



Newsletter Issue 18

Thursday 23 June 2022

Dear Parents and Caregivers

Tēnā koutou katoa



I must say how nice it has been having more whānau coming into the school for the assemblies, sports and trips. We held our very first full school assembly for Citizenship on Friday 10 June. I was very impressed to see how the children were able to self-regulate and show respect to those where were either presenting or receiving Citizenship Certificates. I explained to the children how important citizenship is to us throughout our lifetime and that children practise how to be a good citizen at school. Our highest 2022 honours for citizenship in our country are the Order of New Zealand, awarded to Dame Silvia Cartwright and Sir Stephen Tipene, both for services to New Zealand. The New Zealand Order of Merit is awarded to those who have given service in specific areas. We had a smaller assembly for Merit for Years 5 to 8 last Friday and we have a Merit Assembly for Year 1-4 next Friday. Our final Term 2 whole school assembly will be for Excellence on Wednesday 6 July at 2pm.

Matariki is an important time of year in our school and national calendar. Matariki is the Māori name for the cluster of stars also known as the Pleiades. It rises in midwinter and for many Māori, it heralds the start of a new year. Iwi across New Zealand understand and celebrate Matariki in different ways and at different times. Matariki, or Māori New Year, celebrations were once popular, but had largely stopped by the 1940s. In the 2000s, they were revived. Now, thousands of people take part in events to honour the beginning of the Māori New Year, and in whānau celebrations to remember those who have died and to plan for the year ahead. From 2022, a public holiday marking Matariki will be held in June or July each year. This year the holiday is Friday 24 June, so school will be closed. You can see many events planned over the coming weeks throughout Auckland. Classes and teams have been participating in activities to mark Matariki and we held a whole school Matariki Mufti Day on Wednesday 22 June, organised by the Student Leaders. The coin and kindo donations will be put toward Year 8 Camp next year.

It was fantastic to see our Year 4 children participating in Jumping June. The school nominated the New Zealand Heart Foundation to raise money towards, and you can see the article in this newsletter just how much money was raised. An amazing effort and thanks to Miss Mill for organising this.

For the last two days we have had 90.7% attendance. There are approximately 6% of the school unwell with some students isolating. I see a few more students in classes wearing masks to prevent the catching or spreading of colds or flu. Many students and families are trying to avoid the need to stay away from school, especially those who have had to isolate already due to COVID. Thank you to parents who are co-operating by wearing a mask when they are coming to an assembly in the hall, and we do allow those who have an exemption. We would like to get to a point when we can allow access to classes before and after school, but there are just too many viruses around at the moment, as well as the added factor of COVID still being a problem, as you can see on the next page.

I have been attending the Auckland Primary Principal Conference in Taupo since Tuesday this week. Another event that was postponed twice. This is an opportunity for me to receive professional learning and allows for networking opportunities with other Principals. I have missed greeting the children in the mornings and afternoons but I will make sure children receive their birthday pens and pencils! We welcome the return of our Deputy Principal, Mrs Alex Wood, this week after 5 weeks away visiting family in the U.K.

I appreciate you all for keeping your children home when they are unwell. This helps our school remain a healthy place to be for all our children and staff.

Have an enjoyable weekend.

Noho ora mai

Sean Valvoi
Principal

OUR NUMBERS

I am now reporting to you in each newsletter this term on the total weekly positive cases for students and staff and a daily average. This will be based on Monday to Sunday on the date the child or staff member tested positive.

Monday 2 May—Sunday 8 May	TOTAL = 4 children TOTAL = 2 Staff	Daily Average = 0.57 (0.71% of all children)
Monday 9 May—Sunday 15 May	TOTAL = 15 children TOTAL = 0 Staff	Daily Average = 2.14 (2.67% of all children)
Monday 16 May—Sunday 22 May	TOTAL = 8 children TOTAL = 0 Staff	Daily Average = 1.14 (1.42% of all children)
Monday 23 May—Sunday 29 May	TOTAL = 3 children TOTAL = 0 Staff	Daily Average = 0.43 (0.50% of all children)
Monday 30 May—Sunday 5 June	TOTAL = 5 children TOTAL = 0 Staff	Daily Average = 0.71 (0.89% of all children)
Monday 6 June—Sunday 12 June	TOTAL = 9 children TOTAL = 0 Staff	Daily Average = 1.29 (1.59% of all children)
Monday 13 June—Sunday 19 June	TOTAL = 4 children TOTAL = 0 Staff	Daily Average = 0.14 (0.71% of all children)

CONGRATULATIONS

Recipients of the Year 1 to 8 Citizenship Award at the Assembly on 17 June.

