



Papakowhai School

Learning Together



Spey Place, Papakowhai, Porirua 5024
Phone: 233 8321 Fax: 233 9403 Email: office@papakowhai.school.nz
Web: www.papakowhai.school.nz

PAPAKOWHAI SCHOOL NEWSLETTER

Week 6 ● Term 1 ● 6 March 2019

Dear Parents/Caregivers

TRIATHLON TRIUMPH!

What a fantastic day we had together on Sunday. The weather was brilliant, the children were awesome and the parent support was incredible. Congratulations to the Home and School Committee and the many volunteers who gave the children such a fantastic opportunity. A huge thank you to Niki Lister and Rose Crawford for their leadership of this event.

We had 120 children competing. There was such a positive atmosphere of encouragement and support. Well done everyone on a superb community event.

SAD NEWS

Today I attended the funeral for Oliver Harper. Oliver was a much loved and respected parent at school. All our love and thoughts are with Wendy, Max and Theo at this time. If you would like to make a donation of non-perishable food items for the family, we will collect these at the office and deliver them to the family next week.

HEALTH CONSULTATION WITH PARENTS & CAREGIVERS MARCH 20TH AT 7:30PM

Parents/caregivers are invited to a health consultation to:

- strengthen health education and physical education programmes
- assist in the development of related school policies
- contribute to school review and the evaluation of programmes
- inform the school community about the content of the health education components of the curriculum

- consult with members of the school community regarding the way in which the school should implement health education
- describe, in broad terms, the health education needs of the school's students.

The evening will be held in the staffroom on Wednesday 20 March at 7:30 pm. (Yes it is on the same day as the teachers' paid union meeting.)

Please RSVP to mark@papakowhai.school.nz if you would like to attend. If you are not able to attend the meeting but would like to give feedback, you are most welcome to email your feedback to mark@papakowhai.school.nz

The information we will be sharing and discussing at the meeting is at the end of this newsletter.

TEAPOT VALLEY CAMP

All the best to our Kauri campers heading off to Teapot Valley in Nelson next week. The children travel by ferry and bus and have a week of sports, outdoor challenges and team building. Thank you to the Kauri teachers and a wonderful parent volunteers for continuing this wonderful "Right of Passage" event for our Year 7 and 8 children.

HEADS UP FOR ANNUAL SCHOOL PICNIC

Our annual school picnic is on Thursday 21st March which we hold to celebrate being together in our four whanau groups. We will walk and cycle to the lagoon to show safe walking and cycling for Moving March. Parents/Caregivers and whanau are welcome to walk or cycle with us (walkers leave school at 11:40 am and bikers at 12 noon) or you could drive to the lagoon and join us for lunch at 12:30 pm. The children do a range of activities in their whanau groups, including sharing ice-blocks together. We head back to school at 2:15 pm. Please note all bikes will be checked by Constable Susan Bush and all bikers must be 10 years and older.

Mark Smith
Principal

mark@papakowhai.school.nz

PARENT MEETINGS WITH SHAUNA CORY-WRIGHT

Appointments to meet with Shauna in Totara 2 will be held on **Wednesday 13th and Thursday 14th March**. These can be made at www.schoolinterviews.co.nz



It is a simple, accurate system.

The log-in code is nxnv2. Children are welcome to attend with their parents.

PAID UNION MEETING – WEDNESDAY 20th MARCH

We would like as many children as possible to finish school at 1 pm on Wednesday 20 March. Please return the permission slip from the bottom of last week's notice (also repeated at the end of this newsletter) **if you would like your child/ren to finish school early**. There is no need to return the form if your child will be staying until 3 pm or going on to After School Care.

HOME AND SCHOOL COMMITTEE

SAVE THE DATE - The Ladies Clothing Grab is on Friday 5th April at 7.30pm. Please drop off your lightly used clothing to the office. Ticket sales coming up soon!



SCHOOL TRIATHLON - RESULTS

Thanks to all that came and supported the school triathlon this past weekend, all the support from whanau leaders, teachers and parents made for a very successful event. Great to see all the kids giving it a go and having fun! We are looking forward to doing it all again next year. Here are the results:

Boys	FIRST	SECOND	THIRD
Yr 8	Aiden Harrison	Bradley Thiele	-----
Yr 7	Connor Wilson	James Willets	Charlie Thomas
Yr 6	Travis Carnegie	Carlos Stempa	Jack Jenkins
Yr 5	Josh Scott	Will Hansen	Rhian Douglas
Yr 4	Toryn Hazelhurst	Cody Lin	Zach Blundell
Yr 3	Zac Dilks	Miller Buck	Harry Maitland

Yr 2	Nate Hall	Brodie Nikolaison-Rowe	Logan Wilson
Yr 1	Hunter Birch	Archie Robins	Isaac Cook

Girls	FIRST	SECOND	THIRD
Yr 8	Jade Lin	Gabriella Esterhuizen	Emma Jenkins
Yr 7	Antje Singson	-----	-----
Yr 6	Maddy Hunt	Lucy Byres	Grace Stapleton
Yr 5	Charlotte Harrison	Erin Thomson	Sienna Wilson
Yr 4	Zaria Phelps	Anae Mundell	Mya Feraru
Yr 3	Camille Zhou	Heidi Ducker	Georgia Will
Yr 2	Sofia Nguyen	Harper Black	Julia Tompson
Yr 1	Milan Vos	Elise Siwalette	Emily Engelbrecht

LET'S GET MOVIN' IN MARCH!!

