

Whenuapai School

14 Airport Road, Auckland
New Zealand

Newsletter – 6 May 2025



Kia ora e te whānau,

I hope you all had a restful and enjoyable break with your whānau (family). As we begin Term 2, we are looking forward to a term full of exciting learning opportunities, activities, and events. With only nine weeks, it promises to be busy, with plenty happening both inside and outside the classroom.

Our school community continues to grow and diversify, and I feel incredibly fortunate to be part of such a vibrant, supportive environment. Our tamariki (children) bring with them a rich tapestry of cultures, experiences, values, and knowledge — this diversity is truly one of our greatest strengths.

Our tamariki arrive at school with a wide range of life experiences and family expectations. Some are just beginning to learn how to share, communicate and just be part of a group, while others arrive with well-developed academic skills and confidence. All these starting points are normal and valued in our kura. Our goal is to provide opportunities that support equitable outcomes for every learner, in an environment grounded in respect and support.

To help us build and maintain this inclusive environment, we focus on our core school values of:



- Respect for Ako (Learning)
- Respect for Kaitiakitanga (Environment)
- Respect for Kotahitanga (Others)
- Respect for Mana (Self)

These values guide our behaviour, shape our relationships, and reflect how we represent our kura both inside and outside the classroom. By teaching a shared language and setting consistent expectations, we help every student understand what it means to be a part of our school community. As with all learning, tamariki will grasp these values at different paces - and that is completely okay.

While our school values might differ slightly from your family's own expectations, we truly appreciate your support in helping your tamariki understand and embrace them as part of their time at school. This shared framework is especially important in a diverse community like ours. It allows us to honour our differences while working together toward a shared sense of belonging, purpose, and success.

'He wāhi mō te katoa' – A Place for All of Us. This quote is from the New Zealand Inclusive Education website and we feel this phrase captures the spirit of what we are trying to achieve at Whenuapai School - a school rooted in inclusivity and belonging. It reflects our commitment to fostering an environment grounded in respect, unity, and cultural responsiveness. At its heart is the belief that every student, regardless of ethnicity, gender, ability, or background, deserves a safe, welcoming, and empowering space where they truly feel they belong.

Thank you for being an essential part of our kura and for supporting our collective vision of an inclusive, respectful, and thriving learning environment.

Here are some key term dates:

Camp Week is happening this week from Tuesday to Friday. Our Year 5–8 students headed to Finlay Park this morning, for what promises to be a fun, challenging, and motivating experience. We wish all students, parents and staff attending a fantastic time.

Parent-teacher interviews will be held on Tuesday and Thursday in Week 4. Bookings will be available through Hero starting next week. These interviews are an opportunity to connect with your child's teacher, discuss their progress so far, and to set goals for the remainder of the year.

A school based Matariki celebration will be held on Wednesday, 18 June 2025 at 7.00 am. Further information will be shared via a dedicated HERO port.

Please note we have two public holidays this term: King's Birthday on Monday, 02 June and Matariki on Friday 20 June. School will be closed on both days.

Ngā mihi nui,
Adam Cels



Dates for your diary

Tuesday, 6 – Friday, 9 May Year 5-8 Camp Week	Tuesday – 27 May NW Year 7/8 Basketball
Wednesday – 14 May Interzone Orienteering	Monday – 2 June King's Birthday – NO SCHOOL
Friday – 16 May Pink Shirt Day	Friday – 6 June NW Table Tennis
Tuesday – 20 May NW Year 7/8 Football	Thursday – 12 June NW Football - Year 5&6 Kea Team – Farm Visit
Thursday – 22 May Rippa Rugby	Tuesday – 17 June Massey High School Open Night
Tues 20 and Thurs 22 May Parent Interviews	Wednesday – 18 June 7.00am Matariki celebration
Monday – 26 May Y5 Trees for Survival Planting Day	Friday – 20 June Matariki – NO SCHOOL

Book Club Issue 3 - Available Now

Issue 3 PDF

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



Massey High School - Open Night

Tuesday - 17 June 2025

4.00pm to 5.30pm

or 6.00pm to 7.30pm



Meet in the Bruce Ritchie Performing Arts
Centre for the Principal's address.



Exploring the Science of Learning in Melbourne: A Senior Leadership Journey

Earlier this month, our Senior Leadership Team had the exciting opportunity to travel to Melbourne to deepen our understanding of the **Science of Learning** — a growing body of research that focuses on how students learn best and how we, as educators, can teach more effectively at Whenuapai.

