

Te Anau School

Te Kura o Te Anau
Kake ake i te tiketiketanga o te Taumata
Climbing Our Way To The Top!!
Term 1 Week 9 2021



Principal's Pen

Dear Parents, Caregivers and Whanau,

Just prior to Easter we were lucky enough to have John Parsons come to speak to our learners and whanau about internet safety. In reality, John spoke about having positive values and using them to guide you and your children in life including while on the internet.

John's messages to our children and parents are confronting but also practical. His message has the idea that the internet is not a place to avoid, it is just part of life. We just need to take our off line values and use them online. A simple way of looking at this is you wouldn't let your child drink in a bar so why would you let them play an R18 game? You wouldn't let your child smoke a cigarette so why let them lie about their age and sign up to a social media account?

If it is quick simple messages you are after, as a parent, these were my three takeaways:

1. Photos of the Bathroom, Bedroom or Pajamas don't ever go on the internet
2. For children under 12 you own the technology. They are just allowed to use it. That way it can be taken from them at any time.
3. When your child does have an online profile picture make it one that an adult is in. This gives an outward image of protection.

It was fantastic to have someone of John's calibre here at school. For this, I would like to thank the Rotary Club as they sponsor John to be with us.

On another note, but one that still focuses on child wellbeing, I just want to remind you that we have Kathryn Wright here on a Monday. Kathryn is a counsellor who works with children. If you believe that your child could benefit from this service, please speak to your child's classroom teacher or another member of staff.

To help us out, Kathryn is going to write a range of pieces relating to mental health that we will publish in this newsletter. The first one, which is in today's newsletter is titled 'Sticky Thoughts'. It is a great piece looking at helping children (and us adults) deal with thoughts that they just can't drop. Enjoy the read.

Nga mihi nui,
Grant Excell

School News

Assembly Certificates

Congratulations to the following children who will be receiving a certificate at assembly tomorrow Friday at the Event Centre 2pm:

Room 1 - Stella White, Cole Carlisle, Ethan Royer
Room 2 - Cooper McMurtrie, Sam Puyat, Sophie Murdoch
Room 3 - Freija Woods, Hunter Corby, Fletcher Dawson
Room 4 - Jackson Reynolds, Josh Porteous
Room 5 - Carys Jones, Hunter Henwood
Room 6 - Victoria Taylor, Mason Cleary
Room 7 - Sophie Neems, Gully Filmer
Room 8 - Lochlan Shefford, Thomas Irwin
Room 9 - Robin Fedorsen, Ariana Stewart
Room 10 - Levi Hoskin, Luchia Jones
Room 12 - Grace Killeen, Lily-May Rangi



Amelia Meffan

started our school last week! She joined Mrs Harden and Mrs Gamble in Room 12.

Happy 5th birthday to you Amelia and welcome to our school!

Friday Sausages

\$2.00 !!!!

Please bring your \$2 coin to the school library before 9am.

To avoid queues, please give exact money.
Please support our Year 6 Dunedin camp fundraiser!

**Wear House Colours for
House Competition on
Monday 12 April - No Gold
Coin Needed!**

Unhooking From “Sticky” Thoughts

It's really normal for kids to have thoughts that seem to control everything they do. It's also normal to not even question this - what we think must be correct. This is a subject that often comes into my room - with all ages - but especially with children. Some common thoughts that I see are “I'm not good enough”, “No one likes me”, “I can't do it” and “It's not fair”. Allowing unhelpful thoughts to dictate how we feel and what we do is incredibly common, but there is often a simple solution.

When working with children who have these thoughts, the first thing I do is to teach them how to just notice the thoughts. When the thought is noticed, it is seen for what it is - just a thought. Then I explain that they are separate to their thoughts - they have thoughts but they are not their thoughts. After that I usually explain that about 90% of the thoughts in our minds are made up, not factual. You could explain this to them by showing them that 9 out of every 10 items/peas/coins/etc (symbolising the thoughts) are self-created. From there, it is useful to explain these thoughts as like a parrot that sits on their shoulder and never stops babbling - some helpful, but some not helpful thoughts, and they can choose to listen to them or to acknowledge them and choose their preferred action from there. Likening the babbling to noisy passengers on a bus that you can choose to listen to or not, is a favourite of mine.

For children that are very rigid in their beliefs/thoughts, it is useful to begin with a simple grounding exercise first that will help them come back to the present moment - one of my favourites is to just notice the thought/feeling, and then find 3-4 things the child can see and hear in that moment. Once they have “come back into their body”, and have realised that it's just a thought, often this is enough. If the thought is still dictating how they feel, try having them say out loud: “I'm having the thought that...” and then add their sticky thought into that sentence. Another simple technique is to think or say “thanks mind!” when a particular thought comes up. All of these simple techniques can cause the thoughts to lose their “puff” or their hold over the child. Anything that places a little distance between the child and their thoughts will be useful.

