



WHENUAPAI SCHOOL NEWSLETTER 2

14 Airport Road, Whenuapai Phone: 09 416 8779 Email: office@whenuapai.school.nz

A WORD FROM OUR PRINCIPAL...

ASSEMBLY DATES

Friday 8th March
9.15am – Year 0/1 (Kea)

Friday 15th March
9.15am – Year 2/3 (Tui)

Monday 18th March
9.10am – Year 4-8

Friday 22nd March
9.15am – Year 0/1 (Kea)

DATES FOR YOUR DIARY

Tuesday 5th March
Year 5/6 Tee Ball-Norwest

Thursday 7th March
Year 7/8 – Zone Softball

Wednesday 13th March
Year 7/8–Norwest Cricket

Monday 25th March
8.30 – 9.00am Principal
and Deputy Principal
catch-up with families in
the staffroom

Wednesday 27th March
Norwest Zone Swimming
5.30pm - New Entrant
Parent Evening (Room 17)

Thursday 28th March
5.00-6.30pm Junior Disco
-Years 0-4
7.00-8.30pm Senior Disco
- Years 5-8

Tuesday 2nd April
9.10am Yipadee Stage
Show – Years 0-6
10.15am Creative Writing
Course – Years 5-6

Friday 12th April
Mufti Day
PTA Lunch & Ice Block Bay

TERM DATES

Friday 12th April
Last day of Term 1

Monday 29th April
First day Term 2

Dear Parents and Caregivers

It was an absolute privilege last week to be on the selection panel for our 2019 Prefects. Our young people all gave amazing presentations that demonstrated their enthusiasm and commitment to Whenuapai School. The selection panel certainly didn't find making the final decision easy. Congratulations to: Alec Death, Brooke Naylor, Abi Grbic, Jahvan Narayan, Jack Pringle and Kathryn Farac. They will together make an amazing leadership team and I am looking forward to working with them.

All classes have begun the year extremely settled. The children are all engaged in their class programmes and there is certainly a sense of excitement when our children speak about their learning.

It was lovely to see so many families at the Family Fun Evening last Wednesday. The bubble demonstration was a big hit, as was the finale of the fire engine. It was wonderful to see parents and staff getting involved in the sprint races. Thank you to the PTA for facilitating such a wonderful event.

Thank you to all our family members who volunteer their time to support our children both in class and beyond. The time you give is very much appreciated and valued.

You may have heard or read in the media recently about a distressing and harmful online "game" known as the "Momo Challenge". The following link is to an article posted by Netsafe that offers some advice to Parents and Caregivers:

<https://www.netsafe.org.nz/momo-challenge-advisory-february-2019/>

As we support our young people to navigate another year of growing up in an ever changing world I have included an article for you to ponder if you wish.

Thanks again for a wonderful start to 2019. Please remember our doors are always open.

*Ko te ahurei o te tamaiti arahia o tatou mahi.
Let the uniqueness of the child guide our work.*

Kind regards,

Raewyn Matthys-Morris
Principal

PB4L – POSITIVE BEHAVIOUR FOR LEARNING WHENUAPAI SCHOOL VALUES

 Respect Others

 Respect Self

 Respect Learning

 Respect Environment



LEARNING TO PAUSE, BREATHE, SMILE

New Zealand's locally developed, researched
mindfulness programme for children

READY TO LEARN

We are supporting the wellbeing of our students and providing them with mental skills that they can utilise throughout their lives.

School teaching staff have recently been trained to deliver the evidence-based Pause, Breathe, Smile programme developed by the Mindfulness Education Group and supported by the Mental Health Foundation.

Research of *Pause, Breathe, Smile* shows that the programme:

- Improves focus and attention
- Increases calmness
- Enhances self-awareness
- Improves conflict resolution skills
- Promotes pro-social behaviour
- Reduces anxiety
- Significantly increases wellbeing

Across the eight *Pause, Breathe, Smile* lessons students will learn basic mindfulness practices, explore happiness, develop self-regulation skills, be introduced to basic neuroscience, foster kindness and empathy.