CITIZENSHIP AWARDS Y1-4		
Year	Room	Name
1	2	Magnolia D
1	7	Shanshan R
1	8	Harrison W
2	4	Frida G
2	5	Zara T
2	6	Abby S
3	11	Ethan K
3	12	Aleya S
3	13	Briella D
4	16	Emma D
4	17	Kylie T
4	18	Vika D

CITIZENSHIP AWARDS Y5-8		
Year	Room	Name
5	25	Ruben vdH
5	26	Ryan L
5	27	Bryan LG
6	21	Alice C
6	22	Jake R
6	23	James P
7	28	Ian M
7	29	Freddie C
7	30	Rosita T
8	14	Elsie C
8	15	Cleo L
8	19	Chad F

Congratulations to Elsie C Y8 who also was selected as one of our 2022 Student Leaders.

GIVE A KID A BLANKET—LAST DAY FRIDAY 1 JULY

Dear Parents and Whanau of St Heliers School,

Just a reminder that next week (Week 9) is the final week for collecting items for the Give A Kid A Blanket charity. Thank you to everyone who has donated so far!

We will be collecting the following items:

- Warm bedding including duvet inners and covers - of all sizes
- Blankets - of all sizes
- Sheets - of all sizes
- Infant sleeping sacks
- PJ's and Dressing gowns
- Jackets
- **New** pillows and **new** hot water bottles

These donations go directly to the families in need, made into packs of what they need, for how they live and who is in their families. This happens with social workers, community health workers and Police teams working directly with Give a Kid a Blanket.

If you are able to support by donating any of the above items, please bring them to school from next week to **Room 14** (Lower level of the Endeavour Block). We will be accepting donations until Friday 1st July.

Your support is very much appreciated.

Kind regards
Kerry Herbert
Y8 Teacher



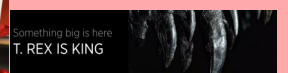
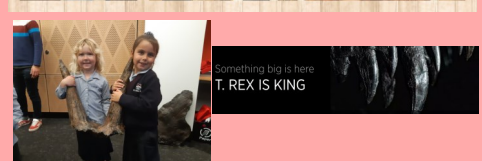
YEAR 1 DINOSAUR FUN AT THE AUCKLAND MUSEUM

On Thursday 26th May Year 1 travelled on a bendy bus to the Auckland Museum. The highlight for teachers and children was to see "Peter the T-Rex" on display for the first time in New Zealand.

The children enjoyed an interactive educational session where we were able to touch fossils and dinosaur remains. We even learned that palaeontologists have discovered a link between dinosaurs and penguins!

As you can see from our photos we all had an amazing day exploring the museum with our friends, parent helpers and teachers. A huge thank you to our parents, without your support these trips would not be able to happen.

Year 1 Teachers



SPORTS UPDATE

Year 5&6 Bay Suburbs Football

The first Bay Suburbs tournament for Year 5 this year was football at Glover Park on Thursday 9th June. It was a chilly, gusty day with scattered showers forcing everyone to play harder and move faster to keep warm - which generated some great outcomes!

The Year 5 Girls team had mixed results with two losses, two draws and a win. They came out of the tournament with a better understanding of the game and a good team spirit.

The Year 5 Boys won all their games without conceding a goal! To win the tournament they defeated Kohimarama 3 - 0. Both our school teams showed an exemplary sporting attitude, honouring their opposition at the end of games being respectful and polite. It was fantastic to see our other teams and other schools supporting the final between ourselves and cheering on their favourites creating a fitting atmosphere for a final.

