



NEWSLETTER

2 September 2010

No. 27

Dear Parents/Caregivers

School Dates

3 Sept - LEAP
6 Sept - Spellathon
9 Sept - Choir performs at the Art Gallery
9 Sept - Yr 4 & 5 at Writers Festival 1pm-3pm
9 Sept - Primary Schools Winter Tournament
13-16Sept - Y3-5 Tennis coaching
16 Sept - Yr6 at Art Gallery 9.30pm-2.00pm
16 Sept - Junior cricket
16 Sept - Showcase
17 Sept - Yr 2 parent assembly, 2.00pm
17 Sept - Disco
21 Sept - Yr 3 parent assembly, 12.00pm-12.30pm
24 Sept - Term 3 ends
11 Oct - Term 4 starts
19 Oct - Canterbury Primary Schools Music Festival at the Town Hall
20 Oct - School Athletics
22 Oct - Postponement Day School Athletics
25 Oct - Labour Day - **school closed**
27-28 Oct - Yr 7/8 Musical
27-28 Oct - Yr 4 visit Victoria Park
10 Nov - Zone Athletics
12 Nov - Show Day - **school closed**
22 Nov - Choir performs in the Kids For Kids concert at the Town Hall
2 Dec - Yr 6 at QEII
2 Dec - Yr 7/8 roadshow
6 Dec - Yr 5 at QEII
8 Dec - Yr 7/8 Awards Evening
9-10 Dec - Yr 8 Celebration Camp at Hamner
10 Dec - Yr 5/6 Awards Evening
15 Dec - Yr 4 at QEII
15 Dec - Yr 7/8 at Waimairi Surf Club
17 Dec - Term 4 ends

Welcome

Welcome to the following child who has joined us recently:

Rm 6 - Daniel Ellis

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

The following Queenspark girls were in the Parklands Under 11 Netball team who won their grade on Saturday:

Laura Carrington	Rm 14
Mikayla Clayworth	Rm 14
Hazel Kolien	Rm 16
Kaitlin Robinson	Rm 16
Abbey Stokes	Rm 15

The following Queenspark girls were in the Parklands Under 12 Netball team who came 2nd in their grade on Saturday:

Malissa Allman	Rm 2
Lydia Burnett	Rm 3
Ruby Carter	Rm 2
Nicole Eastgate	Rm 4
Kate Harrington	Rm 4
Georgia Thomson	Rm 4

Kapa Haka Group

Congratulations to all of our Kapa Haka children who took part in the Cultural Festival at the town hall on Tuesday night. Our children performed brilliantly. A special thank you to Te Huaki Puanaki, Pam Ellis & Stacey Whitaker for the fantastic work they have done with our children.

Mackenzie's Muffins

Thank you to everyone who bought muffins and gave donations toward the Pakistan Appeal. We made approx. 500 muffins! The amount raised through the school was \$560.00 and with CQ (his mum's work place) matching it gives us a total of \$1120.00. Awesome!

Winter Sports Uniforms

If your team has completed their winter sports please return your cleaned sports

uniforms to the green bin in the school office asap. For those children who are playing in next week's tournament - good luck! We look forward to hearing your results.

Canteen News

Butter Chicken is no longer available from the School Canteen.

This Friday 3rd September the canteen will close at 12.40pm. All food to be purchased, for this day only, must be made by placing an order via your classroom before 8.55am.

Maths Celebration Day

Today the children have enjoyed showing the numeracy programme to their parents and visitors to the school. We are looking forward to many of our parents attending the information evening tonight from 7.00pm - 8.30pm.

