



## NEWSLETTER

5 August 2010

No. 23

Dear Parents/Caregivers

We are halfway through our Parent Teacher interviews, with a great turnout, and as always we are encouraged by the support you give our teachers. Please return the 'Reporting to Parents' questionnaires to the office asap. Your child's portfolio is due back next Friday.

### School Dates

2-13 Aug - Yr 7/8 swimming programme  
9 Aug - Portfolios due back  
10-11 Aug - Art workshops for Yr 2-8  
11 Aug - Cantamaths  
12 Aug - Yr 4 Drama  
19 Aug - Yr 4 Drama  
22 Aug - PTA Black & White Photos  
26 Aug - Yr 4 Drama  
28 Aug - PTA Quiz Night  
31 Aug - Kapa Haka group in Cultural Festival  
1 Sep - Yr 3-6 Drumming Show  
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  
9 Sept - Primary Schools Winter Tournament  
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**  
27-28 Oct - Yr 7/8 Musical  
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

### Welcome

Welcome to the following children who have joined us recently:

#### Rm 6 - Abby Houchen

We hope that you have already made new friends and that your time at Queenspark will be a most enjoyable one. Welcome also to all the new mum and dad. We are looking forward to getting to know you and seeing you become involved in our school.

### Congratulations

#### Kei Arai

#### Rm 1

Selected for Canterbury Metro Primary Schools Representative Rugby Under 64kg

#### Georgia McFarlane

#### Rm 15

Selected to represent Canterbury in the upcoming 2010 Gymsports Nationals held in Hamilton at the end of September.

#### Chrystal Mitchell

#### Rm 24

Selected to represent Canterbury in the upcoming 2010 Gymsports Nationals held in Hamilton at the end of September.

#### Callum Roberts

#### Rm 3

Canterbury Intermediate & Senior Gymnastics Champs

#### MAG Level 6

1<sup>st</sup> Overall  
1<sup>st</sup> High Bar  
1<sup>st</sup> Pommel Horse  
2<sup>nd</sup> Floor  
2<sup>nd</sup> Rings  
2<sup>nd</sup> Parallel Bar

Callum has been selected to represent Canterbury in the upcoming 2010 Gymsports Nationals held in Hamilton at the end of September.

#### Cruz Topai-Avei

#### Rm 3

Selected for Canterbury Metro JMB Rugby U12 Representative Squad.

### Eastern Zone Winter Sports Tournament

Yesterday many of our Yr 5-8 children took part in the Eastern Zone Winter Sports Tournament at Hagley Park. I would like to congratulate all of our children on the way they played and the way they conducted themselves both on and off the field. I can never thank enough the wonderful parents in our community who take the time to coach and

support our children - without you our children would not get these opportunities.

We had some outstanding results, as below. Those A teams who were placed in the top 2 positions will go on to represent the Eastern Zone at the Primary Schools Winter Tournament on 9 September - good luck.

**Junior Results:**

1<sup>st</sup> Netball A  
1<sup>st</sup> Netball B  
1<sup>st</sup> Rugby  
3<sup>rd</sup> Soccer A  
1<sup>st</sup> Soccer B

**Senior Results:**

1<sup>st</sup> Hockey A  
1<sup>st</sup>= Netball A  
1<sup>st</sup> Netball B  
3<sup>rd</sup> Rugby  
1<sup>st</sup> Soccer A  
1<sup>st</sup> Soccer B  
2<sup>nd</sup> Soccer C

**Lost**

If you come across a book 'Musicland - Violin Book 2' could you please either return it to the office or to Su Yeon, Rm 19.

**Tax Invoice/Statements**

Your child's tax invoice/statement was mailed home last week. Please feel free to contact the office if you wish to discuss your account. A reminder to you that ALL costs related to curriculum programmes such as Activity Fee, School Camps, Aranui Technology, Swimming & Gymnastics, Hagley Sports and any other extra-curricular programmes are **COMPULSORY** payments.