The Year 6 boys went into the semi-final with only one loss. They advanced to the final against Parnell with a win. In the final they had a great start going up by 2 goals. Parnell fought back and equalised. St Heliers scored with 4 minutes remaining and looked like they were going to close it out. However, with 5 seconds remaining Parnell once again equalised. St Heliers lost in the ensuing penalty shoot out 3-2. The boys showed such resilience and were gracious in defeat.

The Year 6 girls went through the entire tournament unbeaten and clinched the final and tournament victory with a 1-0 win! Congratulations to the Year 6 girls for a fabulous result!

A huge thank you to our Year 5 and 6 coaches and Managers - Paul, Mike, Catherine, Melissa, Grant and Eric for their early morning starts, patience and perseverance that went into getting us match fit for the day.

Ms Jackson and Mr Young

Eastern Zone Year 7&8 Boys Rugby

On Thursday the 9th of June, the Year 7 and 8 tackle rugby team went to the Pakuranga Rugby Club to compete in the Eastern Zones tackle rugby tournament. There were 8 different teams competing in our grade which included teams such as Sacred Heart, St Kents, and Glendowie Primary. When we arrived at the facilities we got weighed and then made our way down to our field. After we set up the tarp to put our bags on, we started to warm up with multiple drills and different types of exercises such as lunges, passes, and blowing over the ruck. After we warmed up and got informed on our lineups it was kickoff time against Farm

Cove. After we scored a try early on, Farm Cove scored 2 late tries to make the final score 5-10 to Farm Cove. After this initial defeat, we had our team talk and got ready for the next game against Elim. After Elim got off to a strong start scoring many tries our team had a breakthrough and scored to make the final score 5-17 to Elim. After the loss to Elim the boys got ready for the toughest game of the day, Sacred Heart. When it was kickoff Sacred Heart played really well, even though the boys had some breakthroughs it wasn't enough to get through Sacred's defense and the final score was 0-35 to Sacred Heart. After the loss, the boys were not excited about what was coming against St Kents. We waited for kickoff, when they didn't show up to the field and it started to rain, we claimed our first win! We departed the field and went up behind the warehouse, packed up, and went back to school finishing 7th out of 8th. Most of all I would like to thank Mr Christie and Tim Hornibrook for taking time out of their days to take us to the tournament and for training us.

Written by Liam Mansell



SPORTS UPDATE *continued*

Year 5&6 Bay Suburbs Boys Rippa Rugby

On Tuesday 14 June a Year 5 & 6 rippa rugby team participated in the Bay Suburbs Tournament. I was very nervous in our first game against Churchill Park as I had never played rippa rugby until we had started the training 6 weeks before. We were tying the whole game until they scored at the last second, resulting in a final score of 5-4 to them.

The second team was Glendowie Primary. I was pretty confident after the team talk but it was a really tough game, ending in a 4 all draw.

Our 3rd game was against St Ignatius. By then I was getting the hang of the game. We won by three tries, resulting in a score of 5-2 to us which meant we had to play off for 3rd and 4th, against St Ignatius. We thrashed them 6 nil and came 3rd. After the game I went and got a hot dog and a sausage which was a nice finish for the day.

Reuben Handy

Rm 25

Year 5&6 Bay Suburbs Girls Rippa Rugby

On Tuesday 14 June 2022 we had a rippa rugby tournament at Colin Maiden Park. Every Thursday we practised with our coaches Mike and Scottie on the netball courts on the field. Our first game was against Churchill Park. We drew that game 2 all. We played with our team and had some morning tea after we headed to the field where we were going to play Glendowie. That game was also a draw 2 all. We were determined to win the next game because we were facing St. Ignatius, the team one of my friends was in that left the school last year. We won 6-4. We were very happy but stressed after the game because we were about to find out if we made it into the finals. Screaming in happiness that we were in the finals we headed to the field. We started playing the game scoring tries then the bell rang for the end of the game it was a tie so last point would win. Haley got the ball and rushed to the try line she tripped and Alyssa grabbed the ball and dived over the line to score the winning try. We won the finals 'Yay we won!' we all screamed and said 'Good game' to the other team.

Caitlin Small

Rm25

Basketball Holiday Programme

Here are the links for the Auckland Basketball and Youth Basketball holiday programmes in July.

