



WHENUAPAI SCHOOL NEWSLETTER 3

14 Airport Road, Whenuapai Phone: 09 416 8779 Email: office@whenuapai.school.nz

A WORD FROM OUR PRINCIPAL...

Dear Parents and Caregivers

What an amazing term to date we have had. Whenuapai School teachers and children have been very busy continuing their learning journeys. Our teachers are very committed to being the very best they can be for your wonderful children. Our children throughout the school have been showing how committed to their learning they are. The classroom walls certainly depict a wonderful learning story and we hope you are enjoying following their journey through SeeSaw.

It has been wonderful to see so many children make the most of the sporting opportunities that have been on offer over the past few weeks. Our HOD Sport, Mr Greg Berry, has been extremely busy and has done a superb job. A heartfelt thank you to all of you who have supported our participation and congratulations to all our children who have represented us beyond the school gate. We are not only very proud of your achievements, but of the way in which you have conducted yourselves.

Throughout next week our teachers will be attending paid Union meetings to discuss the latest offer from the Government. Our teachers have spread their attendance at meetings over the week and other teachers in their team will cover for them.

On Monday next week, our wee ones in Room 20 will be temporarily relocating to Room 16 to allow for the refurbishment of that block of classrooms which will be starting very soon. We are looking forward to getting this underway.

I have included another article this week which you may like to include in your 'table talk' with your children.

Please remember our doors are always open and we hope you all have a wonderful weekend.

*Ko te ahurei o te tamaiti arahia o tatou mahi.
Let the uniqueness of the child guide our work.*

Kind regards,

Raewyn Matthys-Morris
Principal

ASSEMBLY DATES

Monday 18th March

9.10am – Year 4-8

Friday 22nd March

9.15am – Year 0/1 (Kea)

Friday 29th March

9.15am – Year 2/3 (Tui)

Monday 1st April

9.10am – Year 4-8

Friday 5th April

9.15am – Year 0/1 (Kea)

Friday 12th April

9.15am – Year 2/3 (Tui)

DATES FOR YOUR DIARY

Friday 22nd March

Year 7/8 - Norwest Tennis

Mon 25th – Fri 29th March

Culture Week

Monday 25th March

8.30 – 9.00am Principal
and Deputy Principal
catch-up with families in
the staffroom

Wednesday 27th March

Norwest Zone Swimming
5.30pm - New Entrant
Parent Evening (Room 17)
6.00pm – BOT Meeting

Thursday 28th March

5.00-6.30pm Jnr Disco -
Years 0-4
7.00-8.30pm Snr Disco -
Years 5-8

Tuesday 2nd April

9.10am Yipadee Stage
Show – Years 0-6
10.15am Creative Writing
Course – Years 5-6

Friday 12th April

Mufti Day
PTA Lunch & Ice Block Bay

TERM DATES

Friday 12th April

Last day of Term 1

PB4L – POSITIVE BEHAVIOUR FOR LEARNING WHENUAPAI SCHOOL VALUES



Respect Others



Respect Self



Respect Learning



Respect Environment



SPORT

Whenuapai School Swimming Sports 2019 - Whenuapai School held their annual swimming sports at the Base pool on Monday 4th March 2019. The performances were amazing and it was great to see our students getting the opportunity to compete. The event started off with freestyle events moving to backstroke, breaststroke and butterfly. The event was open to all competitive swimmers with the distance across 50 metres. This created strong competition between swimmers and many of the finals were very tightly contested with a touch at the finish being the difference between winning, placing second or third. All the students are to be commended on their performances and they all represented the school to a very high standard. Parents are thanked for their support of the event in time keeping, organising, administration and officiating. We appreciate your support and service to the school. The students that qualified from the Whenuapai swimming sports will now attend the Norwest Zone swimming event swimming event being held on Wednesday 27th March which is followed by the Interzone event which is on Thursday 4th April.

