



WHENUAPAI SCHOOL NEWSLETTER 13

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

A WORD FROM OUR PRINCIPAL...

Dear Parents and Caregivers

It's wonderful that so many family members are attending the children's assemblies. They are all about showcasing our children's learning. It certainly is an absolute joy to see the assemblies being led by the children. They are all very capable hosts, at whatever their year level. Our assemblies are going from strength to strength and are an absolute credit to both children and teachers. A tremendous amount of learning sits alongside 'hosting' an assembly at all levels.

I have included an article which I shared with the Year 4-8's at assembly on Monday.

We certainly have had another very busy term full of opportunities and challenges. It is really evident how far we have come with embedding PB4L values into every aspect of school life. The team are currently looking at PB4L signage for around the school.

We are very excited to have signed up, with an initiative – 'The House of Science'. Every week three blue boxes are delivered to school, each one having a new science focus. This week we have the following kits in school: Nano-Chem, Enlighten Me and Plants, Petals and Pollination. This initiative will continue in term 4

This Friday we will be saying farewell to Alisha Geary and Maureen Mason. On behalf of the Whenuapai team I wish them both all the very best for their future endeavours and also wish to acknowledge the valuable contribution each has made to our school.

At the beginning of Term 4 we not only will be welcoming 22 new students and their families but also two new teachers; Miss Mone Brindle (Room 9) and Mr Andrew Kent (Room 3). There will be a pōwhiri held on Monday the 15th of October at 9.10am which you are all welcome to attend.

A very big thank you for the very many ways our families have supported the school throughout the term. The time you give is very much appreciated. If you are travelling over the school break, travel safely. I hope you all enjoy a wonderful break with family and friends.

*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 28th September

9.15am – Year 2-3

2.00pm – Farewell to Alisha Geary and Maureen Mason

Monday 15th October

9.10am – Welcome Pōwhiri

DATES FOR YOUR DIARY

Thursday 27th September

2nd Visit Term 4 Cohort New Entrant

Friday 28th September

Ice block, lunch & Mufti Day
LAST DAY OF TERM 3

Monday 15th October

9.10am – Welcome Pōwhiri

Wednesday 24th October

8.30am - PTA Uniform Sale

Wednesday 31st October

Year 7/8 Athletics

Friday 2nd November

Year 5/6 Athletics

Friday 30th October

Year 4 Athletics

Thursday 13th December

1.30pm Year 4-6 Prize Giving
4.00pm Year 7-8 Prize Giving

Friday 14th December

9.10am Year 0/1 Assembly
11.30am Year 2/3 Assembly
1.30pm Sports Prize Giving

TERM 4 DATES

15 October – 20 December
(School finishes at 12.30pm)



Thank you to all who donated money on Daffodil Day – we raised \$353.00 for the Cancer Society.

Whenuapai School Values

- ◆ Respect ourselves
- ◆ Respect others
- ◆ Respect learning
- ◆ Respect environment



HEALTH & WELLBEING

We would like to remind parents/caregivers about the spread of viruses in school.

If your child is unwell please keep them home.

Information on a number of conditions or illnesses can be found on the website below. Please see a doctor if you are concerned.

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

SUNHATS ARE COMPULSORY IN TERM 4

A reminder that hats are compulsory in Term 4 and also in Term 1.

Caps and bucket hats are available to purchase online at

www.argyleonline.co.nz/shop/auckland/whenuapai-school

they can also be purchased at the school office.

Caps are \$12 and bucket hats are \$14.

ROOM 9 TREES FOR SURVIVAL PLANTING



YEAR 5/6 TRAVELWISE TEAM

With the help of Matthew Sweetingham -Community Transport Coordinator – Regional Walking Cycling and Safety (Auckland Transport), we have started a Travelwise Team at Whenuapai School. The Travelwise team is a group of enthusiastic, travel safety conscious children from the Year 5/6 team working with Mrs Buer (SENCO).

The Travelwise Team have two key goals:

1. To raise awareness of safety for our students using the Airport Road and Brigham Creek school patrol crossings.

The Brigham Creek school patrol crossing has been an ongoing concern, and we have been working with Auckland Transport to address this. With assistance from Auckland Transport (AT) we now have permanent road crossing signs on the Brigham Creek Crossing which have been a great help for our student road patrollers and adult patrol supervisors. We have been lobbying for clearer road markings on the Brigham Creek crossing, and assistance to address drivers exceeding the 40 kph speed limit in school zones. Despite the efforts of our Community Transport Co-ordinator (AT) we are battling budget constraints at AT which mean we won't see any improvements in 2018.

