

## Newsletter 13: 17 August 2017

### From the Principal



Kia ora koutou

The sun is gradually drying out our waterlogged grounds – bring on the spring weather!

Last night our kapa haka group performed in the annual Cultural Festival at the Horncastle Arena and once again did us all proud. Our group of 70 consists of children from age 5 to age 13 and they performed with confidence in front of a very large audience. Their accomplished presentation is due to the hard work put in over the past few weeks to ensure they were at their best, and to the high standards set by their teachers and tutor – Jasmine, Lauren, Amanda and Tim. If you have not seen this group in action then see if you can get along to assembly next Friday when they perform for the school.

#### **Drink to Think – Think to Drink**

As mentioned in a previous newsletter our school is part of special project called Raising Wellbeing, which is being overseen by Dr Kathleen Liberty Associate Professor of the University Of Canterbury School Of Health Sciences. Since 2013 Dr Liberty has been researching the long term effects of natural disasters on young children, and helping schools to implement strategies to help young people cope with disruption.

We are about to start implementing the Drink to Think – Think to Drink programme here at school, because water has such a significant effect on cognition, memory, and reducing impulsivity. All children will receive a Sistema drink bottle for use at school in the learning studio and will be encouraged to drink water regularly throughout the day.

Further on in this newsletter you will find information about the Drink to Think programme, and this information is also on our website.

#### **New Play Area**

There was great excitement last week when the fences went up and the diggers moved in to the area adjacent to Rongo Mā Tane and Papatuanuku Learning Studios. The Board of Trustees has committed considerable funds to developing outdoor learning areas across the school because grounds development was not part of the Ministry of Education funded building project. Work is due to be completed for the beginning of Term 4.

This first project will create a lovely area in which children can learn, play and explore. Features include an all-weather playing surface, a mound complete with slide, tunnel and boulders for climbing, a bridge across the swale leading to a sheltered amphitheatre for outdoor teaching, an outdoor kitchen workbench, and timber balancing equipment. At the same time we are installing gabion basket walls to block the end of the car park, additional seating, new paths, and lots of planting. The cost is considerable and so towards the end of the project we will be calling on our parent community to help us with the planting and mulching – which will keep the project costs within our budget





## Learning Conversations

Another round of Learning Conversations was held last week for children in Years 4 -8. Acting on feedback you have given us, we have this year introduced a mid year 'Check Point' report to let you know where your children are currently achieving in relation to the National Standards. If you did not attend a Learning Conversation the Check Point report will be sent home with your child. If you would like to make an appointment to discuss the Check Point report then please contact the teachers directly.

It is important to remember that National Standards achievement in Year 4-8 is officially measured at the end of each school year and that the Check Point is a progress update for you. Children are not expected to have met the standard by midyear. As you know all children progress at different rates and so some children will already be working at or ahead of the standard for their year, while others still have milestones to achieve.

Children in Years 1-3 have their learning conversations when they meet their 20, 40, 60, 80, 100 and 120 week anniversary. Teachers will notify you when it is time to meet.

## Enrolments

Our school roll is currently 573 and it is estimated that we will finish the year with 590 children. Since the introduction of our school zone in January we have only taken out of zone enrolments from siblings of current students. It is never too early to enrol your pre-schooler if they are going to be turning 5 in 2018 – it is very helpful to know how many children we are expecting. Please get in touch with Jan in the office and she will let you know what paperwork we require for enrolment.

If you have a child due to start before the end of **this year** and you have not yet enrolled them it is essential that you do so as soon as possible.

## Ngā mihi nui ki a koutou katoa

Liz Weir

### Principal Awards

Rongo-Ma-Tane: Malachi C, Emma L, George B, Janaya T, Jacob K, Kora, Pax, Rocky W, Samara, Harley, Zara, Joel, Leon P, Eliza, Ryley H, Deacon M, Declan, Eden, Hunter, Mason D, Alexi M, Azariah

### What's coming up?

August 17 <sup>th</sup>	Year7-8 Information sessions: 3.30pm or 6.30pm
August 23 <sup>rd</sup>	Keeping Ourselves Safe Whanau Meeting 7.00pm-8.00pm
August 24 <sup>th</sup>	Canterbury Zone Winter Sport Tournament BOT Meeting 6.30pm
August 25 <sup>th</sup>	Whole School Assembly 9.15am – 10.15am.
August 28 <sup>th</sup>	Rongo Ma Tane Zoofari trip Ata Hapara (some students) Zoofari
August 31 <sup>st</sup>	PTA Meeting 7.30pm
Sept 7 <sup>th</sup>	School Photos



### School Notices

#### Year 7-8 Information sessions

We are very aware that this is the time of year parents of our Year 6 children make decisions about where to send their child for Year 7 and 8. We believe that being a Full Primary School (Year 0-8) makes Rāwhiti School the ideal option because we offer a complete package for children between preschool and high school. We will be holding an information evening for parents of our current Year 6 students at which we will outline the options and programmes available at Rāwhiti School for Year 7 and 8 students. Please join us at either 3.30pm or 6.30pm in Tangaroa studio, on Thursday 17th August to hear about some of the initiatives that have been introduced and talk about plans still in development.