Pause, Breathe, Smile aligns with the NZ Curriculum and incorporates Te Whare Tapa Whā as a key element of the programme

Pause, Breathe, Smile is supported by
Mental Health Foundation
maunui tū, maunui ariā

WESTERN

Western ITM has proudly been supporting
Whenuapai Primary School in its Priority
Partner Programme since 2008.

This programme has some great benefits for
both you as well as your school.

If you apply for a ITM Priority Card (FOC) then
make a purchase at any Western ITM store,
you receive an exclusive discount and
your school receives a percentage of the sale,
making this a great way to fundraise.

Call instore or email kyliew@westernitm.co.nz
to apply or to check your current cards status.

2
O'Neills Road
SWANSON
832 0209

154
Main Road
KUMEU
412 8148

2
Airport Road
WHENUAPAI
416 8164

ALL STORES OPEN MON-SAT

westernitm.co.nz



HEALTH & WELLBEING

We would like to remind parents and caregivers about the spread of viruses in school.

If your child is unwell please keep them home.

The Ministry of Health site has information on a number of conditions or illnesses that can be searched to help families understand what their child may have and what action should be taken. Please see a doctor if you are concerned.

<http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses>



KEY CONTACTS

Principal – Raewyn Matthys-Morris	rmatthys-morris@whenuapai.school.nz
Deputy Principal – Carla Veldman	cveldman@whenuapai.school.nz
SENCO - Sharron Buer	sharronb@whenuapai.school.nz
HOD – Sport	gregb@whenuapai.school.nz
Board of Trustees	wsbot@whenuapai.school.nz
PTA	pta.whenuapai@gmail.com
SKIDS After School Care	whenuapai@skids.co.nz
Team Leaders	
Year 0-1 – Carli Michelsen	carlim@whenuapai.school.nz
Year 2-3 – Paige Chellew	paigec@whenuapai.school.nz
Year 4 – Jessica Powell	jessicap@whenuapai.school.nz
Year 5-6 – Chris Groen	chrisg@whenuapai.school.nz
Year 7-8 – Karl Ganda	karlg@whenuapai.school.nz

ONLINE PAYMENTS

Any queries please contact Mr Tony Hitchcock at
email: thitchcock@whenuapai.school.nz

Bank Account details: 12 3085 0494188 00

Reference: Students Name

Details: The activity the payment is for

If you pay online for more than one activity or
pay for more than one student and various
activities, please email Tony detailing what
payments are for.

Also payments can be made via our online
school shop at mykindo.co.nz

For our Policies and Procedures please visit SchoolDocs at: www.schooldocs.co.nz/ User- whenuapai Password- airport
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PTA NEWS

Thank you to all the families who joined in the fun this past Wednesday at the Family Fun Evening! We hope that you were able to re-connect and get to know each other a little better! Thank you also to the parent helpers for making this event happen and to our awesome sponsors:

Sue Noonan from Harcourts, Volunteer Fire Service, BUBBLEMAN Highland Joker, The Coyle family.



Proudly Sponsored by Sue Noonan

#1 Harcourts Hobsonville Agent 2017/2018

M **0274 752 012** P **09 416 8176**

sue.noonan@harcourts.co.nz

www.harcourts.co.nz

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1 Wiseley Road, Hobsonville

Harcourts

Below is the agenda for 2019 and we warmly welcome those who have volunteered on events before, as well as those who would like to get involved for the first time. Please mark these dates in your calendar and help out when you can!

