



MOANATAIARI SCHOOL

# Newsletter

Monday 22<sup>nd</sup> May 2023

## 2023 Start Date & School Terms

Term 2: Wednesday 26 April to Friday 30 June

Term 3: Monday 17 July to Friday 22 September

Term 4: Monday 9 October to Friday 15 December

## Coming up:

Mon 29 May BoT meeting 5.30pm

Tue 30 May Res Kids here

Wed 31 May Rippa Rugby tournament

Wed 31 May Whānau meeting at 3pm

Fri 2 Jun Basketball at St Francis 1pm

Fri 2 Jun Gymnastics practise 3pm

Mon 5 Jun King's Birthday holiday

*Kia ora tātou*

*Thank you to all Year 8's that paid and went to NYLD last week, as well as Julie White and Lisa Donaldson who helped transport our 18 students to Hamilton. It was an inspiring day with many 'take away' ideas they can act upon.*

*Our junior pie fundraiser was very successful again and will certainly reduce the cost of the junior MOTAT trip at the end of the year. Thank you to everyone who purchased pies.*

*On Wednesday 31<sup>st</sup> May at 3.00pm Māori whānau are invited to meet with me in the kitchen for a catch-up.*

*David Brock, Principal – Tumuaki*



Room 5 students made sandwiches for their lunch boxes last Thursday. Joanne showed them how to make their own tasty and nutritious nut butter in the blender. Here is the recipe: 70g brazil nuts, 70g almonds, 70g cashew nuts, 70g sunflower seeds, 70g pumpkin seeds, ¼ cup grapeseed oil. Blend until creamy consistency. Healthy nut butter can be made with your own choice of nuts and seeds.

## Rippa Rugby Tournament

On this is **Wednesday 31st May**. We do not have the draw or any information yet but a note will be sent home when this information becomes available. Thank you to all those that have offered to help transport and manage our 5 teams. We have been having training at break times and during class (weather permitting).



**Te rerenga korero:**

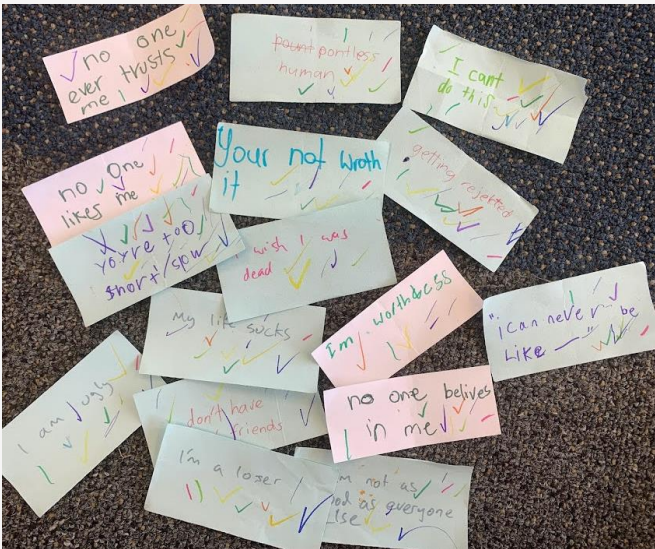
**Haere main ki konei - Come over here**



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Moanataiari School Bank Account: ANZ Thames 01 0455 0108122 01

## Res Kids News



Students attending last weeks' Res Kids session were asked to put a tick on the piece of paper if they have ever felt or thought that way before. It is quite heart-breaking to see that 10–12-year-olds have these thoughts. However, through this activity we all discovered that we are not alone in these thoughts and that often these thoughts are not true. When you see your child caught in those negative thoughts, maybe not wanting to go to school, invite them to share what their advisor is saying to them. You just might be able to help them notice what is true by shining light into those dark thoughts. This is a key foundation to Res-Kids using a model called DNA-V to help young people avoid getting stuck in their head. Here is a link to more information if you're interested. <https://www.thrivingadolescent.com/dreambig/>

Another aspect we covered is our intrinsic value. No matter what has happened to us, our value doesn't change. Here is a very cool video that explains it <https://www.youtube.com/watch?v=yBrRpb8Alwk>

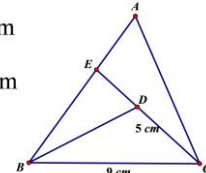
Students were asked to think about what their value is in life. Some of them said they value influencing because they want to help people who want to learn. Some of them valued forgiving because it is a way to learn how to trust each other again. Some valued Rugby because it keeps them connected to friends and keeps their body healthy. Have a chat with your child, hear what is important to them and help them draw out their deeper values.

## Problem Challenge Maths

We have 9 senior students participating in this year's Otago Maths Problem Challenge. An email was sent to those families whose child is participating. The dates for sitting these challenges are 25th May, 22nd June, 27th July, and 24th August.

