



# WHENUAPAI SCHOOL NEWSLETTER 10

14 Airport Road, Whenuapai Phone: 416 8779 Email: [office@whenuapai.school.nz](mailto:office@whenuapai.school.nz)

## A WORD FROM OUR PRINCIPAL...

Dear Parents and Caregivers

A very warm welcome to our new families who have joined us over the past two weeks. We trust you enjoy a very positive relationship with the school.

Unfortunately the winter illnesses have continued to affect both children and adults. They have certainly made their presence felt at Whenuapai.

Thank you to all those families who supported the students at cross country last Friday. Thank you also for the feedback which has been noted and will inform next years organization. Our children demonstrated a high level of persistence in the challenging conditions.

As a staff, we are fully engaged in our Ministry of Education funded professional learning. Each teacher has identified an area of their practice to inquire into to impact positively on student achievement delivered.

Our newly delivered relocatables are in the process of being refurbished, inside and out.

As always, thank you for your on-going support of our school.

Kind regards, Raewyn Matthys-Morris - Principal

### ASSEMBLY DATES

#### Friday Aug 18<sup>th</sup>

9.15am – Year 3 /4

2.15pm – Year 7/8

#### Friday Aug 25<sup>th</sup>

9.15am – Year 0-2

2.15pm – Year 5/6

#### Friday Sept 1<sup>st</sup>

9.15am – Year 3 /4

2.15pm – Year 7/8

#### Friday Sept 8<sup>th</sup>

9.15am – Year 0-2

2.15pm – Year 5/6

### DATES FOR YOUR DIARY

#### Tuesday August 22<sup>nd</sup>

New Entrant Parent

Evening 6.00 – 7.00pm

#### Friday August 25<sup>th</sup>

Daffodil Day

#### Monday August 28<sup>th</sup>

BOT Meeting

#### Friday Sept 1<sup>st</sup>

Pet Day

#### Wednesday Sept 20<sup>th</sup>

Year 3/4 Gym Trip

#### Thursday Sept 21<sup>st</sup>

Junior Disco 5.00-6.30pm

Senior Disco 7.00-8.30pm

#### Monday Sept 25<sup>th</sup>

Wearable Arts – Matinee

#### Tuesday Sept 26<sup>th</sup>

Wearable Arts- Evening

#### Friday Sept 29<sup>th</sup>

Last day of term

### TERM DATES

#### Term 3

24 July – 29 Sept

#### Term 4

16 Oct – 15 Dec

## HELPING CHILDREN COPE

**Resilience in the face of adversity isn't a fixed personality trait. Resilience is an ability we can help children build. This is an important fact for children who suffer from a serious illness or setback experience a grievous loss or setback.**

**What are the best ways that parents can support traumatised children?**

- **Tell them they are loved and are not alone.** Children need to hear this over and over again.
- **Show them they matter.** This is the question children ask as they grow up: Do I make a difference to others? Do other people notice me, care about me and rely on me? When young people think that they don't matter, they're more likely to engage in self-destructive and antisocial activities, or simply withdraw.
- **Companionship.** Parents and other adults can make a difference simply by walking alongside troubled children and listening with undivided attention, forming warm relationships, communicating openly and allowing children to talk to talk about their thoughts and fears.
- **Discuss coping mechanisms.** These can include understanding that:
  - It's okay to be sad and take a break from any activity and cry.
  - It's okay to be happy and laugh.
  - It's okay to be angry and jealous of friends and relatives who are not suffering.
  - It's okay to say to anyone that we do not want to talk about it now.
  - It's okay to ask for help.
- **Establish positive rituals.** This could be something like a family dinnertime practice of each person sharing the best and worst moments of the day – the things that made them sad and those that made them grateful.
- **Embrace family history.** Having a sense of their roots builds children's sense of mattering, of being connected to something larger than themselves. This includes knowing where their parents and grandparents grew up, what their childhoods were like and how the family fared in good times and bad.
- **Keep memories alive.** Remembering a loved one who has been lost builds mental health and even physical health over time.

Article from Principals' Digest, Volume 23 Number 24

## KEEPING YOUR CHILDREN SAFE ONLINE

Children go online for lots of good and fun reasons, homework, research, social networking (hopefully at the correct age – 13 years), games, music – however things sometimes go wrong. A really fantastic website for you and your children to look at is Netsafe NZ ([www.netsafe.org.nz](http://www.netsafe.org.nz)). They are experts in this field. Under the Harmful Digital Communications Act it talks about an Agency that can help with matters, that Agency is Netsafe. Their website has their contact email and phone number in which you can contact them for any advice or if there are any problems you come across. If they feel it belongs with police they will direct you to us.