Spellathon

As some of you may be aware, Tony Mabin is organising a Spellathon for 6th September, which is sure to be a fun and successful fundraiser for the school and the kids. On the day we need 1 extra parent helper per classroom from 9am - 10am to help test the kids on their words. We already have 10 kind volunteers but need 14 more so if you can spare 1 hour on the 6th please contact Karen Martin on 383 0542 or email motherof2@xtra.co.nz as soon as possible. If you let me know the class numbers of your children I will try to put you into one of those classes, however if these rooms already have a helper then you may be asked to help in another classroom that is short

Our Choir Sings At The Art Gallery

The school choir will be singing at the Christchurch Art Gallery on Sept 9th from 12.00 - 12.30 as part of the Kids in Town Series. Parents are welcome to come and support them.

Showcase 2010

Thursday 16 September, 6.00pm

Join us as we are entertained by our 'Shining Lights' -

Kapa Haka group
School Choir
School Orchestra
Dance Groups
Instruments
Gold coin entry or \$5 per family

Christchurch Schools' Music Festival

Tuesday 19 October

If you missed out on our preferential order through school, tickets may now only be purchased through Ticketek from mid September at a cost of \$14/adult and \$6.00/child plus Ticketek booking fee.

PTA News

• Quiz Night

What a great night we had on Saturday night - we managed to raise \$2600.00 Thank you to Sean Murphy for putting the quiz together and also a huge thank you to the following sponsors:

- Harvey Norman
- Watties
- Beach Rd Tyres & Auto
- Super Liquor Parklands
- Readings The Palms
- Paklands Community Baptist Church
- Julie Seymour

• Black & White Photos

The black & white photos are ready to be picked up from the school office. Orders must be in by Wednesday 8 September.

Have a great weekend.

Kind regards

Ross Willocks
Principal

Parenting Advice

Hot Tips From Parents Inc

Creative Communication

Sometimes we have so much going on that communication between parents and kids becomes focused on the functional - Have you seen my keys?, Time for homework, Dinner's ready!

We believe that family is everything, and that it's worth the effort to nurture relationships by communicating in fun and inventive ways.

Try leaving a note if you're struggling to find the time for sit-down chats with your kids this week. It's a quick and fun way to pass on a message of love or encouragement; leave it somewhere unexpected for maximum impact! On the flip-side, when you're dealing with a sticky situation a humorous note can remove the element of confrontation.

Happy Kids by Michael Grose

The Secret Circle Of Confidence

First borns can be hard to fathom. Some are eloquent and articulate. Others can be either shy or show-offs.

One attribute many share is their *adversity to taking risks*. They are generally not life's adventurers, preferring to stick to activities where they're assured of success.

For instance, many academic stars will put their energies into academic stuff at school, but often shy away from performing arts, if they know they can't excel. 'I'm no good at that stuff' is their attitude.

Not too much wrong with this, but they do limit their options in many ways, failing to take advantage of what's on offer.

Many parents tell me that they get frustrated when they send their kids to a school that offers so much, yet their kids just won't try many of the activities on offer. What a frustrating waste!

One reason for children's failure to extend and stretch themselves, is lack of **genuine confidence**. They link their self-esteem to what they can do, rather than who they are.

Confident kids can more easily separate themselves from the results their activities.

The prospect of failure doesn't hold them back, or prevent them from 'having a go'.

Some second borns, who live in the shadow of a superstar first born can be learning or activity-risk adverse as well. They can shy away from activities and social events that you'd just love them to tackle.

And some youngest kids live with self-doubt. Everyone in the family is bigger, smarter and faster than them, so they are always comparing themselves to siblings with an built-in advantage.

When your first born starts to read at six or seven it seems such a clever thing to do. When your youngest begins at the same age it doesn't seem such a big deal. In their eyes, they are always playing catch-up to an elder sibling.

My first parenting mentor Professor Maurice Balson, would often say that the most important tool in a parent's toolkit was the ability to develop a genuine sense of self-belief in children.

I've written a great deal over the years about confidence-building. After all, what parent doesn't want their child to develop the circle of Confidence, where confident behaviour feeds more confident behaviour.

As a result I created a *confidence-building model (the head, heart and hands approach)* for parents who want to really understand this important process.