<https://www.absl.co.nz/holiday-programs>

<https://youtu.be/Wd0EnHkn7Pw>

ROADBLOCKS TO COMMUNICATION PARENT WORKSHOP—WEDNESDAY 29 JUNE

Join Sharron Buer (SHS Learning Support Coordinator) and Melanie Medland for this 'Roadblocks to Communication' workshop for St Heliers School Year 6 – 8 parents.

Melanie has a teaching background and has trained as a neuro-linguistic programming (NLP) practitioner. Her company 'Beautiful Conversations' provides online coaching courses for parents of adolescent children wishing to deepen their relationships.

Melanie is passionate about helping parents to support the mental wellbeing of their tweens/teens, help them develop resilience, and to lead successful lives.

This face-to-face workshop gets to the heart of change. It is about growing your awareness of how to communicate effectively with your rangatahi!



RSVP by Tuesday 21 June, 2022

Workshop limited to 40 people

Please register to attend and make payment at the school office

Workshop fee \$10 per person/family

Light refreshments provided

7PM—8PM

Building deep, robust communication with your tweens/teens

Supporting our children through stress, anxiety, or depression

60 minute workshop for parents of Y6 – 8 children

Venue: St Heliers School Staffroom

*Parenting through change and uncertainty
Supporting our children through stress, anxiety or depression*

In this very practical 60 minute workshop, Melanie will talk about the 18 language patterns that we use when things aren't going our way. How these, used over time, erode our relationships with our rangatahi, and what to say instead. You'll walk away feeling reflective and hopeful, knowing there is a more effective way to communicate with your precious tweens/teens and adolescents.

PTA NEWS

Thank you to all the parents who have offered to help set the table and put food out from 4.30-5.15pm in the school staffroom as well as provide food for the staff. We have a few more meals that need assigning. This is for the evening meal that the PTA puts on for all teachers and staff on the day of the Parent-Teacher Interviews.

This year these take place on Thursday 7 July which is the last Thursday of term. It's a great opportunity to meet other parents and help out the wonderful St Heliers teachers.

If you can help please contact Amanda Henton at amanda.henton@bluestar.co.nz.



The Next PTA Meeting is Wednesday 6 July at 7pm in the Staff Room. We would love to see you there!

MERIT ASSEMBLY AWARDS YEAR 5—8

Recipients of the Year 5 to 8 Merit Award at the Assembly on 17 June.

Merit Awards - Year 5			Merit Awards - Year 6			Merit Awards - Year 7			Merit Awards - Year 8		
Yr	Rm	Name	Yr	Rm	Name	Yr	Rm	Name	Yr	Rm	Name
5	25	Sophia Z	6	21	Zoe C	7	28	Elijah D	8	14	Ethan H
5	25	Logan B	6	21	Isla B	7	28	Katie J	8	14	Maddi C
5	25	Joshua G	6	21	Chloe P	7	28	Shaneal D	8	14	Evie B
5	25	Molly S	6	21	Braden S	7	28	Aisha McH	8	14	Belle S
5	26	Chloe H	6	21	Bilal D	7	29	Usha G	8	14	Myra P
5	26	Demi P	6	22	Anna Clara P	7	29	Aaqil A	8	15	Caylem B
5	26	Tyler C	6	22	Ryan C	7	29	Sasha C	8	15	Alfie H
5	26	Hayley W	6	22	Abigail L	7	29	Ben D	8	15	Ruby B
5	27	Thomas B	6	22	Milan N	7	30	Clara J	8	15	Olivia P
5	27	Chloe C	6	22	Aidan P	7	30	Charlotte C	8	15	Naomi L
5	27	Zach D	6	23	Inca E	7	30	Fin D	8	19	Asahi Y
5	27	Catalina L	6	23	Charlotte G	7	30	Charlie K	8	19	Maggie Z
			6	23	Lucas C				8	19	Ava B
			6	23	Edie J				8	19	Zeya F
			6	23	Hugo N				8	19	Tia B
									8	19	Robbie McA

TERM 2 SCHOOL ASSEMBLIES

We are excited to be able to hold assemblies again in our school hall. As you will know, parents & caregivers are to wear masks and we are strongly encouraging our Y4-8 children to also wear masks as they are sitting indoors as a large group for an hour. Unfortunately, we will not be able to sing our National Anthem as under Orange Alert level singing can only take place if each person is spaced 1 metre from the next. Please note our Excellence Assembly will be held on Wednesday rather than the Friday.

