

# ROCKS

Respect Originality Confidence Kindness Success

e tipu e rea in our children lies our future

Issue No 37

9 December 2020

### DATES FOR YOUR CALENDAR

Year 6 Leavers Dinner 6.00 pm	9 December
Invacuation/Lockdown Procedure	10 December
Celebration of Success 6 pm (at SWIS)	11 December
EOTC Week	15-17 December
Last day of Term 4 (1.00 pm)	18 December

### EACH WEEK

Monday	Stream Team 1 – 3.00 pm Eternal Dragon School of Martial Arts (evening)
Tuesday	Adult Exercise Classes (6.30 pm) Lunchtime Cricket with Gaven
Wednesday	Ukulele Class (8.00 am)
Thursday	Rocks Run Club (3.00 pm)
Friday	Marrzipan Classes (3.00 pm)
Saturday	Community Soccer

### TERM START DATES/NEW ENTRANT COHORT DATES 2021

Term 1 - 3 February	mid-term date 15 March
Term 2 – 3 May	mid-term date 8 June
Term 3 – 28 July	mid-term date 30 August
Term 4 – 18 October	mid-term date 15 November

### WHAKATAUKI

*Ehara taku toa i te toa takitahi, engari kē he toa takitini*

*My success should be bestowed onto me alone, it was not individual success but the success of a collective.*

### FROM THE PRINCIPAL'S DESK

Hello, Talofa lava, Chao, Dia dhaoibh, Namaste, Gidday, Guten Tag, Assalamulaikum, Ciao, Salve, Ayubowan, Fakaalofa atu, Hola, Susaday, Bonjour, Ni Hao

Kia ora,

My goodness this changeable weather is keeping us on our toes. We have been unable to hold our whole school fun athletics/ tabloid sports afternoon and unfortunately this will now have to wait until 2021.

Tomorrow we'll be practising our Invacuation procedure as per our policy

<https://owhiro.schooldocs.co.nz/index.htm?toc.htm?7011.htm?id=5ef353e2-301a-4713-aca7-e7d643d31b3c>

We try to practise an invacuation once a year. This is especially important for all those new to Owhiro Bay School, students and staff alike. There are many scenarios that would require us to Invac including potential gas leaks, roaming dangerous dogs, burst water pipes, bees swarming, flooding, the presence of raw sewerage etc. Our intention is to ensure everyone knows where to go, and what to do, and that the systems we have in place are fit for purpose.

We normally practise our reunification process in conjunction with our annual Shake Out/Tsunami drill, however this year we've chosen to run it after our invacuation process. The reunification process ensures that we release our students to either a parent or one of the approved emergency contacts listed in the pupil details. Now would be a great time to make sure we have your up to date contact details via the app. It also gives the team an idea of how many students are likely to need to remain in our care after hours. Expect a text asking you to pick up your child/dren from the hall at your earliest convenience once the Invacuation has been completed.

There were a number of lessons to come out of the Christchurch Lockdown experience including how not to induce panic among our parent community. In the event of

an actual lockdown we now await direction from the NZ Police on when and how to inform our parent community.

Our Celebration of Success at South Wellington Intermediate School begins at 6.00pm on Friday. Please arrive at 5.45pm so that we can be ready to start on time. There will be some parking available on the school grounds around the hall.

See you all there,

Tineke and the team.

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## THANKS

To Ethan Giddy for assembling the mobile tennis net. It looks amazing.

A big thank you to all those using the app to alert us regarding student absences, this frees up valuable time in the office each morning and keeps the phone lines clear.

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## HELP

Please search at home and return all sports/cultural shirts, library books and readers by this Friday.

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## INSPIRE PHOTOGRAPHS

Hello parents,

We would like to invite you all to view your pictures at Inspire Photography's online ordering site. Orders to be posted will be processed at the same time as the prints that are to be returned to the **school or ECE**. Digital files are purchased as is and retouching requests may incur fees.

