WHENUAPAI SCHOOL NEWSLETTER 7

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

A WORD FROM OUR PRINCIPAL...

Dear Parents and Caregivers

It's been another busy fortnight for our wonderful children; what with sporting events beyond the school gate; lunch time clubs; choir; kapa haka and extension PE. It's heartening to see so many involved in such a wide range of activities during the week.

Following the working bee this Saturday to turn over the bark under the Junior Playground, we are hoping to reopen most of the Playground on Monday. We are still waiting on a replacement flying fox which is a few weeks away. A big thank you to our community for their messages of support and generosity.

Bully Free NZ week culminated in an amazing Pink Shirt Day assembly. The school looked amazing. Teachers will continue to reinforce new learning with all our children and implement strategies to capture our children's voices.

I have attached two articles which you may like to ponder on and discuss aspects with your children. I trust that you are feeling more connected to your child's learning through SeeSaw and the 'Weekly Round-Up'.

To our new families who have joined us over this term, the team at Whenuapai trust you are feeling at 'home' here at school.

To all our families, remember our doors are always open.

"Though times may have changed, little children have not. They need what they have always needed: strong, consistent parents; opportunities for unstructured, imaginative play; help in understanding their feelings and expressing them appropriately; and plenty of opportunities for physical activity" – *Georgianna Roberts.*

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

ASSEMBLY DATES

Friday 24th May
9.15am – Year 2/3 (Tui)

Monday 27th May
9.10am – Year 4-8

Friday 31st May
9.15am – Year 0/1 (Kea)

Friday 7th June
9.15am – Year 2/3 (Tui)

Monday 10th June
9.10am – Year 4-8

Friday 14th June
9.15am – Year 0/1 (Kea)

DATES FOR YOUR DIARY

Friday 24th May
12.00pm -BOT Noms Close

Wednesday 29th May
SCHOOL CLOSED

Thursday 6th June
Year 7/8 Table Tennis

Friday 7th June
12.00pm –BOT Votes Close

Wednesday 19th June
Kiwi Comp - English

Thursday 20th June
Ripper Rugby

Wednesday 26th June
Kiwi Comp - Maths

Thursday 27th June
Kiwi Comp - Science

TERM DATES

Term 2
Last day - Friday 5th July

Term 3
Mon 22nd Jul – Fri 27th Sep

Term 4
Mon 14th Oct – Fri 20th Dec

PB4L

POSITIVE BEHAVIOUR FOR LEARNING

WHENUAPAI SCHOOL VALUES

- Respect Others
- Respect Learning
- Respect Self
- Respect Environment

SCHOOL CLOSED – 29 MAY 2019

Whenuapai School will be **closed** for instruction and supervision on Wednesday, 29 May 2019 due to strike action.

Please make alternative care arrangements for your child/children.

Thank you!

尊敬的家长/看护人,

Whenuapai 学校因为罢工事宜，将于2019-05-29不开放,

请提前做好在那天您的孩子的看护安排。谢谢!

SPORT

Interzone Orienteering

On Tuesday the 14th of May, the following five Year 7 students who were Sophie Norman, Jayne Levien, Payton Berry, Lucy Somers and Sophie Greentree attended the Interzone Orienteering competition held at Moire Park in Massey. The weather was ideal, making for very fast times. All students had to navigate themselves around a 2.5km course using maps.

They competed as individuals but were also part of a team, as the four fastest individual times lead to their overall team time. The team placed 18th overall. All students represented the school to the best of their ability and can be pleased with their performances. Special thanks to Kerry Berry for assisting with supervision and transport at the Interzone event.

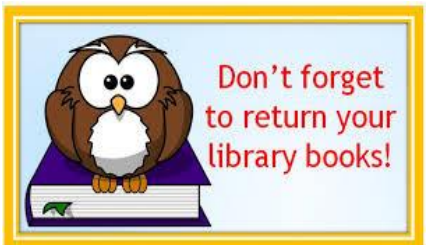
LIBRARY NEWS

There are students who are not returning their issued library books when it is their class library session. This unfortunately means that they cannot be issued with a new book.

