



NEWSLETTER

1 July 2010

No. 20

Dear Parents/Caregivers

School Dates

- 2 July - Yr2 Parent Assy, 2.15pm
- 2 July - Term 2 ends
- 4 July - School Band attend concert & workshop at Hanmer
- 19 July - Term 3 starts
- 21 July - Rm 24 visits the Art Gallery
- 22 July - Rms 22 & 23 visit the Art Gallery
- 4 & 5 Aug - Parent Teacher Interviews - **school closes at 1.45pm both days.**
- 10-11 Aug - Art workshops for Yr 2-8
- 2 Sept - Numeracy Day/Evening
- 3 Sept - LEAP
- 9 Sept - Choir performs at the Art Gallery
- 9 Sept - Yr 4 at Writers Festival 1pm-3pm
- 16 Sept - Yr6 at Art Gallery 9.30pm-2.00pm
- 16 Sept - Showcase
- 24 Sept - Term 3 ends
- 11 Oct - Term 4 starts
- 19 Oct - Canterbury Primary Schools Music Festival at the Town Hall
- 25 Oct - Labour Day - **school closed**
- 12 Nov - Show Day - **school closed**
- 22 Nov - Choir performs in the Kids For Kids concert at the Town Hall
- 17 Dec - Term 4 ends

Congratulations

- Lauren Iggo** Rm 4
Lauren has been selected for the Canterbury B Primary Girls Hockey team. Well done Lauren.
- Kaitlin Robinson** Rm 16
Chans Martial Arts
Kung Fu - Green Belt

Staff Changes

Tomorrow we farewell **Steph Deavoll, Rm 22 & Di Morris, Rm 7**. Steph is relocating to Perth while Di is relocating to the West Coast. We thank them both for the great contributions they have made to our school and wish them well for their new ventures.

We are delighted to announce the following changes to our staff:

Rm 2 - Marc Hageman. Marc will continue in Room 2 until the end of this year.

Rm 6 - Fiona Lange. Fiona joins us as our Roll Growth New Entrant teacher.

Rm 7 - Karen Hutchings. Karen moves from a shared teacher position in Room 18 to work fulltime with our room 7 children.

Rm 18 - Andrea Sullivan. Andrea will resume a full time role in Room 18.

Rm 22 - Cushla Blackwell. Cushla returns from extended sick leave to take up this position.

We are endeavouring to ensure that the transitions for everyone will be a smooth one with minimal disruption to the children.

Parent Teacher Interviews

Wednesday 4th & Thursday 5th August

2.00pm - 4.45pm & 5.45pm - 7.45pm

Yes, it's that time again....have a go at booking online: www.schoolinterviews.co.nz

Code: **BNDNB**

Bookings will be open for you throughout the holidays. For those who cannot access the website, we will be sending a letter home at the beginning of Term 3 with all of the details.

Please note: School closes at 1.45pm on these days.

Parent Occupation/Skills Database

We are looking to update our database of parent/caregiver occupations and/or skills.

One of the things we are exploring with our new website is to put up a list of local trades and services that are available in our local community and who could be of support to our school.

Please pass your details to the office, either by email, phone or in person.

In School Piano/Keyboard Lessons

All parents with children who would like tuition in term 3 or to be placed on a waiting list, please contact Ian Swansbury by phone at 980-4847 or 027-408-6859 **urgently**, including any who have spoken to Ian previously. Limited places for extension day available.

Hair Ties & Scrunchies

Parklands Unichem Pharmacy now stock Navy & Sky blue hairties, scrunchies etc. These colours are compliant with our uniform code. Check it out!

Thank You

On behalf of Baylee & Jaxon Gibbs we want to thank our school community for the overwhelming love & support shown to the boys and their caregivers during the last few weeks. Donations of groceries and vouchers are no longer required, but cash or cheque contributions to the Baylee & Jaxon Gibbs Support Fund will be still gratefully accepted. This will allow a headstone/plaque to be purchased for Sandy, ensuring the boys will always have somewhere to visit their much-loved mum.

Have a relaxing holiday break.

Kind regards

Ross Willocks
Principal

Parenting Advice

Hot Tips From Parents Inc

What Happens Between The Birthdays?

I read recently about a man who has taken a photo of each of his children, every single day of their lives. It struck me that my family photography has fallen back into the old birthdays and holidays routine, it's literally the only time we pull out the camera.

With our family photographs, and memories, I want to be more like this man; aware of the ordinary stuff that happens along the way. Take a picture, write it down in a journal, or sit back and enjoy it, but the everyday events in the life of our family deserve to be celebrated too.

Do You Have A Hands-Off Policy At Home? By Michael Grose

I heard a great idea following a recent parenting talk.

A mum told me she used a *Hands-off Policy* in her home.

She uses this specifically approach to teach her three sons to resolve conflict without hitting.

This is smart parenting, as boys tend to be more tactile with their conflict resolution than girls.

They also respond better to very concrete, visual terms rather than a vague 'don't hit your brother.'

Teaching kids to resolve conflict without World War Three breaking out is a never-ending battle. Boys, in particular, are more likely to hit, wrestle or jostle each other. It can be a nightmare for parents! Kids have L-plates on when it comes to resolving conflict. Your long-term aim as a parent is get kids to talk about issues, use give-and-take or simply don't enter arguments, rather than hit or hurt each other.

This takes patience, and modeling good conflict resolution, from parents.

Also you need to be aware that you'll get nowhere until *you deal with the emotion in a fight.*

A great deal of conflict between kids is wrapped in emotion. Jealousy, competitiveness and hurt feelings often play out as anger.

Kids who can't find the words, or haven't the vocabulary to express themselves generally lash out, or bottle stuff up. Better to get kids to talk rather than act on their negative feelings.

