



SCHOOL HOLIDAY & COMMUNITY EVENTS, 18th September 2020 E ara ake ana i te ūruhi Rising Above The Ordinary



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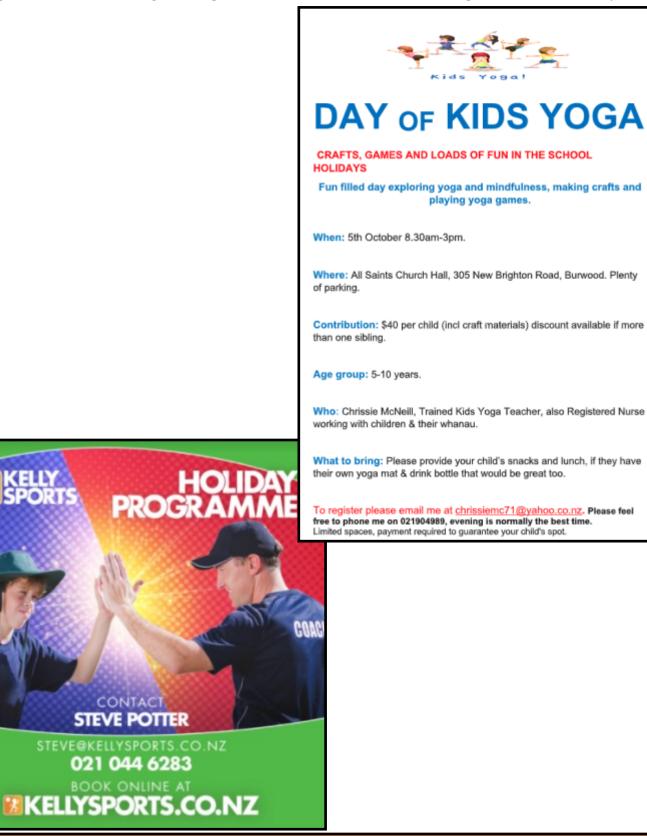
Rāwhiti School Newsletter

End of Term 3 2020



RESILIENCE Apatahi "We Bounce Back"

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



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As of July 13th 2020 The Toy Collector has changed its name to the NZ Museum of Toys & Collectibles and become a Charitable Trust. Along with the name change and introduction of the Trust, we have moved location to a much larger venue on Manchester Street allowing us to display not only more items but also a larger variety of toys and collectibles that bring smiles to faces of young and old.

Our Special School booking rate is \$3 per child with no charge for caregivers.

Bookings are essential to ensure you get exclusive pricing for your Group – to book phone 03 3667785. You can check us out at <u>www.nzmuseumoftoys.com</u> or on <u>Facebook at NZ Museum of Toys & Collectibles</u>.

We are open 7 days 9am to 5pm. We look forward to hearing from you to book your next outing.



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4 WEEK

YOGA NIDRA FOR MENTAL HEALTH



FACILITATED BY VERONICA KING

Are you experiencing 2020 burn out? Emotionally, physically, mentally this year has been exhausting. Create time for rest and healing, and gain resources and practices to support you in life.

Yoga Nidra is a guided meditation, which is made up of a series of structured awareness techniques that optimise physical restoration and interrupt the process by which we engage in stressful thoughts. Shine a light on what you most need and the discover how you can create a healing shift.

WEEK 1 UNDERSTANDING STRESS & RELAXATION

WEEK 2

5 STRESS INDUCING MENTAL TENDENCIES

WEEK 3 **DEPRESSION &** ANXIETY

WEEK 4 HABITS &

SLEEP

arassroot

ADDICTIONS



MONDAYS AFTERNOONS 4-5.30 PM

INVESTMENT \$99 MEMBERS, OR \$119 FOR NON MEMBERS

FOR MORE INFO AND BOOKING VISIT GRASSROOTSYOGA.CO.NZ



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Come join New Brighton Olympic Athletic Club for summer athletics. Our club grounds are at <u>Rawhiti</u> Domain where we have amazing dedicated facilities, including a 400m grass track, ong jump pits, shot put and discus circles.

Come along, find out more about our purpose to encourage all children to have fun, to develop skills in run, jump, throw, and participate safely in the spirit of fair play. We hope that you will enjoy the summer season, meet other members of your community and participate in the activities provided. And for those who wish to compete at <u>the Canterbury</u>. Children's Athletic Association Inter-club Competition held on Saturdays at <u>Nea Pune Wai</u>, we have an amazing coaching team who will help you achieve your personal best.

NBO HAVE A GO/INFO NIGHTS @ RAWHITI 5.30PM TO 7.00PM

TUESDAY OCTOBER 6th and 13th

For more information please go to <u>https://newbrightonolympic.wixsite.com/athletics</u> Or email: newbrightonolympic@gmail.com



Parklands United Sports Club are running some summer Football sessions during Term 4 for anyone wanting to participate

from school years 3-7. These are open to both girls and boys wanting to further their skills in Football.

Where: Parklands Reserve

When: Each Monday, 19th Oct to 14th Dec (excl Labour Day)

Cost: \$70.00

Visit <u>www.parklandsunited.co.nz</u> to register



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