For more information on this concept, please see: <https://www.getselfhelp.co.uk/defusion.htm>

Kathryn Wright, Counsellor



School Starts: 9:00am
(children must not be at school by 8.30am)
School Finishes: 3:00pm
(children must be picked up by 3.15pm)
Interval: 10:55am - 11:15am
Lunch: 12:45pm - 1:40pm

Southland Athletics Results

Well done to all those tamariki who took part in the Southland Athletics on the 27th March. Top results were: Isla Angus - 2nd 10yr Girls 1500m, Lucas Sutherland - 2nd 9yr Boys Long Jump, Seth Prentice - 3rd 10yr boys 1500m. Certificates and prizes for these children will be handed out at assembly tomorrow, as well as Northern Swimming certificates.

Southland Swimming This Sunday!

Good luck to those tamariki who are taking part in the Southland Swimming competition this Sunday!

Head Lice

Head Lice is currently in our Junior School. Please check and treat your child's hair accordingly.

Accounts

Statements will be sent out at the beginning of Week 10. You can check your balance prior to this via your Hero app. If you have any queries, please contact Santha by email sfoote@teanau.school.nz



School Swimming Pool Closed - Return

Keys **Now** please!

Our pool has closed for the winter. Please return all keys now to receive your \$10 bond.

School Term Calendar 2021

9 April	Whole School Assembly 2pm Event Centre - Rm 9
14 April	Polar Plunge Parent Meeting 7.30pm
16 April	Last Day of Term 1
3 May	Term 2 Starts
9 July	Term 2 Finishes
17 December	Last Day of School Year

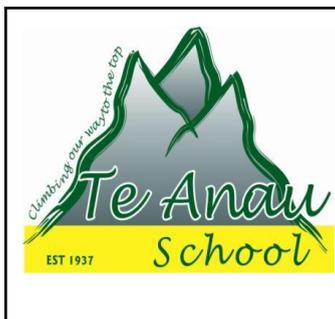
School Hours

9am- 3pm (Children must not be at school before 8.30am)

Morning Tea: 10.55am-11.15am **Lunch:** 12.45pm - 1.45pm **Office Hours:** 8.30am - 4pm

Contact Details & Bank Account Information (No Eftpos)

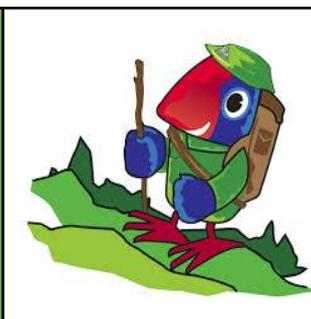
Web: www.teanau.school.nz Email: admin@teanau.school.nz Phone: 03 249 7131 Bank Acc No: 0317490005473 00



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Board of Trustee Members
 Steve Hoskin (Chairman)
 Kelly Clow
 Rachel Williams
 Kymm Scott
 Tina Hardie
 Mark Hunter (Teacher Rep)
 Grant Excell (Principal)

Lost Property

If you recognise any of this lost property below, please come and collect as it will be gone at the end of this term. A reminder to name everything your child brings to school please.



PTA News



Dish/Face Cloths For Sale - In The Office

The PTA have teamed up with a local talent to bring you the wonderful environmentally friendly dish cloth/ face cloth. These are highly recommended and are available from the school office for \$10 (cash only). Assortment of colours available.

Community Items

28th Fiordland Families Network Newsletter

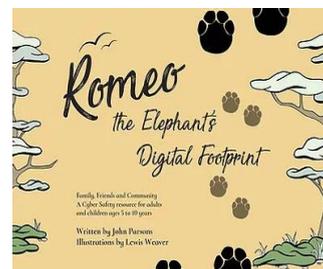
Please click the [link](#) to read the April newsletter.

Please contact us by email on fiordlandfamilies@gmail.com if you would like to join our small team, have any content for future newsletters, comments, or suggestions. We would really appreciate more committee support so that we can continue to connect, support and advocate for the families of Fiordland. We look forward to hearing from you.

John Parsons Books

ROMEO THE ELEPHANT'S DIGITAL FOOTPRINT

A Cyber Safety resource for adults and children ages 5 to 10 years. A fun way to read an age-appropriate story to your child or students about a topic that is at its core child protection education. Follow along with Romeo the Elephant as he spends a day in the Jungle with family and friends, learning valuable lessons as he goes. This is also a book for adults with important information and tips on how to keep children safe online located at the back of the book. A 21-page illustrated book in A4 landscape format. \$25.00 each with free postage within New Zealand. Read more / purchase here:



<https://www.citizen21.co.nz/copy-of-resources-1>

KEEPING YOUR CHILDREN SAFE ONLINE

By John Parsons



This book is a must read for parents, grandparents, and children 11+ years so everybody is on the same page...literally. There are 154 pages of information helping you become a confident guardian in a digital revolution. It will empower your child to make choices that protect them. Topics covered include:

1. Family Values: Anchoring your child to what's important
2. Cyber-Separation: Keeping those lines of communication open
3. The Acceptable Use of Digital Devices: It's all a matter of balance

4. Online Sexual Predators: Giving control to your child, not the stranger
5. Sexting: Keeping it appropriate and knowing how to repel unwanted attention
6. Cyber-Bullying and how to respond to it
7. Protecting Your Child's Online Reputation
8. Cyber-crime and Cyber-security: When we over-share personal information
9. Online Gaming and Pornography Addiction

\$35.00 each with free postage within New Zealand. Read more or purchase a copy here: <https://www.citizen21.co.nz/copy-of-resources>



**Te Anau Rugby Club
Junior Club
2021**

**Registration Fun Day
Saturday 10th April
10:30am - 12pm**

All Primary School Grades

New and registered players welcome
Meet your coaches and have some fun and a sausage!

