

# WHOLE SCHOOL NEWSLETTER

## TERM 2, WEEK 6

We are proud to be A Positive Behaviour for Learning School (PB4L) which allows our teachers to teach and children to learn. We are also very proud of how our children behave and live, eat and breathe our school values of **RESILIENCE**, **RESPONSIBILITY**, **KINDNESS** and **RESPECT**.

However we are finding more and more that some of our tamariki are not coming to school in the best emotional state. More and more of them are tired, fidgety, impulsive, inattentive, anxious, and angry. As a result both teachers and parents are struggling to manage some of these behaviours.



Every now and then I come across articles that really strike a chord with me. The following article explains WHY? Behind some of the behaviours we are seeing and talks about the fact that children of today are stressed. Yes, that's hard to believe, 'How can they be stressed if they have everything they want?' This article explains that is the exact problem and the major source for their stress. They have everything they WANT, but not enough of what they truly NEED for a healthy development!

Keep reading if you want to find out more:

### **Misbehavior: Your Child's Desperate Call For Help! Real Solutions for Better Behaviour at School And at Home.** *(Written by Victoria Prooday, Occupational Therapist)*

Today's children are in a devastating emotional state. Why?

Because today's children are being offered:

- digitally distracted parents
- endless stimulation and digital overload
- sedentary indoor lifestyle
- limited unstructured play and social interaction
- unclear boundaries and limited responsibilities
- inadequate sleep, unbalanced nutrition

Wouldn't you be stressed if you had this kind of childhood? Would you be emotionally available for learning under such lifestyle conditions? None of us would and neither do our children!

A well balanced, natural childhood has been stolen away from our children and replaced with inferior substitutes. Kids' nervous systems are not designed for such an unbalanced childhood, leaving them stressed. Fidgeting, anxiety, impulsivity, inattention, anger, tiredness, and boredom are kids' ways of screaming to us: 'My brain is out of balance! I need your help!' Their cry outs can't be ignored any longer.

Are we looking for solutions in the right places?

No, we are not!



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A teacher's job becomes extremely challenging as more and more children come to school with an excess of unutilized physical and emotional energy and are not available for learning. For many children, even the simplest task of sitting on a chair is a challenge. Within the classroom environment, teachers are trying to do whatever they can to compensate for the children's lack of a well-balanced childhood. "Flexible sitting" is the schools' latest attempt to bring movement into the classrooms by allowing kids to bounce on the balls, sit on wobbly chairs, ride a stationary bike, instead of sitting on chairs during classes.

Would it really help?

No! "Flexible sitting" alone is powerless if kids come to school after spending hours in sedentary, indoor "play" in front of computers/laptops/iPad/T.V./video games, going to bed at 11pm and coming to school without a proper, nutritious breakfast. It can not compensate for the lack of a well-balanced connected childhood.

What is the solution?

As parents, we should start recognizing our contribution to our kids' challenges. We can't continue to expect that the lack of a well-balanced childhood would not affect a child's overall functioning ability at school and home. Today's children's nervous system is out of shape to a point that a bandage philosophy will not resolve their issues. It is OUR responsibility to give them what they NEED, not only what they want. Children need us to put a conscious effort into bringing childhood back to them:

Bring back connection:

- Put your phones aside until kids are in bed to avoid digital distraction.
- Surprise them with a flower, share a smile, tickle them, dance together, crawl together, have pillow fights.
- Have family dinners, shared reading times, board game nights.

Bring back movement and outdoors:

- Make exercise a family time: biking, hiking, fishing, gardening, dancing, swimming, ball games, climbing trees.
- Incorporate movement into day to day life: get them walking to the school, library, mall, friend's house instead of driving them; park farther away to get them walking; take the stairs instead of elevators; encourage kids to push a shopping cart, carry groceries.

Bring back boredom and calmness:

- Don't feel responsible for being your child's entertainment crew and do not use technology as a cure for boredom - LET THEM BE BORED!
- Set limits and routines for technology use.
- Children need to have an unstructured time to learn to "self-entertain."
- Help kids create a "boredom first aid kit" with activity ideas for "I am bored" times.
- Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under "boredom."
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free Bedroom.

Bring back responsibilities:

- Involve kids in daily chores, such as folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their beds, vacuuming, taking out the rubbish.



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- Don't pack your child's backpack, don't carry her backpack, don't bring to school his forgotten lunch box/agenda, and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.

Our children are our legacy and our future. If we want to set them up for success in life, we have to listen to their calls for our help and make deep changes. It is never too late to change the course of their lives!

## SOMETHING NEW ...

Exciting news - Introducing our new community sign up app.