The gallery will remain online for up to 12 months from approximately lunchtime the day after the main ordering period closes, postage and packing fees may also apply. The school does not receive any commission on sales after the main ordering closes.

To view and order your photographs:

1. Go to our website at <https://www.inspirephotocart.co.nz>
2. Enter this access code in the box: Owhiro98z

## **OBS Groups 2020**

1. This gallery will close **Sunday 10th January 2021** Please ensure you have placed and paid your order in good time.

2. If ordering Package 2 or 3, the default group print provided will be the class group associated the Individuals subgallery in which the student appears.

*If you would prefer to choose a group photo from a different class, please specify this clearly in the notes section of your order.* If ordering sibling images as Package 2 or 3, please stipulate which group photo is required.

No swaps are available for incorrectly-ordered group photos

- please contact us if you are unsure and we will be happy to clarify.

3. Having your prints posted or picking up from our studio? These will be processed at the same time as the prints that are to be returned to the school; keep an eye on **your** inbox for emails to let you know these are ready to collect/being shipped.

4. Digital files are purchased as is. Group templates and images of multiple children are not available in digital format. Digital files are available to download once purchase has been completed and paid for.

5. For minor retouching please make a note of what is required on your order.

6. Retouching fees may apply, please call 043848009 for details.

7. Please contact the school office for access code if you have misplaced their original email, as for privacy and security we need to verify new customers with the school before sending out access details.

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## RA WHĀNAU KIA KOE

Best wishes to the following two students who have a birthday coming up:

Abel & Qais 9/12 (today!)

Max C 11/12

Mara 11/12

Ranith 13/12

Riyad 13/12



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## PB4L – FORMAL GATHERINGS

We are in the right place, at the right time, doing the right thing.

Congratulations Elizabeth B and Eddie who won the ROCKS vouchers this week for Rangatiranga and Kotahitanga respectively

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## ECO STARS – WORM WEE

Our ECO stars continue to encourage us all in our sustainability efforts. We have bottles of worm wee available from the foyer in return for a small koha. This is concentrated and needs to be diluted. Worm wee is an excellent garden fertiliser. All proceeds go back to the ECO stars programme.



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## SWIMMING – TERM 4

Please note that swimming finishes this Friday.

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## FRIENDS PROGRAMME

### **FRIENDS for Life - He Heranga Tangata te out ai**

#### **How to feel calm - kia harikoa**

Our body gives us clues about how we are feeling because it wants us to relax and take it easy. It wants to feel calm.

When we notice our feelings are building up, we can learn to control them before they get too big to handle (we called this “flipping our lid”). Worry or anxiety has a purpose to warn us when there is danger or that we have something important to prepare for but afterwards we need to be able to turn these feelings off again so we don't feel like this for too long.

It helps us to notice and name what we are feeling. It helps us to know that everyone shows a range of feelings in different situations. It helps us to learn to feel calm again.

The students have tried some of these ways to relax and have made some of their own suggestions:

- Be mindful/ get present – notice your breathing, eat mindfully, notice sounds and nature around you, notice your thoughts and swap them for positive thoughts.
- Slow down breathing – slowly in through the mouth, out through the nose noticing the warmth in the nostrils, blow out 10 finger candles, follow a breathing app.
- Talk about the feeling to someone who just listens. Try ranking the intensity of the feeling from 1-10, with 1 being calm and 10 being furious.
- Muscle tensing and relaxing. Plant feet into the floor, push down noticing the floor beneath you, supporting you, notice the tense muscles as you push down, notice your body – the feeling of gravity flowing down from your head to your feet, notice what you see, hear around you, where you are, what you are doing – stay in this moment and breathe.
- Visualising a happy time or place – imagine yourself there or try <https://app.gonoodle.com/channels/flow/bring-it-down?s=Search&t=calming%20down>
- Reading
- Drawing, Zentangle, Art, crafting
- Walking – notice 5 things you can see, hear, smell, feel
- Playing with a friend
- Playing alone with quiet toys - lego, dolls, animals, singing ...
- Time with pets
- Family time – a game, talking, a cuddle or an outing ...
- Sleeping/napping
- Drinking water/ milk
- Having a snack or making one
- Exercise – dancing, a bike/ scooter ride, running, kicking a ball ...
- Watching TV/movie ...

