



# Newsletter

13 August 2021

[www.stheliers.school.nz](http://www.stheliers.school.nz)

## Dear Parents

### Parent Workshop 'Helping Children with Anxiety'

Feedback from the parent workshop about helping children with anxiety has been extremely positive. Jeanita Cush-Hunter from the Autism Foundation delivered an informative and thoughtful presentation about this most important topic. I hope everyone who attended, found the evening worthwhile and supported you with your children. Thank you to the Board of Trustees who organised the meeting for our parent community and parents from our local schools.

### Year 6 Bike Safety

During Week 1 of the term, Year 6 students took part in exciting and valuable bike safety sessions. The three instructors took the children through their paces starting with a helmet fit then on to the bikes to check brakes, tyre tread and pressure and lastly correct seat height. Next was the much anticipated riding the bikes. The children practised riding straight, around obstacles, stopping on demand, checking behind them and using hand signals. It was a well-timed practical session as the warmer weather approaches in the upcoming months and the children can take to their bikes with renewed confidence. our Thanks to NZTA & ACC for their investment in keeping our children safe in the community.

*Mrs Tong, Y6 Teacher*



### Cure Kids Red Nose Day

On Friday 30 July our school was a sea of red as our children and staff dressed to support the Cure Kids annual fundraiser. We are thrilled to say that we raised \$1,201.00 which will go towards New Zealand based medical research to help save, extend and improve the lives of children diagnosed with serious life-impacting and life-limiting health conditions.

St Heliers School has a close affiliation with Cure Kids, as two of our students are the grandchildren of the late Professor Sir Bob Elliot KNZM who founded Cure Kids. He had the visionary foresight to know that unless New Zealand started investing specifically in child health research, we would drop further down in the OECD health rankings. Cure Kids has become the country's largest funder of child health research outside of government.

Thank you to Andrew Elliot and the Middle School Council who organised this fundraiser.

*Mrs Torrie, Deputy Principal*



### Travelwise Green Man Intersection Campaign

The Travelwise team continues to organise Walking Wednesday each week with the aim of reducing traffic congestion around our school. The team is excited by the number of students and families walking, biking and scootering to school regularly in support of this initiative.

**Travelwise**  
School

To remind us about the importance of crossing the St Heliers Bay Road intersections safely at the traffic lights, Term 3 kicked off with a Green Man Intersection Campaign. This is such a positive way to remind children of the Travelwise message and drivers in our community to slow down around schools.

Thank you for taking the time to use the crossings safely. Thank you to the cyclists who dismount and push their bikes when crossing at the lights. If your child rides or scoots to school, please remind them to dismount and push their bike or scooter across the crossing and along the pavement outside school amongst the many pedestrians.

A further Green Man campaign will be held in September.

*Jackie Buchanan Travelwise Lead Teacher*



### **Year 7 & 8 Eastern Zone Hockey Tournament**

St Heliers School selected two Year 7 & 8 teams, both boys and girls to represent the school at the Eastern Zone Hockey Tournament. The event was held at Lloyd Elsmore Park on Monday 28th June. Both teams played three pool matches to then play off for their final placings. A great result for the girls' team, finishing third overall and a hardworking seventh place for the boys team. Both teams displayed excellent sportsmanship and great attitudes to learning new skills and game tactics.

### **Year 7 & 8 Eastern Zone Netball Tournament**

Six teams represented St Heliers School at the Eastern Zone Netball Tournament held at the Auckland Netball Centre on Thursday 5 August. The four girls' teams and two boys' teams all showed immaculate behaviour and sportsmanship during the wet and cold winter's day. The students illustrated a high level of teamwork and displayed the skills and game strategies they have learnt since their teams have come together.

### **Year 5 & 6 Bay Suburbs Netball Tournament**

In Week 10 of Term 2 St Heliers attended the annual Bay Suburbs Year 5 & 6 Netball Tournament at The Auckland Netball Centre in St Johns. We sent ten teams, four Year 5 and six Year 6, both boys and girls.

