

## Plimmerton School Newsletter - Week 1, Term 3, 2018



### From the Principal

#### Tēnā Koutou

**WELCOMES** - Welcome to term 3! I hope all families had a great break and are looking forward to an exciting term. A special welcome to our 6 new students and their families. Welcome also to Mr Clayton Schimanski, who has joined us as the new teacher in room 17.



**MATARIKI CONCERT** - Our Matariki concert in the last week of term 2 was a wonderful evening and a great opportunity for our students to experience performing to a big audience of parents, whānau and friends. I congratulate our Mana and Kōwhai choir and Kapa Haka, our Rock Band and our Sweets ensemble on their excellent performances and also congratulate students on the wonderful artwork that was displayed in the hall. Thank you to the staff team for their

work in preparation, and thank you to parents and Whānau for supporting those who were practising hard at home and the great turnout on the night. A big thank you to the Hongoeka and Taupō students who helped in the preparation and serving of bread and soup. Your awahi (support) was greatly appreciated.



**REGIONAL CROSS-COUNTRY** - Plimmerton School had 24 runners in the Regional Cross Country event on July 5th. The course was at Harcourt Park in Upper Hutt. Our runners gave their all and most finished in the top 30 runners in their events. Full results [here](#). Special mention to Nathan Butchard (photo) who gave his all and was 4th in the Year 8 boys' event. As a top 10 finisher Nathan has been selected to compete in the inter regional event later this year.

**MID-YEAR REPORTS AND INTERVIEWS** - Mid-Year Interviews will be next week (Tuesday 31 July and Thursday 2 August). Mid-Year Reports will be shared at the interviews. The main aim of the interviews is to share students recent achievement information and to discuss next steps in learning. Please note that students who started school during term 2 will not receive a report, but parents are welcome to book an interview time. Some interview times are still available. Interviews can be booked online [www.parentinterviews.co.nz](http://www.parentinterviews.co.nz). Enter the code [I6KSRXHL](#) and follow the instructions to book your interviews. If booking interviews for more than one child, please avoid booking back to back interviews. We are expecting that interviews will be held for every student and students are encouraged to attend with their parents. If you are unable to book your interviews online please contact the school office for assistance.



## From the Principal...continued

**VALUES AWARDS**-Congratulations to the students pictured below, who were acknowledged at our last assembly for their demonstration of the school values. Our next assembly is 9am Friday 10 August, (Week 3).



Back row: Kaita, Alexander, Mitchell, Logan, Harrison, Jayda, Taela  
 Second row: Isaac, Henry, Caue, Maia, Mia, Zara, Jiya, Aless, Daniel, Margo, Bella  
 Third row: Adam, Lewis, Colin, Asher, Lucia, Revathi, Levi, Theo, Jessica, Seren, Lola  
 Front row: Silas, Harvey, Laura, Gordon, Will, Harsh, Angus, Elliot, Maisie, Anya, Skye, Molly, Brooke

**SCHOOL BUSES** - The transition to a new bus provider has not been good. The bus timetable is unchanged, but buses have not been consistently running to time or following the route due to the new drivers not being familiar with the route. We are continuing to work with Metlink to ensure that our school bus service is safe and reliable. Please feel free to provide your feedback on the service to Metlink and to me, as this will help us to iron out the issues. Issues with the bus service has highlighted a need to clarify several things relating to the end of the school day:

- **END OF SCHOOL DEPARTURE TIMES** - There is a school "bus bell" at 2.55pm. That bell is a signal for teachers to release the students who are known to catch the bus or the southbound train to get home. This gives them time to get to the bus stop or train station. All other students are released at 3.00pm.
- **STUDENTS LEAVING SCHOOL EARLY** - If a student needs to leave school early for any other reason apart from catching the school bus or southbound train, then parents should contact the school office and the student will need to be signed out at the school office. The office staff will advise the teachers of the arrangement.
- **MESSAGES FOR CHANGES TO AFTER SCHOOL ARRANGEMENTS** - If there is an urgent and unforeseen change to the after school arrangements for your child please contact the school office, before 2pm where possible. The office staff will advise the teacher and child of the changes. Please do not text or email teachers directly, they may not see the message before the end of the day as they are focussing on teaching.

**KAPITI COLLEGE ENROLMENTS** - All enrolments need to be received by the college by Monday 30th July.

**Today's Roll** – 502 Students

**Ngā mihi**  
**Mike Forrest**  
**Tumuaki - Principal**



# PTA NEWS

## ITS DISCO TIME AGAIN.

The term three discos are being held on Friday 10th August. The Years 1-4 disco will be from 5.30-7pm and the Years 5-8 from 7.30-9pm. Entry is \$5. Glow products, drinks, chips, ice blocks and lollies will be on sale. Check out the posters around school for more information.

There are a range of jobs (selling food/collecting entry fee/manning sign in sheets) that we require parent volunteers for. If you are available to help at either of the discos please email Jo at [jverran.nz@gmail.com](mailto:jverran.nz@gmail.com) and include the disco you are available for.