If your child has a library book at home can you please remind them to bring it back to school for their next library day.

Class Library Day

Monday:	Room 10, 11, 12, 15
Tuesday:	Room 18
Wednesday:	Room 13, 16, 20, 24
Thursday:	Room 8, 14, 17
Friday:	Room 9, 23



I will be sending home Overdue Library Book notices to students and if the book is not returned then a lost book fine will be requested.

I thank you in advance for your help in returning these books to the library for other students to enjoy.

SCHOLASTIC
LUCKY Book Club

I have placed the Lucky Book Club order and I am expecting the books to arrive sometime in Week 5. The books will be sorted, distributed to your child's class teacher then handed out to be taken home.

The amount of books bought from Issue 3 comes to an amazing $1,561.50 with a total of $312.30 in Rewards earned from the sales. This money will be spent on buying new books and resources for the library.

Thank you to all those children who contributed to this amount – GREAT WORK!!

MASSEY HIGH SCHOOL – 2020 ENROLMENTS

Massey High School's In-Zone Applications for 2020 Student Enrolment are now live online!

Parents/Caregivers can now follow the link below and complete the Application for Enrolment.

Please note that completion of the Online Application for Enrolment does not complete the enrolment of the Student. The parent/caregiver will be prompted at the end of the application to select a date and time to come in for an interview.

Link for Application - http://bit.ly/MasseyHighInZoneEnrol

PB4L

POSITIVE BEHAVIOUR FOR LEARNING

Our School Values

Our PB4L Focus for Term 2 Weeks 2-3
Whenuapai School is a PB4L School (Positive Behaviour for Learning). We teach behaviour through the use of our school values - **Respect Self, Respect Others, Respect Learning and Respect Environment.**

Our current focus is **Respect for Learning** and in particular; **have a positive attitude** and **complete tasks to the best of your ability**.

We would love for you to discuss at home what these mean and look like in and around your child's classroom and at home.

2019 BOARD OF TRUSTEES ELECTIONS

A call for nominations for the election of FIVE parent representatives to the Whenuapai School Board of Trustees has now been emailed by our Returning Officer to all parents.

Nominations can be made at:

https://www.myschoolelection.nz/mynomination

Key dates:

- Supplementary roll closes Wednesday 22 May
- **Nominations close Friday 24 May at 12.00pm** (Noon)
- Voting papers will be posted out by Wednesday 29 May
- **VOTING DAY is Friday 7 June** (poll closes at noon)
- Votes get counted on Thursday 13 June
- **New board members take office on Friday 14 June.**

SCHOOL WEBSITE

This year we have a wonderful new website. On the website you will find our Parent Handbook filled with lots of information about 'how things are done' at Whenuapai School. You can also find enrolment information, contact details for staff, minutes from BOT and PTA meetings and more. Please check it out at:

https://www.whenuapai.school.nz/

Unfortunately, there have been some teething issues with the School App. Our developers are working hard to get these fixed and we will advise parents when this is working properly.

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.

We have reported cases of tummy bugs in the school.

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

LUNCHTIME CLUBS!

This term we have a number of lunchtime clubs being run by, parents, staff and senior students.

Clubs include:

- ✓ Choir
- ✓ Running Club Years 0-3
- ✓ Running Club Year 4-8
- ✓ Dance Club
- ✓ Lego Club
- ✓ Chess Club
- ✓ Magic Gathering Cards Game
- ✓ Various Sport Games

PLAYGROUND WORKING BEE SATURDAY, 25 MAY 2019!

Ian Shirtcliffe, our Caretaker, will be turning over the bark in our Junior Playground this Saturday, 25 May and would really appreciate some help.

This task is required before the Junior Playground can be reopened.

Anyone that is able to help please come to school at 9.00am to meet with Ian and if you have one, please bring a spade and/or rake.

THANK YOU!

Marrzipan

Good news! We still have a couple of spaces in our Marrzipan Class on **Wednesday in Room 22!** This is a great opportunity for your child to come and give it a go!

Marrzipan is a New Zealand renowned self-confidence programme aimed at bringing out the absolute best in students. Each child receives an individual progress report and certificate too! You can sign up for a no-obligation trial class directly via our website www.marrzipandrama.co.nz

See you there!