#### Cultural Festival Photos



## Year 7 – 8 Ski-ing

We have offered ski-ing to Year 7 and 8 students as an extra to the school curriculum. This means the full amount, \$80.00 per student, is expected to be received before August 29<sup>th</sup>. **This is the date we need to confirm numbers with Mt Hutt.**

**If the full amount is not received by August 29<sup>th</sup> they unfortunately will not be able to go.**

## Orana Park Year 1 – 3 visits

Year 1 – 3 students are going to Orana Park for Zoofari. Rongo Ma Tāne are going on August 28<sup>th</sup> and Haumia Tike tike on September 25<sup>th</sup>. Year 1 – 3 students from Ata Hapara will be going with one of these groups. The studio teachers will let you know which date your child is going.

The cost is \$6.00 per student. Please make payment by the Thursday before your studio's trip. If you have any queries or concerns please contact Cheryl in the school office.

The school office has eft-pos available or you may find internet banking more convenient. Please put your child's name as your reference. Bank account details: 03 0814 0000 333 25

## Thank you to Karen Rae.

Karen entered a competition and has won \$500 worth of sports equipment sponsored by Clyne and Bennie Plumbing North Canterbury. We have ordered some soccer goals, soccer balls and sponge balls. Thanks Karen for thinking of Rāwhiti School

## Winter Sport Results and Draws

Visit the link below for the weekly sports draw and results:

<http://www.easterncommunity.co.nz/programme/rcsi-sport-cluster/>

## KidsCan Mufti Day

We raised \$624.00 for KidsCan at last week's mufti day. KidsCan are a great support to our students providing fruit pottles, museli bars and nuts. KidsCan also support schools with shoes, raincoats and breakfasts.



## Wanted

Children are making mosaic tiles for our garden area. We are looking for coloured broken tiles, chipped or broken crockery or any bits and pieces that could be incorporated into our tile designs. Thanks.

## Well Done

This is a wonderful piece of writing that was published in a magazine called "Write on" which is run through the School of young writers. Well Done Mariah.

## In Its Place:

By Mariah M Year 8

Through the door into  
the tranquil room I creep.  
I try to be imperceptible.  
Too late.

Beady eyes glare at me, eerily  
her face more rumped than ever.  
I slide behind a shelf trying to avoid  
her stare.

Books stack high on strict shelves.  
Through a gap I peep.  
The frail, hunched figure, unwieldy  
holds a box full of books.  
She places each book  
in its place.

As the bell rings I head  
out, leaving the room  
tranquil once again.

## **PTA Update**

### **Boogie Wonderland 70s Night - Get Your Tickets Now**

This is the PTA's BIG night of the year. Last year we held a Hoedown (yeeha!) and this year we're going to get down and boogie the night away with the amazing DnD Showband who are going to be doing their Disco tribute show AND their ABBA show as well as a bunch of other dance numbers.

So it's time to think about getting out the platforms, the glitter makeup and the plunging necklines (and that's just the men), and buy your tickets now! There will be a cash bar, a smorgasbord of supper food, prizes for best dressed and plenty of glitter balls, and all for just \$20 a ticket. Groovy!

Details: Saturday 16 September, 7pm till midnight, at the North New Brighton War Memorial Hall on Marine Parade. Strictly R18. Email [pta@rawhiti.school.nz](mailto:pta@rawhiti.school.nz) to secure your tickets now. We have limited numbers and you don't want to miss out.

All proceeds will go towards new playground equipment at Rāwhiti School.

### **Mindfulness Sessions - Wed 30 August**

Thanks to all the parents who showed up for the Mindful Mover parent and child sessions last week. The feedback was really good and I myself really enjoyed it, a welcome break and a great chance to connect with my kid.

The lovely Johanna and Erica are coming back to the school on the morning of Wednesday 30 Aug for more free mindfulness sessions for one parent and an older child (years 5-8).

This time please pop into the school office and fill out the registration form that is in there. They can take 15 'pairs' at 9.15am and another 15 pairs at 11am if the first session fills up quickly. It will be first in first served.

"For more information about mindfulness and some activities you can do at home with your child please visit [www.rawhitipta.org.nz/mindfulness-info](http://www.rawhitipta.org.nz/mindfulness-info)."

### **Lunchonline - School Lunches Delivered to Rāwhiti School**

If you want to order lunches for your child at Rāwhiti School then you can order sushi every Tuesday and Pita Pit wraps every Thursday. The menus for these are below.

