in Milton we are very fortunate to have Lorna as a core team member.

We are often asked what the difference is between a General Practitioner and a Nurse Practitioner, and in short, the answer is the training pathway of each role is different, but both a GP and a NP do a similar role at the Practice.

Nurse Practitioners have advanced education, clinical training and the demonstrated competence and legal authority to practise beyond the level of a registered nurse.

Nurse Practitioners assess patients, make diagnoses, and order and interpret diagnostic and laboratory tests. They prescribe medicines within their area of competence with the same authority as a GP.

Lorna's journey to become a Nurse Practitioner began when she trained as a nurse in Auckland 38 years ago. She gained her Masters in Nursing in 2017. Lorna has worked in a variety of areas including Plastics, Neurology, Paediatrics and Māori Health. Lorna is enjoying meeting members of the Milton community through her role and supporting them on their health journey.

# Keep Your Contact Details Updated!

Email any changes to genesis@tokohigh.school.nz.

# **Rev Malu Fruean Retires**

Sunday 25th February saw our Heritage Church carpark full for the thanksgiving service of Reverend Malutafa Fa'alili Fruean. Members of the Fruean's previous Ashburton Parish, now known as Hakatere, and those of us from Tokomairiro Cooperating Parish came together, along with his family and regional church members to acknowledge the strength of faith, hope and love we have all witnessed as parts of his church family. Lovely words were shared also from the Fruean's first Parish Matawhero



and Te Hapara in Gisborne. One of the highlights was the U.R.Y. band the Frueans were involved in in Ashburton and they performed two songs for us. A shared lunch was enjoyed after the service.

Réverend Luisa Fruean will now be our full-time minister as Reverend Malu takes time to reflect and enjoy some personal 'chill out' time. We all pray for God's blessings on our lovely Reverend Malu as he enters a new phase in his life. We all give thanks for his time among us and will always remember his active ministry service with much love and gratitude.



#### **Articles and Reports**

The Genesis relies on articles and reports supplied by the community to fill our pages. Please email these to genesis@tokohigh.school.nz so we can share what is happening in our area.



### What is Clutha Foundation?

- It is a registered charitable trust that is set up to inspire generosity in its local area and provide ongoing support for the charities and community groups that operate there.
- The capital remains invested forever, and it is the income that is distributed each year.
- In summary, it is a perpetual and parochial charitable trust established to encourage philanthropy for the benefit of a local community.

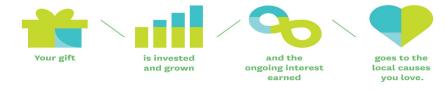
# Would you like to learn more about Clutha Foundation's proposal to establish an Endowment Fund for the Bruce District?

Come along to a public meeting at the Milton Country Club, 52 Union Street Milton

On Thursday 21 March @ 5.30pm

Visit the website of Clutha Foundation <u>www.cluthafoundation.org.nz</u>

### Connecting generous people with causes that matter Inspiring our community



This event is supported by Sumpter Moore

## Fluoridation Reinstated in Clutha Township Water Supplies

Fluoridation of water supplies is being reactivated this week for those living in Balclutha, Kaitangata, Milton and Tapanui. Balclutha was done on Tuesday and supplies at Kaitangata, Milton and Tapanui will have fluoridation reinstated by the

end of this week (Friday 23 February 2024).

Deputy Chief Executive Jules Witt said Balclutha had been fluoridated for decades and the other three towns were newly dosed around 2010, following public consultation.

It was suspended in July 2019 due to health and safety concerns raised by the contractor relating to the fluoridation dosing equipment.

At a Council meeting in December 2020 it was agreed to reinstate fluoridation, as a more cost effective solution that met health and safety requirements, had been found.

"At the time it was noted that it was not a decision about whether to fluoridate or not, because fluoridation had only ceased due to health and safety chemical operator concerns, but rather a decision around the cost, as the actual cost was a 10% increase on the previous system.

Mr Witt acknowledged there had been delays and challenges with funding, supply, equipment, and training and it was good to get dosing underway again.

