

Whenuapai School Newsletter

Newsletter 1

office@whenuapai.school.nz

Phone 4168779

14 Airport Road, Whenuapai



Assembly

March 10th

9.15am Year 3-4

2.15pm Year 7-8

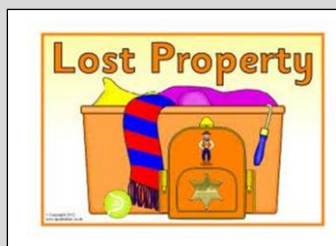
March 17th

9.15am Year 0-2

2.15pm Year 5-6

Board of Trustees Meeting

Monday 27th March at 5.30pm



The lost property box is located in the foyer beside the uniform shop at the back of hall. Parents are welcome to go and look at any time for missing items.

Dear Parents and Caregivers

A very big thank you to all our families for the support you have given us over the past weeks. Your commitment towards ensuring our children are set for the term has been amazing and very much appreciated. We acknowledge that it is an expensive time of year; especially when you have children in a number of schools.

Many of our teachers started their year with a day with Yolanda Soryl – with a focus on Phonics. We also spent a day with Andrew Fuller a well-known Australian Clinical Psychologist. I have included an article ‘How to build confidence’ by Andrew Fuller to read.

The teaching team have also had two in depth sessions about how to teach a cycling programme here at school. Mike Beale, one of our parents is supporting the school to implement a comprehensive cycling programme on site. It is very exciting initiative for the school which will have benefits for our school community. We are very fortunate that Mike is giving so much of his time to ensure the project comes to fruition.

We continue to try and find ways to maximise the outdoor learning spaces for our children. We recently purchased outdoor carpet for the Junior Rooms 15-18 and Rooms 11-14. The teachers and children alike are really enjoying the opportunity to work outside in the fresh air.

Congratulations to all the students who have represented us over the past weeks not only in sport but with educational visits beyond the school gate. The Year 5-8 visits to Mindlab have certainly ignited our thinking about having our own ‘Mindlab’.

Our Charter and Annual Plan are up on our website: 2017 will be a year of continued growth and striving to be the best we can be.

We are really short of Adult Road Patrol support. If you can help please contact Sera in the office.

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Principal's message continued.

We farewelled Jo Strother earlier in the term. Jo has taken a full time role with the Company she was working for on a Wednesday. We welcomed Mr Tony Hitchcock to the team.

Whenuapai School has joined a Community of Learning (COL), the other schools in our COL area are Hobsonville Point Secondary, Hobsonville Point primary, Marina View, Taupaki, Huapai, Riverhead, Waitakere, Timatanga Community. Being part of the COL will certainly be hugely beneficial to us as a school as we strengthen our networks. We recently had a combined Board of Trustees Hui at Hobsonville Point Secondary to share the work we had done to date in the COL and our next steps.

Congratulations to our new Prefects for 2017; Jack Patterson, Jack Blankley, Georgia Hodges, Charli Pringle and Myah Somers.

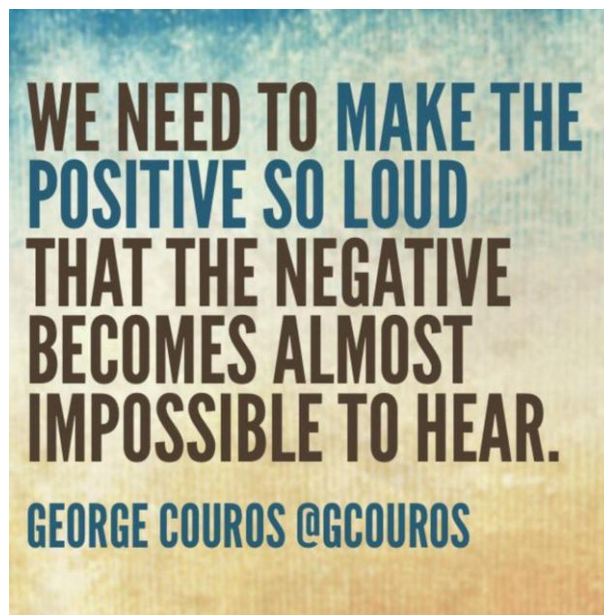
As many of you will have seen Carla and I have relocated our office to the room off the reception area. We are both really enjoying our new locations and being more visible for our families.