On Friday we started collecting stamps on our Movin' March passports. Children can collect a stamp for each journey to or from school that they Walk or Wheel and completed passports can be put into a box in the office – remember to write your name on the back!!

Explore the website www.movinmarch.com, for more tips on how to build active travel into your daily routine. There are great prizes up for grabs!! Keep your eye on the newsletter throughout March for more details of exciting events happening in our school during Movin' March!

HAVE YOU THOUGHT ABOUT BECOMING A BOARD OF TRUSTEES MEMBER FOR THE SCHOOL?

NZSTA (New Zealand School Trustees Association) are holding a Kōrari event tomorrow evening, Thursday 7 March, from 6-7.30 pm at Aotea College Library. This community hui will incorporate information about what is involved in being on a school board and there will be the opportunity for attendees to ask questions.

PAREPLIM JUNIOR RUGBY REGISTRATIONS

Registrations are open online for new and returning players at www.sporty.co.nz/parplimrugbyjnr To complete registration you will also need to attend the club on either Thursday 14 March, 5.30 – 8 pm, Wednesday 20 March 5.30 – 8 pm (Hurricanes will be at the clubrooms) or Saturday 23 March, 9 – 11 am. As it is the 60th Anniversary of the club, each player will get a special commemorative t-shirt this year as part of their registration fee.

WELLINGTON HOCKEY PRE-SEASON YEAR 5 & 6 DEVELOPMENT & FESTIVAL DAY

All welcome; beginners to more experienced players on Sunday 31 March at National Hockey Stadium, Mount Albert Road, Newtown from 12noon til 4pm. Come along and enjoy quality coaching, fun hockey games, competitions & prizes.

To register, please visit www.wellingtonhockey.org.nz and click “HAVE A GO” under the “DEVELOPMENT” tab
For further information contact Jenni Cronin, Development Manager, Capital Hockey, jenni@capitalhockey.org.nz, 0212098483

Are you looking for a Quality Holiday Programme?

**April Holiday Programme @ Adventure School,
15 – 26 April 2019**



BOOK ONLINE NOW: www.asfc.co.nz

The holiday programme is open over the school holidays from **8 am – 5 / 5.30 pm**. The quality programme offers exciting field trips by chartered bus (e.g. visit to Laserforce, Lighthouse Cinema, Nga Manu reserve, and more), fun games, art & craft and sport activities for primary aged children. All staff trained and police vetted and looking forward to meeting your child. For enquiries or more information please visit the website (the programme flyer is attached there). Approved by MSD and you may be eligible to receive a WINZ subsidy.

SOME IMPORTANT DATES

MARCH Movin' March runs from 1- 29th March

Monday 11- Friday 15 inc	Year 7 & 8 students on camp
Wednesday 13	BOT meeting, 7 pm, staffroom
Tuesday 19	Parumoana cricket
Wednesday 20	Teachers Paid Union meeting – school finishes at 1 pm. Children that cannot be collected early will be supervised until 3pm/ASC
Wednesday 20	Health Consultation meeting in staffroom at 7.30 pm
Thursday 21	School picnic at Aotea Lagoon
Friday 22	Matai and Rimu Tryathlon

INFORMATION FOR HEALTH CONSULTATION

There are seven key areas in the Health Curriculum

- Mental Health
- Sexuality Education
- Food and Nutrition
- Body Care and Physical Safety
- Physical Activity
- Sport Studies
- Outdoor Education (EOTC)

In Mental Health children learn to:

- Strengthen personal identity and enhance a sense of self-worth
- Examine discrimination and stereotyping
- Enhance relationships
- Support themselves and other people during times of stress, disappointment, and loss
- Make informed, health-enhancing decisions in relation to drug use and misuse

- Recognise and respond to situations of abuse and harassment
- Understand the benefits of physical activity, relaxation, and recreation
- Explore values and attitudes that support positive mental health

At Papakowhai School we do this through:

- Social Skills: class discussions and activities about honesty, listening, friendship....
- Ecology: class routines, treaties, being a friend, boundaries, how we work together...
- LET: Life Education Trust mental health units
- Small groups: Boys and girls small groups focussing on resilience, making friends, taking turns, disappointment.
- KiVa- Against bullying programme. Whole school approach with targeted lesson for Rimu and Totara.

What feedback would you like to give us about Mental Health learning at Papakowhai School, particularly the KiVa programme?

In Sexuality Education children learn to:

- Examine the social and cultural influences that shape the ways people learn about and express their sexuality
- Understand their physical and emotional development
- Enhance relationships

Please note: Programmes for the prevention of sexual abuse are taught separately to sexuality education.

At Papakowhai School we have only taught this at the Year 7&8 level using a resource called Positive Puberty: This unit has now been replaced with programmes for Years 1- 8. Level 1 -2 resources are for Years 1 -4 and Levels 3- 4 for Years 5- 8.