Fluoride occurs naturally in water, although at levels that are not high enough to provide oral health benefits.

For more detailed information please refer to: https:// www.health.govt.nz/our-work/preventative-health-wellness/ fluoride-and-oral-health/community-water-fluoride-safe-

effective-and-affordable

There are options for those that want to remove fluoride from their water supply however Council does not provide reimbursement for this, he said.

# Waihola/ Clarendon Women's Institute Report

Our first meeting for 2024 was a visit to the large and colorful garden of Keryn Luke at Otokia. February marks the 72nd birthday of Women's Institutes in NZ. Keryn talked of how she began doing floral work by planting out a garden under established large trees, plus a special area for annuals and perennials with the aim of making wedding bouquets, pictures, and dried flowers.

This is one remarkable, talented and busy lady who took us around her garden and workshop.

The business part of our meeting was organising the Mid Otago AGM and the competitions held on the same day. Members were reminded that our March meeting was our own AGM and to think about taking office and bringing ideas for speakers for 2024.

# Genesis Terms of Trade

• All advertising is accepted at the discretion of the Editor.

- Proofs can be sent on request. The final ad is the responsibility of the advertiser.
- · Invoices will be sent monthly.
- Payment is due on 20th of the following month.
- Community groups and clubs, cash sales/ casual advertisers payment is required at the time of ordering advertising. Eftpos is available at the high school office during school hours, or payments can be made online to Tokomairiro High School, account number 03 1736 0009803 000 (please use Genesis and your name as reference). Cash payments can be made at the high school office or Genesis office.
- Any advertiser who does not pay by the end of the month, will have any advertising discontinued until full payment of their account
- Genesis is not printed the week immediately following the Easter break.

For any questions regarding your advertising or account,

please email me at genesis@tokohigh.school.nz \*\*Please note: The end of our financial year is 31st December. Full payment of your account by this date would be greatly appreciated.

# Milton Sub Association Summer Bowls



It was lean pickings again this week, but those that did show made up for it with enthusiasm. Again only two games were played, but were considerably longer.

In the first game Barbara Read, Alwyn Read and Elizabeth Read beat Alex Benington, Eunice Benington and Raymond Perry 5-3.

The second game Alwyn Read, Elizabeth Read and Greta Jenkins beat Alex Benington 10-9.

After five weeks Elizabeth Read and Eunice Benington lead with 11 points while both Barbara Read and Greta Jenkins are closely behind with 10 points. With just over a month before Indoor Bowls start in earnest, now is a great time to get your hand in. All going well we will hopefully see you on Wednesday night.

#### RSA News from the Trenches...

And away we go with another report from RSA Headquarters with lots of upcoming events getting closer. ICES

Next up is the annual Fishing Comp to be held on Saturday 9th March with all funds going to the Otago Rescue Helicopter Trust. Unfortunately this service is continuing to grow in demand so it's imperative they are suitably funded. We've got some magnificent prizes for those who are successful in catching fish. Thank you to the wonderful sponsors who have come to the party. If anyone else has donations for prizes, we're happy to receive.

Our raffles on a Thursday have been ticking along nicely with good numbers trying to win some great meat packs.

I think our Sports Tipping Comp has kicked off last week with I'm sure a lot of earnest competitors trying their darnedest. I haven't been there for a couple of weeks so will endeavour to get more up to date information. See you soon! Toodles.

-Major Gilbert Bruce

9 Holes - Noeline

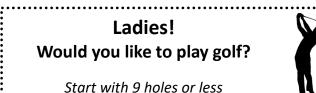
Longest putt on #9 & 18

# Toko Golf

Hidden Holes - 20th February 2024

1st	Janice McDonald	30
2nd	Janice Pierce	34
3rd	Gail Coote	34.5
4th	Jenny Good	35
5th	Dorothy Kennedy	37.5
6th	Ruta Reid	38
7th	Raewyn Devlin	38.5
	Lyn Mitchell	38.5 c/b
	Oreta Smales	38.5 c/b

18.5 Dorothy Kennedy



Every Tuesday morning, start at 10:30am \$3 per person Bring your lunch Come on up—see you there!

