

## Te Anau School

Te Kura o Te Anau 2023 Kake ake i te tiketiketanga o te Taumata Climbing Our Way To The Top!! Term 4 Week 5



## **Beautiful Boredom**

#### **By Kathryn Wright**

Everybody wants their child to be able to solve problems, resolve conflict, and manage their life. But sometimes it's as if we are going backwards when looking at how children in general are achieving these skills. Children who lack problem solving skills may be more at risk of mental health challenges later in life if these skills are not honed during childhood.

It's really tempting to jump in and quickly solve our children's issues for them – this could be as involved as personally attempting to sort out peer issues for them at school, to something as innocent as opening a jar for them. It's quick, it's easy, it gets results, which is pretty tempting when we have multiple pressures coming at us from all sides. It saves time.

This is where boredom comes into its own. Most of us have a story about how we used to disappear for the day as children and would only come home when it was getting dark, or we were hungry. I certainly do! And while we have added risks and complexities in our lives now that would make this a little harder, the fact is that we used to learn how to solve problems, build creativity and to manage ourselves when it was just us against the world. Our boredom became our stage for learning.

There are ways that we can bring aspects of this concept back into the lives of our children without potentially putting them at risk. Help them to brainstorm 3-4 things that they could spend the morning doing and discuss the merits and drawbacks of each. Help them to come up with ideas for a long-term project such as creating a garden plot, a hut, or an art project. This will also allow children to develop planning, strategy and flexibility skills, and it can help to build tolerance when things don't always go their way.

If your child comes to you with a problem, such as wanting you to peel a banana for them, instead of doing it for them (the quick way, I know), help them to think of several ways in which they could solve the problem – no matter how ridiculous. They may try to use the potato peeler at first, and that is fine – this is problem solving. Sometimes we need to embrace failure while they need to experience consequences, positive and negative. They will soon realise that there are other, better ways, all while building grit and learning to self-soothe in the process.

Helping children by encouraging them to manage their own boredom can be so beneficial in so many ways. Having that unstructured time will allow them the space to develop personal independence and will feel as though they have more autonomy over their lives, which in general will create more motivated, contented and happy children.

Kathryn Wright www.kathrynwright.co.nz

# School News

## **Southland Tennis Champs**

Well done to Vienna, George, and Lochlan who represented Northern at the Tennis Champs last week. (Unfortunately, Patrick could not take part due to an injury the day before). Vienna and George took out the Year 5/6 titles and will now go through to the Southern Primary Champs in Dunedin on Friday 10th November. Good luck.



No Sausages Tomorrow Due To Pet Day



## Bake Sale at Pet Day Tomorrow

Bake Sale at Pet Day Friday 10 November Please support by buying some yummy baking. Proceeds donated to Dan Griffin.

#### Pet Day - Tomorrow Friday 10 November

Check your Hero app for your Pet Day information booklet.

### Poppet Clothing School Uniform Visit

Poppet Clothing will be at our school on Thursday 30 November outside the office from 1:00pm to 3:15pm. Mobile Eftpos will be available.



## PTA Annual Raffle - Meal For 10



The Te Anau School PTA is again running the 'Meal for 10' Raffle. Prizes include a Meal for 10 catered for in your home by The Fat Duck, a \$200 La Toscana Voucher and a \$100 Radha's meal voucher.

All proceeds from the raffle are allocated to the 'Travel Fund' which is used to subsidise

children's travel to various school activities outside Te Anau. Most recently we have supported the middle team's Alpaca Farm visit in Manapōuri, Netball Team travel, and transport to Young Leaders.

Your raffle page has already been sent home, one per family. The raffle page and money for tickets sold must be returned to the school office mailbox by Friday, 24th November, whether tickets are sold or not. The raffle will be drawn on Friday, 1st of December.

Many thanks for your support!

#### **Dental Bus**

The Te Anau Dental Mobile Bus is currently working in Te Anau. Please feel free to ring and make an appointment for your child on 027 284 9937. If at the time you are unable to make the appointment, please let us know so we can see someone else as time is limited.