A few weeks ago your child would have come home with the challenge and answer sheet for you to discuss at home from their first challenge. Please see Andrea Saunders if you require further information.

$$\begin{aligned} AB &= AC \\ BC &= 9 \text{ cm} \\ BC &= EC \\ CD &= 5 \text{ cm} \\ BD &= BE \end{aligned}$$



## Nutrition for Learning

The school day involves lots of concentration and physical exertion so our students need plenty of nutritious food to get them through the day. We encourage plenty of healthy food options in student lunch boxes to help them learn and perform their best.

**Sandwiches, fruits, nuts, vegetables and dairy products provide sustained energy.**

We suggest that processed foods be reserved for occasional special treats at home.

Water provides the best hydration for busy minds and is available at school at the drink fountains. Please remember to pack a water bottle.



## Health Alert

We have had a few cases of coughs and sore throats lately, so please keep sick children home to help stop the spread of these bugs to others.



### CALLING ALL SCHOOL AGED ARTISTS!

The Seagull Centre is turning 17! and to celebrate we are running a competition to design a MURAL! We have 3 walls that need jazzing up! So that means 3 winners!

The Seagull Centre is moving in a new direction to drive the circular economy while promoting the 6 R's and we are looking for ways to promote this.

We are inviting school age applicants to create a mural that reflects the Seagull Centres direction.

Enter as a group or an individual.

Prezzie card prizes to the total value of \$1000.

**Applications close 23rd June.**

Winners announced at our party on the 1st July.

Entries accepted via email ([info@seagullcentre.co.nz](mailto:info@seagullcentre.co.nz)) or in store, please include your name, age and contact number.

### Census 2023

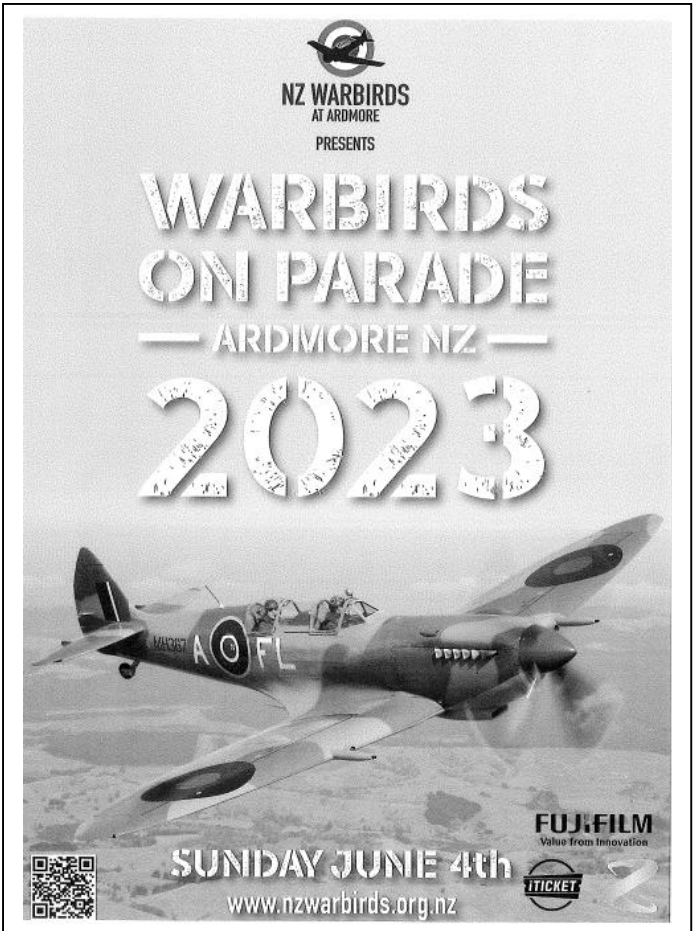
We are supporting Stats NZ to encourage everyone to complete the 2023 Census. So, this is a reminder that you need to return your census forms if you have not done so already.

Census data is used to make important decisions that affect us all. The census is the official count of people living in Aotearoa New Zealand, and everyone who was in the country on Census Day, 7 March 2023, is required by law to complete a census form.

Your participation will help ensure that our community receives funding for services for the number of people that live in our community. That includes education, health, and social services.

To complete the census, you can do it online at [www.census.govt.nz](http://www.census.govt.nz) using one of the access codes provided in the letters sent to your household. Or you can fill out paper census forms if you have them. To request a new access code or paper forms, freephone 0800 236 787 (0800 CENSUS) or order online at [www.census.govt.nz](http://www.census.govt.nz).

The 2023 Census closes on 30 June, so you should do them online now or as soon as practicable. Ensure your paper forms are posted so they arrive with Stats NZ by 30 June.



### Homebased childcare available in the Thames area

Spaces available for children to join our little team of awesomeness. Megan has been an early childhood educator for 13 years and believes in nurturing every child and help them to flourish. As part of our weekly curriculum, we attend many community groups such as Playcentre, tumble tots and library time. To discover more about the opportunities I offer, call JeMMA's for more details and/or arrange a visit to meet me. I am more than happy for you to talk with the other parents I currently care for to help you with making your decision. You can reach JeMMA's on 0800536627. To learn more, click the link:

<https://www.jemmas.co.nz/educators/megan/>