Assembly	Hosted by	Date	School Week
Y1-4 Merit Assembly	Year 3	Friday 1st July @ 2pm	Nine
Excellence Assembly	Senior Leadership Team	Wednesday 6th July @ 2pm	Ten

MID-YEAR PARENT TEACHER INTERVIEWS

THURSDAY 7 JULY 12.30PM—8.15PM

SCHOOL FINISHES EARLY FOR STUDENTS AT 12.00PM



BOOKING WEBSITE CLOSSES MONDAY 4 JULY AT 9AM

In Year 5 to 8 we strongly encourage children to accompany their parents to their interview.

SCHOOL TERM DATES FOR 2023

TERM 1	Wednesday 1 February to Thursday 6 April (School Holidays: Friday 7 to Sunday 23 April) Public Holidays during Term time: Waitangi Day Monday 6 February
TERM 2	Monday 24 April to Friday 30 June (School Holidays: Saturday 1 July to Sunday 16 July) Public Holidays during Term time: ANZAC Day Tuesday 25 April, Monday 5 June
TERM 3	Monday 17 July to Friday 22 September (School Holidays: Saturday 23 September to Sunday 8 October) No Public Holidays during Term time
TERM 4	Monday 9 October to Friday 15 December (School Holidays start Saturday 16 December) Public Holidays during Term time: Labour Day Monday 23 October

JUMPING JUNE

On Wednesday 15 June 2022 (Week 7), all Year 4 students took part in New Zealand's LARGEST Annual Nationwide Skip Off with the specific goal to raise as much money as possible for the New Zealand Heart Foundation - while having heaps of fun too.

The Jumping June Skip Off 2022 was created by Heart Foundation New Zealand, to raise awareness about heart health and the long term benefits of regular physical exercise. It is the only public organisation that is dedicated to supporting the wellbeing of all children born every single week with heart defects in Aotearoa New Zealand.

Year 4 teachers assisted their students to get prepped and ready for the Jumping June Skip Off by including skipping skills in before school activities, fitness and PE sessions beginning in Week 4. Each student received their very own personalised skipping rope (theirs to keep) to use at these times and at the Skip Off.

On the Jumping June Skip Off Day, the Year 4 students jumped rope, hula hooped and jogged for **ONE HOUR** (in total - some breaks in between) travelling in differentiated Year 4 skipping groups, moving from activity to activity every 12 minutes. There was music, water breaks, pavement chalk drawings and lemonade ice blocks at the completion of the event.

Miss Mill and the Year 4 kaiako/teachers are so proud of their students who all completed over an hour of skipping raising money for a very worthy cause. **To date Year 4 St Heliers School students have raised over \$9,932 for the New Zealand Heart Foundation.**

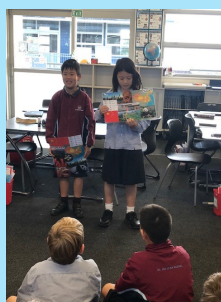
Tino pai te mahi e tamariki ma!/Great work Year 4 students!



INTERNATIONAL LANGUAGES WEEK - WEEK 7, JUNE 13-17

We are very fortunate to have such a diverse group of students at our school who are bilingual and speak another language other than English. To highlight International Languages Week the following five children, Kangwoo Kim, Logan Badenhorst, Anna Soboleva, Tianchen Yin and Chloe Cao put together some very interesting information about the countries they have come from and presented this to their Year 5 classes. Initially, they spoke in their first language, Kangwoo in Korean, Logan in Afrikaans, Anna in Russian, Tianchen and Chloe in Chinese and then they spoke in English, about their countries and the things they remember and miss, now that they are living in New Zealand. We are very proud of all our clever, bilingual students at St Heliers School.

Jan Bryant
Languages Centre



YEAR 4 TRIP TO TE PANE O MATAAOHO/MANGERE MOUNTAIN

This term the Y4 Term 2 Inquiry 'Kaupapa Moana: The World Of Whales In The Waitemata' has included a minor focus on Maori legends and stories about migration from Hawaiki to Aotearoa New Zealand and the part that various sea creatures - along with the Matariki constellation - may have played in guiding them southwards from the warmer Pacific Islands to local parts of the Waitemata in Tamaki Makaurau/Auckland.

