

WHENUAPAI SCHOOL NEWSLETTER



14 AIRPORT ROAD, WHENUAPAI PHONE: 09 416 8779
Email: office@whenuapai.school.nz

A WORD FROM OUR PRINCIPAL

It's wonderful to have had 95% of our children back at school each day.

Thank you for supporting us to keep our school healthy by keeping your unwell children at home. We have a lot of children with sore throats away at the moment - it must be that time of the year.

All our children are loving the new playground, and it is getting plenty of use. You are welcome to use the playground before and after school; however please supervise your children. We don't want any accidents.

Allergy reminder: We have several children in the school with severe allergies, so please do not provide nuts or nut-based products in lunch boxes.

Please also keep encouraging children to vigorously wash their hands not only for hygiene reasons but to also to reduce the risk of spreading allergens.

Last week we had our first whole school singing assembly following Covid-19 Lockdown. We all absolutely enjoyed it and that did include the adults. We are hoping that these become part of how we celebrate being a team at Whenuapai.

We are all really looking forward to our Cross Country on Friday. It is always a great, well-run event.

We have noticed that some of our children are getting quite tired at this time of the term. You may also be finding it's the same at home. You may like to peruse the following reading from a recent Principal's Digest.

To all our families, 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

SOOTHING A CHILD'S MELTDOWN

When children are stressed and anxious, a fight-or-flight response kicks in, producing higher heart rate, breathing and blood pressure along with clinging, shaking, hiding, screaming, acting out, running away and sometimes nausea. It's extremely difficult – if not impossible – for children to think logically or control their behaviour until the fight-or-flight response has dissipated and that can take up to an hour.



Strategies to help children calm down, regain a sense of safety, and come to terms with their feelings

Take deep breaths. Anxiety is often accompanied by rapid, shallow chest breathing. Inhaling for three seconds from the abdomen, holding it for three seconds and exhaling through pursed lips for three seconds can lower heart rate and induce relaxation.

Get active. Physically demanding tasks like wall push-ups, walking up the stairs or climbing a jungle gym can help calm and centre a child.

Make a plan. Taking specific actions can help children understand and tolerate stress.

Use rituals. These can be stability anchors that relieve stress if they're rolled out

before, during, or after, anxiety-producing events – for example, always taking a child out for ice cream after a doctor's appointment.

Name it to tame it. Children can be asked to tell a story about what they're worried or upset about and why.

Narrow the focus. Meditating, colouring or focusing on a specific feeling, activity, sight or conversation can produce relaxation.

Laugh. Humour can distract, reframe, relax muscles and release endorphins. Try playing a goofy game, watching a cartoon or telling family jokes.

Reflect. After dealing successfully with a fraught episode, walk the child through what worked: *On a scale of 1 to 10, how hard was it? What is one thing that helped you get through it?*

Acknowledgement: "8 Simple Ways to Soothe an Anxious Child" by Erin Leyba in *Psychology Today*, May/June 2020



SPORT

WHENUAPAI SCHOOL CROSS COUNTRY 2020

Head of Department - Sport - Mr Greg Berry

Whenuapai School Cross Country 2020

Whenuapai School cross country event will be held on Friday 19th June 2020 with the saver date on Monday 22nd June. All students are expected to participate and are aware of the requirements. Parents are cordially invited to watch the event which will kick off with the Year 0-1 students at 9:30am. The start and finish line are on the main field. The start times for specific year levels are the following:

APPROX TIME	YEAR	APPROX DISTANCE
9:30AM	0-1	968 M
10:15AM	7&8	3356 M
11:40AM	5&6	2588 M
1:40PM	2-3	1820 M
2:15PM	4	1820 M

All students must have footwear and a drink bottle. Students at year 5-8 wear their PE uniform and year 0-4 students must have a shirt and shorts with adequate footwear. Can students that require medication e.g (asthma inhalers) please have this with them. Hopefully the weather will hold for us and we will have a great day of races!