The students all played well, displayed sportsmanship, the school values and resilience and at times had some tough competition even against other SHS teams! By the end of the tournament all players had shown much improvement - well done. Each gave their all, and particularly pleasing competition results were: The Year 5

boys 'Sharks' team won the boys competition (one grade only). The Year 6 boys 'Pigeons' team won the tournament in the A grade, with the 'Raptors' and 'Nuggets' placing 1st and 2nd respectively in the B grade playing one another in the finals. The Year 6 girls 'Pandas' team placed 2<sup>nd</sup> in the A grade as did the 'Wolves' in the B grade.

Overall, it was a fantastic tournament and so great to see so much interest from the Year 5 and 6 students. A huge thank you to all the parents who gave up their time to coach, manage and support on the day, we really appreciate it.

*Lizanne Franklin, Year Team Leader*



## Book Week

Book Week 2021 was a busy, fun filled week – a great success with posters, all book types, competitions, Dog Man, Geronimo Stilton, parades, wish lists, dress up days, grandparents' morning, and book related activities. Thank you very much to the Book Week Committee, Patsy, Lizanne and Rachel from Scholastic. A very special thank you to Jenny Howie, our school librarian and her wonderful children for all the extra behind the scenes work and preparation. Thank you also to our fabulous community for your support of this event.

*Miss Kelso Year 3 Team Leader*



## Glendowie College Gains International Baccalaureate Middle Years Programme Authorisation

Congratulations to Glendowie College on achieving authorisation from International Baccalaureate to deliver the MYP programme at Years 9 and 10. The college underwent an intense process for this authorisation which is the culmination of five years planning, course development and implementation. The MYP is a framework of learning that encourages students to become creative, critical and reflective thinkers. The MYP emphasizes intellectual challenge, encouraging students to make connections between their studies in traditional subjects and the real world. It fosters the development of skills for communication, intercultural understanding and global engagement—essential qualities for young people who are becoming global leaders. Glendowie College is the first state school in New Zealand to offer this programme to its students and is looking forward to offering the programme to all students who will be joining Glendowie College in the future.

### Keeping our children safe

Most of our children cross the streets close to school at least twice a day as they travel to and from school. While it may be a normal part of their day, children must always use safety rules when crossing as Auckland roads, and certainly around our school, are busy.

Unfortunately, this week, one of our children had a very close encounter with a car as they sprinted across Long Drive, in between cars without looking closely. The driver was particularly shaken as she had to jam on her brakes to miss the child, causing the car behind to do the same. She was so concerned that she visited our school office to inform us of what had happened.

We constantly remind children about crossing roads safely and is part of school safety programmes. It is very important that you constantly remind your children about road safety and if you walk your children to school, please make sure you set the example by using controlled traffic lights crossing and the kea crossing. Key points to discuss:

- Choose the safest place to cross, but always using a pedestrian crossing if there is one available.
- Check both ways; left, right and left again before you start to cross and make sure you can see both ways clearly before crossing.
- If your vision is blocked, move to a different spot where you can see better.
- Do not rely on hearing. Cars cannot see you if you cannot see them.

### 2022 Enrolments

We would appreciate school families who have a child turning five next year and have not filled out an enrolment form, to do so as soon as possible. If you know of families who live in zone and have their first child turning five next year, please encourage them to enrol as soon as possible.

### 2021 Leavers

If your child is leaving St Heliers at the end of the year and you have not notified the School Office, we would appreciate you doing so as soon as possible. This information is important for planning classes for 2022.

### Teacher Only Day

A reminder that Monday 30 August is a Teacher Only Day.

Kind regards



Principal

Congratulations to these students who received Excellence Awards:

