

September 14th 2020

Dear Parents and Caregivers

The last 2 weeks of the term are upon us. We are looking forward to sharing with you some of the Art work we have been completing. We are building towards the last Full School Assembly on the 25th and hopefully we will know more today about how that will look in the current COVID level standings.

We want to extend a huge thank you to all of the parents and family who came in to see the book fair and purchase books for their children. We received an overwhelming result with almost \$3000 in sales and the school received \$800 of books for the library. Thank you very much to Mandy and Gretchen for setting up and dismantling the display.

I was away Monday and Tuesday last week at the Canterbury Primary Principals retreat in Hanmer Springs. It was a wonderful chance to network with 90 other Canterbury principals to hear about their schools and successes. Many of our schools are inviting parents, caregivers and students to embrace the 5 ways to Well being.

The Five Ways to Wellbeing are – **Connect, Be Active, Keep Learning, Give, and Take Notice.**

They help people take care of their mental health and wellbeing. Regularly practising the Five Ways is beneficial for everyone – whether you have a mental health problem or not.

Why the Five Ways work:

- **Connect:** Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.
- **Keep Learning:** Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.
- **Be Active:** Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.
- **Give:** Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.
- **Take Notice:** Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

The Five Ways in action:

- **Connect** with the people around you. With family, friends, colleagues and neighbours.
- **Keep Learning.** Try something new. Rediscover an old interest. Take on a new responsibility at work.
- **Be Active.** Go for a walk or run. Step outside. Garden. Play a game.
- **Give.** Do something nice for a team mate. Thank someone. Volunteer your time.
- **Take Notice.** Remark on the unusual. Notice the changing seasons. Savour the moment.

Due to the COVID uncertainties we will have to cancel the Soup and Kahoot night planned for September 16. The School Art display for Thursday 24th will be staggered for families so you can still visit. There will be

no refreshments this year and we ask you to stick to your allocated times. We will attempt to have a coffee cart available outside the school

Families Surnames:

A-E 5.00pm – 5.45pm

F-M 5.45pm – 6.30pm

N-Z 6.30pm – 7.15pm

Thank you for your understanding. We are sure you will enjoy seeing the work and celebrating your children's success.

We had three school students attend the Opuke Kahui Ako Student Hui in Methven last week. They represented well and even led some presentations. We are very proud of Melissa, Maddie and Logan for attending and appreciated the transport assistance from the Davidson family.

Later this year we will be calling for nominations and candidates for the two positions available for election in our Board of trustees. .

A teal rectangular graphic with a white checkmark icon in the top left corner. To the right of the icon, the words "SCHOOL TRUSTEE ELECTIONS" are written in white, bold, uppercase letters, stacked vertically.

SCHOOL TRUSTEE ELECTIONS

What are school boards?

All of New Zealand's state and state-integrated schools have a board of trustees. The board of trustees is the Crown entity responsible for the governance of the school. The board: focuses on its four primary objectives in all of its work (below)

- is the employer of all staff in the school
- is responsible for setting the school's strategic direction in consultation with parents, staff and students
- is responsible for overseeing the management of personnel, curriculum, property, finance and administration

In the section 127 of the Education and Training Act 2020 you can find the board's four primary objectives. These are ensuring:

- every student can reach their highest possible standard in student achievement
- a physically and emotionally safe place for students and staff, one where student rights are respected, and it is free from racism, stigma, bullying and other forms of discrimination
- the school is inclusive of and caters for students with differing needs
- the school gives effect to Te Tiriti o Waitangi in specified ways that include taking all reasonable steps to provide teaching in tikanga Māori and te reo Māori, and achieving equitable outcomes for Māori students

School Support Group Meeting - This will be held 7pm Tuesday night September 15th at the Rakaia Railway Tavern. You are invited to attend and two of the agenda items will be Athletics for term 4 and a possible change to uniform. The uniform is only a preliminary discussion and no decisions have been made.