

# Whenuapai School

14 Airport Road, Auckland  
New Zealand

Newsletter – 8 April 2025



Kia ora e te whānau,

What a fantastic term it has been! We've seen so much learning across the school, and it has been incredible to watch our tamariki grow in confidence as they master new skills and knowledge. We are excited to share a glimpse of this wonderful journey with you.

**Showcase** - This Thursday, we'll be hosting a showcase of learning, and we'd love for you to join us and see the progress our students have made. Our team leaders have shared key details for the event, including timings and location, on HERO.

**Classrooms in Action Through Photos** - Please check out the latest photos of our classrooms in action:



**Sports Programme Update** - As you may know, Greg Berry's last day was last Friday. With that in mind, we'd like to update you on the organisation of our sports programme for the remainder of the year.

As previously mentioned, the sport role will now be shared by three staff members:

- **Diane Thomas** will be the classroom sports teacher, delivering our Health and PE programme from Tuesday to Thursday.
- **Olivia Mead** (Assistant Principal) will be responsible for organising all school sporting events, including our teams for the North West Sport Day competitions.
- **Candice Dealey** (Teacher, WSC Room Rua) will oversee the organisation of all teams competing in events outside of school hours, such as basketball, flippaball, touch, etc.
- **Sarah Bone** will continue in her role organising netball.

**End of Term** - As we approach the end of the term, we want to take a moment to thank you for your ongoing support. We are truly grateful for the partnership we share with our whānau, and for the important role you play in helping our school community thrive. The last day of term is this Friday the 11<sup>th</sup> of April. We hope all of our students enjoy a well-deserved break over the holidays. Term 2 will begin on Monday the 28<sup>th</sup> of April, and we look forward to welcoming everyone back, refreshed and ready for another exciting term of learning.

Thank you again for your continued support. We wish you and your family a wonderful and relaxing holiday!

Ngā mihi nui, Adam Cels



## Dates for your diary ....

<b>Wednesday – 9 April</b> Mufti Day – House Colours	<b>Tuesday – 20 May</b> NW Year 7/8 Football
<b>Thursday – 10 April</b> Showcase Afternoon	<b>Thursday – 22 May</b> Rippa Rugby
<b>Friday – 11 April</b> Last day of Term 1	<b>Tuesday – 27 May</b> NW Year 7/8 Basketball
<b>12 - 27 April</b> School Holidays	<b>Monday – 2 June</b> King's Birthday – <b>NO SCHOOL</b>
<b>Monday – 28 April</b> First day of Term 2	<b>Friday – 6 June</b> NW Table Tennis
<b>Tuesday, 6 – Friday, 9 May</b> Year 5-8 School Camp or EOTC Week (for students not going to Camp)	<b>Thursday – 12 June</b> NW Football - Year 5&6 Kea Team – Farm Visit

## 2025 School Camp and EOTC Week – Years 5-8

**Dates:** Tuesday, 6th – Friday, 9th May 2025

**Payments** - For the camp and EOTC week to proceed, we rely on whānau contributions to cover the full cost of attendance. To help make this more manageable, we are happy to accept staggered payments over the coming months.

We strongly encourage parents to set up regular payments (weekly or fortnightly). Payments can be made via direct deposit to the school bank account:

**Account Number:** 12-3085-0494188-00

**Particulars:** Camp

**Reference:** Child's Name

**Questions?**

For general inquiries, please contact your child's classroom teacher. For payment-related queries or to discuss a payment plan, please email **Jo Wright, Administration Manager** at: [accounts@whenuapai.school.nz](mailto:accounts@whenuapai.school.nz).



## School Grounds Closed During the Holidays

Please be advised that the **school grounds will be closed to the public during the upcoming school holidays** due to drainage work for the new classroom building. This work will involve a large open trench across the field, creating a significant health and safety risk.

For everyone's safety, no public access will be permitted during this time.

We appreciate your cooperation & understanding as this important work is completed.



## Library News!

### Book Club Issue 2 - Available Now

[Issue 2 PDF](#)

[Click Here](#) - to  
view and order  
online



## Celebrating Success

Last weekend, our incredible Yr 6 student, Zanneja, competed in the first round of the Secondary School Cross Country Mountain Biking Series, held at Hunua Ranges. She rode an impressive 14km course, finishing in 1 hour and 12 minutes. Zanneja placed 3rd in the U13 girls' category, an outstanding achievement for a 10-year-old! She earned an exemption to race with the older girls, showing remarkable skill and determination. Best of luck for the remaining 4 races, Zanneja!







