



Matarau School Newsletter Term 1 Week 6

Thank you

... to those who supported and participated in last weekend's Trail Ride
... for your support during Wednesday's power cut

People of the Week

... Lily D and Emily P who can now spell "probably" ... and Bailey who can spell "because". And they are all only 6.
... Logan Dahlberg who was recommended to us as a stand out helper at last weekend's Trail Ride. Thank you Logan for discharging your duties so diligently.
... Mr J who had his birthday this week. Happy birthday Mr J.

Term calendar ... *More to follow as dates come to hand!*

22 March	Weetbix Challenge
29 March	Hearing and Vision Testing
14 April	Final day for term 1
2 May	First day of Term 2

School Sponsors 2022

If you think you might be interested in becoming a sponsor for 2022 please contact Paula in our school office for information. Our sponsors are an important part of your school and we are always very grateful for their support.

Existing Sponsors

... please return sponsorship confirmation forms and an indication of your preferred buddy room to Paula on Monday. Thank you!

AIMS Games - Year 7 and 8 - 3 to 9 September

If you are keen for your child to participate in this year's AIMS games, and you are in a position to support them, can you please email Katie this weekend (email below) and she will add you to our contact list. As our team has grown quite significantly in recent years, the board has recognised a need to better support our teams and parents. When the opportunity presents, we will explain how the process will work in 2022. Mrs Donaldson will be the overall co-ordinator of this year's event. If you have questions, please contact Katie on kdonaldson@matarau.school.nz

Coaches and Team Managers

Already people are gearing up for winter sports. As in earlier years, we will be very much dependent on parents putting their hands up to support as coaches or managers. If approached, please give this serious thought. Without parental support we will not be able to register teams. Much more to follow.

Swimming Pool Update

Refurbishment of the school pool is about to get under way. Unfortunately, the work will take a month or so to complete and so this pretty much means no swimming this term. It has been a long wait for this work but we are glad it is under way. We think it is important that we have a swimming season and so we are re-jigging planning to move athletics competitions to later this term and early next, creating space for a swimming season at the end of the year. We apologise for this disruption to our regular programme, but there really is nothing we could do about it, we have been many months working our way up the waiting list.

Senior Friday -Technology - Year 8

Please ensure that children bring shoes to school on tech day. This is a Health and safety requirement.

Virtue - Humility

Please continue your work on the humility virtue and remember ...

... to discuss humility with your children

... talk about how/where you exercise humility in your life

... celebrate examples

... set goals

... revisit in the coming weeks

Humility seems a tricky virtue to define, but it's worth the effort. Maybe explain to kids that being humble helps us to be kind to others because it reminds us that we are not perfect either.

Masks for visitors

A reminder please that masks are to be worn by all visitors to the school.

Visits are for drop off and pick up and otherwise by prior appointment please.

Disability car park

Please keep the disability car park clear for those who need it.

Netball Forms

Reminder that all netball forms need to be returned as soon as possible please. We are hoping to have team lists out late next week. Thanks Stacey and Maria

Yummy stickers

We are starting collecting Yummy stickers again. Please collect the Yummy cut-out labels from bags (each cut-out label is worth 10 stickers) and individual Yummy apple stickers for our share of the \$200,000 free DG Sport sports gear prize pool. Yummy apples are available from New World, PAK'nSAVE and participating Four Square stores (and some Countdowns). The more you collect, the more sports gear we get. Please see Mrs Easterbrook in room 2 for more sticker/label sheets. All started or completed sheets can be returned to Mrs. Easterbrook.

Year 7/8 Immunisations - HPV & Boostrix

The public health nurses who run the school-based vaccinations for HPV and Boostrix, have been seconded to help with the Covid-19 response which could delay and potentially suspend the normal roll out of these vaccinations in school. They have encouraged parents/caregivers to take their children to get vaccinated by their GP when possible.

Goal Setting/Zoom meetings

If you would like a zoom meeting at any stage please contact your child's teacher ... nowhere near as good as face to face meetings, which we hope are in the not too distant future.

Teachers e-mail address

These are all listed on the Matarau School website. However, you can work them out by using the teacher's first name initial followed by their surname and then add @matarau.school.nz (example Andrew Johnson ajohnson@matarau.school.nz or Jayde Jongkind jjongkind@matarau.school.nz)

Headlice

In order to contain and minimise the spread of headlice in the absence of term checks, parents will be advised where there is infestation in their child's task with a request that they check and treat where necessary within 48 hours. If we all work on concert then we have a greater chance of staying on top of this and children are less likely to be re-infected (and we can minimise exposure to chemical treatments). Please let us know if we can help.