We advise talking with your children about staying safe online, what to do if things go wrong (there are report buttons you can use/contact Netsafe / talk to parents or a trusted adult etc). Try to keep that communication open. Many young people tell us they would not report problems to their parents if things go wrong as they are afraid they will have their devices taken off them or restricted internet. Ensuring they realise that if their social media / musically apps are on “public” that this means the whole world can see you, but if you put it on “private” this can ensure you are safer and what they post online can be captured by others and used. Try getting to know what apps/ games /social media your children are using so you in turn know the pitfalls or what to do if things go wrong for them.

Lastly, if you see something involving a young person, and it is disturbing / concerning – please don't take a photo of it and forward it to others, or forward any video content – the best way to handle that is to get hold of the website (by using their Report Abuse buttons), get hold of Netsafe / Police with the links / user names etc.

Constable Lorena McCabe - School Community Officer

[www.netsafe.org.nz](http://www.netsafe.org.nz)



## HEALTH & WELLBEING

We would like to remind parents and caregivers about the spread of viruses in school. If your child is unwell please keep them home.

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

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

This week we have had reported cases of colds, tummy bugs, conjunctivitis and also nits.



## DAFFODIL DAY

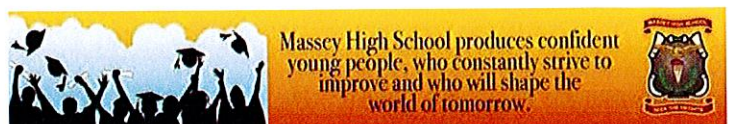
**GO YELLOW on Friday 25 August.**

In association with the Cancer Society and the ANZ we are proud to support Daffodil Day 2017. Please come to School dressed in yellow/yellow accessories/mufti and bring along a gold coin donation.



## MASSEY HIGH SCHOOL

Massey High School are enrolling in-zone students every Wednesday between 3.30pm – 5.30pm until further notice.



## CHANGE OF UNIFORM/CLOTHES

We have a limited amount of spare uniform available in the sick bay and are currently struggling to keep up with demand. It would be appreciated if a spare change of uniform or clothes could be brought to school and kept in your child's school bag.



On Monday the Year 3-4 team hosted Cupcake Day to raise money for the SPCA. It was a great turn out! We had hundreds of cupcakes baked and almost every child in the school purchased a cupcake. The grand total fundraised for the SPCA was \$565.50! Thank you to the wonderful families, parents, students and staff who helped out!



## PTA NEWS

**14-25 Aug** Sunscreen Sale  
**19 Sept** PTA Meeting

**21 Sept** Junior & Senior Disco  
**29 Sept** Ice Block and Pizza Day



**Sunscreen Fundraiser** - sales are going really well. We have had lots of children coming back for extra packs. When asking for more packs we do require the money to be returned for the first pack. Lots of spot prizes have been handed out already! The everyday sunscreen seems to be very popular, so we expect to run out of this product soon. Adults can use the kids pure sunscreen. The main difference is that the kids pure has no colour or fragrance added. It's a great sunscreen to use for those that have sensitive skin. If you have a big order that requires the everyday sunscreen please get your order into us ASAP before it all sells out. Happy selling!

**Disco** - The **junior disco** starts at 5.00 - 6.30pm. A sausage sizzle is available throughout the disco. We have an awesome range of glow products for sale at our brand new glow bar! Notices to go home during the week of 11th September. The **senior disco** starts at 7.00 - 8.30pm. We are trialing a pre-paid pizza dinner option (senior disco only). Order forms will be attached to the disco notice that will go home on the 8th of September. Pizza orders are due in on Monday the 18th of September. **We cannot accept pizza orders on the day.** We will have a gluten free and vegetarian option available but unfortunately for this event we cannot cater for dairy intolerance's or coeliacs - sorry. There is an awesome range of new glow products available at the glow bar! Entry fee is payable on the night.

The PTA still require two people to help out with the senior disco from 6.45 – 8.45pm. Please contact the PTA on [pta.whenuapai@gmail.com](mailto:pta.whenuapai@gmail.com) if you can help.

**Pizza and ice block day** - Notices to go home on the 15th of September. We are having an outside company supply the pizzas so we **cannot accept pizza orders on the day.** Money is due in on Friday 22<sup>nd</sup> September. We have gluten free (coeliac friendly), vegetarian and dairy free options available. Please note these are smaller slices than what will be offered at the senior disco.