The trip was filled with rich professional learning experiences, including visits to leading schools, hosted by international experts, and in-depth conversations with fellow educators who are also embracing evidence-based teaching practices. A key focus of our learning was **cognitive science** — understanding how memory, attention, behaviour and motivation play crucial roles in student learning. We explored strategies such as retrieval practice, spaced repetition, and explicit instruction, and saw firsthand how these are being implemented successfully in classrooms across Melbourne.

One standout moment was visiting schools that have embedded the Science of Learning into their whole school culture. We observed how consistent teaching routines, knowledge-rich curriculums, and a strong focus on teacher development are helping lift student outcomes, whilst still maintaining the heart of the school and keeping the fun alive! These visits reinforced our belief that great teaching is both an art and a science—and that professional learning should be continuous, collaborative, and aligned with what we know works best for students.

We return inspired and energised to share what we've learned with our staff, ensuring these evidence-based approaches translate meaningfully into our own classrooms. Ultimately, our goal is to ensure every child has access to the most effective teaching practices so they can thrive.

Thank you for supporting our commitment to professional growth and excellence in teaching and learning.

Celebrating Success

Year 5/6 Flippa Ball Stars Shine in Term 1!



Our incredible Year 5/6 Flippa Ball team had a phenomenal Term 1 — they went undefeated, with only one goal scored against them all season! What a fantastic team effort!

The team welcomed three brand-new players this season, who settled in quickly and made an immediate impact. Our returning players stepped up brilliantly, embracing leadership roles left by the 2024 Year 6s and supporting their new teammates every step of the way. Their encouragement and teamwork have helped build a strong, connected squad.

Huge congratulations to Aloisio, Isabel, Lacey, Matteo, Olive, Theo, Samuel, and Una — and a huge thank you to Tom and Chelsea Lyons, our coach and management extraordinaires!

Excitingly, we now also have a new Year 3/4 development team competing on Sunday afternoons! In Term 2, both teams will train together as one big squad, with the older players mentoring the younger ones — a fantastic opportunity to grow skills and team spirit.

If your child is keen to give this awesome sport a go, please email: sports@whenuapai.school.nz for more info and to be connected with the Team Manager.

A huge thank you to Hilton Brown Swimming for generously providing training space — we are so grateful for your support.

We can't wait to see what Term 2 brings... **Go Flippa Ball!**

Hilton Brown
SWIMMING
Lessons for life

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

5 Rawiri Place, Hobsonville.

Ph: 09 666 0240

hobsonville@hiltonbrownswimming.co.nz



Making Waves in Water Polo!

Adding to our aquatic achievements, one of our Flippa Ball stars, Xanthe, has just completed her first season with North Harbour Water Polo, where her team won all 14 games — going undefeated and claiming the Under-12 Water Polo Tournament title in Tauranga!

A big shout-out to the Whenuapai Orions Flippa Ball team and coaches Sylvie and Tom for sparking her passion for the sport!

Congratulations!



PB4L – Positive Behaviour for Learning

This week, our PB4L focus is Mana - Respect for Self.

Our students have been learning about Radical Acceptance, and the new catchphrase ***"When we can't change what's bad...try totally RAD"***.

Please ask your child about the chocolate activity in class!

Problems are a normal part of life, and using radical acceptance techniques can make these difficulties more manageable.



Distress Tolerance Skill Radical Acceptance

Helps when you cannot keep painful events from coming your way

Radical acceptance is the skill of accepting the things you cannot change. This allows you to focus your time and energy on things you can change.

Radical = doing something completely and totally.

Acceptance = embracing reality, even if you disagree or don't like how it is.

Radical acceptance is accepting reality with your mind, body, and heart. It's letting go of anger, bitterness, or resentment even when life is not the way you want it to be.

Instead of saying "Why me?" you say "Everything happens for a reason."

Radical acceptance is a choice. It helps you transcend pain and suffering, and understand that life can be worth living even when there are painful events.

Practice saying Radical Acceptance Coping Statements such as:

- "It is what it is."
- "Right here is where I'm supposed to be."
- "I can't change what's already happened."
- "I won't stress over things that I can't change."

Processed using the free version of Watermarkly. The paid version does not add this mark.

Radical Acceptance Coping Statements

Right here is where I'm supposed to be.

Everything happens for a reason.

I can't predict the FUTURE and I am okay with that.

The present is the only moment I have control over.

I won't stress over things that I can't change.

It's no use fighting the past.

I have dealt with difficulties before and I can deal with this.

Radical = doing something completely and totally.

Acceptance = embracing reality, even if you disagree or don't like how it is.