Thank you for your on-going support and please remember our door is always open.

Kind Regards

Raewyn Matthys-Morris

Prinicpal





How to build confidence

Andrew Fuller

Confidence is one of the most powerful, and one of the most elusive, qualities that creates success in life.

Building confidence means that we develop the courage to try out new things. Unless we are exceptionally talented, most of us approach new activities with a slight apprehension, which is usually followed, by bewilderment and confusion. Our first attempts may be feeble but if we persist we often gain a sense of mastery. If, however, someone rescues us when we are bewildered we learn that someone else can do what we cannot. This is why rescuing children when they are struggling with a new activity is toxic to confidence.

There are several steps to creating and building confidence.

Trust your child- Nothing builds confidence more than trust. One of the best ways of communicating your trust is to ask your child for help. Requesting assistance communicates to a child that you regard them as capable and competent. Letting your children cook with you can be a good place to start.

Live a bold and adventurous life- One of the best ways to develop confidence is to live an expansive life in which you do different things, eat new foods, go to strange places, see new shows or movies and try out things you wouldn't usually have a go at.

For parents this means encouraging adventure and teaching safety along with way. Kids are more durable than we give them credit for.

Develop a yes bias - This means developing a personal motto that generally says "why not?" For example, if someone says let's go to France, you try to say sure let's find out a way we could do that. If a child says I want frog legs and ice cream for dinner. You say you find the frogs; I'll get the ice cream.

Trust your own intuition. If you're full of self-doubt, your kids will be too. Practice trusting your intuition and hunches and follow them wisely.

Don't fall into the avoidance trap. When you avoid something you fear, your fear grows. What is avoided looms larger and appears more daunting, what is attempted lessens in size. While it might seem like a kindness to help people opt out of things they are fearful of doing, mostly it just makes them more fearful.

"It is not because things are difficult that we do not dare. It is because we do not dare that things are difficult." - Seneca

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Follow the 80/20 rule -No one is confident at everything all the time. We all have hesitations and setbacks. Aim to be bold and confident about 80% of the time. In many areas of life, it is the predominant pattern that counts long term.

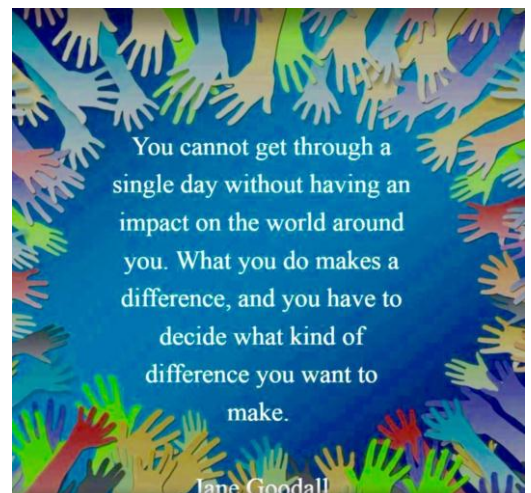
Know that first past the post isn't always the best. The person who can achieve a skill first is often not the best at that skill long-term. In fact there are considerable advantages in being a little bit older when you start new activities.

Set Probability Goals. A probability goal is a challenge that includes an error margin. For example, a parent might say to a child, "Let's see if you can throw a ball into a hoop on the group 7 times out of 15 throws". As a child becomes more skillful we might then increase the challenge of the task by moving the hoop further away and say, "Ok it's harder now. Let's see if you can throw the ball into the hoop 9 times out of 20". Probability goals help us learn how to challenge ourselves and also make it less likely that we will give up if we don't get 100% first time.