Kākāpō Team have been working hard during Inquiry time to create documentary videos that are filled with all our learning about our Sustainable Oceans topic. The Year 6's have been using the iPads and we have been lucky enough to have Mr Ganda during CRT time for Digital Tech where he has taught us filming and editing skills. The Year 5's have been experimenting with voice overs and digital skills on Canva and Google Slides. They are looking fantastic and we can't wait to showcase them to you in Week 10!



We spend our Friday afternoons within our Kōwhai Kainga (Yr 5's) and Rimu Kainga (Yr 6's), doing an Art rotation. Each class has been spending 3 sessions with each teacher and are learning a range of Art skills whilst creating a beautiful piece of work. They have turned out fantastic and it has been a highlight for many!





# Senior Orienteering Day

On Friday the 28th March, Whenuapai School sent 20 Year 7 & 8 students to compete in the West Auckland Orienteering Competition at Blockhouse Bay Reverse. While we were racing as 5 teams of 4, we individually had to complete our own course. There were 18 controls that we each had to find in this big park which had hills, streams and lots of native bush. Unfortunately, we didn't have the greatest weather conditions, as it was raining and cold.

The Year 8 girls finished with the fastest times for their age group (Molly Baker, 18:44 mins, Kennedy Bone, 18:51 and Ruby Cook, 19:39). The Year 7 girls (Eve Butler, Haidee Wu, Sophia Garland-McFarlane and Xanthe Peterson) came second in their age group and also qualified for the Interzones Championships in May. One of our Year 7 boys teams (Ishan Hora, Reyaansh Ved, Taaransh Punichithaya, and Elijah Glavez) came third in their age group and also qualified. We would like to say a big thank you to Mr Berry, Xanthe's Grandad (Keith) and Whaea Sarah for looking after us on this awesome day. This was such a great experience and I'm so glad I went!

Written by Kennedy Bone Yr8



## The Positive Behaviour for Learning (PB4L) Behaviour Matrix: Purpose and Benefits

The PB4L Behaviour Matrix provides a structured, consistent approach to teaching and reinforcing positive behaviours in our school. It serves as a guide for both students and staff, ensuring clear expectations across all settings. By using common language, the matrix fosters a school-wide approach to behaviour management and positive reinforcement. Rather than multiple expectations for different areas, at Whenuapai we have developed an 'All Settings' Matrix that outlines expected behaviours in all locations of the school.

### How PB4L Behaviour Matrices Work:

#### 1. Defines Expected Behaviours

- Clearly outlines what positive behaviour looks like in various school environments (e.g., classroom, playground, hallways, online spaces).
- Uses simple, positive language to focus on what students **should** do rather than what they **shouldn't**.

#### 2. Aligns with School Values and Promotes a Positive Culture

- Reinforces our core values: **Mana, Ako, Kotahitanga, and Kaitiakitanga**.
- Encourages a supportive and inclusive environment.

#### 3. Supports Consistency Among Staff

- Ensures all staff and students share a common understanding of expectations.
- Helps staff maintain a consistent approach to behaviour management.
- Ensures expectations are consistently applied across all settings.

#### 4. Teaches and Reinforces Social Skills

- Provides explicit instruction on expected behaviours.
- Encourages self-management and problem-solving skills in students.
- Links directly to our reward system and certificates awarded at assemblies.

#### 5. Reduces Behavioural Issues

- Prevents unexpected behaviours by setting clear, proactive expectations.
- Focuses on positive reinforcement rather than punitive measures.
- Establishes a consistent approach among all staff—no surprises.

#### 6. Encourages Student Ownership and Accountability

- Helps students understand and take responsibility for their actions.
- Empowers students to make positive choices in different situations.

By implementing the PB4L Behaviour Matrix, we create a structured, inclusive, and positive learning environment where students and staff can be successful and thrive together.

