

JUNIOR TOUGH GUY AND GAL CHALLENGE - FRIDAY 3RD AUGUST 2018

WELCOME

A huge welcome back to Term 3. I hope you have all had a restful and enjoyable mid winter break. Kids have come back with a hunger to learn and loads of enthusiasm. This term there will be a slight shift from our normal ERP plan in years 4-6. Each class has deviated slightly and is pursuing whole topic interests. These range from dance to ancient Greece. It's going to be a great opportunity for kids to investigate and research topics of interest. Have a chat to your kids and check out what's going on in their rooms.

A special welcome to Hannah, Leo, Emily, Jaxon, Annabelle, Charlie, Oliver and Jaezachan who have all begun in Te Tipu this week, and to Sienna, Lyric, Kyros, Stevie, Cameron, Scarlett, Bella-Rose, Kayana and Bree who have joined us from other schools. It is great to have you all at Lytton Street and we know you'll have an amazing time here.



MRS TALUMEPA

I wish to inform you all that sadly Theresa Talumepa has resigned and accepted a new position at Mount Biggs School. I would like to take this opportunity to congratulate Theresa on winning this position. She has completed 6 and a half wonderful years at our school and this position gives her the chance to further extend her career in another context. I would like to commend Theresa on the

magnificent relationships she has forged with staff and students. Relationships have fast become the most critical aspect of any teacher and Theresa, these are certainly a strength of yours.

On an aside I would also like to thank Theresa for the wonderful Talumepa's that have come along with her. Both Nathan and Sarah have been well received at our school - whether it be babysitting or teacher aiding, each has shown those warm characteristics that have made Theresa so successful. Just on that, Sarah isn't going anywhere! Theresa will be finishing at the end of Week 2, this term.

SHADE SAILS

Some of you may have noticed the random poles that have popped up around the school. I am pleased to inform you that these are, in due course, to become fantastic shade sails. The sails were afforded by way of a grant. A special thank you to Raewyn Marshall who has been completing these on our behalf. The shade sails will provide much needed cover during the summer months. It is our hope that these will enable the kids to work in our outdoor areas.



HOCKEY

Our school hockey teams finally got underway on Monday night after a couple of cancelled rain affected evenings. It's awesome to see so many hockey players enjoying the sport - we totally saturated the opposition. A special thank you to the coaches who have given up their time to ensure the teams run smoothly. If you'd like to check the hockey out it is on Monday nights from 5pm-7pm.



**JOHN
TURKINGTON
FORESTRY**

phone. 0274 458 410

health & safety at work



PARENTING TIPS: HOW TO BE THE BOSS OF YOUR BRAIN WHEN YOU'RE ANGRY

Anger can be a great thing when it motivates you to make a difference in ways that don't hurt anyone. The truth is that when you hurt someone else, it will always end up hurting you eventually. You don't want to be that person who just goes around letting the angry, impulsive, reckless part of your brain make you do dumb things.

Be the boss of your brain and you'll be the boss of your anger. You can use it to do awesome things – to motivate you, inspire you and to make wrong things right, but seriously, you've got to be the boss for that to happen. Here's how...

Breathe

It sounds simple – and it is – but there's a reason for that. There's a reason we practise breathing every single moment of every single day. The first is that if we don't, we die. The second is that when you breathe, your brain releases chemicals that calm down the angry feelings. Anger goes down, smarts go up.

Take a break

Walk away and go somewhere else until your brain is back under control. You want to be as smart as you can if you're having to deal with someone who has ticked you off, and the only way you can do this is to get your brain sorted. It will happen on its own, and it doesn't take long, but sometimes you have to find some space so that can happen.

Get active

Go for a fast walk, a run, a ride, or turn your music up and dance really hard – anything that gets you moving. Getting active will help your body to get rid of the 'angry' chemicals that your brain has fuelled you with to help you fight or run away.

BABY NEWS

A huge congratulations to Whaea Tess and Mark who have had their beautiful baby girl, Lilly Isabella Coron Robertson born during the holidays. She weighed in at 4.4 pounds and is currently enjoying some time in Neonates. Check out the cute photo.



STAFF FIRST AID

During the holidays your amazing teachers took part in first aid training. Nearly all our teachers now have a basic standard of first aid - some even completed an advanced course. I included this photo to show that your kids are in safe hands - this is my bandaging effort on Mrs Heyward's head injury!



WAYDE ROBERTSON - NZ SAND CHALLENGE

On the 8th of July 2018, Wayde competed in the Independent New Zealand Sand Challenge. A huge congratulations to Wayde who achieved 1st INZ for the 9-11 years age group, 65cc rating. The event was held at Gold Coast, Himatangi. Well done Wayde this is a fabulous achievement.

KEEPING OURSELVES SAFE - PARENT MEETING

A reminder that the Keeping Ourselves Safe parent meeting is on tonight at 5.30pm in the school hall. There will be an introductory session, run by the New Zealand Police. It is your chance to come along, learn about the programme and ask questions prior to it commencing on the 30th July, across the school.

UPCOMING EVENTS	
Keeping Ourselves Safe	30th July Onwards
Junior Tough Guy/Gal	3rd August
Year 4 Camp	28th August Onwards
Life Education	30th August Onwards
School Tennis	5th September
School Tennis	12th September
School Cross Country	14th September