Term 1		Term 2	
27 Feb	Family Fun Picnic	29 Apr – 9 May	Mother's Day Raffle
28 Mar	Junior & Senior Disco	15 May	Mother's Day Raffle
12 April	Ice Block, Lunch & Mufti Day (Sausage Sizzle)	June TBC	??-A-Thon
End of Term	Entertainment Books (runs Term 1-3)	5 July	Ice Block, Lunch & Mufti Day (Pies)
Term 3		Term 4	
31 Jul	2nd-Hand Uniform Sale	30 Oct	Junior & Senior Disco
30 Aug	Father's Day Breakfast	Nov TBC	Toy World Night
9-20 Sept	Calendar & Tile Art	27 Nov	Carols Evening
Sept (TBC)	Movie Night at cinema		
27 Sept	Ice Block, Lunch & Mufti Day (Pizza)		



Thursday 28th March - Hawaiian Junior and Senior Disco

The Junior disco (Years 0-4) runs from 5.00-6.30pm, the Senior disco (Years 5-8) is from 7.00-8.30pm. \$5 entry, you are able to prepay your ticket entry on kindo (available in March). We have spot prizes for both discos as well as best dressed prizes! A sausage sizzle will be available throughout the evening as well as some snacks, drinks and the ever popular glow bar. Notices to come home closer to the date. Help is needed for both Junior and Senior Discos in order to make this a sensational event! Please contact Pam at pta.whenuapai@gmail.com or on the Whenuapai Helpers Facebook Page

Friday 12th April - Mufti, Ice Blocks & Hellers Sausage Sizzle

Our final day of Term 1 is going to be great with our first 2019 PTA lunch day! Wear mufti, pre-purchase your ice blocks and sausages on Kindo (available for purchase in April) and help out if you're available! More information to come home closer to the date!

LOCAL NOTICES:



Guess what? Marrzipan are running awesome confidence through drama classes at YOUR SCHOOL - Yippee!!

Is your child shy? Do they feel intimidated by the idea of public speaking and performance? Do they sometimes find it difficult to make eye contact? Do they just need dedicated time per week to just be CRAZY?! Come and join the revolutionary self-confidence programme - Marrzipan! We run awesome classes at schools, which focus on key life skills and public speaking ability. We play fun engaging games and perform at the end of term once to parents and once to the school. All scripts are original, engaging, educational and HILARIOUS. You can sign your child up for a Trial Lesson via our website www.marrzipandrama.co.nz (we have contact numbers on there too, should you prefer to talk to a human!)



JUNIOR REGISTRATION
All Grades including Girls Ripa

Please go to Capone's Bar on these dates

- Saturday 16th February 10.00am-12.00pm
- Wednesday 20th February 5.00pm-7.00pm
- Thursday 28th February 5.00pm-7.00pm
- Saturday 2nd March 10.00am-12.00pm
- Wednesday 6th March 5.00pm-7.00pm

J5-J8 & Girls Ripa MUSTER Thursday 21st March 5.30pm onwards
J1-J4 MUSTER Friday 22nd March 5.30pm onwards

For more details and online registration go to
MASSEYRFC.CO.NZ



GIRLS ONLY CLUB RIPPA

Does your daughter want to play Girls Only Ripa this year?

Rugby season is coming around fast and soon your local club will be holding registration & muster days for Girls Ripa & Quick Rip (non-contact)

Competition Information:

- Saturday Morning
- 11th May – 31st August
- Home and away games
- + 2 festival days
- Grade Structure: (7 aside)
 - Under 9 – Ripa
 - Under 11 – Quick Rip
 - Under 13 – Quick Rip
 - Under 15 – Quick Rip (NEW!)

For more information contact your local club for their registration dates, or

Sarah McIlroy
Women's Rugby Manager
sarah@harbourrugby.co.nz
021 193 8716

FREE trial swimming lesson for new customers

Call us now to book:

- Newmarket – (09) 529-0177
- One Tree Hill – (09) 582-1111
- Albany – (09) 414-5484
- Hobsonville – (09) 666-0240



Hilton Brown SWIMMING
Lessons for life

BACK TO SCHOOL SPORT!
LEARN NEW SPORTS IN TERM 1

A weekly multi-sport programme that will provide an essential base for children's motor skills and help build confidence and coordination!