Club Captain, Raewyn Devlin 027 481 6146



# **Toko Rugby Report**

It's here, finally here!!!! The 2024 season is almost upon us with so much happening over the next few weeks. The Toko Premiers are training the house down and looking pretty hungry to have a successful season.

Our pre season kicks off on the weekend of 9th March vs Green Island. Final details regarding time and date are in the final point of being confirmed. Unfortunately Taieri are struggling to confirm when they will play us. Then the season competition kicks off with an away game vs West Taieri at Outram on 23rd March.

Our first home game will take place on Good Friday vs Crescent. So make sure you have signed up to the supporters membership draw to be in with a chance of winning.

The Toko Juniors have recently had their registration day with plenty of future superstars showing plenty of excitement. If you kids haven't registered yet, contact Simon Scott as everyone is welcome to play for Toko

Also congrats to Colin Calteaux who was awarded Life Membership of Otago Rugby Referees for over 25 years continual service.

Make sure we get lots of supporters joining us for the ride of a lifetime this season. Come on Axemen!!! -The Judge

**Church Notices** 

# **Genesis Classifieds** ...

**Church Notices** 



### **Tokomairiro Co-Operating Parish** Sunday 3rd March 2024—Holy Communion

9.00 am Service in the Waihola Church 10.45 am Service in the Milton Church Hall **4.00 pm - 6.00 pm** Whanau Funday at the Milton Church. All Welcome!



Sunday Service - 10am. 110 Union Street. All Welcome! For information follow us on Facebook - 021 249 6312

## St John's Anglican Church. Milton.



Sunday 3rd March, 9am - Bishop Steven Benford. Sunday 31st March, 9am -Easter Day Sunday 7th April, 9am - Service followed by AGM. (Remember daylight saving finishes 7th April). Services held 9am each 1st Sunday of the Month. More info: Vivienne: 021 0839 5599.

### Genesis Articles

We are very grateful for articles received about any news that is happening in the community. We try our best to publish articles on the week provided but due to space restraints we are not always able to. If your article is not printed in the week submitted, our goal is

to publish it in the next Genesis issue.



# **Riverbank Farm Potatoes**

\$10 for 4kg of new potatoes In stall at 326 Manuka Gorge Highway

Chris Taylor from Taylor Made Toenails is advising this service will now be managed in the Milton area by Jackie Adam as Milton Toenails. The service will continue as before with clinics and home visits. All current appointments will still stand. Jackie can be contacted on 0273077423.



We are excited to add further dates for our Milton Podiatry clinic at the Tokomairiro Community Hub, 61 Union Street, Milton. Please call us on 03 478 1030 to arrange an appointment.

Tuesday 12th March Tuesday 7th May

**Tuesday 9th April** Tuesday 4th June

Knox Podiatry has clinics in Mosgiel, Balclutha and Lawrence so if the above dates don't suit, please contact us for an appointment at one of our other clinics.



Tokomairiro Waiora Inc. **4 Shakespeare St Milton** Free Nurse Clinics 2024

The Nurse Clinics provide a range of services including:

- Rangatahi checks
- <u>CERVICAL SCREENING SELF TEST</u> available
- Sexual health checks and contraception advice including emergency contraception
- Pregnancy testing
- Weight monitoring
- Blood sugar and blood pressure checks
- Heart, diabetes and breathing checks to identify risk of illness
- Chronic disease maintenance
- Access to Podiatrists
- Access to Dietitians
- Helping develop health plans to meet health goals
- Advise on who and what is available to meet people's health needs.

Next clinic Tuesday 5th March, 2pm-6pm

Open to all community members. For appointment contact: Ph 03 417 7430 or 027 232 3769 or office@tokowaiora.co.nz

Contact the Genesis Office for more information about advertising with us. Advertisements start at just \$7.00, and can be run weekly, fortnightly or monthly. If you need help creating an ad - just ask!!

# Genesis Classifieds ...