Scholastic

The new Scholastic folder is out! \$5 Early Bird voucher to use on orders placed between Monday 14 March and midnight, Friday 18th of March. Book orders for Issue 2 need to be in by 25th March.



Update on the school's covid status

The situation remains unchanged to this point. Around 20-25% of our roll are absent on any given day, with around 75-80% of students present. Absences are relatively uniform across all classes. We estimate around half of absent students are household contacts. There are no obviously symptomatic children at school, and our covid protection protocols seem to be working.

We have not encountered the infection peak we expected to encounter, with a levelling off of absences at around the 20-25% level. Children and staff away at any time are being replaced by those returning at the end of their isolation period.

In light of this, the school is able to continue relatively normally with all rooms operational. We review daily and will let you know promptly if this situation changes.

Thank you again to those on standby in the event that we need to transition more children to distance learning. This is looking unlikely but cannot be ruled out.

Final Word

One of our major focus areas this year is science and technology. As well as giving students plenty of hands on exposure in science and technology contexts, we are currently developing a rubric which will help us, and students, to map and measure their/our investigative skills. We think it is very important for this generation of children that they are able to think well. They will live in a world awash with information, the key will be discriminating good information from bad. This will be one of our goals. We are pretty excited to get under way and promise to keep you updated.

Nga mihi

Kevin Trehwella
PRINCIPAL

Humility



What is Humility?

When you are humble you don't act as if you are more important than other people. You are happy to serve others and think other people's needs are important. You don't expect others or yourself to be perfect. You don't criticize others or yourself. You admit mistakes and learn from them. Sometimes mistakes are our best teachers.

Why Practice It?

Without humility, people act as if what they have to say and do is much more important than what anyone else is saying or doing. With humility, instead of comparing ourselves to others, we are grateful for what we can do. Humility helps you to keep learning. It helps you to treat others as equals, different yet equal. Humility can keep you free from prejudice.



How Do You Practice It?

To practice humility, don't worry about impressing other people. Just be yourself and do your best. Instead of worrying over failures or mistakes, be eager to learn from them. Ask for help when you need it. When you are wrong, admit it, and then change your behavior. Strive to be a little better today than you were yesterday. When you do something wonderful, humility reminds you to be thankful instead of boastful.

The Virtues Project



What would Humility look like if...

- You notice that you can run much faster than your friend?
- You notice that your friend usually gets better marks than you?
- You make a big mistake and hurt someone's feelings?
- Your brother does a chore and you think he could have done a better job?
- You have a habit you feel ashamed of?
- You have a problem that you cannot solve?

Signs of Success

Congratulations! You are practicing Humility when you...

- Consider the needs of others as important as your own.
- Apologize and make amends when you hurt others.
- Learn from your mistakes and keep changing for the better.
- Ask for help when you need it.
- Are doing your best just to do it, not to impress anyone.
- Are grateful instead of boastful.

Affirmation

I am humble. I learn from my mistakes. I do not judge others or myself. I value my ability to keep growing and learning.

Activities with Humility



Humble Tea

Have a tea party and have people take turns serving one another.



Virtues Reflection Questions

- What is one of the “best” mistakes you ever made – one that taught you the most.
- How can you show humility when you hurt someone else’s feelings?
- Name three ways to make a true apology.
- What helps you to accept your mistakes and move on?
- Name two things you could do to be of service to someone in your family.
- What does it feel like to be criticized and blamed?
- What does it feel like to be around someone who always thinks they know more than you?
- What does it feel like to hide a mistake you have made?
- What would give you the courage to admit it and make amends?



Drawing Humility

Draw a picture of a team of athletes who have won a game, being thankful and sharing their happiness together.



Poster Points

- Free to be you and me.
- Learning life’s lessons.
- Looking for the teachable moments.
- Willing to keep learning.



Quotable Quotes

“The life which is not examined is not worth living.” Plato

“No one is better than anyone else, and no one really believes that.” Tolbert McCarroll

“We come nearest to the great when we are great in humility.” Rabindath Tagore

“Humility is to make a right estimate of one’s self.” Charles Haddon Spurgeon

“The first test of a really great man is his humility.” John Ruskin