



LUMSDEN SCHOOL

Newsletter Issue 8 – March 22nd 2019

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Dear School Friends and Families



The 'dark day' that has been etched into our history last Friday has brought out both the worst and the best in Humanity. Our message to the children is that this is a time for kindness to shine. The children sang Te Aroha at our small ceremony, to show our respect for the victims of the attack. Te Aroha = Love; Te whakapono = Hope; Te Rangimarie = Peace; Tatou, tatou e = For us all. This, to me, is what binds communities to overcome dark times, and to see these things blossom across the country as New Zealanders have responded, is heart-warming in the face of tragedy. I have attached some advice from the Ministry of Education about supporting children post traumatic incident which may be helpful to you.

Speaking of Kindness, we have re-jigged our weekly assembly awards to align directly with our Lumsden Expectations *We are Kind, We always try our Best*. The more we can thread these expectations through our programmes and systems, the greater they will be embedded in our culture.

These are the things children receive our 'Gotcha' cards for. Congratulations to Duncan McFadzien and Rosy Reed who have just earned their Bronze Award for earning 20 of them so far this year!

Congratulations to the following children who placed at the Northern Athletics last Thursday: Aayush Dhakal – 3rd Shotput; Saige Cambridge 3rd Long Jump; Ava Leach 2nd Long Jump; Xanthe Saunders 2nd 60m; Lachie Gill 3rd 100m, 3rd 60m; Digby Sanders 2nd 100m; Tia Ware 3rd 200m, 3rd Long Jump; Tilly Mitchell 2nd 1500m, 2nd 800m; Sawyer Jones 2nd 1500m, 2nd 800m. All the best to Xanthe, Lachie, Digby, Tia, Ava Sawyer and Tilly who have qualified to compete at the Southland Primary Athletics Champs at Surrey Park on March 30.

A reminder that Board of Trustees elections are coming up in May. If you are interested in the possibility of nomination, it would be great if you could express your interest either to myself or to



board chair Michelle Mitchell (ph 027 312 3032), which would be helpful for helping the board gauge interest levels in filling potential vacancies. Go to <https://www.trustee-election.co.nz/to> find information about the role of being a Board of Trustees member.

Next Thursday principals and teachers from across our Community of Learning (FiNSCoL) will be involved in a workshop to discuss and plan how we can make children's transitions between primary and secondary schools more successful and effective. It's a given that successful transitions impact directly on both student wellbeing and learning outcomes.

Have a good weekend. Ka kite ano,

Andrew Watson
Principal

Reminders:

- Download the School Stream app to receive texts and updates - Go to schoolstream.com.au/ download to download
- For Bus transport information go to www.dome.easybus.nz

Looking Ahead 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26 Last day of Touch; BOT Meeting	27	28	29 FoLS Coffee and Catch up, 2.00 pm	30 S'land Primary Athletics	31
1 Apr	2	3	4	5	6	7 S'land Swimming Champs
8	9	10 Eileen Ryan PHN here	11	12 Duffy Role Model Assembly 9.30 am; End of Term 1	13	14

Caring for Christchurch



Syd, Leah and Sarah holding some of the colourful messages placed on the wall of remembrance in Christchurch by Simon Saunders on Lumsden School's behalf.

Children paying their respects to the victims of the Christchurch terror attack during a school ceremony on Monday.



Financial Contribution

The Board of Trustees respectfully ask for financial donations from each family to the value of \$100 per child for the first two children and \$70 for the third per annum.

We ask that you pay \$25 per child (for the first two) and \$17.50 for the third child for the first term now. Alternatively you may wish to pay the full annual donation as a lump sum. Please make payment to Sharon in the office at school or directly into the school bank account 030960-0112624-00 (child/ren's name as reference).

Thanks to those families who have already paid.

Lumsden Rippa Rugby 2019

Any children interested in playing Rippa rugby are to meet after school on Wednesday 27th March 3.15 pm by the red playground.