We are reliant on donation income from our community in order to ensure that we have the best resources available for our teachers and children. Have you paid yours?

**Canteen News - URGENT**

Looking for a social outlet...? Well then the canteen needs you!

Shifts are now available for Term 3:

9.00am - 11.00am

11.30am - 1.00pm

No special skills required. Check out our page on the school website for a list of duties or come in and put your name down on the roster.

Any help you can give, big or small, will be appreciated. Each shift you do puts you into the weekly draw for a \$10 canteen credit.

Any queries phone Glenda 3837272 or Shona 3835925

Please note that due to the nature of handling hot food we are unable to have pre-school children in the canteen on the second shift.

**Cultural Festival 2010 - 'Lets Make A Splash!'**

Tuesday 31 August

Come and support our school performing in the Cultural Festival at the Town Hall on Tuesday 31 August. Send ticket order form and money to school by **Monday 9 August** to get discount - adults \$10, children 13 years & under \$5. Family concessions available. (If you prefer to purchase your own tickets directly from Ticketek, you will pay standard price - adults \$15, children \$8 + service/booking fees). Don't miss the discount!

**Christchurch Schools' Music Festival**

Tuesday 19 October

Preferential Ticket Orders

We invite you to order you Festival tickets through school by Tuesday 10 August.

Tickets cost \$12/Adult & \$5/ child.

We try to ensure your seats will be in a position to view our choir.

If you miss our on ordering through school tickets may be purchased through Ticketek from mid September at a cost of \$14/adult and \$6.00/child plus Ticketek booking fee.

**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.

### **PTA Changes**

As Tina Barriball has taken on her new role with our Board of Trustees she has stepped down from the PTA, leaving the Chairpersons position vacant. Karen Martin has now moved into this spot. We will advise of other PTA committee changes as they are confirmed.

### **PTA Upcoming Events**

- **Black & White Portraits**

Sunday 22 August

Family & individual black & white portraits

Free sitting (10 minutes per family)

Free passport sized proofs

Black & White Prints from \$15.50

For an appointment contact Wendy on 383-0085

- **Quiz Night**

Saturday 28 August, 7.30pm start

Tickets \$60 per table (max 6 members per table)

Licensed cash-only bar (no BYO). Snack food available for purchases.

Quiz Night Raffle - tickets ONLY available on the night, includes a first prize of travel vouchers valued at \$800

To register your team please contact Glenda on 383-7272

Planning for our Quiz night is in full swing and it promises to be a great night.

We have a few job vacancies for the evening and would be grateful if you could give up a few hours to help us have a successful evening. The following areas are where we need some help - nothing too strenuous involved and it doesn't matter if you haven't done it before as someone will be able to tell you what is needed.

Quiz starts at 7.30pm, doors open at 7.00pm, and it will run quite late.

We need:

- Security x 1

- Markers x 2 (we have 3 already)

- Whiteboard x 1

- Door Sales & raffle x 2

If you are able to help please contact Tina 3836007, [frostman3@xtra.co.nz](mailto:frostman3@xtra.co.nz)

Have a great weekend. Go the All Blacks!

Kind regards

Ross Willocks

Principal

## **Parenting Advice**

### **Hot Tips From Parents Inc**

#### **Helping Kids Cope With Strong Feelings**

If your child struggles more than most with strong emotions like fear, frustration, or anger, then you can be a powerful model of how to cope when these feelings threaten to take over. A child in a furious rage is hard to help with rational suggestions. When emotions are spilling over, show them what self control looks like. Let them see you gather yourself, calm down and even take a walk outside. A child loves to find ways of managing their own anger - and you will be their first and most important teacher.

### **Happy Kids by Michael Grose**

#### **How Stories Are Important**

Want to get your kids attention? Then start telling them a story and watch them tune in. "Let me tell you a story ...." is enough to get the attention of even hard-nosed kids.

***That's because human beings are hard-wired for stories.***

Telling and reading stories to kids is a wonderful part of being a parent.

"***Just one more story, please***" is hard to refuse.

