



e tipu e rea In our children lies our future

NEWSLETTER



ISSUE NO 2 19 February 2011

DATES FOR YOUR CALENDAR

Meet the Teachers and One Learning Community Old Fashioned Picnic (tonight)	19 February
Parentlink Meeting (7.30 pm)	22 February
Life Education Trust Visit	23–26 February
Working Bee at School	19/20 March
Easter Break (Tuesday included)	25–29 March
End of Term 1	15 April

FROM THE PRINCIPAL'S DESK

Kia ora, Namaste, πpevet, Shalom, Talofa, Guten Tag, Vanakkam, ni Hao, Kia orana, Buenos Tardes, Namaste, πpevet, Shalom, Talofa, Konichiwa, Assalamulaikum, Salam, Hello.

Wow Week three! We have enjoyed our first full week together, time flies when you are having fun. Have you noticed the changes in the 50km zone on Ohiro Rd/Happy Valley Road? We should see an increase in people travelling at the right speed limit as they pass the school which will be much safer all round.

Thank you everyone for ensuring your child/children have the correct stationery, it makes it so much easier to get off to a good start. We have back up supplies here at school if you are after any last minute items.

We are looking forward to seeing you all tonight and are very keen to gather your views on Health Education. Coming out with today's newsletter is a link you can click on to complete our community survey and a paper copy if that works better for you.

I know we have a number of handy people in our One Learning Community. We would love some help with odd jobs here at school, especially with the pencil garden and playground repairs. If you can help please get in touch with either Wendy or myself.

Mark the weekend of the 19th/20th of March in 2016 on your calendars as we'll be having a One Learning Community Working Bee here at school. There will be a range of inside/outside jobs and a sausage sizzle for all our helpers.

The Owhiro Bay School Hangi is a long standing tradition and hugely successful community event. We have been hugely fortunate to have Jumbo (Wendy's brother) and his team lead the way over many many years. It's time to hand over the reigns and pass on the knowledge and skills to ensure this tradition continues. We would love to hear from you if this is an area you can help us with.

On offer again and starting up shortly either before or after school, will be Drama, Choir and Code Club. For more details see Vikki Martin.

Owhiro Bay School offers After School Care which is provided by Pridelands. Contact Moses on 0800 PRIDE 4 U (77433 4 8) for details about the programme and how to enrol.

Next week we welcome Charlotte and Harold and continue learning about our brains and what sort of learners we are. Ask your child/children what piece of learning they struggled with this week?

Ngā mihi,

Tineke and the Team

WELCOME

To Reuben Carter who joined children in Harakeke this week. Welcome also to Reuben's family to our school community.



THANKS

To Amie Roberts and Dunia Cullingford for all their hard work covering/processing journals. We really appreciate this help.



BEE HEALTHY REGIONAL DENTAL SERVICE 2016

The Bee Healthy Regional Dental Service will be opening six new dental hubs across the region in 2016.

Children will have their teeth xrayed at our school and then it will be the responsibility of adults to get their child seen at one of the dental hubs

Two Wellington hubs include:

Miramar, 38 Park Road, Miramar – (Miramar Central School)

Newtown, Selby House, 175 Adelaide Road, Newtown



SUNSMART SUNHATS

A reminder that in Term 1 and Term 4, children need to wear a sunhat when outside every day. We encourage hats as opposed to caps to provide extra care in looking after the necks and ears. We also encourage students to wear sunblock and sun glasses when they are outside during the "Sunsmart" months to keep them safe from the sun's harmful rays.

VIRTUES

For the following fortnight our focus is "Reliability" or "Mahi pono tia".

- ✿ You can count on me
- ✿ I'm here for you
- ✿ Regular as clockwork
- ✿ On time every time
- ✿ Consistently dependable

Congratulations to Serena who won the virtues voucher draw last week for "respect of others"

Award Winners from last week

PARENTLINK

Parentlink meeting – Monday February 22 at 7.30pm

The first Parentlink meeting of the year will be in the staff room at 7.30pm on Monday, February 22. Everyone is very welcome as always – and parents of new entrants are especially welcome to come along and find out more about what Parentlink does to support our school.

We will discuss the latest wish list spending, as well as fundraising and social events for the year. See you there!

A NOTE FROM PRIDELANDS

Before School Care Service at Berhampore School - Berhampore

Hello Parents of Pride Lands and good morning,

Our Before School Care at Berhampore School in Berhampore has resumed and goes from 7am – 9 am including a Pick-up from home in the morning between 7-7.30am & FREE drop-off service to school before 9am. We provide healthy breakfast and homework assistance as part of our service.

Our Before School Care has NO TV or video games and we run structured activities daily including mini-excursions.

If you wish to learn more about our services and fees, please visit: WWW.PRIDELANDS.ORG.NZ for more information or call 0800 PRIDE 4 U.

Thank you again and we look forward to continuing to provide you a great morning service.

LIFE EDUCATION TRUST

Charlotte, Harold and the Life Education Mobile Classroom are visiting from 23 – 26 February. As part of our health programmes each class will visit the classroom twice. Parents and caregivers who wish to accompany their child's visit are very welcome. Please check with your child's teachers.

