

Inspiring a love of learning through an education that values the development of the whole child

1 June 2021

Week 5, Term 2



**Reminder – NO School on Friday or Monday.**

**Tālofa lava! O le vaiaso o le Gagana Samoa**  
**Talofa Lava**  
**Tālofa lava!**

Welcome to o le vaiaso o le Gagan Samoa - Samoan Language Week!  
This year's theme for Vaiaso o le Gagana Samoa is Poupou le lotoifale. Ola manuia le anofale which means strengthen the posts of your house, for all to thrive.

When you're building a foundation for a fale (house) it can't have a weak foundation or posts. This is the same for the foundations of our families, schools and churches that play an important role in strengthening Gagana Samoa (the Samoan Language). Language is important for the foundations of our overall wellbeing. *(More Samoan phrases at the end of the newsletter)*



**Happy Birthday!** Manuia lou aso fanau - Harriet (Saturday), Peia (yesterday) Makara, Nellie and Samantha (today) and Keddie (tomorrow).

**It's Winter!** Welcome also to the official first day of Winter! A timely date to remind children to dress warmly and also to reinforce the message that children should stay home if they have a cold or if they have flu symptoms.



**No Assembly** - Assembly was cancelled yesterday due to the numerous downpours.

assembly

**Bake Sale** – Thank you for supporting the bake sale on Friday, competently run by the student committee children from the Immersion strand. Big thanks to them and to all the Student Committee children who provided baking for this (and anyone else who contributed.) We raised **\$467.80** to go towards step seating in the library. Mālo lava! (well done). The next bake sale will be in term 3 and run by Montessori student committee members.



**School Lunch Reminder** – All lunches are now ordered online. Go to **ezlunch** by [clicking here!](#)



**Fair Meeting** – A fair planning meeting will be on Thursday 10 June from 7.15-8.30pm in the staffroom. All welcome.

**Union Meeting** – On **Wednesday 23 June** we require children to be collected from school at 12.30pm so that staff can attend a union meeting. A skeleton staff will remain for those children who are unable to be collected early.



**Chocolate Fundraiser** – There are a few more boxes available to sell, if you are able to. Bars are \$2 each, a total of \$72 per box. Money raised can either be dropped off to the office or banked direct into the school account.



**Taonga Horomata/Virtues** – Exploring the virtues that help us communicate effectively with others.

**Unity / Kotahitanga:**



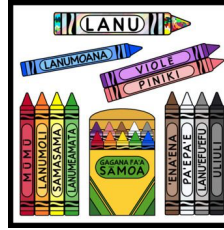
“Remember upon the conduct of each depend the fate of all”. *Alexander The Great*  
 “So powerful is the light of unity that it illuminate the whole earth.” *Baha ‘U’Llah*



Activity	Who's Involved	Date & Time	Cost
WZ Cross Country	Selected Students	Thurs 3 June	
<b>Staff Only Day</b>		<b>Fri 4 June</b>	
Union Meeting – Pickup at 12.30pm	Everyone	Wed 23 June	
40 Hr Famine		26-27 June	
Parent/Teacher Conferences	All Parents/Caregivers	29-30 June, 6 July	

### Some Samoan phrases:

Hello – *Talofa*  
Goodbye – *Tofa*  
Thank you – *Fa'afetai*  
Please – *Fa'amolemole*  
Yes – *loe*  
No – *Leai*  
Maybe – *Masalo*  
Sorry – *Fa'amalie atu*  
Have a good day – *Manuai le aso*  
That's all right – *Ua lelei*  
Big/small – *Tele / la'ititi*  
Quick/slow – *Tope / gese*  
Early Late – *Vave / tuai*  
Near/far – *Latalats / mamao*  
Manuia le vaiaso - have a great week



Have a great week everyone.

Ngā mihi  
Clifford

#### 2021 Term Dates

Term 2: 3 May – 9 July  
Term 3: 26 July – 1 Oct  
Term 4: 18 Oct – 15 Dec, 12 noon

Queen's Birthday: Mon 7 June (**Teacher Only day on Friday 4 June**)  
Labour Weekend: Mon 25 Oct (**Teacher Only day on Friday 22 Oct**)



#### **After-school Wellbeing and Resilience Programme for 10-13 year olds.**

**Enrolments for term 3 open now!** A Wellbeing & Resilience programme - 8 x 1 hour sessions that can help young people and their parents navigate: Stress and

anxiety | Pressure and deadlines | Dealing with challenging behaviour | Accessing more confidence | Responding vs reacting | Relationships with friends, parents and others | Worrying about future uncertainty | Listening and understanding. Parents welcome (and encouraged) to attend.

**Term 3 programme:** Wednesdays 4pm - 5pm, Khandallah Town Hall. For: 10-13 year old students - Start date: Wednesday 28th July (Week 1, Time: 4pm - 5pm, Venue: Khandallah Town Hall, Cost: \$199. To enrol, email [iheartnqaio@gmail.com](mailto:iheartnqaio@gmail.com) or complete our enrolment form by clicking <<[this link](#)>>

Julie Cederman and Megan Martin, Certified iheart Facilitators.