Story time is a special time that you have with kids that often stays for the rest of their lives.

Stories also have enormous **benefits** for kids. As a former primary teacher and literacy consultant with my state's education department I know full the educational benefits of parents reading and telling stories. Reading and story-telling increases kids' vocabularies, teaches them about cause and effect and sequencing of events, and teaches them more about their expanding world.

Here are some non-educational benefits I can think of:

**1. Stories help kids deal with feelings and emotions:** If you read a story about a child who is afraid of the dark, it helps kids to know that they are not the only ones who feel that way. Hearing the same story many times helps children deal with their fears and other emotions.

**2. Stories can help develop a sense of belonging:** When parents and grandparents tell stories about themselves ('When your mum was a little girl.....') this develops a sense of confidence that comes from strong feeling of connection and family history.

**3. Stories provide a great sense of escape:** A good story stimulates the imagination and takes kids to another world. Getting away from things for a while is an essential mental health skill.

**4. Stories build connections between the teller and listener:** My adult kids tell me that some of their fondest memories of me revolve around story-time. As one of my kids said, "You may have been a grouch at times but you always lightened up telling a story." (writer's footnote: I used to love stories. It was me who used to say 'one more story....' at their bed-time)

*Stories don't have to be at bed-time.* A friend of mine used to read novels to her kids to keep them quite on long trips. There are plenty of times when you can introduce a book or tell a story.

I'm a sucker for stories at bed-time. A special story time at bedtime can help your child look forward to going to bed, to enjoy being close to you and to relax, ready for sleep.

Most importantly, your child will **thrive** by spending TIME with you.

### **Advertising Food To Children**

We all find out about products through advertising and our children are no exception. When it comes to promoting food items to them, the Advertising Standards Authority has a Children's Code for Advertising Food. If you are concerned about the advertising your child sees or hears, you might find it helpful to know what is expected from the food industry:

- Children should not be urged to ask their parents or caregivers to buy products for them.
- Advertisements should not undermine the parent's role of educating the children to be healthy and socially responsible.
- Treat foods should not be encouraged inappropriately or in excess.
- Treats, snacks and fast foods should not be encouraged in substitution for a main meal on a regular basis or in a way that undermines the Food and Nutrition Guidelines.
- Benefits of nutritious foods should not be exaggerated.
- Inappropriately large portions of particular foods should not be encouraged.
- Slimming products or aids should not be encouraged to children.
- Celebrities should not be used to encourage unhealthy foods.
- Foods high in fat should not claim to be low in sugar, and vice versa, which could mislead the consumer.
- Advertising linked to competitions or loyalty clubs should not encourage frequent repeat purchase of unhealthy items.
- Advertisements should not mislead children about foods by use of implication, omission, ambiguity or exaggerated claim, in a way that they cannot understand.

Any person can complain about any advertisement in any media which they consider to be in breach of the Codes. You can do this online at the Advertising Standards Authority website - [www.asa.co.nz](http://www.asa.co.nz) or write to:

The Secretary  
Advertising Standards Complaints Board  
PO Box 10-675, Wellington

While advertising plays a major role in shaping children's eating habits, what you do as a parent has a huge impact too. If you make healthy eating choices most of the time and live an active lifestyle, your kids will do the same.

## **Community News**

### **North Beach Tennis Club**

Junior Tennis 2010/11 season

- Registration Day: 28 Aug, 9.30am-11.30am
- Opening Day: 4 Sept,  
(new members) 9.00am - 10.00am  
(returning members) 10.00am - 12.00pm
- September School Holiday Coaching Programme - Tuition for 8 - 16 yr olds
- Kiwi Tennis Coaching - tuition for 5 - 8 yr olds.

For details contact Ethna on 981-5491 or Ruth on 388-0682

### **Spanish Classes at Windsor School**

Fun Languages (ChCh) are holding after-school Spanish (Tuesdays) classes at Windsor School. All welcome.

For information or to enroll please phone Trish on 365-2787 or 021-133-6201.