PTA NEWS

Thank You from the PTA

Thank you Kirstin Epiha, who sold mandarins and gave $2 per bag to the playground fund! $60.00 was raised through this creative and generous idea!

Thank you to all those who have donated to the 'Give-A-Little' page that has been set up to raise funds towards the Playground! If you would like to donate, please click on the link below:
https://givealittle.co.nz/cause/whenuapai-school-kids-lose-their-playgrounds

Thank you also to the families and extended families who have made donations towards the playground fund at the front office, we really appreciate it!

Thank you to the families who donated goods and to the businesses who sponsored the recent Mother's Day Raffle Hamper prizes: BP Whenuapai, Beauty Anchor, Pinky Promise Nails and the Parkhouse Cafe. The Raffle raised $2001.10!

Entertainment Books

Entertainment books have now gone home with your child/ren. If you do not wish to purchase this book there is a returns box located in the school office. It would be great if these could be returned by Monday, 27 May 2019.

You can order your digital 2019-2020 Entertainment Books online. All information you need can be found at https://www.entertainmentbook.co.nz/orderbooks/952m82

The cost of an Auckland book is $70. You are also able to purchase books from other regions such as Christchurch, Wellington, Dunedin and even Australia. If you have any questions please contact one of your PTA Teacher Reps, Stephanie Brook stephanieb@whenuapai.school.nz or Hayley Moore hayleym@whenuapai.school.nz

13th June - World-A-Thon

This term will see the return of our annual knowledge-a-thon fundraiser, however this year the children will be tested on various topics relating to our world. A copy of the questions will be sent home with children towards the end of the month with date of the testing locked in for Thursday, 13 June 2019. We have some GREAT prizes up for grabs this year including Samsung Tablet, Kindle and Wireless Earphones kindly sponsored by Sue Noonan at Harcourts, plus additional sponsored prizes from Stardome and Holdson Games & Smart Art Education.

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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PRINCIPALS' DIGESTS

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Newsletter Volume 25 Number 26

HELPING CHILDREN SPEAK UP

What do you say to a child who tells you: "If I do what they say, they let me play with them. If I don't, they walk away and tell me not to follow." To stand up to a peer group was to risk losing them but to follow the herd was to risk getting in trouble or allowing another child to be hurt.

Many children struggle to assert their thoughts and feelings but assertiveness can be taught. Knowing how to stand up for yourself and others is especially important when it comes to bullying, teasing, peer pressure and other negative behaviours. Building assertiveness skills takes time and practice.

TRY THESE STRATEGIES

Talk about it.

All too often we tell children what to do without actually giving them details on what we mean. Discuss different communication styles.

- **Passive**: Passive communicators struggle to make eye contact, use a very quiet voice and act as if other peoples' rights are more important than their own.
- **Aggressive**: Aggressive communicators are loud, imposing and act as if their rights are more important than the rights of others.
- **Assertive**: Assertive communicators make eye contact, use a calm but firm voice and respect their own rights and the rights of others equally.

Use characters from books, TV and movies to illustrate these communication styles.

Model it.

Be the model you want your child to copy. Stand up for your views, even if they may not be popular. This can be a tough one, especially when views clash. Model assertive communication skills. Teach your children to follow these steps when asserting their views:

Remain calm.
Make eye contact.
Use a clear, confident voice.
Listen.

There are times when we have to agree to disagree, but that doesn't mean that we silence our voices. Practising statements like, "I appreciate that you explained your point of view. I have a different opinion, but now I know where you're coming from," teaches them that it's okay to disagree.

Use the mirror.

Practise making eye contact in the mirror. Stand tall. Hold your shoulders back. By altering their body postures and facial expressions as they practice assertive statements, they can see what works and what doesn't.

Try realistic scenarios. Have your child come up with the problems and take turns acting as the bully and victim or aggressive and passive communicators. Practising the problem from both sides can be eye opening.

The more children practise speaking up at home, the greater confidence and assertiveness they will have out in the world!