 <b>MANA</b> RESPECT FOR SELF	 <b>AKO</b> RESPECT FOR LEARNING	 <b>KAITIAKITANGA</b> RESPECT FOR ENVIRONMENT	 <b>KOTAHITANGA</b> RESPECT FOR OTHERS
<b>Self Manage:</b> <ul style="list-style-type: none"> <li>Listen to instructions</li> <li>Active listening</li> <li>Thoughtful communication</li> <li>Communicate with empathy</li> <li>Initiative and perseverance</li> <li>Self-regulation</li> <li>Being kind to ourselves</li> <li>Patience</li> </ul> <b>Be Resilient:</b> <ul style="list-style-type: none"> <li>Celebrate others efforts</li> <li>Be a good winner, and a good loser!</li> <li>Celebrate my own, and others, mistakes. Failure is not the opposite of success, it is part of it!</li> </ul> <b>Be Honest:</b> <ul style="list-style-type: none"> <li>Be honest - Own it, Fix it, Learn from it, Move on</li> <li>Fix our mistakes the best we can</li> <li>Stand up for what is right</li> <li>We follow through with what we say</li> </ul> <b>Growth Mindset:</b> <ul style="list-style-type: none"> <li>Have a positive attitude to my work</li> <li>Practice gratitude</li> <li>Knowing your mana</li> </ul> <b>Sense of Identity:</b> <ul style="list-style-type: none"> <li>Learning about your culture in an authentic and ongoing way</li> <li>Sense of my own, and others, identity, values, and beliefs</li> <li>Rangatiratanga – self-determination and student agency</li> </ul>	<b>Engage:</b> <ul style="list-style-type: none"> <li>Actively participate in learning</li> <li>Take advantage of all opportunities to learn. Willing to 'give it a go'</li> <li>Open to new, safe experiences</li> </ul> <b>Question:</b> <ul style="list-style-type: none"> <li>Be curious</li> <li>Research</li> <li>Think</li> </ul> <b>Inquire:</b> <ul style="list-style-type: none"> <li>Ask questions</li> <li>Investigate</li> <li>Open to new, safe experiences.</li> </ul> <b>Problem Solve:</b> <ul style="list-style-type: none"> <li>Being courageous</li> <li>Seek information</li> <li>Apply knowledge and skills to a situation</li> </ul> <b>Accomplish:</b> <ul style="list-style-type: none"> <li>Have a positive attitude</li> <li>Keep our spaces organised</li> <li>Build each other up</li> <li>We have fun</li> <li>Explain and justify your thinking</li> <li>Complete work within given timeframes</li> </ul>	<b>Appreciate:</b> <ul style="list-style-type: none"> <li>Be considerate towards other people's property</li> <li>Use equipment with care</li> <li>Return equipment</li> <li>Accept success and failure graciously!</li> </ul> <b>Connect:</b> <ul style="list-style-type: none"> <li>Tuakana Teina</li> <li>Relationships</li> </ul> <b>Contribute:</b> <ul style="list-style-type: none"> <li>Communicate</li> <li>Actively participate</li> </ul> <b>Take Action:</b> <ul style="list-style-type: none"> <li>Use walking feet inside and in walkways at correct times</li> <li>Keep our spaces organised</li> <li>Leadership</li> </ul> <b>Care:</b> <ul style="list-style-type: none"> <li>Kaitiakitanga - protect and understand guardianship of the whenua</li> <li>Tidy as we go, put away equipment and resources once we have finished with them</li> </ul>	<b>Listen:</b> <ul style="list-style-type: none"> <li>Listen to others</li> <li>Know the right time to intervene/speak</li> <li>Comfort others when needed</li> </ul> <b>Collaborate:</b> <ul style="list-style-type: none"> <li>Work collaboratively with others</li> <li>Share your thoughts and ideas</li> <li>Graciously accept different points of view</li> </ul> <b>Share:</b> <ul style="list-style-type: none"> <li>'Only squeal if it's a big deal' - tell to keep others safe, not get them into trouble</li> <li>Say 'nice' things behind peoples backs</li> </ul> <b>Value:</b> <ul style="list-style-type: none"> <li>Value diversity</li> <li>Use kind and appropriate words and actions</li> <li>Build each other up</li> <li>We are open to inclusion</li> <li>Choose respectfully and politely to not include a peer</li> <li>Empathetic towards others</li> </ul> <b>Participate:</b> <ul style="list-style-type: none"> <li>Follow instructions</li> <li>Keep our bodies, hands and feet to ourselves</li> </ul>





## Parent Portal

Linewize is a FREE online safety tool available to all our families and here's how it can help:

- **See What Your Child Sees:** Linewize allows you to see a filtered report of your child's browsing activity, including websites and search terms. This gives you a springboard for discussions about online content.
- **Spark Conversations:** Use Linewize reports to talk to your child about what they find interesting online. This is a great opportunity to teach critical thinking skills and discuss online dangers.
- **Set Boundaries Together:** Linewize allows you to set website filters and time limits for your child's internet use. Work with your child to create a safe and responsible online routine.

