



Waikite Valley School

Developing Learners for Life

1090 Waikite Valley Road, RD 1, Rotorua 3077 Tel 07 3331888



Weekly Panui - Monday 29th October, 2018



Kia ora whanau

During the 12 weeks I spent on sabbatical leave last term, I investigated the concepts of mindfulness, wellbeing and positive education. Specifically assessing their value for Waikite Valley School and whether we should be investing time and energy into practising them with our students.

Overwhelmingly the evidence clearly states we should. I read peer reviewed research articles from New Zealand, Australia, Canada and the United States which strongly supported this. But I also interviewed students from Te Ruma Puawai and a new entrant cohort from a Waihi School, interpreting this anecdotal evidence to consider what it means for our students specifically. I was blown away to learn that the 5-8 year olds interviewed from WVS (11 students) are finding the school practise valuable and helpful for their school day, but I was even more impressed with the revelation that most of them were applying the strategies and skills (such as mindful breathing) at home also! This was something as simple as using breathing to calm themselves when trying to get to sleep, or relieving anxiety/anger when feeling frustrated with a sibling by going to a quiet spot and closing their eyes and counting backwards from 10. These are simple steps and skills that we hope the children are doing, but we are not sure the strategies we teach will translate to the 'real world'. They were also being mindful during the school day, in the playground and during learning activities. For example, relaxing, closing their eyes and breathing slowly to try to think of ideas for writing. This is the type of evidence that leads me to strongly believe that positive education definitely has a place in our school culture, as targeted in our charter and valued by our staff, students and (hopefully) wider community.

My research around this has been published by the Ministry of Education on the Educational Leaders website. If you would like to read the full report, please ask the office for a copy.

Teresa Topp
Principal

Waikite Valley School - Developing Learners for Life

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IMPORTANT DATES

Monday 29th October

- ★ P T A meeting

Thursday 1 November

- ★ Yr. 7 & 8 immunisations
- ★ K.O.S Parents Meeting - 6 pm

Friday 9 November

- ★ USA Visitors - Powhiri and tour of the school

Tuesday 13 November

- ★ Waikite Valley School Athletics Sports

Thursday 15th November

- ★ School Photos

Tuesday 20th November

- ★ Reporoa Cluster Athletics at Lake Rerewhakaaitu School

Intermediate Lamb Trophy won at Group Day (Left) and our parade of pets with their trainers, with our school banner proudly held by Shannon Cathcart and Nic Worsp (Right).





Pod 1 's Fun Friday activity was "hands on learning", mixing , cutting & constructing delicious hamburgers.



G.P.A. are doing "Movie Making" at tech this term



Pod 2 have created a full replica Solar System to support this Terms enquiry into "Planet Earth and Beyond". They will continue their learning about this over the term.



SUMMER LENDING IS COMING TO WAIKITE VALLEY SCHOOL LIBRARY!!!!

Wow, what a year. It is great to see the library busy and vibrant and to chat with the students about what they are reading. Everyone is getting better at remembering to return their books and learning to not be afraid to step out of their comfort zone and give a different style of book a try. (There are only so many horse or dinosaur books a child can read after all!!)

We have a growing list of community borrowers and a growing collection of donated adult titles.

We are hosting another Scholastic Book Fair, beginning Tuesday November 20th, watch the newsletter for details. This is a great chance to pick up some Christmas bargains.

We have all heard about the summer reading slide. Our children are not reading as often, the skills they have learned and progress they have made with their reading through the year takes a downwards tumble. ☹

To help negate some of this slide we are introducing summer holiday lending. Students, and registered community borrowers, will be able to issue books at the end of term 4 to have over the summer break, yee haa.

The serious bits:

- ü Borrowers must have returned all their overdue books prior to issuing for summer. Lists will be sent home early in term 4, and again if required.
- ü The same expectations for care and return of books apply for summer lending as for “during the school year” lending. (i.e. treat books with care and return them at the beginning of the 2019 school year)
- ü Any questions please don't hesitate to pop into school to see me or email me on:
gilliant@waikitevalley.school.nz

Cheers,
Gillian Trent
Waikite Valley School Library (Dragon)



Are Our Kids Safe Online?



Life Education Trust Rotorua Area
Presents

NZ Cyber Safety Expert
John Parsons

7pm
Friday 7th December
The Harvest Centre
Cost of Entry: Gold coin

John is an Internet Safety and Risk Assessment Consultant to schools, the private sector and the health sector. He provides specialist advice and direction on the safe use of Digital Communication Technology.



School Hats

Please remember you need a hat at school to wear at Morning Tea and Lunch. If you need a school hat, please order at the office. We will have in the next couple of weeks, in the meantime a good sunhat will suffice.



BluSuds \$25.00

Waikite Valley School P.T.A have BluSuds (now 5 kg!) available to buy.

Please contact the office.

BLUFF SPORTS AND RECREATION CLUB
presents

GUY FAWKES FRIDAY

9th November 2018

Join us for a bonfire, lolly scramble and fireworks

Fireworks sponsored by:



Eftpos available

12 Waikaukau Road, Ngakuru

BLUFF GRUB MENU

BLUFF BURGERS \$15

ALL SERVED WITH CHIPS AND SLAW OR SALAD

CHICKEN BURGER

CHICKEN SCHNITZEL, BACON, PINEAPPLE, LETTUCE, TOMATO SECRET SAUCE & MAYO

STEAK BURGER

STEAK, FRIED EGG & ONION, CHEESE, LETTUCE, TOMATO, SECRET SAUCE & MAYO

LAMB BURGER

LAMB PATTY, CHEESE, LETTUCE, TOMATO, SECRET SAUCE

FISH BURGER

BATTERED FISH, CHEESE, LETTUCE, TOMATO & TARTARE SAUCE

MEALS \$18

ALL SERVED WITH SLAW OR SALAD AND CHIPS & SAUCE

SEAFOOD BASKET (SERVES 2)

FISH N CHIPS

CHICKEN SCHNITZEL

STEAK, EGG N CHIPS

SNAGS, BACON N ONION

MIXED GRILL \$25

STEAK, SNAGS, BACON, TOMATO, ONION, EGGS, WEDGES SALAD & SLAW

KIDS MEALS \$6

ALL SERVED WITH CHIPS

CHICKEN NUGGETS, FISHY BITES, MINI HOT DOGS OR A CHEESY BURGER

SNACKS

WEDGES N SOUR CREAM \$7

DESSERTS \$6

ALL SERVED WITH ICE-CREAM & CHOC, BERRY OR CARAMEL SAUCE ON THE SPECIALS BOARD

GLUTEN FREE OPTIONS AVAILABLE

TAKE AWAY MEALS

PHONE OR TEXT

021889587



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