Acknowledgement: Katie Hurley, child and adolescent psychotherapist and parenting educator, author of The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World

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SIX WAYS TO RAISE A RESILIENT CHILD

Want to help your children deal with stress and adversity? It's easier than you think and can help our children navigate the stresses of daily life. While we may not be able to remove all their challenges, we can help them build resilience - the ability to overcome difficult experiences and be shaped positively by them. Our brains respond to the information around us, so resilience can be taught, modelled and nurtured at any age.

Have one-on-one time with each child, without distractions.

Resilience comes from relationships; children need nurturing. It's not a magical inner strength that helps kids through tough times; instead, it's the reliable presence of one, supportive relationship, be it parent, teacher, relative or family friend. It's quality, not quantity that counts. Ten minutes of fully focused attention is better than an hour when your mind is on other things. If you're on your phone at the dinner table, you're teaching them it's OK to always be distracted. And that they are not important enough for your sole attention. Make bath-time, car journeys, meals, queues count. Chat, listen, talk about your feelings and encourage them to express theirs. Once these one-to-ones become regular, your children will know they always have a safe space to open up.

Give sleep a chance.

Lack of good-quality sleep is a huge driver for stress: it has a negative effect on memory, concentration, cognitive function, and decision-making.

One of the fastest ways to improve sleep is to limit screen time before bed. Issue a household ban on devices at least an hour before bedtime. Turn off the wifi, if need be. Earlier in the evening, insist everyone uses night-time mode on their devices, which swaps the blue light for a warmer glow. It's also worth switching your children's night lights to red ones as red has the least impact on melatonin production.

Get out and exercise.

As well as keeping them physically fit, exercise will increase children's resilience. It actually strengthens the brain. Regular physical activity teaches our stress-response system to recover more efficiently. Put on the radio before dinner and dance around in the kitchen. Join your kids doing squats, star jumps, bear crawls or frog hops. Walk the dog together or go for a family bicycle ride.

Teach delayed gratification.

Resilience means understanding you can't always have what you want as soon as you want it. It's an important concept to pass on in the age of Amazon Prime, Spotify, Netflix and Uber. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing. One of the best ways to teach it? Playing board games. These require impulse control, turn-taking, and mental flexibility. They exercise the prefrontal cortex, the rational part of the brain involved in decision-making, emotional regulation and, yes, resilience. Board games are also a good way

for you to model resilience by being a good loser.

But there are no shortage of other ways to encourage delayed gratification: learning a musical instrument; listening to whole albums instead of skipping from track to track online; mastering a new sport; even watching a TV series together week by week, instead of bingeing in a couple of sittings.

Eat the alphabet

Nutrition has a significant impact on mental health. Good-quality food changes the composition of our gut bugs, which helps send calm signals to the brain. Poor-quality, highly processed food sends stress signals instead. A diverse diet, rich in fibre, will lead to greater diversity in our gut bugs, which in turn will help make us more resilient, and anxiety and depression less likely.

Persuading kids to eat more healthily can feel like an uphill battle, though, especially if they're fussy, so this is not about becoming a top chef – just trying a few tricks that can really benefit them emotionally.

I like to challenge the whole family to "eat the alphabet" over 30 days. I think it's a realistic goal to consume 26 different plant foods in a month: A for asparagus, B for banana, C for chickpeas, and so on. It turns healthy eating into a game, and encourages children to try new foods. Turn it into a competition and see who can tick off all the letters first.

Model gratitude

Instead of pestering your children with questions such as, "How was school?" and, "What did you do today?", teach them to reframe their day.

The following is a game I learned from a friend, who played it with his daughter over dinner. Everyone must answer three questions:

1) What did someone do today to make you happy?

2) What did you do to make someone else happy?

3) What have you learned today?

I love this simple exercise for how it helps us all find the positive in every day. It teaches gratitude, nurtures optimism, and recognises kindness. It doesn't matter what may have happened at work or school, or how stressed any of us may have felt when we sat down at the table; the whole mood seems to lift once we've played this game. I learn things about my kids that they'd probably never have thought to tell me otherwise. Try it. It might just become the highlight of your day.

Acknowledgement: Dr Rangan Chatterjee, author of the Stress Solution