To order these you have to sign up to the Lunchonline website at [www.lunchonline.co.nz](http://www.lunchonline.co.nz) and follow these steps...

- Register an account (set up a new one)
- Add member/s (set up each child & their classroom - select from the list)
- Make a payment (so you have funds in your account)
- Place an order (you can do this up to 3 weeks in advance if you wish)

*REMEMBER: when you're ordering for your child please check the menu carefully (on the left) and you can add or remove items to exactly suit what your child likes.*

### **Music Lessons**

"Amplify School of Music offers weekly 20min or half-hour instrument lessons in groups or individually at Rāwhiti School between 9am-3pm on a variety of instruments such as, Drums, Bass, Piano and Guitar. After school lessons are also available."

# ***‘Think to drink: Drink to think’***

## **Information for Whanau**

### **What is the *‘Think to drink: drink to think’* project about?**

- The *‘Think to drink: drink to think’* programme is part of a project which aims to foster an environment that supports children following the Canterbury earthquakes. The experience of these earthquakes may have caused stress therefore taking care of one’s body is an important way to help cope with stress. In class your child will be given a free drink bottle so that they can increase their water intake in the afternoons. This bottle is NZ made and BPA free.
- In class they will learn about the importance of staying hydrated for their mind and body. We have provided you with some basic information so that your child can come home and tell you what they have learned.

### **Why do we need to think about drinking?**

- Studies show that many children, from both hot and cold climates, are often dehydrated when learning at school. Being adequately hydrated has been shown to improve short-term memory and kidney function, which may make bed-wetting less likely to happen.

### **What is hydration?**

- Hydration is simply having enough water in your body. Being hydrated simple makes you feel better and think more clearly. Dehydration may result from inadequate water intake and/or from losing body water and can develop rapidly or slowly.

### **How can you tell if children are dehydrated?**

- Symptoms of mild dehydration can be difficult to spot. By the time children get home from school many are complaining of tiredness or headaches and some may be too lethargic to do anything but slump in front of the television. Although we may think of this behaviour as normal, it is now known that it may, at least in part, be due to the effects of dehydration.

### **How much should children drink?**

- The standard recommendation is 5 glasses (1 litre) for 5 to 8 year olds, 7 glasses (1.5 litres) for 9 to 12 year olds, 8 to 10 glasses (2 litres) for 13+ years.

### **What effect does drinking water have on thinking?**

- Water makes up about 80% of the brain and is an essential element in neurological transmissions. Staying hydrated positively affects a child’s mental performance, learning ability, and helps to cope with stress.

### **Key notes for the teacher/whanau**

- **Water bottles need to be visible to encourage children to drink regularly**
- **All students should aim to drink at least one bottle of water at school**
- **Your child’s bottle is to remain at school**

## Caring for your drink bottle

- Drinking from a water bottle is a simple and easy way to stay hydrated. However there are a few really important steps when caring for you bottle. When left for long periods (or even short) of time, they can develop unpleasant tastes, odours, bacteria and mould. Bacteria thrive especially well in dark and moist environments. If we are not keeping our bottles properly cleaned we are exposing ourselves and our families to all sorts of germs. So, what are the best, cheapest and most effective ways of keeping plastic drink bottles clean and germ free? Here are a few tips:
- **Dishwasher Friendly**  
The easiest way would be just to toss it in the dishwasher upside down at the end of every day.
- **Give the bottle (and the lid) a really good scrub**  
Use a cloth on the end of a toothbrush or bottle brush. Just fill up the bottle with hot water and a little dishwashing detergent then give it a really good scrub. Old toothbrushes are especially good for getting into the crevices in the lid or screw top.
- **There are lots of things around the house that work wonders**  
*Vinegar* is very effective with cleaning drink bottle as it is a natural disinfectant. Wash with hot water and soap then refill the bottle with hot water, adding a couple of tablespoons of cider or white vinegar. This can be left to soak overnight. Just rinse out and either allow drying naturally or refilling to go again.
- *Baking or bicarbonate soda* found in most pantries can also be used to clean your drink bottles. Use a couple of heaped teaspoons of baking soda and warm water, mix together and let soak for a few hours. Then rinse out with hot water and mild dishwashing detergent.
- *Freeze it.* After washing and drying your bottle, freezing it can kill any remaining bacteria. You may also store your bottle this way if you have room in the freezer, then when you fill it for reuse the water will stay cold just that little bit longer.
- **Really important points**  
Store the bottle without the lid on. This will prevent bacteria growing before you are ready to refill and maintain a clean, hygienic container. It is important that the drink bottles be allowed to dry completely before storing for future use.
- **For some cool videos or more information on how to care for your bottles go to:**  
<http://sistemaplastics.com/about/videos/#155489894>  
<https://www.stayathomemum.com.au/houseandhome/cleaning-tips/clean-plasticmetal-drink-bottles/>

