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Newsletter

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Thank you

- ... To those supporting our AIMS fundraising efforts. And to our fantastic AIMS parent team.
- ... To all of those people who have worked to make our international students so welcome.

People of the week

- ... James Tobin and Ashton Ryan who were recently selected for the Under 13 year boys' and girls' teams to represent Whangarei in the forthcoming Northland Tribal Wars Tournament. Well done boys.

Term Calendar

... More to follow

11 August	Youth Summit
15 August	Meeting of Board of Trustees
18 August	Taniwha Challenge (Zone Cross-Country)
22 August	School Cross Country
25 August	The Beast (Senior School)
27 August	PSG Working Bee
30 August	Interschool Cross Country
4-8 Sept	AIMS Games
12 Sept	HPV Vaccinations
14 Sept	Enviro Day
22 Sept	Last day of Term 3 (9 Oct - first day - term 4)

School Cross Country

Please ensure children bring suitable shoes for running and perhaps a change of clothes. Pencil in this date!

Te Horo - Cross Country Taniwha Challenge (Years 4 to 8)

Friday 18th August at 10am start / Henare Road, Pipiwai. Questions please to Mrs Burgin.

Year 7 and 8 Cambridge Programme

Parents wanting to know more about our Cambridge programme (year 7 and 8), are invited to a **meeting 3:15 pm, Room 12, Wednesday 23 August**. Few NZ schools offer this programme at this level (and even fewer offer it for free). We are keen for as many parents as possible to understand what this programme has to offer, and the exceptional leg up it gives students on transition to secondary school. This programme will be of special interest to parents of current year 6 children. **See you there!** Please note, we also have information on our website (Cambridge and Year 7 and 8 tabs), and are more than willing to meet with parents one to one. High schools are consistently telling us that our students are around a year ahead on entry to Secondary School, this can have very positive long term educational implications.



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Virtue for term 3 - HELPFULNESS

Please take regular opportunities...

- ... discuss this at home
- ... talk about how you practise helpfulness in your life
- ... set some helpfulness goals for home
- ... celebrate and successes
- ... let us know of exceptional examples of helpfulness so that we can celebrate these together.

Sunday, 27th of August 2023

PSG - Spring Working Bee

Bring your gardening gloves and tools and get involved

BBQ lunch provided for all helpers on the day. All Welcome!

Further details to come. Any questions please email matarau.psg@gmail.com

Calf Club Day A reminder this is scheduled for Friday 13th October.

You might want to start thinking if your child wants to bring an animal to Calf Club

Day. Soon we will email you a permission form where you can indicate if you are taking an animal to Calf Club Day. Please, be aware that Calf Club Day is in the first week after the holidays.

In brief

... *Please also stay well clear of disabled parking spaces and do not use these unless you have entitlement to use disabled parking spaces.*

... *Please walk your children across the road and through the carpark ... 5k maximum speed in the carpark please.*

... *With Cross Country practices and endless rain (and inevitable mud) spare clothes might be a good idea for some children*

... *HOMEWORK ... please contact your child's teacher if the homework load is not working for your child.*

... *Please do not send unwell children to school*

... *No jibbitz or trading cards at school please*

... *Missing items ... please ensure precious items are not brought to school (or that these are passed to the teacher ... and ask questions if something unfamiliar turns up at home, and then ask again*

School Annual Report

... including financials is now on our school website ... just click on the "About Us" tab.

Art Scholarship

Early next term we will be calling for expressions of interest in our 2023 Art Scholarships. This is an opportunity to present a portfolio of artwork for judging, with the potential to win a school cup and a small prize. Maybe chat to your children about this and, if you would like the information early, just give the office a call next week. We have had some outstanding portfolios in years past and are keen to see this tradition continue. Now might be the time to start gathering exceptional pieces of artwork.

Love Food Workshop

Kia ora everyone, please see attached information regarding an exciting opportunity that Cezanne from ECO Solutions is offering our community. Lock in Monday the 14th of August 3.30-5pm. (Children welcome, we can put on a movie for them). If you "Love food but hate food waste" Book into this workshop, please email aalexander@matarau.school.nz to book a spot. Spaces are limited.

Free Love Food Hate Waste Workshop

Join us to learn how to maximise your food and reduce food waste with a fun spring cooking and info workshop.
We will be making a few different recipes. Taste testing and take-home resources included.



Monday 14th August 3:30-5pm
Matarau School staff room
Spaces limited, please RVSP ASAP to Anna Alexander at: aalexander@matarau.school.nz

ecoSOLUTIONS

Proud to support
LOVE FOOD
hate waste
NEW ZEALAND



"Rooms 5, 6, 7, 8, 9, and 10 successfully completed the Wonder Project which we had been working on over the past two terms. Students worked in small groups to design, build a prototype, test, and rebuild bottle rockets. Our final launches were pretty incredible, with a few rockets making it across the school field and over the fence! Heaps of learning and fun!"