The school will be using signup.com to help us secure helpers for events and activities, working bees, classroom helpers etc. The sign up is easy and you can link your availability to help with your own calendar. Here is some further information:



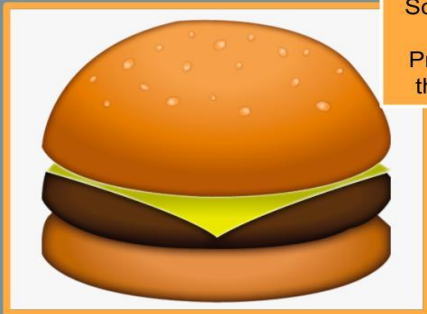
Here's how it works in 3 easy steps:

- 1) Click this link to see our school SignUp for the hamburger lunch on SignUp.com:  
<https://signup.com/go/vZpeaxL>
- 2) Review the options listed where we require help and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com simply use your email address

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually f.southgate@ghs.school.nz

## COMING UP ....

**Hamburger Lunch Thursday 17th June - please see details below**



Schoolyard burger  
\$4  
Pre order only via  
the [school shop](#).

### Schoolyard Burger Lunch

This is a lunch option available on Thursday 17th June  
Cost per burger \$4  
We have a limited number of burgers available for you to pre book through the [school shop](#)  
You can choose the whole burger (bun, burger pattie, cheese and sauce) or the burger without cheese or without sauce or without both cheese or sauce.  
The burger will be delivered to the classroom for lunch eating time

Click this link to see our school SignUp for the hamburger lunch on SignUp.com:  
<https://signup.com/go/vZpeaxL>



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**Coming Soon to a School Near You**  
**GHS Matariki Festival**

**On Thursday July 8th**  
**From 4.30 to 7pm**

**There will be performing arts**  
**Kapa haka, Choir, Dance, Drama,**  
**Hangi and other delicious Food,**

**And just a little bit of sparkle and twinkling lights**  
**for all the family**  
**Save the date and time in your diary now!**

### COMMUNITY EVENTS

**YOGA** - Please register your interest with [rebecca@pilateswithbex.co.nz](mailto:rebecca@pilateswithbex.co.nz) or book a space directly by using the following link:

**GHS FUNDRAISING EVENT**

All Mums and Caregivers in our GHS community are invited to come along to a wellbeing session with Bex, one of our lovely mums, where she would like to show you some ways to relax and be kind to yourself, using breathing and pilates techniques.



**Date and Times**  
Monday 14th June at 11.15am  
Or  
Tuesday 15th June at 6.15pm

**Where**  
In our Flexible Learning space at school

**What to bring/wear:**  
Water bottle  
Comfortable clothing (much like you would wear to yoga)  
Mat or thick towel  
Socks if you would like to

**COST** - A donation to the school of \$10  
However, do not let the cost stop you from joining in - just please donate something. See you there!

<https://app.acuityscheduling.com/schedule.php?owner=17694423&appointmentType=23462524>



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## DATES FOR THE DIARY

(Please note more events and dates may be added, we will keep you informed)

| DATE                | TIME   | EVENT  |
|---------------------|--|--|
| Saturday 5th June   | 10.00 - 2.00pm   | Domestic International Families Winter Beach Walk  |
| Monday 7th June     | SCHOOL CLOSED - QUEEN'S BIRTHDAY                               |  |
| Tuesday 15th June   | School day   | Tuakana Mathex Competition   |
| Thursday 17th June  | Lunchtime  | Hamburger lunch day  |
| Friday 18th June    | School day   | Hibiscus Tuakana Fiafia (Y5 & 6)   |
| Sunday 20th June    | 2.00 - 4.00pm  | New Families Sunday Funday Event   |
| Wednesday 23rd June | Year 3 and 4 - 5.00 to 6.00pm<br>Year 5 and 6 - 6.30 to 7.30pm | Teina and Tuakana Discos and Parent Workshops - <i>Workshops available during this time for Reading, Math, Behaviour Strategies and Cyber safety/Digital learning at GHS</i> |
| Thursday 24th June  | Year 0 and 1 - 4.30 to 5.30pm<br>Year 2 - 6.00 to 7.00pm       | Purapura Disco and Parent Workshops - <i>Sports information meeting in the staffroom during the Purapura sessions</i>  |
| Friday 25th June    | SCHOOL CLOSED - TEACHER ONLY DAY                               |  |
| Tuesday 6th July    | 7.00pm   | PTA Deckhands Meeting  |
| Thursday 8th July   | 4.30 - 7.00pm  | Matariki Festival  |
| Friday 9th July     | SCHOOL CLOSING AT 3.00PM FOR HOLIDAYS                          |  |

*Further Disco information and how to book tickets and pizza will be available early next week.*



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## Whanau Team Notices

### Term 2 Week 6

#### WHOLE SCHOOL - VISITS FROM HIBISCUS COAST ASTRONOMICAL SOCIETY

In the week 21 - 24 June, Juanita from the Hibiscus Coast Astronomical Society will be coming into school to share her expertise with each class around our topic of space and Matariki. She will be visiting every class in the school. To cover her costs, we are asking for a \$2 donation. This can be paid via the school Hero app.