The Travelwise Team have participated in two road safety awareness campaigns this term:

- **Speed Gun Activity:** Matthew Sweetingham and colleagues assisted us with a speed gun activity near the Brigham Creek Road school crossing. Over a 45-minute period (9:00am – 9:45am), the Travelwise Team used a speed gun to record the speed of drivers entering the crossing zone from both the Trig Road and Whenuapai Village directions. **25%** of cars travelling from the Trig Road end were travelling over the speed limit and **18%** of cars travelling from the Whenuapai Village end were travelling over the speed limit. We will be repeating this activity during Term 4 to continue to monitor road safety.
- **Zebra Crossing Campaign-** to raise awareness in the community of the 'cross safely at zebra crossing' message.



2. Provide fun activities for our students that help them develop Travelwise skills/attitudes:

The Travelwise Team are planning fun, relevant activities to raise awareness of safety travelling to and from school. Our first activity will be a 'scooter workshop' in a lunchtime (early Term 4). This activity will be supported by AT. We will keep you informed of upcoming Travelwise events throughout Term 4.

SPORT NEWS

North Harbour Harcourts and Co Rippa Rugby – Massey Rugby Club

The third and final competition of the North Harbour Harcourts and Co Rippa Rugby competition was held on Thursday 23rd August at Massey RFC. The weather was variable but this didn't dampen the spirits of the Whenuapai students who competed in all games across the day. The theme of the day was Harbour Jam which had the students having a big dance off with other competing teams. A video was done which will be used as promotion for future events and sent to Harcourts and Co for their support.

The students had a great final tournament and it was pleasing to have some new players come into the teams. There were some great tries and students are to be commended on how they cooperated and worked effectively in their teams to try and win each game. The students have developed in their application and sense of game play while improving their skills and technique. The students are to be admired for how they demonstrated our school values and this was consistent through each of the three tournaments. Special mention goes to all the parents that assisted with transport and supervision. Without you the three competitions wouldn't have been as successful as they were. Lastly to our parent leaders Sarah Peck, Jelena Nasmith, Steve and Jody Morton, Tracey Pitout, Kerry Berry and Mr Henry for his support as a teacher – thank you!

The final results were:

Year 3-4 Boys - 9th Place

Year 3-4 Girls - 4th Place

Year 5-6 Boys - 4th Place

Year 5-6 Girls - 4th Place

Below are our eight MVP players across each team each of which received a medal and certificate.

Year 3-4 Boys – Lewis Evans and Joel Pitout

Year 3-4 Girls – Emmie peck and Kaylan Nasmith

Year 5-6 Boys - Cylah Gukibau-Allen and Charlie Farac

Year 5-6 Girls - Tonieka Hannon and Sophie Greentree

AIMS Cross Country

Whenuapai School had Cody Lunny represent the school at the 2018 AIMS Intermediate Schools Cross Country held on Sunday 9th December in Tauranga. It was a tough day at the office for Cody. He has been battling with Sever's (inflammation of the growth plate in the heel) for a couple of years and it flared up quite badly for this race. We walked the course on Saturday, and it looked like it would be quite fast as it was dry under foot. There were a couple of hurdles which he practiced. On race day though, his heel was sore right from the warm up and this continued for the duration of the race. Half way through the race was a long steep climb which was a killer on the heel, but he pushed through to the finish line. Overall, 136th place out of 181 finishers was probably not what he was aiming for, but given the pain he ran really well, even putting in a good sprint finish to make up a place or two. Whenuapai School would like to congratulate Cody in his performance and his commitment in making the effort to travel down and compete in the event.

CONGRATULATIONS TO THE WHENUAPAI ORION HOCKEY TEAM

Congratulations to the Whenuapai Orion Year 5-6 hockey team who placed second in their grade. What a wonderful achievement, we are really proud of you all. Well done to Anka Pusich, Sophie Sutton, Lance Thomson, Jack Peterson, Sean Hutchinson (Marina View School), Natalee Mellish and Kyla Williamson.