**Entertainment books** - will be wrapping up shortly. There is free postage till the end of August! Books will be delivered directly to your house. If you would like to purchase one please click on the link:

<https://www.entertainmentbook.co.nz/orderbooks/952m82>



KEY CONTACTS		ONLINE PAYMENTS
Principal – Raewyn Matthys-Morris	<a href="mailto:rmatthys-morris@whenuapai.school.nz">rmatthys-morris@whenuapai.school.nz</a>	Any queries please contact Mr Tony Hitchcock at Email: <a href="mailto:thitchcock@whenuapai.school.nz">thitchcock@whenuapai.school.nz</a>  <b>Bank Account details:</b> 12 3085 0494188 00 <b>Reference:</b> Students Name <b>Details:</b> The activity the payment is for.
Deputy Principal – Carla Veldman	<a href="mailto:cveldman@whenuapai.school.nz">cveldman@whenuapai.school.nz</a>	
Board of Trustees	<a href="mailto:bot@whenuapai.school.nz">bot@whenuapai.school.nz</a>	
PTA	<a href="mailto:pta.whenuapai@gmail.com">pta.whenuapai@gmail.com</a>	
SKIDS After School Care	<a href="mailto:whenuapai@skids.co.nz">whenuapai@skids.co.nz</a>	
<b>Team Leaders</b>		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.
Year 0-2 – Rachel Capizzi	<a href="mailto:rachelc@whenuapai.school.nz">rachelc@whenuapai.school.nz</a>	
Year 3-4 – Tess Blockley	<a href="mailto:tessb@whenuapai.school.nz">tessb@whenuapai.school.nz</a>	
Year 4-5 – Maureen Mason	<a href="mailto:maureenm@whenuapai.school.nz">maureenm@whenuapai.school.nz</a>	
Year 7-8 – Sharron Buer	<a href="mailto:sharronb@whenuapai.school.nz">sharronb@whenuapai.school.nz</a>	
For our Policies and Procedures please visit SchoolDocs at: <a href="http://www.schooldocs.co.nz/">www.schooldocs.co.nz/</a> User- whenuapai Password- airport		



## OUR CYCLING PROGRAM

Our wonderful teachers and students have been making the most of our bike fleet and new bike trail since we held the official opening of the cycling programme. A lot of energy has gone into getting classes out on the bikes, learning new cycling techniques and increasing their skill in those techniques. Our teachers and students alike are enjoying the range of benefits the programme is delivering. We have had some wonderful parent helpers supporting our teachers to deliver cycling sessions. They have appreciated being part of the student's enjoyment and learning.

We would like to congratulate those students who have transitioned from one of our 'striders' to a 'rider'. We also acknowledge those 'striders' who have made wonderful progress towards being able to ride under their own pedal power. It has also been rewarding to see the large number of families utilising the bike trail after school and on the weekends. The trail is proving to be a wonderful community resource.

There have been a number of other developments in the cycling programme. The monitored alarm has been installed in the storage container and the bike racks are almost complete. Work has commenced on the next bike trail which will be a mountain bike style trail located in the area of land adjacent to the school field behind the shipping container. The trail will be ridden in an anti-clockwise direction and will include a 'dual slalom section' and a number of other features and obstacles. The trail has been marked out on the grass and in preparation for the building of the features and we encourage students and their families to ride the trail to help to bed the trail in.


**Family Cycling Activity:** Soon we are likely to advertise a family cycling activity where you will be able to come along and get some tips and ideas on riding as a family, techniques for adults returning or just beginning to cycle and some fun activities for the kids and adults alike. Watch this space, as more information will be coming soon.

**How you can assist: Parent Helpers** – if you are interested in assisting or visiting during a cycling session please approach your child's teacher to explore options for you to participate with the class sessions. Any assistance will be greatly appreciated.

**Working Bee:** On **Sunday 27 August** there will be a working bee at the school from **8:00am to midday**. If you can drop and lend a hand, even if only for half an hour it would be appreciated. There is some vegetation that needs trimming for the new trail and some old fence posts to be removed. We would also like to complete some minor maintenance on the bike fleet.

If you are thinking of helping out consider bringing your kids and their bikes along as they can ride while you are helping. If you have not yet ridden the school bike trails yourself why not bring your bike along and have a go as well.

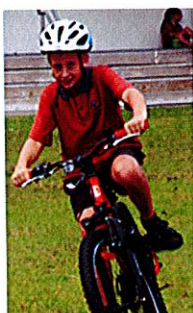

**Bike Shop Discount:** A reminder that our great sponsors at AvantiPlus Westgate have a 15% discount for members of the Whenuapai School community until the 1st of December 2017. All you need to do is print a copy of the voucher below and take it into the store at Westgate and the team will be happy to help you out. This is a great opportunity if you are thinking of a new bike for summer or a special present for someone for Christmas.



This voucher entitles the bearer to  
**15% off**  
**All Servicing, Bikes and P&A**  
(Excludes in store specials and Garmin products)

21 Fernhill Drive,  
Westgate  
09 832 8090  
<https://www.facebook.com/avantipluswestgate/>

Whenuapai School  
Expires 1st Dec 2017



### Cycling Programme Contact:

If you have any questions about the bike programme or can help out at the working bee please contact Mike Beale on:  
[kiwirevolutionnz@gmail.com](mailto:kiwirevolutionnz@gmail.com) or Mobile 021913831.

