



## NEWSLETTER

You can find the weekly newsletter on our website and around the school in the following areas:

1. The main school community noticeboard
2. Hall foyer window
3. ESOL window (front of school)
4. Room 8 sliding door window
5. School library office window (near the adventure playground)
6. The old principal's office sliding door window (centre of school)
7. Inside the school office.

Help us cut down our paper costs!

25 February 2010

No.4

Dear Parents/Caregivers

### School Dates

- 25 Feb - Eastern Zone Swimming sports
- 26 Feb - YO-2 visit Spencer Park
- 3 Mar - Yr 5-8 Swimming Sports
- 9 Mar - Parent Teacher Interviews
- 10 Mar - Parent Teacher Interviews
- 17 Mar - Teachers Union Meeting - school closes at 12.30pm
- 19 Mar - LEAP Performance
- 25 Mar - Canterbury Swimming Sports
- 1 Apr - Last day of Term 1
- 19 Apr - Term 2 begins
- 20 Apr - Senior School Cross Country
- 22 Apr - Cross Country postponement day
- 26-30 Apr - Yr 5-8 School Camps
- 4 May - Eastern Zone Cross Country
- 6 May - Zone Cross Country postponement day
- 9 June - Canterbury Cross Country
- 14-25 June - Yr 1-6 Swimming programme

### Yr 5-8 Swimming Championships

This week we had our swimming championships on Tuesday at Jellie Park. We had a strong team of 25 swimmers who qualified to swim at the Eastern Zone swimming sports on

Thursday at QEII. The Queenspark team did very well at the zones and these are some of the fantastic results:

#### BOYS BREASTSTROKE

11YRS

Luke Smith 2nd

12YRS

James Hamilton 1st

#### GIRLS BREASTSTROKE

12YRS

Monique Currie 1st

#### GIRLS FREESTYLE

9YRS

Kayleigh Eade 3rd

10YRS

Abbey Stokes 1st

Minami Gillespie 2nd

#### BOYS FREESTYLE

9YRS

Mitchell Barry 2nd

10YRS

Nathan Bothamley

11YRS

Luke Smith 3rd

12YRS

James Hamilton 1st

#### GIRLS BACKSTROKE

10 YRS

Abbey Stokes 1st

Kelly Baker 3rd

11 YRS

Megan Carrington 3rd

12 YRS

Monique Currie 1st

#### BOYS BACKSTROKE

9YRS

Karl Mullholland 1st

10YRS

Nathan Bothamley 1st

#### RELAYS

9YR 2nd

Kayleigh Eade

Jade Komene

Sang Won Hwang

Mitchell Barry

10 YR 1st

Abbey Stokes

Minami Gillespie

Nathan Bothamley

Jackson Roche

11 YR 2nd

**Ruby Carter**  
**Breanna Henderson**  
**Luke Smith**  
**Hamish Sanders**  
12 YR 1st  
**James Hamilton**  
**Luke Smith**  
**Monique Currie**  
**Kate Robinson**

Well done to the all the children involved and thank you to those parents who came down to support. The Canterbury Swimming champs will be held on the 25th of March at QEII. the children will be advised if they have qualified.

### **Yr 5-8 Swimming**

Wednesday 3 March, 9.30am - 12.00pm  
Jellie Park Pool

Our Yr 5-8 full swimming programme will be held next Wednesday. We look forward to seeing you there.

### **Parent Teacher Interviews**

Tuesday 9 March & Wednesday 10 March

This year we are again offering an on-line booking service which gives parents the opportunity to book a specific day and time.

Simply go to [www.schoolinterviews.co.nz](http://www.schoolinterviews.co.nz), enter 'school code' **CW79Z** and follow the prompts. If you are unable to book online please either phone Rebecca in the office, or complete the form sent home on Tuesday and return to school asap.

**Please note: Children will be coming at the usual time, i.e. 3.00pm, on these days.**

### **School Costs 2010**

This year's Activity Fee, School Donation and Aranui Technology Fee are the same as last year, i.e. Activity Fee - \$40, Donation - \$80, Aranui Technology Fee (Yr 7 & 8 only) - \$40. School Camp Fees (Yr 5-8) and School Swimming Programme (Yr 1-6) are still being finalized.

We are endeavouring to send statements out in the next few weeks however you are welcome to begin payments at any time.

We have a variety of payment options available - EFTPOS, cash, cheque and automatic

payment (forms available from the school office).

