

# LYTTON STREET

*Kia ora kia tahi,  
kia tahi kia ora*

## YEAR 4 CAMP - 2ND...6TH SEPTEMBER 2019

### WELCOME

This week two of our new students have come all the way from South Africa - a warm welcome to David and Emma, it is great to have you here.

It is also cool to have Korbyn and Mylee who have joined us from Palmerston North. We wish you an amazing time at Lytton Street School.

### STEAM (photo to the right)

Currently students in Room 4 are learning about simple stitching. Their aim is to perfect the skills that will enable them to repurpose a piece of clothing. This unit is certainly testing the resilience of our kids as they battle to refine their sewing skills! (See photo to the right).



### WINTER TOURNAMENT (photos to the right and below)

Today our netball and rugby teams headed to North Street School for the annual Winter Tournament. The tournament included teams from Halcombe School, Ashhurst School and North Street School. This is a neat opportunity for our kids to test their skills against other strong sporting schools. Results will follow next week.



### SCHOOL CROSS COUNTRY

A reminder that our school cross country is taking place on Wednesday 18th September. This is an awesome school event, one the kids have been practicing for all term. If you are free it would be great if you could come along and support your child. More specific information will come out shortly.



### TOUCH RUGBY - TERM 4

The Touch Rugby competition is beginning in Term 4 and permission notes are coming home this week. The reason we are sorting teams early is because this competition is always very popular and numbers are limited. If you would like your child to be involved, complete and return the form with payment to the School Office by Friday 6th September.



### FEILDING INTERMEDIATE VISIT

Coming up on Tuesday 3rd September is our visit to Feilding Intermediate School. As you are aware the majority of our students follow the path to intermediate. This is a superb chance for our kids to get a taste of the opportunities available at Feilding Intermediate. The morning visit will consist of the kids having a tour of the school and then taking part in some technology-based activities.

### NORTH STREET INTERMEDIATE SCHOOL VISIT

A huge thank you to North Street School who hosted our Year 6 students earlier in the week. The kids were exploring the intermediate levels of the school.

### WANT TO DELIVER THE PROPERTY PRESS?

Would you like to deliver the Property Press? Are you 11 years or older? If so, contact Graeme on 027 644 7960. This position is open to adults also. There are 6 positions available.

### BOOK AMNESTY

Reading book amnesty. If you have school readers at home it would be hugely appreciated if these could be returned to school. These are extremely expensive and we rely on our parent community to support this investment. Thank you for your support.



Check out our website - [www.lyttonstreet.school.nz](http://www.lyttonstreet.school.nz)

# health & safety at work



## HEALTH & SAFETY: RESILIENCE

Most parents want their kids to be successful - to be able to handle a setback and still fire without fuss. But that's not what real resilience is. Real resilience is something quite different to 'toughing it out' – in fact it's a lot noisier and messier than that. Real resilience is about returning to optimal functioning after a setback. However, having a resilient response without having known resilience to start with is extremely difficult. Resilience is about three key elements – feelings, rest, and play. When a person (of any age) is full of feelings, full of rest and full of play, they're thriving.

True resilience starts with feeling your feelings. Emotional health is noisy. It often involves lots of squawking, complaining, frustration, opinions, being upset and annoyed. A child who expresses their feelings, and have them heard and responded to, goes a long way in growing resilience. The opposite of a noisy child, is a quiet, unresponsive or withdrawn child who is internalising their frustration. Although the quiet is rather pleasant for us as parents most of the time, it can also be a troubling indication that there's a whole lot of shut down going on. We need to help our kids unlock their difficult feelings in a really healthy way.

There is a need to create spaces for our children to make mistakes and relieve them of the pressure of getting it right one hundred per cent of the time. When a child isn't resting in our love, they have to be constantly working hard to get our attention and affection. When everyone in the family is busy with this, that and the other thing – a child can sometimes need to over-work to get their parent's attention. Sometimes what parents deem to be bad behaviour is just a child saying "Look at me, here I am. Meet me." Allowing a child to rest in your time, love and attention develops resilience.

Play is what we were born to do, a spark of curiosity and creativity brings us to life. Play is where we lose track of time, it's not outcome based and it's energising. The opposite of play is emotional hunger, where our kids are so busy craving to have their needs met that they can't access their imagination or creativity. Our kids need to play deeply for true resilience to emerge.

As parents we try and smooth the way for our kids to have a resilient kind of life experience. Resilience has nothing to do with a sweet life. Kids that experience enormous adversity can show some of the most phenomenal resilience. For children, the ability to return to a healthy place ultimately depends on just one thing – the presence of a safe, trusted and responsive adult. Resilience equals relationship, it's actually that simple.

## YEAR 4 CAMP - RANGI WOODS (POHANGINA)

Our Year 4 camp to Rangi Woods in the Pohangina Valley is coming up next week. This is an awesome opportunity for our kids to get out and about. The camp is centred around Rangi Woods and will support kids to learn about the bush and also form strong relationships with their peers and teacher. A huge thank you in advance to all the parents who have taken time off work to support the camp.

Final reminders for camp next week:

- If your child requires a booster seat, please bring it to school on the day of their camp
- Use our equipment list to check that your child has got the correct clothing - having a raincoat is very important
- Please include a container of baking or biscuits as we will be using these for morning/ afternoon tea and supper. Avoid nuts please. Students with food allergies can provide their own appropriate snacks in a labelled container if you like, to be saved specifically for them.
- Your child will need to bring a packed lunch and water bottle on their first day of camp.
- Any specific medication for your child should have been indicated on the permission form and needs to be handed to their teacher on the morning of camp.
- There is a land line at camp if you need to get hold of us in an emergency - 06 329 4876

## EVENTS

- Monday 29th August to 29th September - Ki o Rahi
- Monday 2nd - 6th September - Year 4 Camp
- Tuesday 3rd September - Year 6 Intermediate Visit
- Wednesday 11th September - Year 0-3 Cricket Sessions
- Wednesday 18th September - Cross Country
- Tuesday 24th September - Inter-school Cross Country

COMING UP...

Monday 2nd September	Tuesday 3rd September	Wednesday 4th September	Thursday 5th September
Room 23	Room 17	Room 12	Room 13 (Yr 4s)

Together, we learn to live and live to learn