Little steps lead to giant leaps. When we focus on our strengths we build the confidence to tackle areas where we are not so capable. Most highly skilled and confident people deliberately practice skills that they are not good at. They go out of their way to put themselves in challenging situations so they can become more skilled. For example, top golfers often put golf balls into the trickiest part of a bunker so they have to develop the skills to make those shots. People only learn to deliberately practice skills that they are not so good at when someone has clearly told them that they believe in them and that mistakes are the only way to get better at something. If we can't learn to make mistakes, we can't learn to improve. People who make no mistakes do not usually make anything.

Build a have-a-go culture- People often express their insecurities by claiming that they can't do something or by comparing themselves negatively with others. For example, "I am the world's worst dancer" or "I'm no good at Maths". When someone makes comments like these, acknowledge their feelings and help them to express them verbally. Ask them what makes them feel that way. Accept their fears or insecurities as genuine but don't agree with their self-assessment. For example, you might say, "I get it that you are struggling at Maths, how can we work on it to make it easier? Confident people make plans to improve in areas they initially find difficult.

Be on a continual treasure hunt - devote your life towards looking for the best in yourself and in others. Focus on successes, skills and abilities. Be resolutely positive and follow the role model of Thomas Edison who after trying 10,000 times to develop an electric light bulb said, "I have not failed. I've just found 10,000 ways that won't work."



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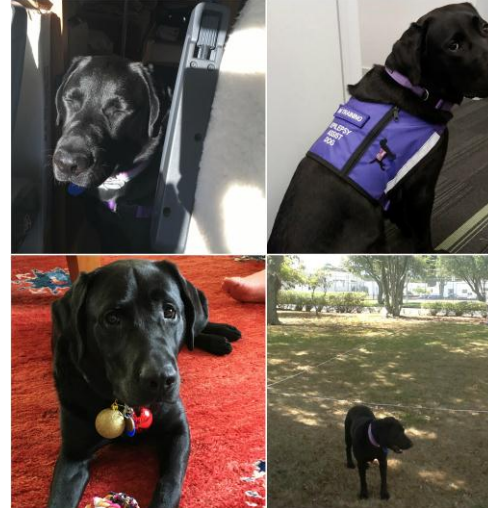
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Fisher

On Wednesday Fisher went to his new home to start his real work. Thank you for all be so amazingly supportive in me having Fisher her at school. It has been a real experience for myself and the students to have Fisher at school each day. I hope to be able to give an update on how Fisher is doing in the coming weeks.

Shona Walshe

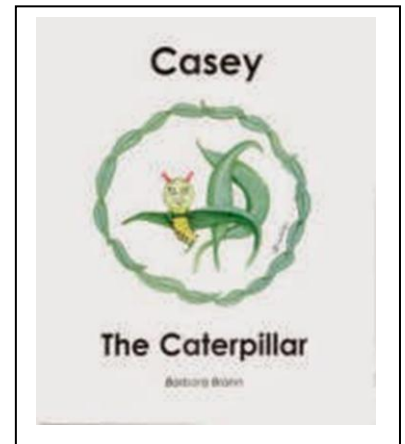


Parent Information Session about Casey Caterpillar Handwriting

For any parents interested in finding out about the Casey Caterpillar Handwriting Programme there will be a one hour session in the Library on Wednesday 22nd March from 9-10am. To help parents understand the language and background to the programme I will go over the story, talk about the shapes and how they link to writing, suggest ways you can help at home and answer any other questions you may have about it.

If you have any questions in the meantime, please contact Sacha at sachaw@whenuapai.school.nz

Sacha Walsh (Yr 0-1 Teacher)



Lost

Scooter missing from the school grounds. It is green and black, 'sappire' brand. If you have seen this please could you inform the office.

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Sport

Sport Uniforms



We have a number of sports uniforms outstanding from last year. Please return these to Miss Carli Michelsen or the school office as soon as possible should you have one at home.

Hockey

Are you interested in playing hockey?

We have teams for Year 3-4, Year 5-6 and Year 7-8. If you think that you might like to have a go please see Miss Carli Michelsen.