On Friday 10 June (Week 6) Year 4 travelled to Te Pane O Mataaoho/Mangere Mountain to take part in an informative and fascinating hikoi up and around the historic 70,000 year old maunga. The bus ride itself was a novel experience for both adults and children and our bus driver Josie was very entertaining and kind. Reaching the suburb of Mangere Bridge and locating the correct path up to the maunga, students, teachers, kaiako/teachers and whanau were then welcomed onto the maunga by local iwi and we responded with a pepeha and two waiata.

Over the next hour and a half, we all enjoyed the spectacular views, the welcome break in the bad weather, even the blustery wind as we climbed to the summit. Along the way, we all learnt so much from our two wonderful guides, Elaa and Ally, who went into great detail about the fascinating pre-colonial history of the area. They both described and were able to demonstrate, using real artefacts and the natural volcanic geographical features of the maunga, just how early Maori tribes, who arrived in the area around 1300 AD guided by the sea creatures and the stars, first utilised all the strategic and environmental benefits of the maunga and surrounding flatlands/ocean and rivers for many hundreds of years, collecting and cultivating food, using it for the protection and security of iwi from outsiders and for the day to day habitation of tribe members. We learnt how they deterred and confused would-be vanquishers with maps of the pa drawn upside down on tablets of stone, Sharp spiked fence lines and sea shell pathways (so they could hear them coming). We learnt how they stored all the tribal kai in volcanic pits and what areas of the maunga remained tapu because of the tattooist who worked there and the blood that was split during the traditional tattooing process. It was an incredible experience to imagine what had happened on this local landmark so long before Europeans arrived.

Back at the base of Te Pane O Mataaoho/Mangere Mountain, after a truly mindblowing journey down a myriad of wooden steps we were farewelled by our hosts. In return, the Year 4 students joyfully responded by singing our new school waiata Nga Iwi E - which was warmly received by local iwi.

St Heliers School Year 4 students are now custodians of Te Pane O Mataaoho/Mangere Mountain and are tasked with protecting the maunga and educating others about what makes this very spiritual and historic place so vitally important to preserve for the benefit of ALL who live in Aotearoa New Zealand today.



This stone represented the security map of the marae



The Māori built their whare on the terraced slopes of the volcano.



Looking into the rua



SEEKING PARENT HELP



Seeking parent help to shelve readers in the St Heliers School 'Junior Book Room'

Most days each week the children in years 0, 1, 2 and 3 take home a reader.

When these readers are returned, they are put back in their boxes in the Junior Book Room by a team of volunteer parents, who are rostered to cover 1-2 weeks each term.

We now need new help with this shelving, ideally from parents whose children are using the books.

Could you spare a few minutes before and towards the end of school a couple of times a term?

If you can help, or would like to learn more, please contact Kate Hawkins, Resource Manager at kateh@stheliers.school.nz 09 575 8311



UPCOMING EVENTS

Friday 24 June	Matariki Holiday (No School)
Monday 27 June	Eastern Zone Hockey Year 7 and 8 Auckland Championship—Year 7 Girls Football Year 4 Museum Trip
Tuesday 28 June	Glendowie College Parent Info Evening for Year 9 starters. 7.30pm (Venue change now will be held in the Glendowie College hall)
Wednesday 29 June	Morning Tea for New Families 9.15am Bay Suburbs Netball Year 5 and 6 Parent Roadblocks to Communication Workshop 7pm
Thursday 30 June	New Entrant Information Morning 9.15am to 10.15pm (parents and children)
Friday 1 July	Y1-4 Merit Assembly 2pm
Monday 4 July	International Students Parent Teacher Interviews
Tuesday 5 July	Term 2 Reports go home to parents New Entrant School Visit
Wednesday 6 July	Excellence Assembly 2pm PTA Meeting 7pm
Thursday 7 July	School Finishes for students 12pm (No Year 8 Tech) Staff Dinner 5.30pm Parent Teacher Interviews 12.30pm—
8.15pm	
Friday 8 July	Last Day of Term 2 (normal finish time)
Monday 25 July	First Day of Term 3 (Teacher Only Day)

TEACHER ONLY DAYS:
TERM3: MONDAY 25 JULY

SCHOOL YEAR DATES

Term 2	2 May—8 July
Term 3	26 July—30 September
Term 4	17 October—16 December

Supergenerous

Claim your school donation tax rebates in myKindo this year.