Season Starts Term 2

Register Now: www.sporty.co.nz/teanaurugby/

Enquiries: Mark Hunter 0226115459 - Junior Coordinator

www.facebook.com/teanaurugbyclub/

Dipton Big Dipper Trail Ride

Two 30 to 40 km loops suitable for all ages and ATVs, plus lots of expert loops for a bigger challenge. Sunday 4th April from 8:30 am at 106 Spirit Burn Road, Dipton (Sign posted from Dipton village). Food and drink available on the day. Check out the details on Facebook. (including trail videos). Fundraiser for the Dipton Volunteer Fire Brigade.

**NAU MAI, HAERE MAI
NGĀ WHĀNAU KATOA**

We would like to extend a warm invitation to all whānau to attend the Fiordland College Health & Physical Education Department open evening.

The hui will begin at 5:45pm on Tuesday 13th April

- Meet the Health & Physical Education staff
 - Take part in a learning activity
- Hear an overview of the HPE curriculum and the new Relationship & Sexuality Education guidelines
 - See an outline of our Y7-10 Health & Physical Education programmes
 - Hear our vision for whole-school Hauora (wellbeing)
- Have the opportunity to ask questions, give feedback and have input into your tamariki's learning
 - Visit the gym and have a go at climbing

Light kai provided.
Supervision for tamariki will be available in the gym to play games and activities.

For any questions and further information, please contact s.wilson@fiordland.school.nz
Please RSVP by Sunday 11th April to s.wilson@fiordland.school.nz (for catering purposes)

Mā te wā



CARDRONA - TREBLE CONE LOCAL CHILDS PASS



This pass allows unlimited access for the 2021 winter season at both Cardrona and Treble Cone. The local school child pass can be purchased at Cardrona Corner,

Wanaka or via email. We strongly recommend purchasing as soon as possible and prior to **June 12th** to avoid the busy period. These passes will not be available after this date. Local Child Season Passes can also be purchased alongside this Local School Programme.

Forms are available for pick up beside the school office mailbox (or contact Sue in the office to email.) Please fill in the form and return directly to the Cardrona office in Wanaka in person or by email.

Local Primary School Pass - Year 1 – 8: \$129 – unlimited both mountains

Local Secondary School Pass - Year 9 – 13: \$179 – unlimited both mountains

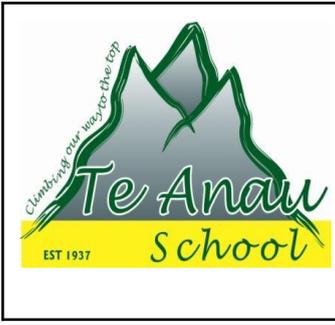
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Written & Directed by Brian Johnston

WAY OF THE WORLD

Early Bird Tickets on sale now save 20%

AND SO, THE CULL BEGINS

PROUDLY SPONSORED BY COMMUNITY TRUST SOUTH, MERIDIAN POWER UP, THE GRACE PLACE & CREATIVE COMMUNITIES SCHEME (SDC)
 TICKETS AVAILABLE ON-LINE @ <https://www.trybooking.co.nz/GSI>

SUITABLE FOR CHILDREN 10 & OVER

17TH 7:30pm & 18TH 2:00pm APRIL 2021
 THE EVENTS CENTRE TE ANAU

SOUTHLAND DISTRICT Libraries

HOLIDAY PROGRAMME:

Term 1 2021

Junior Scientists

Fancy yourself as a young Einstein? Keen to mix up a chemical reaction? Join the SDC Libraries team and explore the world of science! Spend time in the SDC lab for some experimental fun these school holidays.

MONDAY, 19 APRIL	TUESDAY, 20 APRIL	WEDNESDAY, 21 APRIL	THURSDAY, 22 APRIL
Otautau 10.30am - 11.30am Lumsden 1pm - 2pm	Wyndham 2pm - 3pm	Winton 10.30am - 11.30am Riverton 1pm - 2pm	Te Anau 1pm - 2pm

Crafty

It's time to get crafty with the SDC Libraries team! Create a scary monster or an eco-friendly bird feeder.

MONDAY, 26 APRIL	TUESDAY, 27 APRIL	WEDNESDAY, 28 APRIL	THURSDAY, 29 APRIL
ANZAC DAY	Otautau 10.30am - 11.30am Wyndham 2pm - 3pm	Winton 10.30am - 11.30am Riverton 1pm - 2pm	Te Anau 1pm - 2pm

Join us these school holidays by registering online at www.southlanddc.govt.nz/holidayprogramme or phone 0800 732 542.