Research links for more information about the importance of hydration

Edmonds, C., Jeffes, B. (2009) Does having a drink help you think? 6–7-Year-old children show improvements in cognitive performance from baseline to test after having a drink of water. *Appetite*, Volume 53(3) 69–472.  
[http://labs.kch.illinois.edu/Research/Labs/neurocognitive-kinesiology/files/Articles/Khan\\_2015\\_The\\_Relationship\\_Between\\_Total\\_Water.pdf](http://labs.kch.illinois.edu/Research/Labs/neurocognitive-kinesiology/files/Articles/Khan_2015_The_Relationship_Between_Total_Water.pdf)

Fadda, R., Rapinett, G., Grathwohl, D., Parisi, M., Fanari, R., Calò, C. M., & Schmitt, J.(2012). Effects of drinking supplementary water at school on cognitive performance in children. *Appetite*, 59(3), 730-737. Khan, N., Raine L., Scudder M., Cohen N., Kramer, A., Hillman, C. (2015) The Relationship between total water intake and cognitive control among prepubertal children. *Ann Nutr Metab*;66 (3)38-41.

## Community Notices

(Notices placed here are contingent on space and do not reflect the views or opinions of the school.)

### Eastern Sports

Eastern Sports 'have a go sessions' are running this term! Everyone is welcome! For more information or to register please visit <http://www.easterncommunity.co.nz/programme/have-a-go/>

### Family Yoga Workshop

Join Julia Grueskin, hatha yoga instructor and plant-based chef, for a fun and relaxing afternoon for the whole family! Thursday August 17th, 4-5 pm - 78 New Brighton Mall. Parents and children (5 and up) can attend together as we learn some foundational yoga poses, calming breath techniques, and simple meditations, all in an engaging and playful way! For more information about Julia, you can visit her website at [www.juliagrueskin.com](http://www.juliagrueskin.com). \$10 per adult, accompanying kids can come free :)

### Candidates on Climate Change

**August 17th** 7-8:30pm North New Brighton Community Centre. Hosted by Eastern Rising. Invited representatives from all political parties will join in a panel discussion on how they plan to meet Christchurch's climate change challenges. Come along and get the answers to your burning climate change questions! Entry is by gold coin to cover the venue, all welcome!

### Toolbox Courses held at Parklands Baptist Community Church

#### Start date Monday September 4th 7.30pm

Toolbox courses inspire and equip families. They are bursting with great advice, humour and encouragement, offering practical strategies and insights into developmental stages. The courses are run over a number of weeks in a relaxed and conversational small group setting with a trained facilitator.

The courses cover three age groups The Early Years (0-6) The Middle Years (6-12) Tweens and Teens (12-18)

These three courses will run for 6 weeks with a break over the school holidays and Labour Day Weekend.

Please contact Anita Darnell on 021 633 244 or at [anita@parklands.org.nz](mailto:anita@parklands.org.nz) if you would like to book your place.

### Free Family Movie Night

Saturday 26th August 2017 Bring your own dinner from 5.45pm Movie starts at 6.30pm

Drinks and snacks available for purchase. Bring your bean bags if you wish. @180 Queenspark Drive, Parklands

### Parenting Week Events held at Parklands Baptist Community Church

When to Growl and When to Cuddle & Getting our Children to do as they are Told - Diane Levy - Thursday 24th August 7pm-9.30pm Cost \$10

**Family Wellbeing** - Looking After Yourself and Your Kids Thursday 31st August 7.30pm - 9.00pm Free

Bookings can be made via [www.nht.org.nz/parentingweek](http://www.nht.org.nz/parentingweek)

**New Brighton Track & field 2017/2018 registration & information** Juniors 4 yrs – 14 yrs Seniors 15+ yrs Tuesday 5<sup>th</sup> Sep 5.30-7pm, Wednesday 6<sup>th</sup> Sep 5.30-7pm Thursday 7<sup>th</sup> Sep 5.30-7pm. At the New Brighton Olympic club rooms, Keyes road, New Brighton. New athletes id is required (birth cert or passport) New & existing families all welcome.

## School Photos 7 September 2017



All students will have an individual photo taken, and each class will have a class photo taken. There is no commitment to purchase any of these photos of your child/ren. It is expected that all students are in the correct school uniform.

If you wish for family photos to be taken please complete the form below and

**return to the school office BY MONDAY 4<sup>th</sup> September.**



I wish for my children to have their family photo taken on **7<sup>th</sup> SEPTEMBER 2017**

Name: \_\_\_\_\_

Room: \_\_\_\_\_

Name: \_\_\_\_\_

Room: \_\_\_\_\_

Name: \_\_\_\_\_

Room: \_\_\_\_\_