Basketball

Another action packed week of basketball, with Whenuapai School stepping it up on the courts at the YMCA. The Whenuapai Fireballs lit the courts ablaze with a 15-4 win against the Taupaki Sharks. The Whenuapai Slammers took to the court with a slam dunk performance winning their game 26-2 against Hobsonville Lightning. Our under 9 team the Whenuapai Flyers performed some awesome manoeuvres on the court and beat St Paul's 12-2. The Whenuapai Thunder put up a valiant effort on the courts but were defeated by a very seasoned Waimauku Jaws 7-4. Our little under 7's the Whenuapai Foxes experienced their very first game of the season but with their best efforts could not beat the Waimauku Thunderbolts. Well done to Taiko Smith, Ricoh Hartwell, Joel Pitout, Issei Shibata and Peter Stewart for stand out performances on the court earning them all player of the day for their respective teams. Thank you to the coaches, managers and parents who make this season possible from behind the scenes.



This event will be held on Sunday 9th April. The fun run will start at Takapuna Grammar and finish at Milford reserve.

Any questions please contact Alisha Geary,
alishag@whenuapai.school.nz



Tag competition

Wow what an incredible day at Moire park. Last Thursday the year 7 and 8 girls and boys Tag Rugby team both had a successful day. The girls won their second game and tied others, but they ended their day without being placed. While that was happening the boys were having a great day. They were working as a team and finished in 2nd place overall. At the end of the day both teams were proud of how well they did.

Charli Pringle (Prefect)

PTA

Up coming events

Sausage Sizzle – Wednesday 15th March

Junior Disco –

Thursday 23rd March

Sausage sizzle at the Whenuapai Half -2nd April Marathon

Next Meeting – Tuesday
21st March

The PTA are having a sausage sizzle fundraising event at the Whenuapai half marathon on the Sunday 2nd April.

CLUB PHYSICAL presents
WHENUAPAI HALF MARATHON
10, 6 & 2KM FUN RUNS

The 'Westie Classic'!

MASSEY ATHLETIC CLUB

Sunday, 2nd April 2017
Whenuapai School,
Airport Road, Whenuapai

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Music

Piano /Keyboard

Currently there is two vacancies for piano/keyboard lessons at school during term 1. Please contact Diane Hunn on 021 653386 for further information.

Musiqhub Band Programme and “Have a Go” day:

Become a part of the musiqhub band programme and join the school band! We are taking enrolments for children in year 2-8 who would like to learn clarinet, trumpet, flute, ukulele, snare drum, or saxophone. Please note that not all instruments are available to every year level.

If you are interested in finding out more, you are invited to bring your children along to our “Have a Go” day where they can try out the instruments, and you can meet the teacher and find out more about the programme.

Alternatively, contact Joanne Slagel on 027 3408 398 or joanne.slagel@musiqhub.co.nz



MUSIQHUB
PLAY SMART

Guitar Lessons

Run every Wednesday of term.
Play each week with accompanying online videos
& start your journey to rock stardom today!

FREE PIANO & Music-reading WORKSHOP



Runs on demand



- **No-obligation, INTENSIVE, tutorial for children with no musical experience. Will cover the contents of around 4-6 average piano lessons. Workshop notes provided.**
- **By the end of the workshop your child will be able to read music and play 2 simple melodies with both hands.**
- **Limited placings per workshop. Booking essential.**
- **One Parent must attend**



Ph: 818 3410



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KEY CONTACTS

Principal
Deputy Principal

Raewyn Matthys-Morris
Carla Veldman

rmatthys-morris@whenuapai.school.nz
cveldman@whenuapai.school.nz

TEAM LEADERS

Year 0-2
Year 3-4
Year 5-6
Year 7-8

Rachel Capizzi
Catherine Collins
Maureen Mason
Sharron Buer

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catherinec@whenuapai.school.nz
maureenm@whenuapai.school.nz
sharronb@whenuapai.school.nz

Board of Trustess
PTA
SKIDS after school care

bot@whenuapai.school.nz
pta.whenuapai@gmail.com
Whenuapai@skids.co.nz

ONLINE PAYMENTS

Should you have any queries please contact Mr Tony Hitchcock by email; thitchcock@whenuapai.school.nz

Bank Account details: 123085 0494188 00

Reference: students name

Details: what 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 indicating what the payments are for.