Swimming Sports Champions 2019		
Category	Name	Placings (Freestyle, Backstroke, Breaststroke, Butterfly)
Year 5 Girls	Taylor Wright	1 st , 1 st , 1 st , 1 st
Year 6 Girls	Anka Pusich	1 st , 1 st , 2 nd , 1 st
Year 6 Boys	Jack Peterson	1 st , 1 st , 1 st , 1 st
Year 7 Girls	Payton Berry	1 st , 1 st , 2 nd , 1 st
Year 8 Boys	Alec Death	1 st , 1 st , 2 nd , 1 st

Norwest Softball and TBall - The Norwest TBall and Softball competition was held at Rosedale Park on Tuesday 5th March and Thursday 7th March respectively. There were a large number of participants and more than 9 diamonds in use. Whenuapai School girls Year 7 & 8 softball team placed 7th. The Whenuapai boys softball team placed 4th and the boys TBall team placed 3rd which was a very creditable result. The school would like to thank all the students for their representation for the school and also to all the parents that transported and assisted with supervision. A big thanks also to our coaches for supporting our students. Below are the overall results.

Girls Softball	Boys Softball	Girls T Ball	Boys T Ball
1 st Marina View	1 st Marina View	1 st Marina View	1 st Huapai
2 nd Huapai	2 nd Huapai	2 nd Kaukapakapa	2 nd Marina View
3 rd Massey	3 rd Waitakere Primary	3 rd Riverhead	3 rd Whenuapai



Norwest Tag - The Norwest Tag competition was held on Thursday 21st February at Moire Park Massey. Whenuapai had a boys team and a girls team represented. It was a huge turnout with all schools and supporters having excellent sideline behavior and support. Both Whenuapai teams improved across the day and won a series of games. The games they lost were by very narrow margins and the students are to be commended on their effort and team play across the course of the tournament. Thanks to Kim Weston for her support of the boys team and all the supporters and parents that assisted on the day and with transport. In the end, Colwill School won the boys division and Marina View School won the girls division.

PB4L – POSITIVE BEHAVIOUR FOR LEARNING

OUR SCHOOL VALUES

Our PB4L Focus for Term 1 Weeks 6-7

Whenuapai School is a PB4L School (Positive Behaviour for Learning). We teach behaviour through the use of our school values - **Respect Self, Respect Others, Respect Learning, Respect Environment**.

Every fortnight at the school hui we introduce a new values focus for the entire school to focus on. We then share our learning around this focus through photos at the next hui, and introduce our new PB4L focus.

Our current focus is **Respect for Environment** and in particular; **Putting all rubbish in the bin** and **Looking after our trees and gardens**.

You may like to discuss at home what this means and looks like in and around your child's classroom and at home.

CULTURE WEEK



WEEK 8 25th- 29th March

Dear Families,

We have started the year finding out about our new classmates and teacher. Not only our strengths, passions, hooks and interests but also where we are from and how we are connected. Many of our students have completed their own pepeha's as have staff members. We have enjoyed learning about each other.

In Week 8 we will be having a school wide CULTURE WEEK!

This will be an opportunity to reflect on our learning about each other as well as celebrate where we are from. We would like to invite you in to help us celebrate culture week. We are looking for parents and family members who may be able to do the following:

- Share a story, artefact from your culture
- Share and or teach a song
- Teach the students a game
- Share a dance from your culture (poi, Korean fan dance etc). If you are a member of a dance group and would be able to perform to the school, we would love to arrange this.
- Other

If you are able to give some of your time to do the above, please contact your child's class teacher or team leader as soon as possible. If you are able to do a school wide performance, please contact Carla Veldman on cveldman@whenuapai.school.nz.

On Friday 29th March, we will end our Culture Week with a parade on the netball courts. Students are invited to wear traditional / national costume from their culture. Each class will have the opportunity to move/dance around the courts.

Also on Friday 29th March we will have a shared lunch in our year group teams. Students will need to bring in their brain food and morning tea as per usual and on top of this are asked to bring in a plate of food, that their culture represents. For example, New Zealander examples could be (Jafa's, pavlova, sausages, mince & cheese pies, marmite on crackers etc). Parents, families may want to drop these off and of course are very welcome to stay and join us. Please do list if the shared lunch contains gluten or dairy ingredients. No nuts please, we are a nut free school.

HEALTH & WELLBEING

We would like to remind parents and caregivers about the spread of viruses in school. If your child is unwell please keep them home.

The Ministry of Health site has information on a number of conditions or illnesses that can be searched to help families understand what their child may have and what action should be taken. Please see a doctor if you are concerned.

<http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses>

GUMBOOT UP ON FRIDAY 5 APRIL!

We're asking you, your teachers and parents to wear gumboots to school in support of Gumboot Friday. Put your gumboots on and bring along a gold coin donation (if you can). All funds raised on the day will help provide free counselling to kids who need it.