For more information, please visit <https://whenuapai.onlinesafetyhub.nz/>

Our school is proud of the work we do to foster and promote positive relationships and social skills through our restorative PB4L approach. We place great emphasis on our core values and provide engaging behaviour lessons to empower students to make positive choices.

With your help and support, we can continue to guide our tamariki on their journey towards responsible online behaviour and overall well-being.

Thank you for being an important part of our community.



## Uniform Shop

Argyle Schoolwear now has a retail shop, where you can purchase our school uniform.

You will still be able to purchase your uniform online through their Argyle Online website, but you now also have the option to purchase in store, offering you a full retail experience.

Argyle's Retail Shop is located at:

- Unit 4 / 91 Central Park Drive in Henderson.

It is advisable that you book an appointment – please go to our school page on Argyle Online and click 'book a fitting'. Limited parking is available in front of the store.



[Click Here to Book](#)

Uniform Retail Store Opening 5th December 2024



WHENUAPAI SCHOOL

4/91 Central Park Drive, Henderson, Auckland  
Book a fitting online through your school page at [www.argyleonline.co.nz](http://www.argyleonline.co.nz)  
Card payments only; no cash. WINZ quotes available.

## School Notices:



For our Policies and Procedures please visit SchoolDocs at:

[www.schooldocs.co.nz/](http://www.schooldocs.co.nz/)

**User** – whenuapai  
**Password** – airport

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## MUSIC LESSONS at Whenuapai School

*Would you like in-school lessons with a professional Music Tutor with many years of teaching experience? You can enrol your child in drum, trumpet, sax, clarinet, keyboard, guitar or ukulele lessons at Whenuapai School!*

We deliver a fun, varied and structured curriculum. Students learn songs in styles ranging from traditional to contemporary during school hours.

For more information on Trumpet, Sax, Clarinet, Keyboard, Ukulele and Guitar lessons, contact **Gloria Arboleda Martinez**  
gloria.arboleda@musiqhub.co.nz  
Ph 0274 422 654

For more information on drum lessons, contact **Paul Barry**  
paul.barry@musiqhub.co.nz  
Ph 022 198 0044

# MUSIQHUB

## NumberWorks 'nWords

**Your children are amazing already. We just help them prove it.**

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**NumberWorks 'nWords**

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[Click here for a free assessment & trial lesson.](#)

Email: [northwest@numberworks.com](mailto:northwest@numberworks.com)

## Hilton Brown SWIMMING

Lessons for life

**Hilton Brown  
Hobsonville**

<https://swim.school.nz/>

5 Rawiri Place,  
Hobsonville.

Ph: 09 666 0240

[EMAIL](#)



Kumeu Rugby is a great community club based in Riverhead.

We have girls and boys playing from age 5 & up. There are both contact and non-contact options.

If you want to register your child or are interested in learning more, check out our website for more information.

<https://www.kumeurugby.co.nz/junior-rugby>

## skids - Before and After School Care

**Accredited OSCAR Provider. Work & Income OSCAR Subsidy available!**

Onsite: 021 174 8473  
(Only checked during opening hours)  
[www.skids.co.nz/whenuapai](http://www.skids.co.nz/whenuapai)

**BOOK NOW** at: [www.skids.co.nz/book](http://www.skids.co.nz/book)

search for Whenuapai





Help us reduce waste at school by packing a **waste-free lunchbox!**



# Waste Free Lunchboxes



Whenuapai School is an EnviroSchool and we ask that students come to school with waste free lunches (**Nood Food**) to show Kaitiakitanga/Respect to our school environment.



A waste free lunch means only packing items that can be composted or recycled. That means, **no plastic wrap, no foil, no zip lock bags and no packaged foods**. We have compost bins for food scraps which we feed to our worm farm which then fertilises our vegetable māra/gardens and fruit trees. Through this process we are teaching the students to be responsible for the waste they create and how they can make a difference to our planet. **If students bring waste to school, we ask them to please take this home.** Thank you for supporting our school value of Kaitiakitanga/Respect for the Environment.