PB4L – POSITIVE BEHAVIOUR FOR LEARNING

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, Respect Environment.

Every fortnight at the school hui we introduce a new values focus for the entire school to specifically hone in on. We then share our learning around this focus through photos at the next hui, and introduce our new PB4L focus.

Our focus for weeks 7-8 was **Respect for Learning** and in particular; **using learning tools wisely, such as devices and the library.**

You may like to discuss at home what this means and looks like in your child's classroom and at home.



SCHOOL BUSES – WE NEED YOUR HELP!

We need your help with our school bus systems as we are experiencing issues boarding students on the school bus in the afternoon. It can be a messy and time consuming process if we are not advised of changes. So we ask that parents please:

1. If your child/ren have a **permanent change** to their normal bus routine, please advise us using the 'Bus Travel Confirmation' form. Please email sharronb@whenuapai.school.nz if you do not have the link to this form.
2. If your child/ren have a **temporary/one off change** to their usual bus routine, **please fill out the 'Bus Travel Alert' on the school website**. Sera, the school receptionist checks the bus alerts spreadsheet at 1:30pm and records these on the bus lists. Please make sure you complete this form before 1.30pm on the day of change. If you miss this timing, please call the school office on 416 8779 to advise any changes.

Please note: we board children on buses based on the information provided on our bus sheets. We will not put a child on the bus if they are not recorded as travelling on the bus that day. If you are picking your child up, if they are staying at school for sports, if they are going to a friends for a playdate etc, please let Sera know so she can adjust the bus sheets.



PTA NEWS

28th September Ice Block, Lunch and Mufti Day - The PTA are holding an ice block, pizza and mufti day to wrap up term 3. A notice should go home with you this week, with information about how to order your ice blocks and pizza slices using Kindo. If you have any questions about how to use Kindo please let us know as we are happy to help. Please email if you are able to help on the day.

Entertainment books - You can order 2018-2019 Entertainment books online now. Hard copies of the book are available as well as digital copies. <https://www.entertainmentbook.co.nz/orderbooks/952m82>

Congratulations - to our recent Knowledge-a-thon top earners; Sophie Leonard, Jack Peterson and Bryar Hird, who received fabulous prizes donated by Sue Noonan of Harcourts. Also, Room 8 raised the most funds and Room 24 had the most children participate in getting sponsorship. Both classes received ice blocks as a reward.

Congratulations to Aston Coyle who sold the most First Aid Kits in our recent First Aid Kit Fundraiser. He received a great scholastic book and hot lunch, along with Peyton Wilson (who was also eligible based on the amount she sold). Well done Aston and Peyton!

Thank you to all those who participate in the fundraising that takes place throughout the year. Every little bit counts and the kids really benefit not only from getting involved in the fun events like the recent disco, but also in the items that the PTA is able to purchase for the school.

We would love you to join us on Facebook - please 'like' the [Whenuapai School PTA Helpers Page](#) to stay up to date with PTA events and when help is needed.

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 – Carla Veldman	cveldman@whenuapai.school.nz
Year 4 – Chris Groen	chrisg@whenuapai.school.nz
Year 5-6 – Maureen Mason	maureenm@whenuapai.school.nz
Year 7-8 – Karl Ganda	karlg@whenuapai.school.nz

ONLINE PAYMENTS

Payments can be made via our online school shop at mykindo.co.nz

Any queries please contact Mr Tony Hitchcock via email at: thitchcock@whenuapai.school.nz

For any Direct Debit payments:

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.

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

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Community Notices & Holiday Activities

SUMMER FOOTY ON THE SHORE
AGES 5 TO 16
FOR JUNIORS & SENIORS
MEN'S, MIXED & OVER-35'S

5-A-SIDE ALBANY
6-A-SIDE FORREST HILL
7-A-SIDE GREENHITHE

We have footy for the adults too! Explore our leagues and tournaments at footballfix.co.nz

football fix
SPORTSOCIAL

footballfix has got the whole family sorted this summer with heaps of great competitions for all ages and skill levels at locations all over the North Shore

Graded divisions **Well-organised leagues**
Simple registration **Family-friendly**
Two great venues **Referees for every game**

ALBANY FOOTBALL CENTRE
Oteha Valley Road 9 weeks fbn.nz/albany

The Albany Football Centre is an all-weather, purpose-built football complex with 360° walls and netting, featuring competitions for juniors, youth and adults!