Radical acceptance is accepting reality with your mind, body, and heart. It's letting go of anger, bitterness, or resentment even when life is not the way you want it to be.

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Processed using the free version of Watermarkly. The paid version does not add this mark.

5 Ways to Practice Radical Acceptance:

1. Notice when you are rejecting reality.
2. Practice turning your mind towards acceptance.
3. Adopt an optimistic mindset.
4. Practice letting go.
5. Practice Radical Acceptance Coping Statements.



Pink Shirt Day

Pink Shirt Day is about working together to stop bullying by celebrating diversity and promoting kindness and inclusion. By taking part in Pink Shirt Day, our kura is a part of a powerful movement to spread aroha and kindness and end bullying!



Although we celebrate Pink Shirt Day on this day, we continue the kaupapa with our tamariki all year round!

Often people choose to be a **Bystander** - A person who sees or knows a bullying incident is occurring to someone else. Pink Shirt Day encourages us to be an **Upstander** - A person who uses words and actions that can help someone who is being bullied.

There are a range of helpful actions you can take if you feel safe enough to do so.

1. Āwhinatia / Support the person experiencing bullying:

- Awhi the person being bullied, even if you just stand beside them and let them know you've got their back.
- Encourage them to ask a kaiako/teacher for help or go with them to get help.
- Let them know they're not alone!

2. Haukotia / Distract:

- Interrupt the bullying in some way:
- Ask the person experiencing bullying if they want to go for a walk or do something else.
- Help them to leave the situation they're in.

3. Karangahia / Call it!:

- If you feel safe to, let the person/people doing the bullying know what they're doing isn't okay.
- Use your words to show aroha and kindness to those involved.
- Don't stand by and watch. It can be hard to speak up in the moment but it can make a huge difference.

4. Taihoa ake, ka haumarū / Leave and act:

- If you don't feel safe to step in while the bullying is happening:
 - Move away from the situation.
 - Later, let the person experiencing the bullying know you saw and ask what might help.
 - You might want to have a quiet word with the person doing the bullying.

5. Tautokohia / Get some other help:

- Support the person being bullied to get help from others – whānau, kaiako, a trusted adult or a helpline and then act on their advice.

We encourage everyone to wear mufti (something pink if you have it) and to bring a gold coin donation. All money raised will be donated to the Mental Health Foundation.

Kōrero Mai, Kōrero Atū, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying!



A big welcome to our Term 2 starters and Mrs V, who has opened our new classroom! Everyone has had lots of fun getting to know their new classmates and the Kea team!

Kea Team - Year 0/1



The Kea team have jumped straight back into our daily routines and is having fun with new learning experiences! We have also had a great start to our new Inquiry topic for this term. We are learning all about safety. This week, our primary focus was on who keeps us safe at school?



WORLD VISION YOUTH CONFERENCE

On Thursday 1st of May, six of our house captains had an incredible opportunity to attend the World Vision Junior Youth conference at the Trust's Arena.

Throughout the day, we learnt about leadership from different perspectives gaining valuable insights into teamwork, resilience, and how to make a meaningful impact. It was a very inspiring experience that broadened our understanding about conflicts in our world.

We were able to write letters to Members of Parliament about why modern slavery should stop. Surprisingly, one of the youth ambassadors that spoke was a former Whenuapai School student.

Here is a proverb we learnt that was very meaningful:

**"If you want to go fast, go alone.
If you want to go far, go together."**



By Aleka, Sophie, Prapthi and Kennedy

Library News

A generous donation!

Steven, director of VEGECO fruit and vegetable shop in Fred Taylor drive, Whenuapai, has made a generous donation of 10 books to two local schools.

Steven has kindly donated 5 copies of local author Joan Joass’s book ‘Blue Metal’ to both Hobsonville and Whenuapai primary schools. He is always keen to ‘support local’. Steven was himself a pupil of Hobsonville Primary.

VEGECO fruit and vegetable shop has been providing fresh produce to locals for over 60 years. Many customers will remember the little ginger cat, Pumpkin, who for many years would sun herself outside the shop to greet customers and delight cat lovers. Originally Steven’s mother’s cat, Pumpkin was indeed a great drawcard for the business. One of Joan’s picture books, ‘The Longdrop’, features this little cat in the illustrations. While Pumpkin is no longer with us, Steven offers the book for sale in the shop in memory of her!

Hobsonville and Whenuapai schools are both delighted with Steven’s thoughtful donation of books. ‘Blue Metal’ is a local story of a North Island robin who helped save the robin population being re-introduced to the Waitakere Ranges. The books will be appreciated by pupils and staff alike say the librarians.