Seniors and Messenger

Friendships are hugely important. Young children frequently have "best" friends, by middle school children are learning to balance multiple concurrent friendships, and by senior school children face the complexities of fluid and overlapping friendships, and fluid and overlapping friendship groups. None of this is easy, there are high points and low points, lots of difficult lessons, and plenty of mistakes along the way. This process is particularly intense at the pre-teen level. All of this is a natural part of growing up, and sometimes the hardest lessons yield the most insightful and enduring gains.

We have a simple process that we use at school (see below) and it would be great if you could encourage this also from your end. So ... If there is tension in a friendship group ...

- ... speak with the person concerned and not via a third party
- ... do not listen to gossip ... this may not be true
- ... it is OK to disagree ... but stay a good listener
- ... it is OK to take a break from a friendship
- ... make sure no-one is isolated by anything you say or do
- ... find time to move on ... no one is perfect
- ... do NOT share friendship issues via social media (especially Messenger)

Finally

Please be extra vigilant in monitoring their children's social media access and usage. This is particularly an issue with year 7 and 8 students. Children often see themselves as bullet proof and do not see ...

... the danger of connecting with people unknown to them

... the danger of initiating or joining conversations about other people which can become unkind or damaging (and which cannot be called back easily).

The latitude for error when using social media is precariously narrow, and most children are not sufficiently conversant with the ways of the world to apply the necessary cautions.

We are continually working on ways to drive the safety message at school, but much of this occurs outside of school time, and on non-school devices. Children tend to think of themselves as bullet-proof, and this makes them especially vulnerable. So, we are asking parents to be extra vigilant here. Know what sites your children visit, which social media they use, who they converse with, and the character of the conversations they initiate, or to which they contribute. We will do our best at our end.

Ngā mihi

Kevin Trehwella

PRINCIPAL

Helpfulness



What is Helpfulness?

Helpfulness is being of service. It is doing useful things for people, such as things they cannot do for themselves, something they do not have time to do, or just little things that make life easier. It is important to be helpful to ourselves too, by taking care of our bodies. There are times when we need help from others. That is a good time to ask for help.



Why Practice It?

We all need help sometimes. We need people to teach us, and people to give us their strength or ideas. Sometimes we just need a friend to talk to. If there were no helpfulness, there would be no cooperation. When we practice helpfulness we get more done. We make each other's lives easier.



How Do You Practice It?

When you are helpful, you care about others. You don't wait to be asked. You notice what needs to be done and just do it. If you cannot figure out what someone needs, ask them "How can I help?" or "What do you need?" Remember to help yourself by eating healthy foods, exercising and getting plenty of rest. And remember to ask for help when you need it.

What would Helpfulness look like if...

- A friend is carrying a whole pile of books?
- It is time for dinner and your mother could use help?
- You notice that a friend looks sad?
- Your best friend asks you if he can copy your homework?
- An older person just slipped and fell?
- You see a student surrounded by a group who don't look friendly?

Signs of Success

Congratulations! You are practicing Helpfulness when you...

- Notice when someone needs help
- Do a service without being asked
- Give people what they need, not always what they want
- Listen to someone who needs to talk
- Care for your own needs
- Ask for help when you need it

Affirmation

I am helpful. I look for ways to be of service. I care for others and myself. I look for helpful ways to make a difference.

Activities with Helpfulness



Making a Difference

Discuss what would be helpful to your school and design a project to make a difference. Remember to ask permission before you do it.



Poster Points

- Show that you care.
- Caring is a special way of loving.
- Yes, I care!
- Giving my best.
- Earth is our home. Let's take care of our home.



Virtues Reflection Questions

- How are you helpful at home?
- Describe a time you helped an animal.
- Name three ways you could be more helpful at home.
- How would you be helpful to a substitute teacher?
- When have you needed help and how did it feel?
- Was it easy or difficult to ask for help?
- What was it like to receive help?
- When have you been helpful to someone outside of your family?
- How can you tell if what someone asks you to do for them is helpful or not?
- What is the most helpful way to respond if someone is injured?



Drawing Helpfulness

Draw a picture of a person or an animal who needs help and someone helping them.



Quotable Quotes

"I would help others out of fellow-feeling."
Robert Burton

*"If I can stop one Heart from breaking
I shall not live in vain
If I can ease one Life the Aching
Or cool one Pain
Or help one fainting Robin
Unto his Nest again
I shall not live in vain."*
Emily Dickinson

*"No one can sincerely try to help another
without helping himself."* Unknown

*"Oh, I get by with a little help from my
friends."* John Lennon and Paul McCartney

*"I expect to pass through this world but once;
any good thing therefore that I can do, or any
kindness that I can show to any fellow creature,
let me do it now; let me not defer or
neglect it, for I shall not pass this way again."*
Anonymous