- Of course, time on technology was suggested! – Just check the activity encourages calmness and is not one that leads to frustration or anger.
- Add some of your ideas:

Nicola Clissold – FRIENDS Programme Facilitator

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## SPORTS SPOT

### **TOUCH**

Wow what a season. After blazing through our pool games, we came up against our nemesis in the final - St Mark's. We've played this team many times over the years and it's always a tough game against them. But this time it was an epic slog of gargantuan proportions. And it was the final. And we were playing for first place. It was a fiercely contested game. Every team member played their best, and concentrated on their passing, their running, and their defence. And it was a tough game mentally and we had to overcome some frustrations and recompose ourselves so we could stay focussed on the game. The lead changed many times but when the final whistle blew, it was a win to us, 5-4! A great way to finish the season. Sadly, the team will be farewelling our year 6 players: Charlie, Kyla, Kingston & Amahni. But there's still plenty of depth in the talent pool with Felix, Jesse, Jade and Fern to form the core of the team for next year. Thanks heaps to our parents for their support and encouragement throughout the season.

### **ROCKS Run Club**

Last Thursday, we were blessed with a bluebird day for our summit to Pouwhenua / statue - Tawatawa Reserve [<https://nzplaces.nz/place/pouwhenua-tawatawa-reserve>]. The 5km round trip was a first for most, and one they literally took in their stride. Watch out parents, you'll likely get a request for a repeat visit, over the upcoming summer holidays!



### BIGAIR Gym

Children LOVE learning how to Cartwheel, Round-off, Handspring and Flip at BIGAIR GYMs Classes! Children develop strength, flexibility, balance, proprioception, plus determination and self-confidence as they achieve new skills! **BIGAIR's GYMNASTICS, TUMBLING, FREE RUNNING & TRAMPOLINE** classes are excellent for fun and fitness! We focus on safety, technique, fundamental skills, right through to more advanced skills, such as summersaults and twisting. Bigair Gym is a clean, pristine, exciting, kid friendly, state of the art gym facility! Our experienced coaches run structured & fun gym classes.

**Book now for Bigair's popular January School Holiday Programme!** Full day or half day sessions. Keep your kids active these holidays, while they also practice and learn new skills! **Holiday Programme & Term 1 Class BOOKINGS ARE OPEN NOW** at [www.bigairgym.co.nz](http://www.bigairgym.co.nz), or contact Bigair Gym Owhiro Bay 383 8779 [wgtn@bigairgym.co.nz](mailto:wgtn@bigairgym.co.nz), or Bigair Gym Tawa 232 3508 [office@bigairgym.co.nz](mailto:office@bigairgym.co.nz).

### Marrzipan

The Marrzipan Drama Holiday Workshop is back by popular demand and is running from Monday 18 January 2021 to

Friday 22 January 2021 at the awesome Aro Valley Community Centre.

Students will devise their own play from scratch, create characters, direct each other, design the set, bring in costumes and get to perform to family and friends at the end of the final day!

As well as having fun, the children develop confidence and public speaking ability, in a fun, relaxed environment.

Past workshops have been a great hit, see last year's video for yourself:

[Marrzipan Holiday Workshop Video](#)

Spaces are limited to 14 per group so get in quick! Book now or give us a call if you have any questions. See you there!

Wellington - [https://marrzipandrama.co.nz/holiday-workshops/?utm\\_source=dec-2020&utm\\_medium=school-newsletter&utm\\_campaign=wellington](https://marrzipandrama.co.nz/holiday-workshops/?utm_source=dec-2020&utm_medium=school-newsletter&utm_campaign=wellington)

Mollypop

Marrzipan Drama Ltd

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