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Paraparaumu Beach School

Newsletter 2018/06

6 March 2018

Upcoming Events

TERM 1

WEEK 7

Mon, 12 March

- Snr trip #1 to Kapiti Island

Tues, 13 March

- Board Meeting—7pm

WEEK 8

Mon, 19 March

- Snr Trip #2 to Kapiti Island

WEEK 9

Advance Notification:

Teachers have a Paid Union Meeting on Tues, 27 March. **School will close at 12.30pm on this day**

Tues, 27 March

- Snr Trip #3 to Kapiti Island

Wed, 28 March

- Snr Trip #4 to Kapiti Island

****Te Moana (Yr 5/6) trips to Pukerua Bay this week—dates to be confirmed**

WEEK 10

Mon, 2 April

- Easter Monday—**SCHOOL CLOSED**

Tues, 3 April

- Easter Tuesday—**SCHOOL CLOSED**

WEEK 11

Fri, 13 April

- Last day of Term 1

PRINCIPAL'S MESSAGE

Kia Ora

What a wonderful turn out we had for our school picnic last week!

Thanks to everyone who made it along. It was fantastic to see so many parents, staff and kids mixing and chatting. By the looks of it the local fish n' chip shops benefitted too.

Additional thanks to the PTA parents for the yummy sausage sizzle – there's nothing like a good sausage in bread,

slathered with tomato sauce. I had a special request to have the picnic on another week night next year due to the bulk of touch rugby games on Wednesdays, so I'll do my best to store this in my brain for 2019.

This week I have started my classroom visits, which will take me through until April. Visiting classrooms, getting involved in student learning and sharing in the kids' achievements is not only enjoyable but vital for my decision making. Sitting in an office 24/7 does not enable Principals to make purposeful decisions, yet the real task of running a school demands just that. I firmly believe that every decision I make must have kids at the heart and I cannot do that if I do not engage with students during the learning process. Time-tabling visits to 29 classrooms is a mission but one I'm determined to commit to. Special thanks to Rooms 12 and 8 for being the first classrooms to host me.

Ka kite ano

Jess Ward - Principal/Tumuaki



It's all a Cover Up!

When swimming make sure you reapply sunscreen afterwards and cover up. T-shirts or rash vests help too!



**Embrace our Education
Enhance our Future**

A SPECIAL WELCOME TO OUR NEW STUDENT

Welcome

Noah—Rm 22.

EARLY NOTIFICATION OF PAID UNION MEETING FOR TEACHERS

NZEI, the Teacher's Union, are holding union meetings for all NZ teachers during March. These meetings are to discuss their collective contract, which is up for renewal this year. At PBS our teachers will be attending an off-site meeting on Tuesday 27 March, which means the school will close at 12.30pm. Although I will remain on site with a few Teacher Aides and office staff, we would appreciate parents making alternative arrangements for collecting students early on this day.



Thanks in advance – Jess Ward

SCHOOL ENROLMENT SCHEME—TERMS 3 & 4 NEW ENTRANTS

We are now at the planning stage for our intake of 2018 Terms 3 & 4 new entrant five-year-olds.

If you have any children due to start school soon that you have not let us know about, or if you have friends or neighbours who don't currently have a child at PBS, but may be hoping to enrol a new entrant child here in Terms 3 or 4, please ask them to contact our school office. Thank you.

n.b the 'out-of-zone' applications process for Terms 3 & 4 New Entrants will be advertised early May.



KIDS QUOTE

Last year we introduced students to the words 'upstander' and 'bystander'. We had been reinforcing our school expectations around treating others well, and kindness. It is not kind to stand by when someone is being mean, yet with a few words and actions an 'upstander' can really make a difference.

Last week a student said "I've been trying to be an upstander but it's hard to find anyone mean around here."

WERE YOUR EARS BURNING?

Staff Gratitude Section

Where would PBS be without amazing Teacher Aides? Our multi-talented bunch of TA's always go out of their way to ensure students with additional needs can access learning just like their peers. Recently I have seen TA's in the pool with students, joining in dance routines, cooking, gardening and developing students' oral language skills. It takes a multitude of skill and energy to do their job. Thank you to Deb S, Anne, Melissa, Kay, Julie, Sally, Deb B, Lucy, Liz, Cherie, Kim, Rebecca and last but not least Dee, who actually leaves us this week due to moving out of the area. We will miss you Dee!



CHILDHOOD ANXIETY

Over the years, teachers in NZ and around the world have noticed growing numbers of childhood anxiety. I've read a lot about this topic over time, in order to be able to give appropriate advice and to be able to direct parents in the right direction. Typically kids don't understand the term anxiety but they do understand the words 'nervous' and 'worried'. It's important for kids to know they are not alone in worrying about things, adults have worries too, but we can work together to feel calmer, solve problems and worry less.