AGES	DETAILS	TEAM FEE	DAY	STARTS
5 to 7	4-A-SIDE	\$150	TUES	Oct 16
8 to 10	5-A-SIDE	\$250	WEDS	Oct 17
11 to 14	5-A-SIDE	\$250	THURS	Oct 18

GREENHITHE
Wainoni Park 8 weeks fbn.nz/greenhithe

Our family-friendly summer venue in Greenhithe offers family-friendly, social leagues for kids and adults alike. Perfect to unwind in the sun at the end of a busy week!

AGES	DETAILS	TEAM FEE	DAY	STARTS
5 to 7	4-A-SIDE	\$150	FRI	Oct 26
8 to 10	7-A-SIDE	\$250	FRI	Oct 26

CHECK OUT OUR WEBSITE FOR OUR SENIOR LEAGUES

footballfix.co.nz
SPORTSOCIAL

Hobsonville Point Cricket! 2018-19 Season Registrations now open



Kookaburra Cup / Have-a-Go

Y1-4 boys OR Y1-5 girls

Weekday afternoon @ Hobsonville War Memorial (likely Mon/Tues)

\$95 full season (2 x 6 weeks)

Tennis ball introduction to Bat & Ball skills, mini-game format Incl cap & t-shirt for all new members

Register via Takapuna Cricket Club, nominate Hobsonville Point in Comments

Cricket Blitz

Y3-4 or Y5-7,

\$50 FUN 1/2 season!

6 per team, 24-over Game (max 1.5 hrs), tennis ball

Could follow Kookaburra Cup session above if enough interest

Register interest directly with Hobsonville Point Cricket

hobspoint.cricket@gmail.com

Y5-7 Students

T20 Sat morning (approx 2.5 hrs),

8 per team required

\$170.00 full season

Register via Takapuna Cricket Club, nominate Hobsonville Point in Comments



Marrzipan Drama Holiday Workshops - developing self confidence and public speaking ability in a fun, relaxed atmosphere. 1-5 day courses available running 8.30am-5.00pm for \$60 per day or \$270 for the whole week.

For more information check out our website. Spaces limited to 16 per group so your child gets the special attention they deserve! W: www.marrzipandrama.co.nz E: workshops@marrzipandrama.co.nz T: 0272170693

Play cricket this summer at Kumeu Cricket Club

Kumeu Cricket Club registrations are open for 2018/19 season
(Term 4 & Term 1)

Year 0-4 (boys and girls) soft ball (Friday night)

Year 5-6 girls soft ball (Friday night)

Year 5-8 boys hardball (Saturday morning)

Season's Fee softball \$120, Hardball

\$155 (Includes free club shirt and a cap for all new members)

Plus all equipment provided by the club.

Register online www.kumeucricket.com

Adventure Survivor Camp

1st - 5th October

Awesome outdoor activities, rock climbing, archery, bush walks and bush survival skills.

Based at Aongatete lodge with pick up/drop off points in Hamilton, AKL and BOP.

OSCAR available

8-14 yr olds Cost -\$495

www.edventure.co.nz

Chess Lovers School Holiday is filling up fast

[Book now](#) to make sure you don't miss out!

Registrations close **today, Wednesday 26 September 2018**

1 - 5 Oct 2018 Auckland Bridge Club - 273 Remuera Road, Ak

6 - 12 Oct 2018 Auckland Bridge Club - 273 Remuera Road, Ak

Half Day Sessions **Full Day Sessions**

9:00am - 12:15pm

*9:00am - 4:15pm

1:00pm - 4:15pm

* Buy 4 sessions, get one free

\$40 PER SESSION

\$65 PER SESSION



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
Hobsonville - (09) 666-0240

Hilton Brown SWIMMING
Lessons for life

skids Holiday Programme

JUNIOR PROGRAMME: 1st - 12th October 2018
(5 to 7 years old)

WHENUAPAI
Whenuapai School Hall
14 Airport Road, Whenuapai

Short Day Trip Day Premium Trip Day Trip Day Movies

1 Oct MON Under the Sea Join us and explore what dwells beneath the sea!

2 Oct TUE PREMIUM TRIP DAY Badjelily Theatre Show

3 Oct WED Princess and Princesses Come dressed as a handsome prince or a beautiful princess and experience a day fit for royalty!