## 9TH ANNUAL QUIZ NIGHT - FRIDAY 17TH AUGUST

Doors open at 7pm and Quiz starts at 8pm

There are still a couple of tables left... Get your team of 8 people together. Each table is \$250 which includes 8 tickets and platters from Sarah Serancke Catering. Proudly hosted by Bridget and Richard, please email to reserve your table [bridgeandrichie@gmail.com](mailto:bridgeandrichie@gmail.com)

WE NEED YOU! - we are desperately seeking 5 more helpers for the night, please email [pta@plimmerton.school.nz](mailto:pta@plimmerton.school.nz) if you can help on the night.

## Plimmerton School is raising funds. Order and receive your NEW 2018 | 2019 Enter-

Supporting our fundraising by purchasing the 2018 | 2019 Entertainment Membership from us today. Hundreds of great value offers are ready for your enjoyment, while also helping our fundraising! Be quick, the new Membership is selling fast!

Please contact Mel Clark on



## Family Portraits Fundraiser

Coming to Plimmerton School:  
August 25 and 26

**Book now to grab your spot!**

- Fundraise for your school and receive gorgeous images of your family
- Your \$25 session fee all goes back to the school
- Prints start from \$2.4 and packages from \$159
- This years photo shoots will take place outdoors - we'll have a studio backup in case of bad weather





Photography by Kirsten

Bookings will open next week - please see next weeks newsletter for instructions and booking codes.



## HEALTHY KIDS CORNER

### MINDFULNESS AND STRESS MANAGEMENT

Healthy kids are resilient and manage stress. Good stress helps prepare our bodies to rise to the challenge with increased focus, strength and stamina. Negative stress can be overwhelming and causes anxiety. Sometimes the pressure to succeed can lead to upset. Turning a difficult situation around and persevering takes resilience.

Mindfulness can add to the quality of our lives in numerous ways, from nurturing a sense of inner peace, enhancing self-confidence and facilitating more meaningful relationships with others. Mindfulness is a way of relaxing out of our daily troubles and managing stress when you're going through a challenging situation.

In children specifically, mindfulness has been found to:

- enhance **focus** in children
- improve **mental health** and wellbeing
- improve **social skills**



Here are some tips for Healthy Kids to manage stress positively:

- **Deep Breathing** - Blowing bubbles. Have your children focus on taking in a deep, slow breath, and exhaling steadily to fill a bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.
- **Find a quiet place**, sit down and inhale slowly through the nose, drawing air deep into the lungs. Hold the breath for about 5 seconds then release it slowly. Repeat.
- **Have Fun** - Playing with balloons. Tell your children that the aim of this game is to keep the balloon off the ground, but have them move slowly and gently. Alternatively, take time out and do what you love; go for a walk, bike ride or a play date.
- **Muscle Relaxation** - The body scan is one of the basic practices in mindfulness. Have your children lie down on their back on a comfortable surface and close their eyes. Then, tell them to squeeze every single muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone. After a few seconds, have them release all their muscles and relax for a few minutes.
- **Visualisation** - Close your eyes and visualise you scoring that goal and being happy or knowing the answers to that test. "I can....."
- **Avoid perfectionist thinking** - Be realistic and set small goals, often. Don't try to be perfect and don't expect it of others.
- **Making mistakes is sometimes how we learn** - Everyone makes mistakes or messes up from time to time. Think that you may look back on an experience and laugh about it, might do something differently next time and not take all situations too seriously.
- **Talk about it** - A problem shared with an adult can be a problem halved. Encourage talking about how things may make you feel.

Try some fun yoga adventures:

- [Troll Cosmic Yoga](#)
- [Alan the Camel - An Egyptian Adventure](#)
- [Yoga Pose Universe- Cosmic Yoga](#)
- [Star Wars -Cosmic Yoga](#)

**Healthy kids** relax and have fun.





## IT'S COOL TO KORERO!

Kia ora whānau

The holidays are over and we're back at kura, school.

Try using kura in your everyday conversations -

"What did you do at kura today?"

"How was kura?"

Or, on Rāmere (Friday), "Last day of kura for the week!"

I've included a pronunciation guide for vowel sounds this week - the main difference is using a macron, or line above a, e, i, o or u. This makes the vowel sound longer, much like when we put a 'magic e' at the end of lots of English words and make the vowel say its name, like 'kit - kite'.

Give it a go - remember, it's cool to kōrero!

Whaea Emma



### Short Vowels

a as in again  
e as in enter?  
i as in eat?  
o as in order?  
u as in to

### Long Vowels

ā as in car  
ē as in sled  
ī as in sleep  
ō as in fork  
ū as in boot

## SPORTS NEWS

### NETBALL ACADEMY WITH FRANCES SOLIA

The Frances Solia Netball Academy still has spaces for year 7/8 players. 8 Week Course starting tonight at 6.00pm finishing at 7.00pm in the Plimmerton School Hall. Cost is \$100. Just turn up and we will register you. More info: [http://www.sporty.co.nz/wwnc/Frances Solia Netball Academy](http://www.sporty.co.nz/wwnc/Frances%20Solia%20Netball%20Academy)

### BASKETBALL

Plimmerton beat Papakowhai 17 - 13.

Player of the day was Ashton Birdling, but as always it was a team effort and everyone contributed significantly to the result.

PS - Papakowhai were on top of the ladder and undefeated until now...

### HOCKEY

Plimmerton Panthers (4) vs Tawa Tornados (0) - Annamioka Moreton player of the day

Plimmerton Pumas (4) vs Paremata Pukekos (1) - Pippa Percy player of the day