Here are three **BIG** confidence-building ideas taken from that model, that if you put them into practise, have the capacity to impact on your kids' confidence-levels **BIG** time:

1. Get your child to teach you something on a regular basis: How often do your kids get the chance to show you, teach you or pass on some things they've learned to you. It's so darn empowering when it happens. Hook into some things they are learning at school such as a foreign language, cooking or the book they're reading. Perhaps they can teach you some common terms of a language they are learning, or how to cook something or relate to you a message in a book they're studying.

2. Practise unconditional acceptance: Most of us judge kids' efforts according to adult standards, rather than children's standards. By all means teach kids, but accept their

genuine efforts as good enough. When your four year old sets the table with knife and fork back-to-front accept that as okay and show them how to do it next time. When your six year old makes his bed with the doona not tucked in, accept that as okay for his age. That's what unconditional acceptance is about. *They'll get better with practice.*

3. Give kids responsibility that scares or surprises you: A neighbour gets her four year old to unpack her dishwasher each morning, plates and all. Another parent I know gets her five year old to help her younger sister get her breakfast each morning. Another gives over the weekly garbage to ten year old with no reminders whatsoever. It's amazing in each case, the kids rise to the challenge set by their parents. **Sit back and give your kids something that makes you think, 'NO WAY! He can't do that!'** Kids will often surprise adults with what they can do. Ideas such as these can be quite challenging to the normal way you raise your kids. But YOU need to be confident enough to have a go at changing. *If you want your kids to be confident then you go first!*

Developing the **Circle of Confidence** in kids often requires you to make some structural shifts in the way you parent. But it's by changing the way you habitually do things has the most significant impact on your kids.

Community News

Wise Up

Wise-Up is an 8-week course for children aged 6 - 12 years, teaching skills for everyday life. We look at how to recognise feelings & emotions and explore new and different ways of dealing with these. **Wise-Up** aims to teach children to maintain self-care, self-confidence, self-respect and self-control. **Programme Details:** In term 4 we are holding groups at the Shirley Community Centre, Linwood North Primary School, Hornby Primary school, and Addington (venue to be confirmed). Groups run from 3:30-5:00pm and start the week of 18th October. For **information & enrolments** contact Sarah Rawson @

Methodist Mission. Phone 366 8839 ext. 845 or Email sarahR@mmsi.org.nz

ACES

ACES is a 7 week programme which supports 8-10 year olds through sharing experiences and exploring new ways to cope with the separation of their parents. **Next Course** Tuesdays 26th October - 7th December. 3.30pm - 5pm, Christchurch Methodist Mission, 309 Durham St, Christchurch

Please Note Child's care-giving parent is strongly encouraged to attend a Parenting Through Separation course. The Parenting through Separation course is a free two-session group information programme to help parents support children through the difficult time of separation. Held on behalf of the Ministry of Justice, by the Christchurch Methodist Mission and other agencies.

Information & Enrolments: Please contact Sarah Rawson phone 366 8839 or email sarahR@mmsi.org.nz

Christchurch School Of Gymnastics

Holiday Programme, 27 Sept - 1 Oct. Activities include gymnastics, trampolining, mini golf, indoor games, arts & crafts, swimming, ball games, pyjama party and baking. Cost - \$160 (week) or \$40 (day), 9am - 3pm Bookings essential - phone 3886616. Oscar subsidies apply - for info on this phone 0800-774-004,

Kids School Holiday Golf Programme

Running at a club near you! For information on your nearest coaching course please contact Rachel at Canterbury Golf by email Rachel@canterburygolf.co.nz or call 359-4000. There are 3 different sessions so there is something for everyone. Beginners - 1 hour session \$10/person - aimed at 5-12yr olds with no experience. Intermediate - 2 hour session \$20/person - aimed at 8-14yr olds with limited or no exp. Advanced - 4 hour session \$40/person Aimed at any age with previous golf exp.