



10th September 2021

Tena Koutou Katou,

Welcome back to school. We had a fabulous two days back. We have had 99% attendance, over the two days back. Thank you. I was particularly taken by the joy shown on the children's faces, as they reconnected with their friends on Thursday, and can I say, the joy on parents' faces as they dropped them off!

One area we are focusing on as a school is Wellbeing. This important topic is spotlighted during and after a lockdown. The staff are participating in a researched wellbeing programme co-ordinated by CORE education, but written by two New Zealanders, Lucy Hone and Denise Quinlan from the New Zealand Institute of Wellbeing and Resilience. The website is as follows, <https://nziwr.co.nz/>.

The Mental Health Foundation is committed to an Aotearoa where everyone can enjoy good mental health and wellbeing.

What does this mean? It means an Aotearoa where we feel good and do well, most of the time.

It doesn't mean we don't experience tough times – it doesn't even mean that we don't experience mental illness or distress!

It means we have the tools, support and environments we need to be who are we and to build and sustain lives worth living.

We use two key models of wellbeing to help us understand what we need to do as individuals, whānau, communities and as a society to ensure we can all enjoy good mental wellbeing.

You might notice this resource being talked about.



Connect, me whakawhanaunga

Talk and listen – me kōrero, me whakarongo, be there – me whakawātea i a koe, feel connected – me rongo i te ... [Read More](#)



Give, tukua

Give your time, your words, your presence; tukua te wā ki a koe, ā kupu, ko koe tonu. [Read More](#)



Take notice, me aro tonu

Remember the simple things that give you joy – me aro tonu ki ngā mea māmā noa i ngākau harikoa ai koe. [Read More](#)



Keep learning, me ako tonu

Embrace new experiences – awhitia te wheako hou, see opportunities – kimihiā ngā ara hou, surprise yourself – ... [Read More](#)



Be active, me kori tonu

Do what you can – whāia te mea ka taea e koe, enjoy what you do – kia pārekareka tāu i whai ai, move your mood... [Read More](#)

Or this resource.

Next week while the Year 7 and 8's are away on Ski Camp, the year 5 and 6's will be having an activity week where Wellbeing will be front and centre. They will be getting active, learning new skills and connecting with each other.

The Teina, Huatea and Mapounui will be doing similar, within school activities, where they will be mindful of wellbeing. One of our powerful practices in the Teina end of the school is the use of play. Play could be described as a child's way to wellbeing. Here are some links to articles if you are interested. This link to "[If there is one skill you should teach your kids, this is it.](#)" And this one from "[The link between play and wellbeing.](#)"

During Term 4 we will hold another engagement workshop so you can hear from Anne and contribute to our school understanding of Wellbeing.

Have a wonderful weekend and we look forward to seeing everyone back next week.

Ka kite ano,

Tara

What do we mean by Wellbeing?

You might notice the children talking about our school focus of wellbeing. They might use words such as "I'm feeling in the blue zone", or "I will take a break now" and then deep breathing and then re-entering the activity. It might look like, colouring in and reflecting on their lockdown experience. Or being aware of how they are feeling. Or their strengths in wellbeing.



SCHOOL CALENDAR

For our Online Calendar [Click Here](#)

Week 8

13-17th Sep Ski Camp year 7 and 8
Activity Week year 5 and 6

13th Sep BoT Hui

Week 9

20th Sep PTA meeting in the kitchen
23rd Sep Peter and the Wolf Concert depending on Covid level

Week 10

1st Oct Last day of term - 2pm - Outdoor Assembly by classrooms weather permitting

NEWS FROM AROUND THE SCHOOL



Mihiwaka's reflection. Our places in our whare, that were strong during Lockdown.

Mapounui and Huatea reflecting on how they feel after Covid, likening it to a roller coaster.



Kapuka and Mihiwaka reflection on lockdown experience.





Tuakana Oliver, Ferg and Eli, supporting Teina children with Duck,duck, goose game during lunchtime.



Happy children back to the sandpit.



Toby, Alex and Hank discussing the loose parts hut building.

PTA

All new parents welcome to join the PTA, we raise money for school activities.

Next meeting in the kitchen on Monday 20th September at 3pm. Children can play.

NOTICES

We will start the Blueskin Nurseries Café School Lunches again on Thursday 16th September. If you haven't already, then please place your order by midday on Tuesday. The café can take your



orders and cash or card payments, but if you cannot make it to the café then please bring your order and cash to the school office. All orders are delivered to school on Thursdays at 12.15 for the next three weeks.

Here is the remaining menu for this term:

Thursday 16th September - Order deadline Tuesday 14th September

- American Hot Dogs \$4.50
- Vegetarian Hot Dogs \$4.50
- Banana Choc Chip Muffins \$3.50

Thursday 23rd September - Order deadline Tuesday 21st September

- Sausage Rolls \$4.50
- Vegetarian Sausage Rolls (Pb, DF) \$4.50
- Raspberry & White Choc Muffin \$3.50

Thursday 30th September - Order deadline Tuesday 28th September

- Chunky Fries \$4.00
- Cheese Toasties \$3.20
- Orange Chocolate Chip Muffins \$3.50



Let's go fishing

Otago Fish & Game Council is running four FREE Take A Kid Fishing sessions from 10am to noon at the Southern Reservoir (Reservoir Road, Dunedin) on the weekends of September 18/19 and

September 25/26, 2021.

If you wish to register, please be prepared to be flexible due to changing Covid restrictions. There are real possibilities that numbers could be reduced or the event could be cancelled at late notice. Note: At this stage, we are taking registrations for only ONE ADULT PER FAMILY in the possibility it will be held under Alert Level 2. Registrations are open now and are essential. Visit: <https://www.surveymonkey.com/r/2VWVJ23> Spare fishing rods will be available along with experts to help kids get started. Parents or caregivers must be present to supervise children. Adult beginner spin-fishing evening classes Fish & Game is running FREE adult beginner spin-fishing evening classes on October 6-8 in Dunedin and October 8 in Cromwell. Mum and Dad, this is a great chance to learn some skills after the "Take A Kid Fishing" events.

The classes involve one theory session followed by a field trip on Saturday, October 9, to the Southern Reservoir, in Dunedin, and at fishing waters near Cromwell.

To register for an adult beginner spin-fishing class, visit: <https://www.surveymonkey.com/r/VQFXBKN>