## NUDE FOOD: HEALTHY, FRESH & WASTE-FREE!

### What is Nude Food?

Nude Food is simply food that is not wrapped in foil, plastic, or commercial packaging. It's all about fresh, healthy, and environmentally friendly choices!

### Why Choose Nude Food?

- Encourages healthy eating habits
- Reduces waste and helps protect the environment
- Empowers students to make conscious food choices

### Tips on How to Pack a Nude Food Lunch

- Use reusable containers for food and drinks
- Bring cutlery from home instead of using plastic utensils
- Choose a lunchbox with separate sections to keep food fresh

### Try to Avoid These Items:

- ✗ Zip lock or plastic bags.
- ✗ Plastic wrap or aluminum foil

### Tips for Packing a Nude Food Lunch

- ★ Get the kids involved in choosing their lunches to reduce food waste
- ★ Buy larger portions of yogurt or snacks and portion them into reusable containers
- Choose in-season fruits and vegetables—they are fresher, more affordable, & better for the environment!





# APRIL HOLIDAY PROGRAMME

BOOK NOW

**GET READY FOR AN EPIC FOOTBALL ADVENTURE!**

OUR SESSIONS ARE PACKED WITH ACTION, FUN GAMES, AND EXCITING STORYTELLING THAT BRING THE BEAUTIFUL GAME TO LIFE WHILE BUILDING FOOTBALL SKILLS AND CONFIDENCE. EVERY PLAYER TAKES HOME AWESOME PRIZES AND UNFORGETTABLE MEMORIES OF AN ACTION-PACKED, GOAL-FILLED EXPERIENCE!

**WEEK ONE:** APRIL TUESDAY 15TH, WEDNESDAY 16TH, THURSDAY 17TH  
**WEEK TWO:** APRIL TUESDAY 22ND, WEDNESDAY 23RD, THURSDAY 24TH  
**WHERE:** HOBSONVILLE SCHOOL

DON'T MISS THE CHANCE TO SHARPEN YOUR SKILLS AND HAVE A BALL!!!! FOR MORE INFORMATION AND TO REGISTER GO TO!

[www.kiwikickstars.com](http://www.kiwikickstars.com)



# SCHOOL HOLIDAY PROGRAMMES

Make the most of your holidays with a fun-filled learning experience!

✓ Creating videos using AI

✓ Develop Games with Roblox

✓ Introduction to Developing Websites

✓ Learn to Code in Python

✓ Minecraft Modding Junior

✓ Let Us Code

✓ Learn to code using Scratch

✓ Let us Learn 3D Printing

✓ Minecraft - Develop your own Mods

✓ Building Games with Gamemaker

✓ Code that Robot using Edison

✓ Code that Robot using Mbot

APRIL 14 - 25

BOOK NOW

SCAN ME



 (09)815 0825

 [info.albany@scratchpad.co.nz](mailto:info.albany@scratchpad.co.nz)

 [www.scratchpad.co.nz](http://www.scratchpad.co.nz)





Premium Kids Care

April 2025 School Holiday Programme  
Opening hours 7:30am - 6:00pm  
Ages 5-14 years old

Located at The Sunderland Lounge  
Cinema Road, Hobsonville Point

Week One

Monday 14th April	Tuesday 15th April	Wednesday 16th April	Thursday 17th April	Friday 18th April
<b>Lego Masters 2025</b> Kick off the holidays with us and put your lego building skills to the ultimate test! We are on the hunt for PKC's Lego Masters champion for 2025!	<b>Movies</b> Grab your popcorn and sit back and relax! Today we are off to the movies!	<b>DIY Day</b> Arts and crafts projects and fun challenges! We spend the day doing some good old kiwi DIY!	<b>Easter Celebration</b> Easter egg hunt, games, baking and crafts! Today we celebrate everything we love about Easter!	<b>Good Friday</b> <b>NO PKC</b>
\$70	\$85	\$70	\$75	

Week Two

Monday 21st April	Tuesday 22nd April	Wednesday 23rd April	Thursday 24th April	Friday 25th April
<b>Easter Monday</b> <b>NO PKC</b>	<b>Pizza Party</b> We get busy in the kitchen and kick off the week with an epic pizza party!	<b>Auckland Zoo</b> Come and check out all of your favourite animals! Today we are off to Auckland Zoo!	<b>Pop's Games</b> Can you win at 3D tic tac toe or navigate the maze of a hanging labyrinth? We end the holidays with Pop's Game	<b>ANZAC Day</b> <b>NO PKC</b>
	\$70	\$85	\$75	