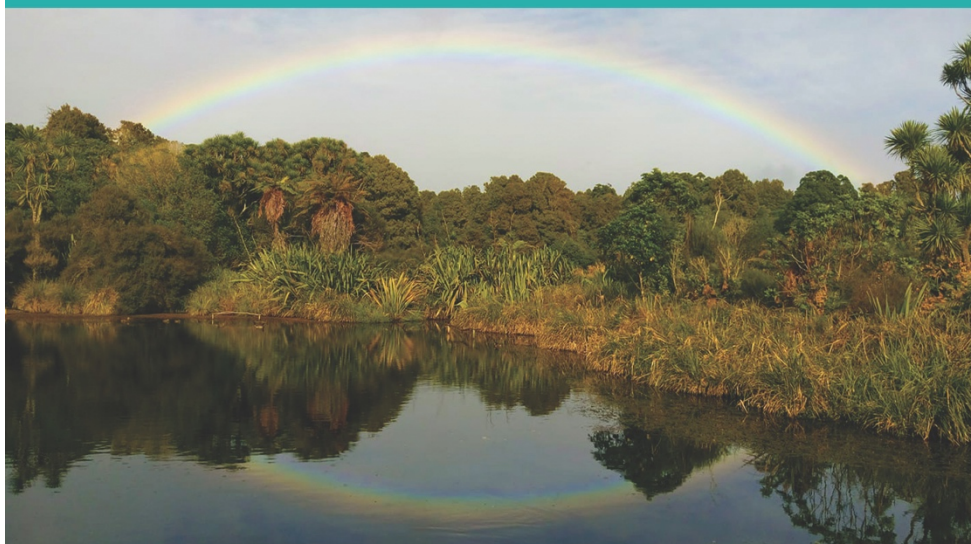
**Gold Coin Community Day at Nga Manu** - Our way of saying a massive thank you to all our supporters! Pack a picnic and come and enjoy a fun family day out in nature. You will experience both forest and wetland habitats and our walk-through aviaries and nocturnal house offer close-up encounters with our rare NZ wildlife. Our 'Bird's Eye Trail' gives you the opportunity to view Nga Manu plants through the eyes of birds as you explore our network of all-weather, buggy friendly trails. Or discover our dunes and swamps on the 'Humps and Hollows Trail'. At 2 pm (rain or shine) watch the Nga Manu eels being fed – purchase an eel feeding token for \$2 to have a go at feeding an eel yourself. Join our free guided forest walk at 2:15pm - meet at our eel pond after the eel feeding.

Your gold coin donation goes to the non-profit Nga Manu Trust, which contributes to national and local conservation through its involvement in many species breeding programmes such as for kiwi, tuatara, whio/blue duck, as well as endangered lizard species and plant conservation.

**Want to find out more about scouting?** Wondering about becoming a Kea (age 5-7), Cub (age 8-10) or Scout (age 11-14)? Looking for an opportunity to build your skills as a leader? Check us out at [www.facebook.com/NorthlandScouts](https://www.facebook.com/NorthlandScouts) or email [Northland.Scouts@gmail.com](mailto:Northland.Scouts@gmail.com) for more information.



## GOLD COIN COMMUNITY DAY MON 7th June



**Our way of saying a massive thank you to all our supporters...  
Gold coin entry to Ngā Manu for everyone!**

Pack a picnic and come and enjoy a fun family day out in nature.  
Watch the eels being fed at 2pm and join our guided forest walk at 2:15pm.

Your gold coin donation goes to the non-profit Ngā Manu Trust, which contributes to national and local conservation through its involvement in many species breeding programmes such as for kiwi, tuatara, whio/blue duck, as well as endangered lizard species and plant conservation. Thank you!

**04 2934131** 74 Ngā Manu Reserve Road, Waikanae



## Enrol in the iheart Wellbeing & Resilience Programme

**iheart**, which stands for Innate Health Education and Resilience Training, is a global project helping young people all over the world.

The transformative **iheart** programme helps uncover innate resilience and mental wellbeing, based on the core belief that...



### 'we have everything we need inside us'

Our Wellbeing & Resilience programme is 8 x 1 hour sessions and will help young people and their parents navigate:

- ♥ **Stress and anxiety**
- ♥ **Pressure and deadlines**
- ♥ **Dealing with challenging behaviour**
- ♥ **Accessing more confidence**
- ♥ **Responding vs reacting**
- ♥ **Relationships with friends, parents and others**
- ♥ **Worrying about future uncertainty**
- ♥ **Listening and understanding**



**Term 3 programmes (8 sessions):**  
Mondays 3.20pm - 4.20pm, Rāroa Intermediate (for Rāroa students)  
OR  
Wednesdays 4pm - 5pm, Khandallah Town Hall (10-13 year olds)

To enrol in either of our after-school programmes in Term 3, 2021 please email [iheartngaio@gmail.com](mailto:iheartngaio@gmail.com) or complete our form <https://bit.ly/34lc7zd>





# Unravelling the *Adolescent Brain*



## Unravelling the Adolescent Brain

### Why Come:

To feel supported and informed as a parent while providing guidance and support through this transition from childhood to adulthood.

### Topics include:

- Recognising and enhancing adolescents' strengths
- Positive and negative aspects of risk-taking
- The increased importance of peers
- Changes in sleep patterns
- Exploring the potential influence of alcohol use
- Benefits and risks associated with social media use.

Attendee

## Event Information

## Unravelling the Adolescent Brain

### TIME & DATE

Arrive at 7.15pm for a 7.30pm start.  
Thursday 17 June 2021

### VENUE

Kelburn Normal School Hall  
16 Kowhai Road, Kelburn

### COST

\$25

### TICKETS

Tickets available on MyKindo or email [pta@kelburnnormal.school.nz](mailto:pta@kelburnnormal.school.nz)

For more information visit [www.brainwave.org.nz](http://www.brainwave.org.nz)

