



Winter Sports

The 2018 Winter Sports season is now underway at MRGS, with our 1st XV Rugby, Football and Premier Netball opening their campaigns last weekend. We urge all parents and guardians to come out and support our teams and it still isn't too late to include your child if they wish to play sport at the school.

MRGS welcome family support and if you are interested in coaching and managing teams please contact Director of Sports via email on Tarun.Nethula@mrgs.school.nz

MRGS Senior Ball

A date for your diary to celebrate a Mount Roskill Grammar tradition:

Date: Saturday 30th June, 7:30 pm – 12.00 am

Venue: Sky City

Cost: \$125 paid to accounts. Tickets are on sale now!

Early dismissal on Friday 25th May

Staff will be attending a union meeting in the afternoon of Friday 25th May. As a result students will be dismissed at 12:10 pm

Blood Day

Cooper House is running its annual Blood Day on Monday 28th May, from 9.00 am to 2.00 pm, when the New Zealand Blood Service will be holding a mobile blood drive at Mount Roskill Grammar school.

Giving blood is very important with each donation helping up to three people. We encourage students to donate blood and make a worthwhile contribution to their community. NZBS recommends that students discuss becoming a blood donor with their family.

Students who donate blood need to be 16 or older and must weigh 50 kgs or more. Students cannot donate if they have been sick the week prior to donation or if they have had any new tattoos or ear piercing in the last 6 months.

On the day of blood donation donors need to eat a normal meal, not just a snack, 4 hours prior to giving blood. They need to stay hydrated by drinking lots of water and have their school ID with them. Once the student donates blood, they are provided with food and refreshments such as fruit juice, water and some snacks. Students are advised to rest for 24 hours after donating and they should not play any sports.

For more detailed information, please check <https://www.nzblood.co.nz/>

We hope you have a great weekend and would motivate your child to be a lifesaver, as giving blood helps many people that rely on it.