As a School, we have become more and more aware that some children and families in our community are in need. For this reason we are setting up "The Hunger Buster Project" where we encourage families who are in a position to help, to be able to. This could be by way of a monetary donation or it might be dropping off some of the following items which we can use to keep our beautiful children well fed, especially as the colder months are fast approaching. At this stage we would be asking for food donations of the following items:

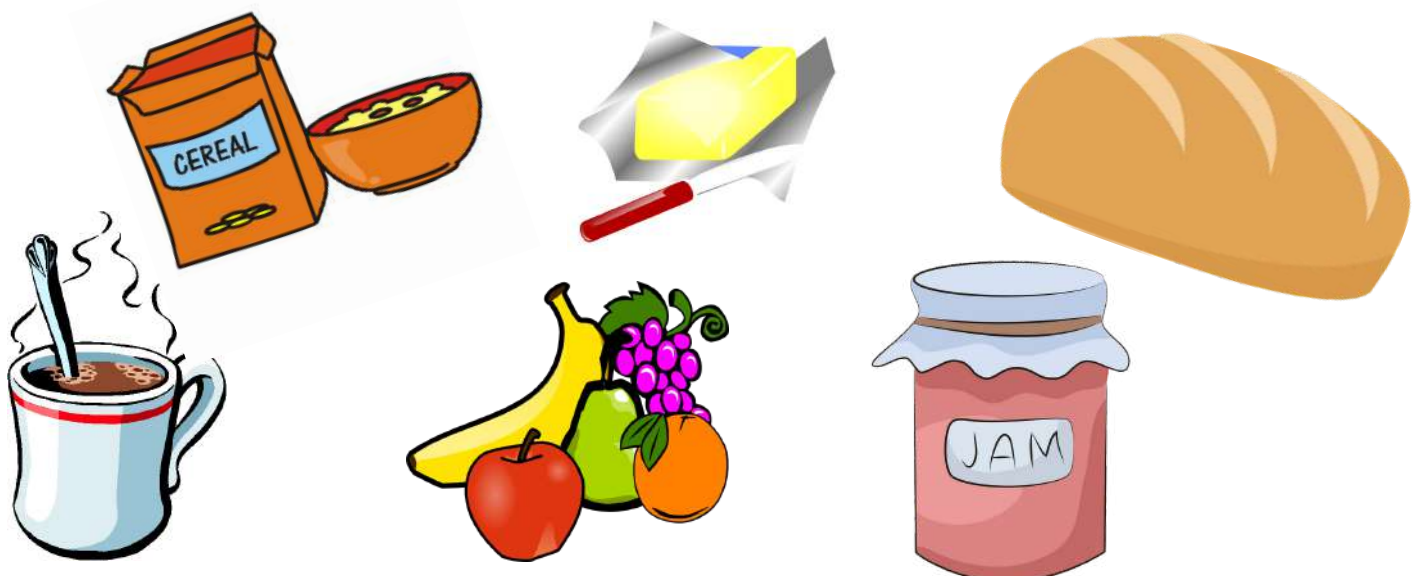
- Fruit**
- Weetbix**
- Margarine**
- Bread**
- Jam**
- Milo**

All of these items will help us to make sure hungry tummies are full which encourages a much more productive learning day for them.

Alternatively, if you would like to contribute financially, we have set up a separate bank account for us to purchase such items.

[ASB 12-3085-0494188-50](https://www.asb.govt.nz/12-3085-0494188-50)

We thank you so much for any support, little or large. Every bit helps and we know as a community there will be many of you who will want to help in any way they can. Your generosity is so much appreciated.



WHAT'S BEEN HAPPENING AT OUR SCHOOL

PLAYGROUND OPENING CEREMONY WED 26TH MAY



BOOK ROOM VOLUNTEERS NEEDED PLEASE

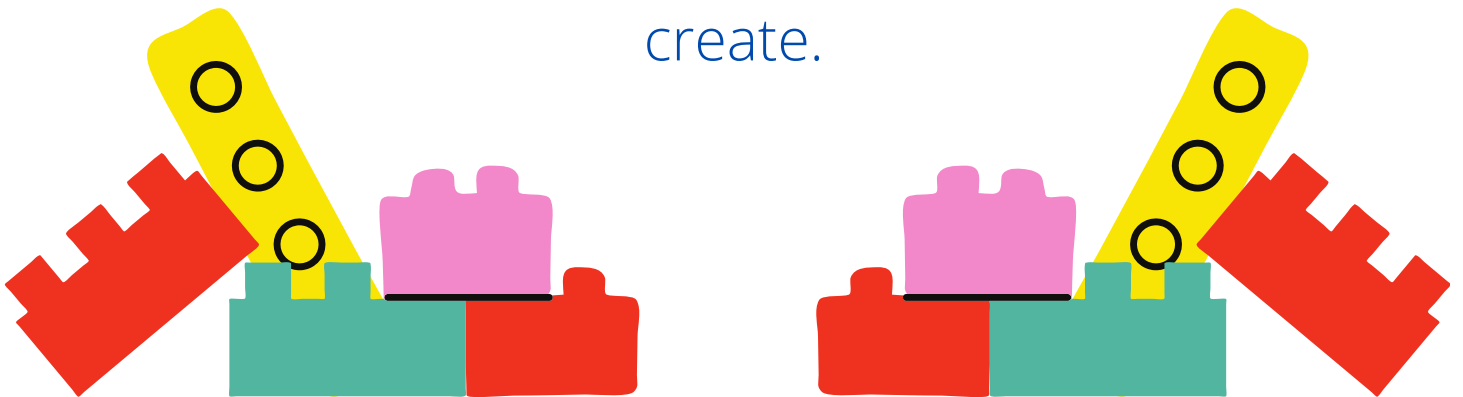
WE ARE ON THE HUNT FOR SOME PARENT
HELP IN OUR BOOK ROOM ON A FRIDAY
MORNING FROM 8:30. ANY HELP WOULD BE SO
APPRECIATED.