Gumboot Friday is a new initiative by New Zealander of the Year, Mike King, and I Am Hope. We're aiming to raise \$2million for kids who need some mental health support. You can find out more about Gumboot Friday at www.iamhope.org.nz/gumbootfriday

Please encourage your friends, family and community to #GumbootUpNZ on 5 April!



SCHOLASTIC BOOK CLUB: TERM 1 - ISSUE 2

Book Club brochures will be coming home this week. As usual the brochure has a fantastic selection of books and other items at very good prices. Have a look on the following link:

www.scholastic.co.nz/media/4540/nzbc_219_web.pdf

All orders placed benefit Whenuapai School in the form of rewards to enable us to purchase library books and school resources which we otherwise may not be able to purchase so your support is greatly appreciated.

Please, wherever possible use the on-line LOOP ordering system link:

www.scholastic.co.nz/parents/lucky-book-club/ register online and then place your order, this will minimise our administration time.

If you do need to send an order to school, please make sure Cheques are payable to Scholastic NZ and Cash orders are placed in a sealed envelope with the order form inside with your child's full name and room number clearly marked on the front.

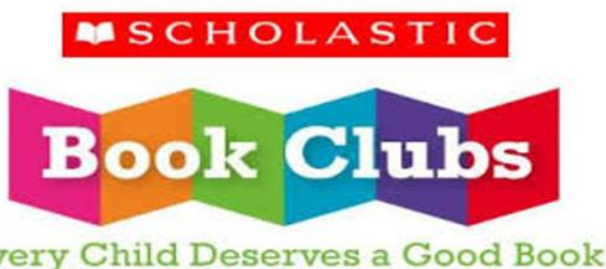
Please also ensure that the cash is the correct amount for the order as no change can be given.

Orders must be received both on-line and at school by 9.00 am on Wednesday, 20th March 2019.

A Scholastic Book Club Box will be placed at reception for these orders to be dropped into.

Items ordered are received back at school around a week after our cut-off date, orders are checked thoroughly to ensure all items have been received and any back orders noted.

If any items not on back-order, are missing, Scholastic is contacted by me on your behalf and an email with details sent to you, the orders are then sent to classrooms for distribution.



SUBJECT: PIANO DONATION!

Dear families,

Are you in a position to donate a piano or tuning/repair services?

We have one school piano. It is in poor condition. Even so, it gets a lot of use. We have a number of students who are interested in learning the piano. Some of our students use the school piano for music lessons. Other students are interested in teaching themselves using online tutorials.

If you are able to donate a piano and/or piano repair/tuning, please get in touch with me on karlg@whenuapai.school.nz. If we are able to receive a piano, it will be most appreciated and well loved.

Thanks,

Karl Ganda

Year 7&8 Team Leader (and piano enthusiast)



PTA NEWS

26th March - Parent-Teachers Association Meeting - Come join the PTA in the school staff room from 7pm-9pm and hear about the upcoming fundraisers, learn about how to get involved and meet other amazing parents and staff!



28th March - Hawaiian Disco - The discos are held in the school hall and are Hawaiian-themed! Pre-pay for your disco entry (\$5.00/child) on Kindo (mykindo.co.nz) and remember that it is **CASH ONLY** on the night. **Kindo will be closed for disco purchases at noon on 27th of March.** There are spot prizes for best dressed so get your costumes ready! Thank you to all who have put up their hand to help - this event wouldn't be possible without you!!

Junior Disco (Year 0-4) - 5:00-6:30pm

Snacks, Sausage Sizzle, Water bottles, Glow Products

Senior Disco (Year 5-8) - 7:00-8:30pm

Snacks, Pizza (*pre-pay for your large slice on Kindo*), Water Bottles, Glow Products

12th April - Hellers Sausage Sizzle, Mufti and Ice Block Day

To celebrate the last day of Term 1, the PTA are running a fun day! Kids can come to school dressed in mufti, and enjoy ice blocks for morning tea and a sausage sizzle for lunch. Pre-pay for ice blocks and sausages on Kindo (mykindo.co.nz) which will be open for purchases in April. More information



will be going home at the end of the month but in the meantime, keep an eye on the Whenuapai Helpers Facebook Page for updates and to find out how you can help, or contact the PTA via their email address pta.whenuapai@gmail.com



Bubbles fun at the PTA Family Night!