Recently I read an article in a Kiwi kids magazine called "Upstart" (www.upstartmag.co.nz). The article was called "How to deal with Anxiety" and I thought it offered some nice, simple tips for kids. It spoke about the technique of 'grounding' yourself when you're feeling nervous, worried, upset etc. Grounding helps you to focus on calming your whole body and mind, so that you can think about things more easily and put worries into perspective.

Step 1 – deep belly breaths

- ◇ Find a comfy space
- ◇ Close your eyes
- ◇ Place your hands on your belly
- ◇ Focus on breathing in through your nose for 4 seconds
- ◇ Hold your breath at the bottom of your belly for 4 seconds
- ◇ Breathe out through your mouth for 4 seconds
- ◇ Do this as many times as you need

Step 2 – 54321

- ◇ Go through all these steps and describe in detail, either out loud or in your head, your response to each task
- ◇ 5 things you can see (what do they look like? Size, colour, shape,..)
- ◇ 4 things you can touch (what does it feel like? Hard, soft, rough...)
- ◇ 3 things you can hear (what does it sound like? Volume, pitch...)
- ◇ 2 things you can smell (Is it sweet, fresh, musty...)
- ◇ 1 thing you can taste or 1 deep breath (what flavours are in your mouth?)

Just remember whether it's advice for kids or adults...it helps to talk – he pai ake te korero!

HEALTH - SCABIES

We have been told of two cases of scabies in the school. This skin infection is caused by tiny insects (mites) which get under the skin and cause a blister like rash. If you suspect your child has scabies then visit your GP or pharmacist for medicated cream. Your child may return to school the day after being treated. Open sores must be covered up at school.

ENERGISING YOUNG MINDS COMPETITION

Help our school win \$25,000, \$15,000 or \$10,000 to spend on our school's science or tech equipment. Vote now:

- 1) Go to www.schoolgen.co.nz
- 2) Click on Competitions/vote for our school
- 3) Search for our school name

You can vote daily—the more votes the better!



NETBALL

Wow! Netball season is nearly here—it seems to come around faster each season. Students who have indicated they want to play netball will have or will be bringing home registration forms.

Yr 1 & Yr 2 Netball starts Wednesday, 14 March

Forms due back Thursday, 8 March—fees due Thursday, 8 March

Yr 3 Netball starts Wednesday, 2 May

Forms due back Monday, 19 March—fees due Friday, 6 March

Yrs 4-6 Netball starts Saturday, 12 May

Forms due back Monday, 19 March—fees due Friday, 6 April

Yrs 7 & 8 Netball starts Saturday, 7 April

Fees due Wednesday, 14 March

Any questions please contact Vicki Wilson at school.



GET FREE BOOKS FOR OUR SCHOOL WITH KELLOGG'S AND NEW WORLD

For every New World receipt dropped into the instore collection box showing the purchase of two participating Kellogg's products, our school will be able to redeem 1 free book. Promotional Period 1 Jan-31 March 2018. Max 20 books per school. For full list of participating Kellogg products and terms and conditions visit www.kelloggs.com/freebooks



NEW WORLD

Kellogg's

FROM THE PTA

Juicees and Cookie Time Cookies

Juicees and cookies will be on sale every Friday outside Rm 17 for the rest of this term. Both the Juicees and the cookies cost \$1 each.

PTA Volunteers

The PTA are looking for volunteers to help with this year's gala. The gala is our school's major fundraiser which is held every two years and historically we raise around \$20,000. We cannot raise this sort of money for our school without help. The PTA are organising a separate committee just for the Gala and WE NEED YOU!

Do you have great personal organisation skills and love to have a good time? We would love to have you on the Gala Committee. The gala is booked for Saturday, 3 November and we are having our first meeting on Thursday, 15 March at 7.30pm in the staffroom. If you have any questions, please see either Sandy Saunders in Rm 22 or Sheryl McKnight in Rm 18.

Remember without enough volunteers, this major fundraising event will not be able to go ahead, so every little bit of help is needed!



COMMUNITY NOTICES

*Please note—community notices are accepted on a “publication if space allows” basis (thus no guarantee of publication can be given) three times per term (start/middle/end); a **small contribution of \$10 to the school for short “business” notices is appreciated before publication**; and finally and importantly, the publishing in the school newsletter of any community notice does not imply school sanctioning of, support for, or knowledge of the event or activity described*

Rental Accommodation Urgently Required: Rental accommodation (preferably long-term) urgently required for school parent and child in the Paraparaumu/Raumati area. References available. Would consider boarding option for the remainder of the year. Ph Daniel on 021 236 1600.

Fun Run or Walk: Raising money for Kapiti youth on Sunday, 25 March. Register or sponsor someone at www.kapitirunforyouth.co.nz. More info at www.kapitirunforyouth.co.nz.