PLEASE CONTACT SARAH BONE AT
sarahb@whenuapai.school.nz

WHENUAPAI SCHOOL



We are encouraging all who would like to be involved to join in with us for our very own LEGO Masters exhibition. Think big!!! Create a story around your creation and showcase your LEGO skills. You are all welcome to start working on your creations now before the exhibitions which will be held in two slots - Junior team will be on the 26th June and the Senior team will be on the 1st July. We can't wait to see what you all create.



ezlunch Menu and App now available!

Android & iPhone App now available

myKindo app is now available for iPhone and Android phones. If you like the flexibility of ordering anywhere, anytime then go ahead and download the app! Access via the app store, searching "mykindo" or by using the links below -
Android Google Play: <https://play.google.com/store/apps/details?id=nz.co.tgcl.mykindoiPhoneApp>
Store: <https://apps.apple.com/nz/app/mykindo/id1445622107>



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★★★★★ 5.0, 2 Ratings
Free



WHENUAPAI PRIMARY IS NOW AN ENVIRO SCHOOL

As part of this exciting new journey that has a focus on sustainability, we are wanting to encourage kids to have nude lunchboxes – what this means, is no packing or wrappers. There is an amazing website you can visit to get some ideas. Head to www.familytimes.co.nz to find out more.

Here are just some of the ideas they suggest:

- Use beeswax wraps to keep sandwiches fresh.
- Use small, reusable containers for yoghurt from a larger pottle.
- Keep vege and fruit pieces fresh in sealed reusable containers.
- If you just want a lunchbox, and no other containers or bags, find a lunchbox that has at least three dividers: one for roll/sammies, one for veges and fruit, and one for snacks.

And the ultimate saviour from all the packaging waste – use a Bento Lunchbox. These have several compartments to keep everything in order and your kids happy.

We are a Travelwise school! This means we will be working with Auckland Transport on road safety and making trips to school active, social and safe.



Safety Belts Save Lives

Always buckle up, front and back.



Children need to be in an appropriate child restraint for their age and size

www.childrestraints.co.nz



Cakes, Cupcakes & Cookies

www.nefspantry.co.nz

nefspantry@gmail.com



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

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MARRZIPAN

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 45 minutes a week to take part in organised craziness?!

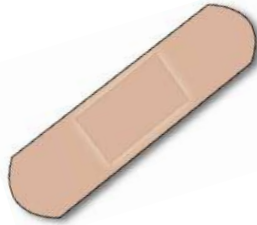
Come and join Marrzipan!

We run awesome drama classes which focus on key life skills at your school! 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. All parents receive weekly class reports too to keep them up to date on their child's development. Give me a call to come along for a free trial, or just a chat to discuss how our classes can benefit your child's development.

**Contact Jex on 027 521 7352 or
email info@marrzipandrama.co.nz**

HEALTH & WELLBEING

WE WOULD LIKE TO REMIND PARENTS AND CAREGIVERS ABOUT THE SPREAD OF VIRUSES IN SCHOOL. 'PLEASE REMIND YOUR CHILDREN ABOUT THE IMPORTANCE OF HANDWASHING, AND IF THEY ARE UNWELL PLEASE KEEP THEM HOME.



PB4L - POSITIVE BEHAVIOUR FOR LEARNING OUR SCHOOL VALUES

WHENUAPAI SCHOOL IS A PB4L SCHOOL. WE TEACH BEHAVIOUR THROUGH THE USE OF OUR SCHOOL VALUES - RESPECT SELF, RESPECT OTHERS, RESPECT LEARNING AND RESPECT ENVIRONMENT.