#### **Our Policies and Procedures**

Our policies and procedures can be viewed at any time through our Hero App and our school website. <u>www.teanau.school.nz</u> Click on 'Policies and Procedures' and enter the following username and password. Username: **teanau** Password: **climbing** 

#### **School Sun Hats**

Bucket style sun hats are compulsory this term. Plain navy and green hats are available from Poppet Clothing. Navy hats with the



Orbell logo are available from the school office for \$15.00 with cash

payment on receipt of the hat. Please note that we have no Eftpos. <u>Head sizes</u> are 54cm, 58cm and 61cm.

## School Term Calendar 2023

https://www.teanau.school.nz/calendar

10 November	Pet Day - Rugby Club Grounds
17 November	Whole School Assembly 9.30am
20 November	Junior Swim Safe Starts
24 November	Teacher Only Day - School Closed
29 November	Whole School Assembly 9.30am
29 November	Board Meeting 7pm
30 November	Transition to School Parent Meeting 3.15pm
30 November	Poppet Clothing Uniform Visit 1.00pm-3.15pm
4 - 8 December	Year 6 Camp - Dunedin
5 December	Kepler Track Trip - Rooms 5,6,11
6 December	Kepler Track Trip - Rooms 7,12,13
6-7 December	Year 3 & 4 Camp
12 December	Year 6 Milford Day Trip
12 December	Student Transition Afternoon
14 December	Last Day of School and Year 6 Graduation
1 February	First Day of 2024
17 December	Last Day of 2024

## Our School Is <u>CLOSED</u> on Friday 24 November for Teacher Only Day'

#### **School Pool**



Our pool opened this week. Please **name all** togs, towels, caps, goggles, etc.

Season family pool keys are now available from the school office for **\$50 cash** only.

## **Community Items**

## After School Cricket

Smash Play Cricket (Yr1/2 Boys & Girls), Summer Smash Cricket (Yr3/4 Boys & Girls) and Girls Smash Cricket (Yr3-8 Girls) will run once again this term.



#### **School Hours**

9am- 3pm (Children must not be at school before 8.30am) Lunch: 12.15pm-1.10pm Office Hours: 8.30am - 4pm

Contact Details & Bank Account Information (No Eftpos)

Web: www.teanau.school.nz Email: admin@teanau.school.nz Phone: 03 249 7131 Bank Acc No: 0317490005473 00



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This will be held on **Mondays after school** and start on **6th November**, running for 6 weeks, with all cricket played at **Te Anau Cricket Club** on Dusky St.

The online registration link for players/parents is below <u>https://www.playhq.com/new-zealand-cricket/org/te-anau-</u>school/b7f68412/register





### FIORDLAND COLLEGE NOTICE

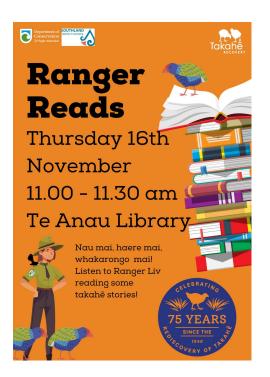
NCEA examinations commence on Monday 6th November. So the College carpark beside the pool will potentially be closed between 8:30am and 5:30pm. Parking could be at a premium so we ask that visitors park on Howden St or McKinnon Loop.

Please also keep noise to a minimum for our students in exams.

Due to some issues with younger members of the community after school the building and court areas are *out of bounds* from 8:30am till 5:30pm. Students coming up for swimming will need to go into the pool and not use the College. (Please feel free to use the rugby or football fields – but enter through Tom Plato Dr). We also have several projects happening from Oct till New Year. Members of the public need to keep well away from these areas.

When the carpark is available the yellow "NO PARKING" zone must be kept clear at all times – including pick up and drop offs.

Thank You







LOCATION 112 Te Anau Terrace (Separate building at the back of Lakeside Church access down the North side of the church building )

> **OPENING HOURS** Thursday evenings 6.30-8.30pm Saturdays 10am-2pm

The Grace Place is a second-hand outlet. Items from the Grace Place can either be taken or a donation can be made. Any money made from donations is gifted to meet community needs. Contributions of clothing and household items are gratefully received. Please make sure that all donations are clean and in usable condition. (We are unable to accept electrical goods or items of furniture)

Donations can be dropped in during opening hours, or left in the Green Shed outside the Grace Place building if outside hours. Access : Park in the church carpark



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