Excellence Awards - Term 2			
Yr	Rm	Name	Citation
1	2	Zac Edenborough	Demonstrating excellence in reading. Zac demonstrates a love of reading and has excellent comprehension for his reading level.
1	3	Matthew Ball	Achieving excellence across the curriculum. Matthew is a determined and diligent learner.
1	7	Flynn Burdett	Demonstrating excellence in mathematics. Flynn enjoys solving number problems and sharing his knowledge and strategies with the class.
1	8	Chris Chen	Displaying excellence in writing. Chris has a very good understanding of his learning in this area and is always willing to challenge himself.
2	4	Kian DR	His dedication to excellence across all areas of the curriculum. Kian you are self-motivated and always strive to present your very best work.
2	5	William Smith	Demonstrating excellence in the areas of reading and mathematics. William accepts suggestions of how to improve his work and willingly acts on them.
2	6	Isobel Schroeder	Demonstrating academic excellence across all areas of the curriculum. Isobel is a self-motivated, independent and diligent learner.
3	11	Avery McCartney	Demonstrating a high level of excellence across the curriculum. Avery is motivated, inquisitive and shows great curiosity during learning.
3	12	Sammy Partridge	Demonstrating outstanding excellence in all areas of the curriculum, particularly in mathematics. Sammy is a self-motivated and conscientious student.
3	13	Chloe Stonebridge	Outstanding academic excellence in all areas, particularly the area of mathematics. Ka pai to mahi Chloe.
4	16	Sylvie Cooper	Achieving levels of excellence throughout the curriculum in recent testing. Sylvie is a self-motivated and diligent learner.
4	17	Samuel Hampton	Exceptional achievement across the curriculum. Samuel is a deep thinker who uses a number of strategies to solve problems and to connect with the literature he reads.
4	18	Zara Concannon	Demonstrating academic excellence across all curriculum subjects. Zara is motivated, diligent and full of curiosity. Tino pai te mahi Zara.
5	25	Anna Clara Pereira	Dedication to maintaining excellence in all curriculum areas. Anna Clara is a diligent, motivated learner whose work always reflects her effort and determination to succeed.
5	26	Mack Cresswell	Maintaining excellence across the curriculum with particular strength in mathematics. Mack is diligent, highly motivated and strives to achieve his personal best.
5	27	Lucas Peryer	Achieving a high level of excellence across the curriculum with particular strength in mathematics. Lucas is a self-motivated and diligent student.
6	20	Daniel Penman	Achieving excellent results in numeracy. Daniel consistently challenges himself in this area to achieve his highest potential.
6	21	Zala Prasnikar	Demonstrating academic excellence across all curriculum areas, especially in literacy. Zala is a motivated and persevering student who always gives of her best.
6	22	Isaiah Hornibrook	Achieving high levels of excellence in all curriculum areas. Isaiah is a focused and self-motivated learner who approaches all learning positively with a strong drive to succeed.
6	23	Christie Berenshteyn	Maintaining a level of excellence across the curriculum with particular achievement in literacy. Christie is highly motivated and always strives to achieve her personal best.
7	28	Lucas Powell	Consistently achieving excellence in all areas of numeracy. Lucas a diligent and motivated student, continually striving to achieve his highest potential.
7	29	Naomi Lund	Demonstrating a high level of excellence in Literacy. Naomi is an exceptional writer whose work captivates her audience.
7	30	Kate Ye	Displaying a high level of diligence and determination to achieve and maintain excellence in both literacy and mathematics.
8	14	William Penman	Achieving a standard of excellence across the curriculum. William is highly motivated and displays a deep level of understanding in all of his learning.
8	15	Jerina Jaka	Consistently demonstrating a level of excellence in literacy and numeracy, while also presenting all artwork to an exceptional standard.
8	19	Jack Ishmael	Demonstrating excellence across the curriculum. Jack sets the bar high and consistently strives to achieve his highest potential.



# MINDFUL PARENTING COURSE

With Counsellor Shirley Pastiroff

## MINDFUL PARENTING COURSE

This popular course will arm you with research-based parenting techniques and tools that help you stay calm in the middle of even the most chaotic days. Learn how to reduce stress, improve family relationships and create deep, lasting connections with your children.



---

Course facilitator:  
**Shirley Pastiroff**  
Counsellor and mum of 5

---

## WHERE & WHEN

Glendowie Primary School  
217 Riddell Rd

**DATE:** starting Wed 18 August 2021

**TIME:** 7.30 – 9pm for 6 weeks

**COST:** \$150

Special couples rate: \$250 per couple



## TESTIMONIALS

*"Life-changing. I have recommended it to everyone who will listen"*

- Mum of 2: ages 5 and 2

*"All parents should be put on this course"*

- Dad of 3: ages 10, 7 and 4.

*"Fabulous. Informative. Empowering. Thought-provoking. Inspiring"*

- Mum of 3: ages 16, 13 and 10

**SIGN UP ONLINE:** [renewyourmind.co.nz/mindful-parenting](https://renewyourmind.co.nz/mindful-parenting)