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Newsletter

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Thank you

... Those who attended this week's Better Start Literacy meeting

... Those who supported the Senior Youth Summit today

People of the week

... Our Youth Summit team

... Aamani Rudolph-Horne, also selected to play for the Under 13 boys and girls teams representing Whangarei in the Northland Tribal Wars tournament a couple of weeks back. During the Tribal tournament, Aamani was selected to represent Northland in the under 14s Super City tournament being held this weekend here in Whangarei. Congrats Aamani, your school basketball team, friends and whanau are really proud of you.



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Term Calendar

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)

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.

Cellphones

If your child brings a cellphone to school, please remind them that this must be dropped at the office on arrival, for return after the final bell. Children are not to keep cellphones in their bags please. We promise to put them in a safe place.

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 - Friday 13th October.

An email went out last week with a link to give permission for your child to bring an animal. Calf, Lamb needs to be born after July the 1st. For further questions, you can email Miranda Pol admin2@matarau.school.nz

School Gates

When entering or leaving the school (including via the lower bus bay gate) please ensure you close the gates behind you. This is critical as some children can be predisposed to wandering. Thank you!

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.

High School Interview

Kamo High School Tue. 3.40pm to 5.20pm & Wed. 4.00pm to 5.40pm

Seniors and Messenger

Remember, if there is tension in a friendship group our advice to children is ...

- ... 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)



School Cross Country - 22 August

Please accept a warm invitation to support our cross country runners on the 22nd of August. Races will be held on the Smith property across from the school (same location as last year) ... approximate race start times are included below. It would be helpful if each child has a towel and a spare set of clothes. If parents are taking their children early, it is critical that you advise their child's class teacher please. Please note that this event will proceed **ALMOST** irrespective of the weather.

Please note that certificates will be awarded at a subsequent assembly.

A rough schedule of race times as follows:

Date	Tuesday 22 August	
Schedule	10.30	Morning Tea
Year 7 and 8	11.50	12/13 year old Girls
	12.00	12/13 year old Boys
	12.10	11 year old Girls
	12.20	11 year old Boys
Year 5 and 6	12.30	10 year old Girls
	12.40	10 year old Boys
	12.50	9 year old Girls
	1.00	9 year old Boys
Year 3 and 4	1.10	8 year old Girls
	1.20	8 year old Boys
	1.30	Non 8 year old Girls
	1.35	Non 8 year old Boys
Year 2	1.40	Year 2 Girls
	1.45	Year 2 Boys
Year 0 and 1	1.50	Year 0/1 Girls
	1.55	Year 0/1 Boys
Kindy	2.00	Kindy Race

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



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.

Finally

My great-niece visited me recently with her parents. Shortly after arrival she went to a bookcase, took out a book, sat down with the rest of us, and commenced to turn the pages of the book. Even though the book was titled "The History of the Mediaeval Church", and even though the book was upside down, she thought she was pretty cool, and we thought she was too. There is a growing body of evidence to suggest that children who learn to read by turning the pages of actual books, as opposed to reading from devices, learn to read more quickly, more confidently, and more enduringly. Please model reading at home, talk about books, have a bookshelf where old favourites can be stored, and accessed, read to your children, and have them read to you. Psychologists are not too sure why holding a book and turning pages helps children read, maybe the patterns of our forebears is encoded in/on our genes, maybe receptors are activated when our hands are engaged too ... hard to know exactly why. So please get your children excited about reading, buy books as gifts, encourage reading before bed, read to them etc. etc. You could get a big return on your investment.

Ngā mihi
Kevin Trehwella
PRINCIPAL

The AIMS Games Matarau School Rippa Rugby team would like to give the biggest and sincerest THANK YOU to the Mararau School community for all their support in helping raise money to send our team to AIMS games in September. After our final fundraiser on cross country day we will have raised our target amount. So once again THANK YOU SO MUCH



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.

The Virtues Project

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?



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 crea-
ture, let me do it now; let me not defer or
neglect it, for I shall not pass this way again."*
Anonymous



Drawing Helpfulness

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