4 Oct THU TRIP DAY Arrive by 10am Xtreme Entertainment Laser Tag or Tennis Bowling or Arcade Games

5 Oct FRI Nerf Wars Our Nerf Wars are back, BIGGER and better than ever!

6 Oct MON The Gift of Giving Show your friends and family how much you care and spend the day making special gifts!

7 Oct TUE TRIP DAY MOVIES Arrive by 10:30am SMALL FOOT

8 Oct WED Kiwiana Find out what makes us unique in a day dedicated to all things Kiwi!

9 Oct THU TRIP DAY Arrive by 10:30am Flippin' Fun TRAMPOLINE PARK

10 Oct FRI skids Got Talent? What's your talent? Whether it's singing, dancing, comedy or something a little more adventurous, we want to see!

11 Oct THU TRIP DAY Arrive by 10:30am Flippin' Fun TRAMPOLINE PARK

12 Oct FRI skids Got Talent? What's your talent? Whether it's singing, dancing, comedy or something a little more adventurous, we want to see!

For more information, Mobile 021 174 8473 Email whenuapai@skids.co.nz

Register now at www.skids.co.nz click on

skids Holiday Programme

SENIOR PROGRAMME: 1st to 12 October 2018
(8 to 13 years old)

WHENUAPAI
Whenuapai School Hall
14 Airport Road, Whenuapai

Short Day Trip Day Premium Trip Day Trip Day Movies

1 Oct MON Hells Kitchen Think you've got what it takes to come out on top? Come and find out!

2 Oct TUE PREMIUM TRIP DAY Badjelily Theatre Show

3 Oct WED skids Mystery Become a part of a crime solving team to help solve the mysterious case of the missing skids leader!

4 Oct THU TRIP DAY Arrive by 10am Arcade Games & Laser Tag

5 Oct FRI Nerf Wars Our Nerf Wars are back, BIGGER and better than ever!

6 Oct MON The Gift of Giving Show your friends and family how much you care and spend the day making special gifts!

7 Oct TUE TRIP DAY MOVIES Arrive by 10:30am JOHNNY ENGLISH STRIKES AGAIN

8 Oct WED Kiwiana Find out what makes us unique in a day dedicated to all things Kiwi!

9 Oct THU TRIP DAY Arrive by 10:30am Flippin' Fun TRAMPOLINE PARK

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For more information, Mobile 021 174 8473 Email whenuapai@skids.co.nz

Register now at www.skids.co.nz click on

KELLY SPORTS

SUMMER FUN IN THE SUN!

PLAY ACTIVE SPORTS IN TERM 4

Have heaps of fun in the sun with your friends while playing a range of dynamic and active sports over the term.

BOOK ONLINE NOW AT www.kellysports.co.nz

INFORMATION FOR PARENTS

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Basketball
- ✓ Hockey
- ✓ Fun Games
- ✓ Dodgeball
- ✓ Athletics

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For year 0 – 4 students.

PRICES FROM \$75 – \$85

Greenhithe School - Monday, 310-410pm [8 weeks, \$85]
 Marina View School - Tuesday, 310-410pm [7 weeks, \$75]
 Otah Valley School - Tuesday, 305-405pm [7 weeks, \$75]
 Pinehill School - Wednesday, 310-410pm [7 weeks, \$75]
 Hobsonville School - Thursday, 310-410pm [7 weeks, \$75]
 Whenuapai School - Friday, 310-410pm [7 weeks, \$75]
 Hobsonville Point Primary School - Friday, 310-410pm [8 weeks, \$85]

Summer Fun In The Sun starts week of 23rd October 2018. In case of wet weather, Greenhithe and Hobsonville Point sessions will be in the school hall. For other schools with no available covered venue, children's wellbeing is our priority and parents will be notified of any cancellations on or before 2PM. Make-up sessions will be arranged accordingly.

BOOK & PAY EARLY TO SAVE!
 Use the voucher code 'earlybird' before 17th October to save \$5!