Zumba Fundraising for GIRL UP: Uniting girls to change the word on Sunday, 11 March from 4-5pm at Paraparaumu College Auditorium. Cash koha entry. See kapitizumba.co.nz/events.

Celebrate Neighbours Day: 24-25 March. Hold a get-together with your neighbours and we'll help out with ideas, support and a goodie pack to help create a fun event. Register by 16 March at www.kapiticoast.govt.nz/neighboursday.

Pharazyn Reserve Experience Family Fun Day: Kapiti is celebrating Parks Week from 11-18 March by highlighting and celebrating the important role our parks play—for people, communities and the natural environment. A family fun day will be held at Pharazyn Reserve in Waikanae on Sunday, 11 March with an afternoon full of great music, food trucks, free face painting, bouncy castles etc.

sKids Kenakena: Specialising in delivering quality before school, after school and holiday programmes that help our kids thrive and grow. We strive to create a fun and safe environment that our kids just love! Limited spaces are available during term 1 and we are now taking bookings for term 2. For more info call Jools on 021 0254 3249 or email jools@skids.co.nz.

COMMUNITY NOTICES (Continued)

Free Curtains for Community Services Card Holders: We give free, lined curtains to people on low incomes. We make living room curtains for all and if there are children and elderly living in the home, we can also provide curtains for bedrooms. Anyone with a Community Services Card, including those with a Super Gold Combo Card in the Wellington region can get curtains from us. Just measure your windows, fill out an order form and get it to us. We prefer they make an appointment to drop in the form so we can discuss their needs and check measurements. Freephone 0508 787824 xtn 705 to make an appointment. Order forms and instruction videos on measuring windows are at www.sustaintrust.org.nz/free-curtains.

Coaster—the Family Biking Event: Sunday, 11 March from 8.30am-1pm at Raumati South School. Choose one of three rides on local Kapiti bike trails, plus a mini track for toddlers. See Coaster.org.nz.

After School Clay Butterfly-Bee Workshop: Make out of soft clay week 1 then come back and glaze week 2 on Tuesdays 6 and 13 March from 3.30-5pm. Cost \$65 for children 5+yrs. To book ph Kaye Bustin on 021 0272 0716, kayebustin@rocketmail.com or www.kayebustinstudios.com.

Crawshaw Music School: Now taking private music lessons and band class applications. We specialise in one on one lessons at a great rate of \$32 per half class. Our teachers have years of experience teaching privately in guitar, piano, keyboards, singing, drums, bass, ukulele, flute and band. Email aj@crawshawmusicsschool.co.nz or get a free trial lesson booked at our Sheffield Street studio today.

Kapiti Junior Touch Prize Giving: Y7/8s Tuesday, 20 March after module rounds. U7 5.45pm (5pm round); Y8 6.25pm (5.40pm round). Pizza and drink provided. U10-14s Sunday, 25 March (after School vs School grade finals), Mazengarb Reserve, Paraparaumu. U10s 2.30pm; U12s 3.15pm; U14s/ referees 4pm. All times for Prizegiving on this day are subject to a slight change once the School vs School draw is finalised. Some teams have chosen to do Prizegiving via school assemblies.

Kapiti Junior Touch 2018 School vs School Touch Tournament: Sunday, 25 March at Mazengarb Reserve, Paraparaumu. To register your interest in playing, please contact your school co-ordinator.

Waikanae Football Club: Junior registrations now open for 4-14yr olds closing 8 March at 5pm. See waikanaefootball.com or facebook.com/waikanaeafc for registration link. Email Fiona at wfa.jnr@gmail.com with any questions.

Scouts NZ: Scouting offers fun and friendship, challenge and everyday adventure to 15,000 girls and boys across NZ. We have a positive impact on young people and have vacancies in your area. Keas ages 5-8yrs; Cubs ages 8-11yrs; Scouts ages 11-14yrs. For more info call or email us on 0800scouts or LNI@scouts.org.nz.

Aikido Classes: Tuesday, 20 March at 6.30pm we will be offering a 3-week beginner class for seniors (15yrs and above). For more details see <http://aikidokapiti.webs.com/kidsclasses.htm> or Facebook <https://www.facebook.com/AikidoKapiti>.

Waikanae Football Club: Jnr registrations now open for 4-14yr olds closing 9 March at 5pm. Registrations after that time cannot be guaranteed a place in teams—get in ASAP to avoid disappointment. See waikanaefootball.com or facebook.com/waikanaeafc for registration link. Email Fiona at wfa.jnr@gmail.com with any questions.

Kapiti Squash Club Open Day: Sunday, 25 March. Come along and have a go at Squash. All the family welcome. Equipment provided and a sausage sizzle, 28 Anthony Grove, Paraparaumu Beach.



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