- [Sexuality education levels 1–2](#) (PDF, 9 MB)
- [Sexuality education levels 3–4](#) (PDF, 6 MB)

What feedback would you like to give us about Sexuality Education learning at Papakowhai School, particularly changing to the new material for Years 1 -8?

In Food and Nutrition children learn to:

- Have practical cooking experiences by the end of Year 8.
- Know about the nutrition people across all age groups require for growth and development
- Understand how nutrition, exercise, and well-being are related
- Know about the cultural significance of food
- Know about the costs associated with buying and preparing food
- Practice the skills needed to prepare food successfully and safely

At Papakowhai School we do this through:

- Eating for health, teacher supervision of eating times
- LET – Eating for Health Units
- Brain break – fruit and vegetable snacks
- Children are discouraged from consuming fizzy drinks, lollies or takeaways at school
- Food rewards are discouraged- lemonade ice-blocks only
- Teachers as role models
- Technology programme - Foods (Year 7/8).
Incorporation of foods and cooking is a regular feature of inquiry learning in Years 1- 6.

- Vegetable garden and composting.

What feedback would you like to give us about Food and Nutrition learning at Papakowhai School?

In Body Care and Physical Safety children learn to:

- Develop skills for personal body care
- Develop knowledge and skills for the prevention of illness and injury
- Develop knowledge and understanding of practical ways of caring for themselves and other people during times of illness and injury
- Develop the ability to identify environmental hazards, including the sun
- Develop attitudes and values that encourage them to take responsibility for their own physical well-being and that of other people and to care for the environment.

At Papakowhai School we do this through:

- Keeping Ourselves Safe: Year 1-3 = Hazards, touch, saying “no”, getting help. Year 4-6 = Dangers, bullying, touch, reporting abuse, getting help. Year 7/8 = Safety strategies, Babysitting, Abuse – reporting, the law, family violence.
- First Aid training in Totara yearly
- Whanau leaders and buddies
- Road Safety: 10years + opportunity to work with Police and bike to the lagoon, lagoon picnic, Moving March
- Sun Smart: Brimmed hat terms 1 and 4, No hat – play under the verandas, make sunscreen available for events, encourage clothing that protects skin, all staff act as role models, publicise sun safety in the newsletter
- LET: Respiratory, circulatory and nervous systems (How substances impact on these Y5-8)
- KiVa programme

What feedback would you like to give us about Body Care and Physical Safety learning at Papakowhai School?

In Physical Activity and Sports Studies children learn to:

- Learn fundamental aquatics skills by the end of year 6.
- Engage in movement skills for physical competence, enjoyment, a sense of self-worth, and an active lifestyle such as, fundamental movement skills, dance (including expressive and creative movement), play, games, aquatics, athletics, te reo kori, gymnastics, ball activities, fitness activities, and physical recreational skills
- Develop skills such as leadership, co-operation, goal setting, communication, personal and social responsibility, fair play, achievement, ethical decision making, and problem solving
- Understand the scientific and technological influences on physical activity
- Understand the significance of cultural practices in physical activity including physical activities characteristic of Maori and other ethnic groups
- Participate to the highest level of their interest and ability
- Experience enjoyment and achievement
- Become competent and enthusiastic participants
- Practise fair play (in the widest interpretation of the term) in all situations
- Experience and manage competition.
- Participate in diverse sporting roles
- Manage co-operative and competitive sports environments

At Papakowhai School we do this through:

- Class PE programmes: Sport Start resource.

- Skills based programmes: Aquatics- EasySwim Y1-6, Ole Soccer Y1-8, Gymnastics Years 1- 8
- Events: Athletics, School swimming sports, School Cross country, Jump Rope for Heart, Run, Jump Throw.
- Team based activities: Rugby Tournament Term 1, Parumoana Sport, basketball, netball, indoor football.

What feedback would you like to give us about physical activity and sports at Papakowhai School?

In EOTC children learn to:

- Make use of the school grounds and the immediate local environment
- Make the most of opportunities for direct experiences that can be completed in a school day
- Focus on physical skill development, fun, and enjoyment
- Develop personal and interpersonal skills
- Learn about the traditions, values, and heritages of their own and other cultural groups, including those of the tangata whenua
- Learn about the environmental impact of outdoor recreation activities and to plan strategies for caring for the environment

At Papakowhai School we do this through:

- Year 7/8 camps; Teapot Valley and Kaitoke
- Years 1 -8 EOTC day trips.

What feedback would you like to give us about EOTC at Papakowhai School?

You can give feedback by mark@papakowhai.school.nz or by attending our consultation meeting on Wednesday March 20th at 7:30pm. RSVP to mark@papakowhai.school.nz

EARLY FINISH PERMISSION FORM

I give permission for my child(ren) to finish at 1 pm on
Wednesday 20th March.

Child(ren)'s Name(s)

Class(es) _____

Parent Caregiver Signature

**DO NOT RETURN THIS FORM IF YOU NEED YOUR CHILDREN
TO STAY AT SCHOOL UNTIL 3PM**