#### NEW ENTRANT/YEAR 1 (Gill Steel & Abi Copley)

##### **Winter:**

Now that the weather is turning colder, please can you ensure that your child has a jumper or wears a navy blue/black long sleeve thermal top. **It is also a school rule that all children wear plain black shoes to school.** Please make sure if your child has shoes with laces, that they know how to tie them. This is an important skill for them to learn.

##### **Reading Books:**

As you will be aware if you attended the Literacy workshops, Reading in our Junior school looks a little different this year. Your children may be reading some of our decodable texts within class. However, these books cannot yet be sent home for extra practice. Instead, your children will be bringing a 'pick book' home. It is the intention that these books are to be read to your child or alongside with them. It isn't expected that your child will read these books without support. It would be invaluable learning for you to discuss the story, characters or words within the book. Asking your child questions about the book, and encouraging them to ask you, will also be a huge help to their progress.

#### YEAR 2 (Melissa Stilwell Year 2 Group Leader)

**Winter** - Just a reminder that as we start to get into winter that any jumpers need to be our school uniform. Jumpers and jackets can be purchased from the uniform shop up at the office. Children may also wear plain black or navy blue thermals under their school shirts. **Please name and label** your child's jumpers and shoes. Despite our best efforts to remind our students to put their clothing into their bags, sometimes they disappear.

#### TEINA WHANAU

#### YEAR 3/4 (Rebecca Wong & Hayley Brass Year Group Leaders)

##### **Reminders:**

- Please name and label your child's jumpers and shoes. It is much easier for us to return belongings when they are clearly labelled.

#### YEAR 5 (Ruth Trevathan Whanau Team Leader)

Year 5 has been getting creative with their language and producing some fantastic creative stories. They are also learning about cultures in New Zealand and the celebration of Matariki.

##### **Reminders:**

- We still require parent helpers for our volunteer days at Shakespear Park. Please email your class teacher if you can help. For further details [check here](#).
- **All** children need to return their sailing and surfing notices either indicating permission and



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payment or confirming non-participation. Links to the notices are here: [Attending Sailing and/or Surfing](#). [Confirmation of Non Attendance](#)

- We are excited about the opportunity to view the Matariki stars at 5am on July 2nd. This is an optional activity, if you would like to join us, contact Ruth ([r.trevathan@ghs.school.nz](mailto:r.trevathan@ghs.school.nz)). [Please find further details here.](#)

## YEAR 6 (Nathan Hanwell Whanau Team Leader)

Year 6 have been pushing themselves incredibly hard this week. We've been looking at the properties of 3-D shapes in Maths, as well as continuing to look at our Basic Facts knowledge and understanding. In writing, we've been focusing in on planning, and how to use figurative language in the settings of our scary stories. In sport, we've looking at collaborative games and have zoned in on creating opportunities for our new Class Reps and Vice Reps - busy, busy!

### **Reminders:**

- **Earth and Beyond:** This term's topic is now in full swing. As part of their homework, your child will be expected to create a Project, due in at the end of week 8. Please see the attached outline for more details: [Earth and Beyond Year 6 Project 2021](#)
- We still require parent helpers for our volunteer days at Shakespear Park. Please email your class teacher if you can help. For further details [check here](#).
- **All** children need to return their sailing and surfing notices either indicating permission and payment or confirming non-participation. Links to the notices are here: [Attending Sailing and/or Surfing](#). [Confirmation of Non Attendance](#)
- We are excited about the opportunity to view the Matariki stars at 5am on July 2nd. If you would like to join us, contact Ruth ([r.trevathan@ghs.school.nz](mailto:r.trevathan@ghs.school.nz)). [Please find further details here.](#)



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GULF HARBOUR SCHOOL SPONSORS 2021



A promotional image for Diana Holberg, a Harcourts real estate agent. On the left is a portrait of Diana, a woman with long dark hair, smiling, wearing a dark blue top. The background is a dark blue overlay with a faint image of a coastal town at night. Text on the right includes: "THANK YOU TO ALL MY CLIENTS!" in white; "Your support allows me to be a proud sponsor of Our School, Our kids &amp; Our Community" in white and light blue script; "DIANA HOLBERG" in white inside a white rectangular frame; "Harcourts" in white below the frame; "M 022 02 09 541" in white; and "www.dianaholberg.co.nz" in light blue. At the bottom right, in small white text, is "Tandem Realty Ltd Licensed Agent REAA 2008".

We are proud to introduce you to another new school sponsor Diana Holberg. Diana has a daughter at our school and is helping us make our school a better place for all our children.

If you would like to be a sponsor of Gulf Harbour School please contact Fiona Southgate at [f.southgate@ghs.school.nz](mailto:f.southgate@ghs.school.nz)



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