PB4L FOCUS FOR TERM 2

RESPECT FOR SELF AND OTHERS:-PRACTISE GOOD HYGIENE (WASHING HANDS REGULARLY, SNEEZING AND COUGHING SAFELY)-RESPECT EACH OTHER'S PERSONAL SPACE



DANCE CLASSES

"Tania Foster school of Dance" offers classes in Jazz, Hip Hop and Lyrical Styles of dance for all ages and abilities, new students welcome to trial a class at no obligation to enrol.

We offer students Graded exams, Fun classes, Competitions and Yearly shows.

Three locations, Hobsonville, Whenuapai and West Harbour.

Please enquire to Principal Teacher Tania Foster JDNZ Examiner and Registered Teacher with 40 years' experience nurturing young dancers.

Phone 027 280 8857 or email taniafosterdance@gmail.com

KEY CONTACTS

PRINCIPAL
RAEWYN MATTHYS-MORRIS

rmatthys-morris@whenuapai.school.nz

DEPUTY PRINCIPAL
MOLLYFLETCHER

mfletcher@whenuapai.school.nz

LEARNING SUPPORT COORDINATOR
JILL MACKENZIE

lsc@whenuapai.school.nz

HEAD OF DEPARTMENT - SPORT
GREG BERRY

gregb@whenuapai.school.nz

BOARD OF TRUSTEES

wsbot@whenuapai.school.nz

SKIDS AFTER SCHOOL CARE

pta.whenuapai@gmail.com

PTA

whenuapai@skids.co.nz

TEAM LEADERS

YEAR 0-1 - CARLI MICHELSEN

carlim@whenuapai.school.nz

YEAR 2-3 - OLIVIA MEAD

oliviam@whenuapai.school.nz

YEAR 4 - PAIGE CHELLEW

paigec@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:

titchcock@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**

MUSIC LESSONS at Whenuapai School

Would your child like to learn to play music?
 Would you like in-school lessons with qualified music teachers?
 Enrol your child in music lessons at Whenuapai School!

Musiqhub is holding a Have-A-Go Day on Thursday 20th February in the hall, where your children can try out an instrument and you can meet the music tutor Gloria Arboleda Martínez.

Gloria has a Bachelor of Music and has taught in schools in Colombia, the UK, and for the past three years with Musiqhub here in Auckland. Gloria offers music lessons in guitar, ukulele, keyboard/piano, clarinet, flute, recorder, saxophone and trumpet.

WHAT? Have-A-Go Day at Whenuapai School
When? Thursday 20th Feb
Time? 9.00am - 4.45pm
 2.45pm - 3.30pm
Where? Hall

For more information, contact
 Gloria Arboleda Martínez
 0274 422 654 • gloria.arboleda@musiqhub.co.nz

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 All activities and games provided
 Apple & Android app suggestions

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 info@reacheducation.co.nz

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 CODING
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FREE TRIALS

5 AUCKLAND LOCATIONS
 BRAINPLAY.CO.NZ

TAI CHI & GREEN TEA

FREE family friendly Tai Chi sessions during March

Come for some exercise
 Stay to meet your neighbours

Sundays 9.00am-10.30am
 Tuesdays 5.30pm-7.00pm

on the field next to the Parkhouse Café
 Totara & Brighams Creek Roads

Tai chi is great exercise for all ages, as it is gentle on your joints. It uses safe, mindful, flowing movements and deep breathing to improve strength, balance and to reduce falls.

Prostly supported by
Upper Harbour Local Board
 Auckland Council

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Kids Yoga - Term 1 After-School Series

Yoga is a wonderful way to bring children together through a non-competitive, yet physical activity. It benefits the body (of all ages) by offering balance and flexibility and strengthens the lungs. It supports concentration and allows children to develop healthy techniques to tackle problem solving and tricky situations.

Five-Week, After-School Series

Ages - suitable for a 6-12 year olds
 When - begins Wednesday, 11th March
 Time - 4pm-5pm
 Where - Kanuka Yoga Space
 \$100 for all five classes - \$24 per casual drop-in

To book, email hello@kanukayoga.co.nz

Parent Help

FREE PARENTING HELPLINE
 ALL ISSUES ALL AGES

www.parenthelp.org.nz
 0800 568 856

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
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