The cost of this extra educational opportunity is covered by your child's trips donation for Term 1.



TE KUPU O TE WIKI

Kata = laugh

BIRTHDAY WISHES

Happy birthday to the following girls:

Tia Dry 19/2

Lilly-Anne Menzies 19/2

Enjoy your day!





Health Education Consultation

Every two years school boards are required to consult with members of the school community regarding the way in which the school implements health education.

Our understandings about health encompass not only physical well-being but also mental and emotional, social, and spiritual well-being. We also acknowledge that other people, the society in which we live, and the environment all have an impact on our health and well-being. This thinking is at the heart of the curriculum.

In *Health and Physical Education in the New Zealand Curriculum*, there are 7 key areas of learning and four of these pertain specifically to health.

At Owhiro Bay School we cover the following through a range of programmes:

Key Areas	Owhiro Bay Focus	Programmes/ways we deliver the health curriculum at Owhiro Bay School
Mental Health	Developing personal identity, building self esteem, developing positive attitudes, learning how to maintain and enhance relationships, learning how to express needs, wants, and feelings appropriately, and learning how to make appropriate choices.	Kia Kaha -Bullying Healthy Body Healthy Mind - Choice Programme for Yr 5/6 Self Esteem Programme OBS Virtues programme Use of RTLB personnel and agencies such as Sky Light as needed, In class programmes such as Circle Time, Friends for Life, Key Competency learning, and developing class treaties/kawa and recognition of individual student cultures in different classrooms. OBS Peer Mediator programme
Sexuality Education	Sexuality education in New Zealand takes a positive view of sexual development as a natural part of growing up. It encompasses learning about physical development, including sexual and reproductive knowledge, gender identity, relationships, friendships, whānau, and social issues. It provides students with the knowledge, understanding, and skills to develop positive attitudes towards sexuality, to take care of their sexual health, and to enhance their interpersonal relationships, now and in the future. In this curriculum, the term "sexuality education" includes relevant aspects of the concept of hauora, the process of health promotion, and the socio-ecological	In class learning, using the Key Competencies and OBS Virtues programme (and other programmes as needed), about listening and talking to others about attitudes, values, and beliefs, rights and responsibilities, problem solving and decision-making, and enhancing friendships. Keeping Ourselves Safe Self Esteem and Substances strands Note we always offer parent information sessions before starting these

	<p>perspective. The term "sex education" generally refers only to the physical dimension of sexuality education which is covered at years 7 & 8.</p> <p>In sexuality education, young people learn about themselves and develop knowledge and skills that will help them to interact in positive, respectful, and supportive ways with others. Through learning about sexuality, students come to understand about the social and cultural influences that shape the way society views gender and sexuality. Effective sexuality education will enable young people to develop the confidence and knowledge needed to make good decisions.</p> <p>Sexuality education starts at level 1 of The New Zealand Curriculum, and takes both an inclusive and developmentally appropriate approach.</p> <p>Programmes for the prevention of sexual violence are an important part of health education. Teachers usually separate sexuality education lessons from those that focus on sexual violence, safety, and abuse, and addressing these issues in lessons on mental health, keeping ourselves safe, or during alcohol and other drug education units.</p>	<p>programmes.</p>
<p>Food and Nutrition</p>	<p>Food choices affect all aspects of health and enables students to make informed decisions about food and the choices that contribute to their own and others well-being and learning.</p>	<p>Food and Nutrition</p> <p>In class Inquiry topics, Healthy Eating, 5+-a-Day</p> <p>Brain Food</p>
<p>Body Care and Physical Safety</p>	<p>learning in this area provides opportunities to make informed decisions about body care, to recognize hazards in the environment, and adopt safe practices in these.</p>	<p>In school wheels and bike days involving the Community Constable, daily risk register around classes, co-constructed Risk Analysis (RAMs) before all outings</p> <p>Inquiry topic; Firewise, Sun Safety</p> <p>Oral Health/Dentist</p> <p>OBS Peer Mediator programme</p> <p>Beach day - water safety</p> <p>Swimming lessons - water safety</p> <p>Regular school-wide fire, earthquake, tsunami drills and invacuation</p> <p>Body care programme</p>

		Travelling Safely and Kia Kaha Road Safety
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What are some current health and physical education issues?

The following questions seek to explore what you think the key health education needs are for THIS community and OUR students.

Mental health

What do you think are the essential mental health needs of the children in this community?

Can you think of anything you would like us to be aware of as we design our learning programmes in mental health?

Sexuality education

What do you think are the essential sexuality education needs of the children in this community?

Can you think of anything you would like us to be aware of as we design our learning programmes in sexuality education?

Food and nutrition education

What do you think are the essential food and nutrition education needs of the children in this community?

Can you think of anything you would like us to be aware of as we design our learning programmes in food and nutrition education?

Body care and physical safety education

What do you think are the essential body care and physical safety education needs of the children in this community?

Can you think of anything you would like us to be aware of as we design our learning programmes in body care and physical safety education?

Anything else?

Is there anything else that you would like to add about our health education programme?