### **Teachers Union Meeting**

#### **Wednesday 17 March**

Our teachers will be involved in a union meeting on this day and as a result school will close at 12.30pm. Please make arrangements for your child's care on this afternoon.

### **Road Patrol Helpers Required**

We still have a vacancy for Friday afternoons. If you are able to supervise our road patrol on this day (even share it with a friend), please contact the office or Linda Goodson, Rm 1.

### **Canteen News**

The canteen re-opens tomorrow.

We are now looking for volunteers to help run the canteen. There are two available shifts that you can help with - 9:00am - 11:00am and 11:30 am - 1:00pm (please note that due to the nature of handling hot food we are unable to have pre-schoolers on the second shift). Any time you can give, even if it's just for an hour, would be appreciated. If you require further information please phone Shona 383-5925, or you can put your name on the roster which is now located on the bench in the canteen kitchen.

Our menu is available on our website, under Info Central - PTA.

### **Easter Raffle**

Our annual Easter raffle is on the way again. We ask each family to donate 1 wrapped Easter Egg to go towards our fantastic Easter hampers. Please leave your egg at the office. Raffle tickets will be coming home in the next week or so.

Have a great weekend.

Kind regards

Ross Willocks  
Principal

## Parenting Advice

### Hot Tips From Parents Inc

#### Changing Your Mind Without Backing Down

If you're reluctant to ever change your mind once you've made a decision, perhaps you're confusing re-negotiating with backing down. Sometimes it will be completely appropriate for your kids to appeal a decision, and strong-willed children in particular will want to have some input in how things go. Just be careful about how they do this; yelling or sulking is not the way to re-negotiate. Show them how to be assertive with phrases like "Is it ok with you if..?" or "Can I do/have this instead?".

Sometimes it's not possible (or wise) to change a decision. In those instances, hold your ground. If your kids know that you're willing to hear them out whenever possible, they'll be better able to cope when you can't.

### Dog Safety for Children

#### TIPS FOR PARENTS

- Never leave a child or baby alone with a dog.
- When visiting friends or relatives who have a dog, don't allow your child to play in the yard unsupervised. If that's not possible, ask the owners to put the dog away.
- Do not allow your child to feed a dog unsupervised as some dogs can be very protective of food. Never allow your dog to snatch food from your child.
- Do not allow your child to pull on the dog's collar to lead it outside the house - it could bite them. The dog should be taught to respond to a verbal command.
- Children without adult supervision should not be allowed to walk a dog. A child could unwittingly be dragged into a fight with another dog.
- Never let children discipline a dog.
- Your child should always precede your dog through a door or gate.
- Never buy a dog as a toy substitute. Dogs are living, breathing creatures with feelings.
- Children should be taught this from an early age and shown how to treat dogs

with respect.

#### RULES FOR CHILDREN

- Never pat a strange dog, even if its owner is present.
- Stay away from a dog while it's eating and sleeping.
- Stop your bike if chased while riding.
- Never retrieve a ball from someone else's yard.
- If visiting a friend, who has a dog, ask them to put the dog away if you want to play.
- Stay away from a dog that has puppies.
- Stay away from a dog that is tied up.
- Never pull a dog's tails or ears - dogs feel pain too.
- Never tease a dog or make it angry.
- Stand totally still if a dog runs at you barking. Cover your face with your hands.
- If knocked to the ground by a dog, roll into a ball, cover your face with your arms and stay as still as you possibly can. Don't try to get up.

#### Tips for Avoiding Dog Bites

Many dog attacks can be avoided. Regrettably, most media stories of dog attacks on people, especially children, focus on the injuries caused rather than what could and should be done to avoid such incidents in the future.

**BARK BUSTERS** have compiled this information to help you avoid dog bites:

- Many people are bitten by dogs because they either misread the dog's intentions or react the wrong way when approached by a dog.
- Dogs have poor eyesight and therefore have to come very close to someone to assess them. A dog sighting something moving past its yard will most likely bark and growl, which is its way of instilling fear in its foe, then run at the person.
- The dog needs to get very close in order to scent what it is, and this is where people usually get bitten. Instead of stopping and allowing the dog to sniff them, most people think the dog is trying to get close to bite them and either kick out at the dog or run. All this does is

make the dog retaliate and attack.