Children from all schools are welcome to attend.  
Payment is required in full prior to the programme commencing.  
Spaces are strictly limited and are done on a first come, first served basis. Your child's space is not confirmed until all necessary enrolment forms are completed and payment is made in full.  
Once the programme has commenced, there will be no refunds for cancellations. Fees will still be payable if your child/children do not attend.  
We reserve the right to change any activities and/or trips due to weather - conditions or other unforeseen circumstances.

To book now please visit  
[www.premiumkidscare.co.nz](http://www.premiumkidscare.co.nz)

Contact: Alanah  
[alanah@premiumkidscare.co.nz](mailto:alanah@premiumkidscare.co.nz)  
021 267 5832



HILLSBOROUGH, GLEN INNES AND MASSEY



HILLSBOROUGH	MASSEY	GLEN INNES
14/04 - EASTER SCIENCE, SOUND & OUR 5 SENSES 15/04 - VOLCANOES, COLOUR & LIGHT 16/04 - DRY ICE, PNEUMATICS, BINARY & CODING 17/04 - FIRE, GOO & BUBBLES 22/04 - SPACE, DINOS, FOSSILS & LIGHT 23/04 - EXPLOSIONS, ELECTRICITY & PIZZA MAKING 24/04 - CHEMISTRY, BALLOONS & MAGNETS	14/04 - BALLOONS, CHEMISTRY & MAGNETS 15/04 - EASTER SCIENCE, SOUND AND OUR 5 SENSES 16/04 - VOLCANOES, COLOURS & LIGHT 17/04 - DRY ICE, PNEUMATICS, BINARY & CODING	14/04 - DRY ICE, PNEUMATICS, BINARY & CODING 15/04 - FIRE, GOO & BUBBLES 16/04 - SPACE, DINOS, FOSSILS & LIGHT 17/04 - EXPLOSIONS, ELECTRICITY & PIZZA MAKING 22/04 - CHEMISTRY, BALLONS & MAGNETS 23/04 - EASTER SCIENCE, SOUND & OUR 5 SENSES 24/04 - VOLCANOES, COLOURS & LIGHT

[www.littlescientists.co.nz](http://www.littlescientists.co.nz)



# After School Activities – Term 2

## Kids Sewing Classes!

Thread Room  
After-School in Hobsonville Point



### Term 2 Beginner Classes

Learn to use a sewing machine while making fun, creative projects!  
• No experience needed • Kids aged 8+ • Wednesday 3.30pm & 4.30pm classes • Limited spots available – Enrol now!

thread room

## AFTER-SCHOOL STEM SCOT POINT SCHOOL

### Term 2

- MONDAYS
- 3:30PM - 4:30PM
- CODING, ROBOTICS, 3D DESIGN, SCIENCE
- YEARS 1 - 6
- LIMITED SPACES AVAILABLE

BRAINPLAY.CO.NZ



## AFTER-SCHOOL STEM HOBSONVILLE SCHOOL

### Term 2

- FRIDAYS
- 3:30PM - 4:30PM
- CODING, ROBOTICS, 3D DESIGN, SCIENCE
- YEARS 1 - 6
- LIMITED SPACES AVAILABLE

BRAINPLAY.CO.NZ



 | **McIntosh Dental**

Our Orthodontics Parent Information Evening is back!

Tuesday April 29th, 6pm - 7pm.

Join us for a free, no-obligation seminar with our very own, Dr Raniga and learn everything you need to know about Invisalign and braces for your child.

**All attendees will receive a complimentary orthodontic consult and x-ray!**

Scan the QR code below to register for free



 | **McIntosh Dental**  
09 837 2598 | [mcintoshdental.co.nz](https://mcintoshdental.co.nz)



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about **INSTAGRAM**

**AGE RESTRICTION 13+**

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

**WHAT ARE THE RISKS?**

**EXCESSIVE SCREEN TIME**

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

**AI CHATBOT CONCERNS**

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

**RISKS OF GOING LIVE**

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

**THREADS INTEGRATION**

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

**SCHEDULED MESSAGING**

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

**EXCLUSION AND LOW SELF-WORTH**

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

### SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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