BOOK ONLINE NOW AT KELLYSPORTS.CO.NZ

INFORMATION FOR PARENTS

MULTI-SPORT PROGRAMME

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- Athletics
- Touch Rugby
- Fun Games
- Netball
- Cricket

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For year 0-4 students:

PRICES FROM \$75 – \$85

- Greenhills School - Monday, 3:10-4:10pm (8 weeks, \$85)
- Manoa View School - Tuesday, 3:10-4:10pm (7 weeks, \$75)
- Chelva Valley School - Tuesday, 3:05-4:05pm (7 weeks, \$75)
- Franklin School - Wednesday, 3:10-4:10pm (7 weeks, \$75)
- Hobsonville School - Thursday, 3:10-4:10pm (7 weeks, \$75)
- Upper Harbour Primary School - Thursday, 3:10-4:10pm (7 weeks, \$75)
- Whenuapai School - Friday, 3:10-4:10pm (7 weeks, \$75)
- Hobsonville Point Primary School - Friday, 3:10-4:10pm (8 weeks, \$85)

Back to School Sport starts the week of 18th February 2019. In case of wet weather, Greenhills and Hobsonville floor sessions will be in the school hall. For other schools with no available covered area, children's wellbeing is our priority and parents will be notified of any cancellations on or before 2PM. Make-up sessions will be arranged accordingly.

BOOK & PAY EARLY TO SAVE!

Use the voucher code 'earlybird' before 13th February to save!

Website: kellysports.co.nz/upperharbour

Contact: Risa Davis

Email: upperharbour@kellysports.co.nz

Phone: 021 409 455

Facebook: [facebook.com/kellysportsupperharbour](https://www.facebook.com/kellysportsupperharbour)



JUNIOR RUGBY REGISTRATIONS



Kids 5-13 yrs
@ Kumeu Rugby Club

- Wed 27th Feb 4-7pm
- Sat 2nd Mar 8-10am
- Wed 6 Mar 4-7pm
- Sun 10 Mar 8-10am

For further enquiries please email rugby.kjrc@gmail.com or visit our website www.kumeurugby.co.nz

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Massey High School's 50th Anniversary
18th-19th Of October 2019
A celebration of 50 years

To register please visit: www.masseyhigh.school.nz

PRINCIPALS' DIGESTS

30 Palliser Drive • Hamilton • NZ 3210 • Tel 07 855 7101

digests@xtra.co.nz • www.principalsdigests.co.nz

Digests may be copied and distributed in the school community of the subscriber.

Assembly

Volume 24 Number 27

JUMPING FOR JOY

Wordsworth wrote, "My heart leaps up when I behold a rainbow in the sky".

What fills your heart with joy? Smiling faces, bubbles, a rainbow, a happy tune, hot air balloons, daffodils?

What gives us that wonderful feeling that makes us smile and laugh and jump up and down? Jumping for joy is actually a scientific fact! Wanting to jump up and down is one of the ways that scientists measure joy. It's different from happiness, which measures how good we feel most of the time. Joy is about feeling good in one special moment, right now. We say we are bursting with joy.

Why do we feel joy when we see a stream of bubbles or a display of ice creams, especially the ones with the sprinkles? It's because our hearts are lifted by bright colours, lots of things together like balloons, things up in the air above us, round colourful things like sprinkles and M&M's. They give everyone joy. We all stop and look up to the sky when we see the multi-coloured arc of a rainbow. And fireworks - we don't even need to know what they're for, and we feel like we're celebrating, too. These things aren't joyful for just a few people; they're joyful for nearly everyone. They're universally joyful.

It sometimes seems our differences are so vast we can never find agreement. And yet there's a part of each of us that finds joy in the same things. They might be passing pleasures but we all share them. Inside all of us is the same joy germ!

Little moments of joy are all around us.

And we can make more of them. Students in brightly coloured schools learn better; people working in colourful offices are more confident and friendlier. Colour gives us joy because it is a sign of life, a sign of energy. And we love the feeling of abundance, like a shower of colourful confetti or a big bowl of lollies.

Each moment of joy is small, but over time, they add up and bring us great happiness. Look out for moments of joy. We all have the drive to seek out joy in our surroundings. The drive toward joy is the drive toward life.

Acknowledgment: Adapted from TED Talk by Ingrid Fetell Lee