**THE BEST WAY TO AVOID AN ATTACK BY A DOG THAT IS RUNNING AT YOU:**

- Stand totally still.
- Do not move a muscle and do not try to pat the dog - even some dogs that appear friendly might not like being touched.
- Wait for the dog to lose interest in you.
- Keep your eye on the dog and do not stare. Dogs do not like to be stared at as they view it as threatening.
- Food can help. If you have some with you drop it on the ground and remain still. Do not hand feed the dog.

**IF YOU ARE KNOCKED TO THE GROUND BY A DOG:**

- Do not attempt to get up - lie totally still.
- Roll yourself up into a ball-type (foetal) position and stay there until the dog loses interest in you and it is safe for you to move.

## Community News

### ANZ Championship Carnival

Saturday 27 February, 12.00pm - 3.00pm

North Hagley Park

Kick off the ANZ Championship season with The Mercury energy Tactix this Saturday. Family fun day - fun netball activities, games, competitions, give-aways, bouncy castle, face painting, live music, autographs and photos with your favourite Tactix players. Bring along a picnic and your family and friends.

### Emergency Services Open Day

27 February, 12.00pm - 6.00pm

Christchurch Central Police Station, Hereford St

Meet some of the many different people that make up Canterbury Emergency Services:

- The Armed Offenders Squad
- Mock Car Crash
- Scene of Crime Officers
- Visit the cells
- Search and Rescue
- Police dogs and their Handlers
- Mass Casualty Tent
- Fire Recruiting Test

Bring the children and the camera. Gold coin donations supporting Neighbourhood Support and Victim support.

**Please note, there is no pushchair or wheelchair access to the cells inside the station.**

### Parklands Rugby Football Club

Queenspark Dve (beside Queenspark School)

Registration Dates:

Monday 1 March, 6pm - 8pm

Come along to register and meet some

Canterbury Crusaders

Thursday 4 March, 6pm - 8pm

Sunday 7 March 2pm - 3pm

If you can't make the dates for registration contact Belinda Youngman (027-277-9731 or 981-4845), Andy MacDonald (027-432-5302 or 329-8063), Paul Johnston (027-222-0456 or 383-5545)

### Give Golf A Go

Sunday 14 March 2010, Waitikiri Golf Club

9.45am - 12.00

A two hour free coaching session by two NZPGA Golf Professionals and the opportunity to play a few holes (no clubs required).

For information or to register contact the Pro Shop on 383 0729.

Take advantage of our 'super' earlybird special Join for 12 months and get an extra 6 months free.

Junior membership includes free group coaching sessions and a free Waitikiri Golf Club shirt

### 2010 Meridian Kids Bike Jam

21 March, McLeans Island

The Jams are a fun, participation based national mountain bike series for kids aged 5-13 years and are the only kids series in the world! They are all about kids giving it a go and getting a sense of personal achievement. Every child who participates a medal, water bottle and goodies. There are lots of spot prizes from Avanti, Push Play and Meridian.

For more information or to enter online (which is the cheapest option) visit [www.kidsbikejams.co.nz](http://www.kidsbikejams.co.nz)

Courses are all off-road, on flat or rolling terrain - flash mountain bikes are not needed -

kids just need a two wheeler with good brakes, and a helmet.

### **Gifted Child?**

Here's your chance to come and try out One Day School, New Zealand's longest running programme for gifted learners. There will be two age based sessions on **Friday 5 March 2010** at Kendal School, 53 Kendal Ave, Burnside, Christchurch. The session for 9-12 year olds runs from 9-12 noon, and the session for 5-8 year olds runs from 12.30-3pm. The cost is \$30 per child. Places are limited and bookings are essential! For more information, or to book a place for your child, ring Andrea on 021646963 or email [andrea.wong@giftededucation.org.nz](mailto:andrea.wong@giftededucation.org.nz)

### **High Flyer Aerobics**

Attention all beginners!

Aerobics competitors urgently required, from school year 4 - 13, for the NZ Schools Competitive Aerobics Champs 2010.

Our experienced coaches are especially looking to teach teams of 2 and 3. \$30 for an hour shared between the team.

Learn how to do splits, jumps, strength moves and complex push ups all within a 2 minute high impact aerobics routine to fast energetic music. Then show your routine off at the NZ Schools Champs and see how you go!

Fun and fitness guaranteed!

Please call or text Megan on 0272907238. Or email [Highflyersaerobics@yahoo.co.nz](mailto:Highflyersaerobics@yahoo.co.nz) to register your interest.