Thank-you Steven.



LIBRARY FESTIVALS CELEBRATION



At the end of last term both campuses took part in the Festivals colouring in competition and quiz. Well done to everyone who took part!





LEST WE FORGET

• ANZAC DAY •



On the 25th of April, we attended the ANZAC parade in Hobsonville. We marched proudly as a school to the Hobsonville RSA where we listened to an interesting speech about why we have to remember the 110 years since the battle of Gallipoli. At the end we were able to place a wreath as a school.

Written by Aleka and Kennedy





HOBSONVILLE RSA

FRIDAY 25 APRIL 2025



FREE

Mother's Day Family Night

Bunnings Westgate



Thursday 8th of May

5:00pm – 7:00pm

Activities and fun for the whole family

Celebrate Mother's Day with us! Come along to our family event for a night of fun activities, a sausage sizzle, face painting, a scavenger hunt and more! Can't wait to see you there! Make sure to book your place online :)

Don't miss out, register now!



Scan Me



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!



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
Card payments only; no cash. WINZ quotes available.

School Notices:



For our Policies and Procedures please visit SchoolDocs at:

www.schooldocs.co.nz/

User – whenuapai
Password – airport

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Concerns or Complaints

Managing complaints appropriately, using fair and consistent practice, is an important part of how we support our school community.

If you have a concern, we encourage you to follow the process outlined in our school's policies.

You can find the full procedure on our **SchoolDocs website:**



[Click Here](#)



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.

numberworksnwords.com/nz
NorthWest Ph 416 3123

NumberWorks 'nWords

TUTORING
CONFIDENCE
RESULTS

ENGLISH
& MATHS
Free assessment
Book now!

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

Email: northwest@numberworks.com

Payment Reminder

Payment for School Camp or EOTC Week is now due. If you're unable to pay the full amount in one go, we strongly encourage setting up weekly or fortnightly payments to help spread the cost.

Payment Options:

You can pay via **Kindo** ([click here](#)) or directly to the school bank account:

Account Name: Whenuapai School Board

Account Number: 12-3085-0494188-00

Particulars: Camp

Reference: Your child's name

Please ensure payments are made promptly. Thank you!

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

BOOK NOW at: www.skids.co.nz/book

search for Whenuapai



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. Trigger Warning: This guide contains mention of suicide, which may be distressing for some readers.

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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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!

All classes & workshops
www.threadroom.co.nz



Gently Loved Markets

10AM - 1PM
SUNDAY 18TH MAY


Kumeu Community Centre
35 Access Road, Kumeu

Preloved Market • Free Entry

A range of stalls selling preloved, vintage, retro and upcycled clothing, accessories and homewares

FIND US AT
[@GENTLYLOVEDMARKETSNZ](https://www.instagram.com/gentlylovedmarketsnz)





BEGINS 4/4/2025 CIRCLE OF SECURITY 8 WEEK PROGRAM

Parenting Program

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Go to securebeginnings.co.nz for more information.

REGISTRATION DETAILS:
T: 021 680 615 | E: annemarie.hicks.027@gmail.com

Learning Objectives:
Understand your child's emotional world by learning to read the emotional needs
Support your child's ability to manage emotions Understand what might get in the way of meeting a need Learn what to do when it all goes pear-shaped!

Venue: Herald Island Fire Station

Sunday 7.30-9pm

COST: \$600

Limited to 6 parents
Easy parking

Anne-Marie is a Child Psychotherapist with 25+ yrs experience and lives in the local area. She is a qualified Circle of Security - Parenting (COS-P) facilitator as well as a certified Circle of Security - Intensive (COS-I) facilitator. Anne-Marie is also an approved Circle of Security Supervisor and has been working with COS for over 10yrs.

The Wind Down Mist

We see you! You've survived another day of lunchboxes, Lego injuries and laundry, and now it's your turn.

Meet The Wind Down Mist — a calming pillow spray infused with the rare 'Avice Hill' lavender, grown spray-free in NZ, plus chamomile and geranium. It's like a soft "shhh" for your nervous system. Just spritz, breathe, and let go.



BECAUSE BEDTIME ISN'T JUST FOR KIDS!

thewinddownmist.co.nz

-  Bottled in a recyclable forever metal bottle
-  Giving back 1% of profits to green causes
-  Because rest should feel good — and do good.
-  Elevate your rest

 Check it out at: <https://thewinddownmist.co.nz/products/new-zealand-lavender>

#sleep #sleepspray #bedtimeroutine #deepsleep #pillowmist

Supporting a small business in our Whenuapai Community @thewinddownmist.