MULTI-SPORT PROGRAMME

KELLY SPORTS

BOOK ONLINE NOW AT www.kellysports.co.nz

OPEN DAY

WAITAKERE BMX

Saturday 29th September | 11am - 3pm

TRY BMX FOR FREE

EVENTS ON THE DAY
 Avantiplus Westgate Bike Check - Learn BMX Basics - Demos
 Fun Races - Prizes - Try the Gate - 2nd Hand Market Stall
 Canteen - Free Sausage Sizzle

WHAT TO BRING
 Bike: BMX, Balance, Mountain ... all welcome.
 Protection: Long Pants, Long Top, Shoes, Gloves & Helmet.
 Limited Hire Bikes & Full Face Helmets are available for \$5 each.

WAITAKERE BMX CLUB
 Te Rangi Horo Park, 103 Glen Rd, Rangi, Auckland.
www.waitakerebmx.com - waitakerebmx@gmail.com

Avantiplus WESTGATE

SPORT WAITAKERE

SPEAK UP & SING OUT

SINGING & DRAMA Holiday Programme

Children ages 6-14 years
(ALL confidence/skill levels welcome)

FEATURING AWARD WINNING SINGER & TEACHER ALICE FRASER (NZ GOLD GUITAR WINNER) ALEX CORNEA DRAMA

- FUN & INTERACTIVE
- SINGING & DRAMA WORKSHOP
- LEARN SKILLS & TECHNIQUES IN THE CREATIVE ARTS
- FOSTER CONFIDENCE & LIFE SKILLS
- FABULOUS PLATFORM TO BUILD YOUR CHILD'S CONFIDENCE & SELF BELIEF
- CHILDREN CREATE THEIR OWN MINI-MUSICALS TO PERFORM ON THE LAST DAY

\$150 for 3 days (daily options available)

9AM - 3PM WEDNESDAY 10TH - FRIDAY 12TH OCTOBER
VENUE - TBA, MANUKAU, AUCKLAND

SPACES LIMITED! REGISTER NOW!

BE IN TO WIN YOUR CHILD'S WORKSHOP FREE WHEN YOU LIKE OUR FACEBOOK PAGE & SHARE & COMMENT ON OUR POST: <https://www.facebook.com/speakupsingoutnz/>

CONTACT ALICE: 021 2054432 ALICEJADE27@GMAIL.COM

PRINCIPALS' DIGESTS

30 Palliser Drive • Hamilton • NZ 3210 • Tel 07 855 7101

digests@xtra.co.nz • www.principalsdigests.co.nz

Digests may be copied and distributed in the school community of the subscriber.

Assembly

Volume 24 Number 27

JUMPING FOR JOY

Wordsworth wrote, "My heart leaps up when I behold a rainbow in the sky".

What fills your heart with joy? Smiling faces, bubbles, a rainbow, a happy tune, hot air balloons, daffodils?

What gives us that wonderful feeling that makes us smile and laugh and jump up

and down? Jumping for joy is actually a scientific fact! Wanting to jump up and down is one of the ways that scientists measure joy. It's different from happiness, which measures how good we feel most of the time. Joy is about feeling good in one special moment, right now. We say we are bursting with joy.



Why do we feel joy when we see a stream of bubbles or a display of ice creams, especially the ones with the sprinkles? It's because our hearts are lifted by bright colours, lots of things together like balloons, things up in the air above us, round colourful things like sprinkles and M&M's. They give everyone joy. We all stop and look up to the sky when we see the multi-coloured arc of a rainbow. And fireworks - we don't even need to know what they're for, and we feel like we're celebrating, too. These things aren't joyful for just a few people; they're joyful for nearly everyone. They're universally joyful.

It sometimes seems our differences are so vast we can never find agreement. And yet there's a part of each of us that finds joy in the same things. They might be passing pleasures but we all share them. Inside all of us is the same joy germ!

Little moments of joy are all around us.

And we can make more of them. Students in brightly coloured schools learn better; people working in colourful offices are more confident and friendlier. Colour gives us joy because it is a sign of life, a sign of energy. And we love the feeling of abundance, like a shower of colourful confetti or a big bowl of lollies.

Each moment of joy is small, but over time, they add up and bring us great happiness. Look out for moments of joy. We all have the drive to seek out joy in our surroundings. The drive toward joy is the drive toward life.

Acknowledgment: Adapted from TED Talk by Ingrid Fetell Lee