KEY CONTACTS

Principal – Raewyn Matthys-Morris	rmatthys-morris@whenuapai.school.nz
Deputy Principal – Carla Veldman	cveldman@whenuapai.school.nz
SENCO - Sharron Buer	sharronb@whenuapai.school.nz
HOD – Sport	gregb@whenuapai.school.nz
Board of Trustees	wsbot@whenuapai.school.nz
PTA	pta.whenuapai@gmail.com
SKIDS After School Care	whenuapai@skids.co.nz
Team Leaders	
Year 0-1 – Carli Michelsen	carlim@whenuapai.school.nz
Year 2-3 – Paige Chellew	paigec@whenuapai.school.nz
Year 4 – Jessica Powell	jessicap@whenuapai.school.nz
Year 5-6 – Chris Groen	chrisg@whenuapai.school.nz
Year 7-8 – Karl Ganda	karlg@whenuapai.school.nz

ONLINE PAYMENTS

Any queries please contact Mr Tony Hitchcock at email: thitchcock@whenuapai.school.nz

Bank Account details: 12 3085 0494188 00

Reference: Students Name

Details: The 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 detailing what payments are for.

Also payments can be made via our online school shop at mykindo.co.nz

For our Policies and Procedures please visit SchoolDocs at: www.schooldocs.co.nz/ User- whenuapai Password- airport

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LOCAL NOTICES:



Guess what? Marrzipan are running awesome confidence through drama classes at YOUR SCHOOL - Yippee!!

Is your child shy? Do they feel intimidated by the idea of public speaking and performance? Do they sometimes find it difficult to make eye contact? Do they just need dedicated time per week to just be CRAZY?! Come and join the revolutionary self-confidence programme - **Marrzipan!** We run awesome classes at schools, which focus on key life skills and public speaking ability. We play fun engaging games and perform at the end of term once to parents and once to the school. All scripts are original, engaging, educational and HILARIOUS. You can sign your child up for a **Trial Lesson** via our website www.marrzipandrama.co.nz (we have contact numbers on there too, should you prefer to talk to a human!)

KUMEU CLUB GIRLS RIPPA RUGBY



REGISTRATION

DAYS:
Wednesday:

27th February 4-7pm

Saturday:

2nd March 8-10am

Wednesday:

6th March 4-7pm

Sunday:

10th March 8-10am

Muster-

Wed 20th March.

FOR MORE INFORMATION CONTACT: Angela Pulini - rugby.kjrc@gmail.com



GIRLS ONLY CLUB RIPPA

Does your daughter want to play Girls Only Rippa this year?

Rugby season is coming around fast and soon your local club will be holding registration & muster days for Girls Rippa & Quick Rip (non-contact)

Competition Information:

- Saturday Morning
- 11th May - 31st August
- Home and away games + 2 festival days
- Grade Structure: (7 aside)
 - Under 9 - Rippa
 - Under 11 - Quick Rip
 - Under 13 - Quick Rip
 - Under 15 - Quick Rip (NEW!)

For more information contact your local club for their registration dates, or
Sarah McIlroy
Women's Rugby Manager
sarah@harbourrugby.co.nz
021 193 8716

MAR 19
2019

RIVERHEAD SCHOOL
PRESENTS

WHAT:
FREE
EVENING

**ALLISON
MOONEY**

WHERE:
IN THE
MPC
(HALL)

WHEN:
6:30PM

THE PEOPLE INTERPRETER



We are fortunate enough to have the wonderful Allison Mooney coming to give a FREE talk at our school.

Allison is well versed in 'reading people' and 'understanding what makes people tick'.

Allison's passion is about bringing understanding of different personality traits to Educators of their students, parents and community and is coming to talk to you about how to aid in your reading and understanding your children.

She is an expert at giving you the tools to identify what makes you, and others, tick.

She is a self described 'people interpreter' and has the Midas touch in being able to 'speed read' people, which is an essential skill at home, at work and most importantly for us, in the classroom. You will walk away from a talk with Allison with the same ability.

To find out more information about Allison please check out her website www.allisonmooney.co.nz



Reduce food waste

The average New Zealand family throws away around \$560 worth of uneaten food every year*. Here are some simple ideas to reduce food waste in your home.