Donate your 33%
donation tax rebate
this year in myKindo.

Just opt-in to Supergenerous when
you pay your school donation for
2022 in myKindo.

supergenerous X kindo.

When you make your school donations to **St Heliers School** in myKindo for 2022, you'll see the option to opt-in to Supergenerous when you pay.

Kindo and Supergenerous work together to lodge your donation rebate claim with the IRD. They do all the hard work for you and give you the option to regift your 33% tax rebate to **St Heliers School** as a new donation. It's an awesome way to make your donation go further.

All rebate donations will go towards enhancing the curriculum, increasing resources around sports coordination and equipment, and providing extra learning support.



Positive Parenting Program



Triple P Parent Group

Make raising children easier

This course gives you a good understanding of proven parenting strategies and the tools to deal more confidently with challenging behaviour.

The program is based on clinical trials and research and provides solutions that work for raising children at all ages and stages.

At the group course you'll meet other caregivers grappling with the same problems and you'll learn how to:

- To develop positive relationships with your children
- Managing any challenging behaviour
- Plan ahead for times that are difficult for parents to manage e.g morning routine, bedtime or when you are out and about

During the course you'll get two individual follow up phone calls from the course facilitator to support you in putting new parenting skills into practice at home.

Course dates

Session 1, Wednesday 10th August, 7-9pm

Session 2, Wednesday 17th August, 7-9pm

Session 3, Wednesday 24th August, 7-9pm

Session 4, Wednesday 31st August, 7-9pm

Individual Sessions (up to 2) Wednesday 7th & 14th September

Final Session, Wednesday 21st September, 7-9pm

Bookings and Information

Triple P New Zealand Limited

Venue: Zoom (remote platform)

Phone: 09 579 1794

Email: info.nz@triplep.net.nz

Website: www.triplepcentre.net.nz

Cost: 1 individual \$395

1 couple \$495



AGES 8-12

GETREAL

A UNIQUE SCHOOL HOLIDAY PROGRAMME

ONLY \$80 PER DAY

Providing fun ways for kids to understand relevant social topics and enjoy making positive changes in the world and in the lives of others.

Sign up for 1 day or the whole week

July 18th – 22nd 9am – 4.30pm

Crafting for a Cause
Monday 18 July
 It's always nice to know someone cares for you, particularly if you are a child going into foster care. Today the children will create hand loom knitted beanies and hand sewn sock monkey toys to donate to children going into foster care placements.

Growing for a Cause
Tuesday 19 July
 Today the children will spend the day with Ngāti Whātua Ōrākei at Pourewa in a living lab. The history of Ngāti Whātua Ōrākei will be interwoven with learning about growing and planting native plants and organic kai including growing vegetables from seed, propagating plants from cuttings, and planting native plants to restore the whenua. At the end of the day they will take home their own native plants.

Art for a Cause
Wednesday 20 July
 Today the children will spend the day at St Andrews Retirement Village in Glendowie meeting some of the residents and creating works of art for them based on their life stories.

Cooking for a Cause
Thursday 21 July
 Today the children will cook healthy meals for people in need – the meals will be collected at the end of the day by the charity.

Drama for a Cause
Friday 22 July
 While having fun the children will play drama games, experience improvisations and work as a group to create a presentation that is grounded in values of empathy, compassion and kindness with an understanding of diversity.

To enrol, phone **09 521 9623** or go to:

www.selwyncomed.school.nz or www.getreal.org.nz






JUNIOR SPORT HOLIDAY PROGRAMME

TUESDAY 12TH- FRIDAY 15TH JULY

\$185.00/WEEK OR \$50.00/DAY

Family discounts available for 2 or more children



REGISTER ONLINE NOW!

www.collegerifles.co.nz