Thanks Jan 021 060 3396



Lumsden Values BRONZE AWARD Winners



Rosy Reed and Duncan McFadzien with their Bronze Award Certificates, having earned 20 Gotchas so far this year.

School Lawns

Here are the guidelines to follow;

- Pick up the school mower shed key from the Four Square Supermarket
- Check the mower has fuel and fill from can in shed if necessary. Please let the school know if petrol can is low and we will refill
- Check the map attached to the mower showing which areas to mow
- Catcher loads of grass can be emptied around the back of the school next to the sports container. Wheelbarrow next to shed or in vege garden area available if required
- Top mower up with fuel, when finished and return key to Four Square Supermarket.

The roster for the next few weeks is:

- 23/24 March Dhakal Family
- 30/31 March Drummond Family

Learning through Play

Dean and Elijah enjoying their creativity in the new Mud Kitchen outside Rooms 4 and 5 this week. Many thanks to Ross and Shannon McMillan for building this especially for our children to enjoy.



Hockey

Our season is just around the corner. Any children wishing to play hockey this season please register through www.sporty.co.nz website.

Competition nights are:

- Yr 0-4 Friday after school in Gore
- Yr 5-6 Monday after school in Gore

Competition will start the first week back after the holidays.

We will be running skill sessions at the Balfour Tennis courts starting Thursday 4th April:

- Yr 0-2 from 3-3.45
- Yr 3-4 from 3.45-4.30
- Yr 5-6 from 4.30-5.30

If you have any questions please don't hesitate to give me a ring. If you would like to help coach this season please let me know. Many thanks.

Nic Roy (027 234 4728)

Tips for parents and educators: Supporting children and young people post Traumatic Incident:

An incident such as last Friday's can confuse and frighten anyone who may feel unsafe or worried that their friends or loved-ones are at risk. They will look to others for information, guidance and support.

Parents and teachers can help children and young people feel safe by;

- providing reassurance and keeping to routines
- staying calm and promoting a calm environment
- doing enjoyable things together
- taking time to listen and talk

Be guided by their questions, be factual and age appropriate with your response. Children and young people do not always talk about their feelings readily – ask them if they are feeling worried.

- Keep your explanations developmentally appropriate.
 - Very young children need brief, simple information that should be balanced with reassurances that their ELS, school and homes are safe and that adults are there to protect them.
 - Older primary school aged children will be more vocal in asking questions about whether they truly are safe and what is being done at their school. They may need assistance separating reality from fantasy. Discuss efforts of school, emergency services and community leaders to provide safe schools.
- Observe children's emotional state. Changes in behaviour, appetite, and sleep patterns can also indicate a child's level of anxiety or discomfort. In most children, these symptoms will ease with reassurance and time. However, some children may be at risk for more intense reactions, particularly those who have experienced difficulties and change. Parents and teachers, seek support through your school pastoral care system or your GP.

Advisory for schools in relation to Christchurch shooting videos

Netsafe has received a number of reports of online content relating to the attacks in Christchurch. Footage of the attacks has been deemed objectionable under New Zealand law which means that possessing or distributing the footage is an offence. Anyone who finds footage of the attacks online should report it to Netsafe at netsafe.org.nz/report but they should not keep copies or share it. Netsafe encourages schools to speak with students about what to do if they come across the footage and about the fact that sharing the footage with this classification is against the law.

The footage of the Christchurch attacks is disturbing and will be harmful for people to see. If students have viewed the video and are struggling with what they have seen it's likely they will require additional support. Agencies which can provide free support include [Youthline](https://youthline.org.nz), [Need to Talk](https://needtotalk.org.nz) and [Kidsline](https://kidsline.org.nz).

While the content is online there is some risk that children or young people may come across it. Netsafe encourages schools and parents to proactively discuss with young people what they should do if they come across distressing content online. Further information is available at netsafe.org.nz/upsetting-content

If parents or schools have questions relating to this incident or other distressing online content they can contact Netsafe for free and confidential advice at netsafe.org.nz or call 0508 NETSAFE.