- **Plan** your meals and make a shopping list.
- **Rotate** items when unpacking your groceries, older in front and newer products behind.
- **Store** bread and meat in the freezer to extend their life.
- **Keep** food fresh and safe by storing in the fridge below 5°C so food lasts longer.
- **Use** leftover cooked vegetables in a frittata or soup or take as your lunch.
- **Use** brown bananas in baking or freeze for smoothies. Wilted vegetables are great in soups.
- **Save** leftover fruit from your child's lunchbox and give it to them for afternoon tea.



* sourced from www.lovefoodhatewaste.co.nz

For more recipes and ideas visit www.fuelled4life.org.nz

INTERNATIONAL TENNIS COACH PRESENTS - HOLIDAY TENNIS CLINIC RIVERHEAD

Price: \$115

Time: 8am - 3pm

Date: 15th, 16th, & 17th April or 23rd, 24th, & 26th April

Contact Details: tennisclicriverhead@gmail.com

Location: Riverhead War Memorial Park, 1067 Cootesville-Riverhead Highway

Family Option: Two siblings attend for \$200

Ages: 7 years and older

24 Spots available

Boys and Girls Welcome

SKILLS YOU WILL LEARN

game strategy
integrity
patience
motivation
diligence
focus
perseverance
...and so much more



AFTER PRESCHOOL/SCHOOL AND 'ON THE GO' SNACKS

Children are often hungry at pick up time. Here are some tips to get them through the afternoon....

- ♥ Firstly, have they finished what's in their lunchbox?
- ♥ Offer a drink of water. Sometimes it's thirst rather than hunger.
- ♥ A piece of fruit or a carrot, a piece of cheese, a handful of nuts or some plain popcorn will reduce the hunger at pick up time - no need to stop at the dairy!
- ♥ Once home, toast with peanut butter might hit the spot or offer some wholegrain crackers with cheese or cottage cheese, a cold glass of milk, a pottle of yoghurt or a fruit smoothie.



For more information, visit www.heartfoundation.org.nz



SEEK THE HEIGHTS

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Massey High School's 50th Anniversary
18th-19th Of October 2019
A celebration of 50 years

To register please visit: www.masseyhigh.school.nz

PRINCIPALS' DIGESTS

30 Palliser Drive • Hamilton • NZ 3210 • Tel 07 855 7101

digests@xtra.co.nz • www.principalsdigests.co.nz

Digests may be copied and distributed in the school community of the subscriber.

Newsletter

Volume 24 Number 21

ASSERTIVENESS TIPS FOR STUDENTS

Assertiveness is the sweet spot between two extremes:

- **Aggressive** – Prioritising your own needs; using threats or violence to get your way;
- **Passive** – Doing things you don't want to do because of pressure or threats;
- **Assertive** – Standing up for yourself without diminishing others; strong, not mean.

Assertive communication is a hard skill to learn. Our culture sometimes tends to reward aggression. Putdowns are framed as humour in cartoons and sitcoms, and the Internet can be a platform for bullying. It's hard to find examples of assertiveness in the public sphere. That's why teachers and parents need to explicitly teach assertiveness so students internalise skills and use them in everyday situations.



Some techniques:

The “nice no” – When a student feels pressured to go along with other people's ideas or invitations (“Do you want to trade lunches?”), it can be effective to say, “No, thanks” or “Thanks for asking, but not today”.

Setting a boundary and holding to it – When asked to do something outside your comfort zone (“Can I copy off your paper?”), it's effective to say, “No, I'm not comfortable with that” and not feel compelled to give reasons.

Asking for some thinking time – When asked for something and you're not ready to answer, an assertive response is to say, “I'm not sure how to answer that right now. Can I get back to you later today?” Ask for the amount of time you need to get more information, weigh other options, and reflect on your feelings about the situation.

Stating your needs – It may seem that others are ignoring or disrespecting your needs when the problem is that you actually haven't articulated them clearly enough. For example, a student might say to a teacher, “Could you please repeat that? I need to hear the directions again”.

Using an “I feel” message – This may be the best way to communicate your feelings and emotional needs so others have a chance to understand – for example, saying to a friend, “I feel sad when you cancel our plans, because I love hanging out with you”.

Responding to aggression – Sometimes an assertive statement is met with an aggressive response. A good next step is to calmly remove yourself from the conversation, saying, “I think I communicated my thoughts clearly, so there's not much more to talk about”.

Acknowledgment: “Modeling Assertiveness with Students” by Kristin Stuart Valdes in *Edutopia*, January 25, 2018