The best policy to adopt that is: *There's nothing so bad in our family that we can't talk about it, but there are behaviours that we just don't engage in.*

Getting Boys to talk

Getting kids, boys in particular to talk about feelings is hard work. I know, I've raised a conversational clam who struggled to talk on an emotional level.

But stick at and the effort is worth it. It's actually about developing emotional literacy in kids, which is the basis of good mental health and well-being.

Here are some ideas to get your kids to talking rather than acting on feelings:

Validate, don't shut down, their feelings: Basically, let kids know it's okay to be sad, mad, jealous and angry. "I'd be mad too if that happened to me" is the type of approach to use with kids. Sometimes we shut down kids when they feel anxious, sad or angry. Do that often enough and they learn to keep their feelings to themselves.

Give their feelings a name: When kids are full of emotion help them give their feelings a name. "You sound angry.....really mad about that. Would I be right there?" This approach helps kids to identify emotion and also self-knowledge. This is gold.

Use 'think' language with boys: Boys respond better to 'think' language than to feeling language. If something bad happens to them ask them what they think about rather than how they feel. They will generally respond on an emotional level ("I feel rotten about my best friend swapping schools") which is your aim.

Model this stuff: Same gender parents can take their kids to an emotional space if they themselves go to that space themselves. Yep, dads can show their sons that they can be sad, mad even angry by developing healthy ways of acknowledging it, and handling it themselves,

rather than 'kicking the cat' or bottling bad stuff up.

But first you need to stop kids from acting on emotion. That's why I liked the idea of the **hands-off policy** used by the mum at the start of the article.

This type of strategy is the first step in getting kids to handle their emotions in more socially-acceptable ways than simply lashing out, bottling things up or using physical power to assert themselves.

How do you handle kids when they become emotional? What strategies do you use to help them handle emotions in a healthy way? Are you are talking family or an 'acting out' family?

Community & Public Health - Nutrition And Physical Activity Update

Healthy Eating Out

Eating out is a part of life for most busy New Zealand families, whether it is dining in at the local takeaway, getting a 'family deal' at a nearby restaurant or going somewhere to celebrate that special occasion. The more that you turn to restaurant and cafe food for your meals, the more attention you need to pay to what you are eating. In the past eating out has been considered a treat, where nutrient balance is typically put aside, but these days, with it being a more frequent occurrence it has become more important to think about what we are eating.

Eating out too often puts you at risk of eating too much:

- **Saturated fat - which is not good for your heart**
- **Sugar**
- **Salt**

And not enough:

- **Fibre**
- **Vitamins**
- **Minerals**

TIPS FOR DINING OUT WITH CHILDREN

- If it is available, look at the venue website to check if the options are suitable or not before you actually go there.
- Discuss with the children the kinds of foods on the menu that are healthy to order before you get to the venue - they love to be involved!

- If options are limited aim to at least avoid deep fried options and include a selection of vegetables
- Consider the drinks that the children will be offered - water is best (ice cubes and a straw make this more fun!) or try juice with ice or low-fat milk. Avoid high-sugar fizzy.
- Enjoying eating a healthy meal as a family instils a good message for children. Reinforce this by making the outing fun for the whole family. Make interesting conversation that includes everyone - perhaps do a round saying the best part of your day or plan where the next family outing will be.
- Eating out as a family doesn't always have to be at a restaurant. Make a meal to share at the park or beach or even just throw a rug on the living room floor and have some fun!
- Large servings may be "value for money", but are they really what our bodies need? We don't need to come away from a meal bloated to have had a good time! It is better to pay less and have a normal sized meal.

Prospectus and application forms available from the Shirley Boys' High School office, ph 375-7057

Drama For All - Fee Friendly Drama Clubs

Groups for 6-8 and 9-13 year olds at Huntsbury, Fendalton and North New Brighton Community Centres.

\$45 per 8 week term

All clubs for Term 3 commence week beginning 26th July. Registrations now being taken for Term 3, please contact Janet on 3870635 or 021134303 or email

drama_for_all@hotmail.com

Hagley Theatre Company

New drama class for 7-9 yr olds

Enrolments closing soon and can be emailed to Darryl Low LO@hagley.school.nz or visit www.stageone.co.nz for full details and/or more information.

Patricia Paul School Of Dance

Ballet R.A.D from 3yrs, Jazz N.Z.A.M.D, Hip Hop

Classes in Queenspark, Fendalton, Beckenham, City Central

Enrolments being taken now for Term 3 2010
Phone 372-9191 for further information or to book.

Community News

High School Enrolments 2011

Reminder From Papanui High School

As we prepare for 2011, I would like to remind you that we would appreciate receiving enrolments for all students coming to Papanui High School next year by 31 July. This will enable us to begin our planning so that we are well prepared to meet your child's needs next year.

Enrolment forms and further information can be obtained by contacting our office on 352-6119.

Denis Pyatt, Principal

Shirley Boys' High School

Applications for Year 9 2011 close Friday 30 July 2010 (2nd week of term 3).

Beyond The Camera

10-13 year olds - Make a Live TV Show in ONE Day!!

Beyond The Camera Beginners is an introductory 1 day course in the holidays aimed at 10-13year olds who love to act, sing, dance, play an instrument. It is aimed at young people who want to learn how to operate a real television studio. The students on the course will both perform in front of the camera and drive the studio and all the elements beyond the camera. The course is held at St Andrews College in Christchurch. For further information, please contact Franc Bol on 021 666921, or email btcfranc@yahoo.com.

Alternatively you can call the media dept at St. Andrews College - 940 2065.
www.beyondthecamera.org.nz