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TITAHIBAY SCHOOL NEWSLETTER

Titahi Bay Pharmacy

24 Whitehouse Rd, Titahi Bay
Phone 236 8410, Email tbp@xtra.co.nz

Caring for our community
 Care Chemist

TERM 1 ISSUE 6 MARCH 19 2021

KERRY'S THOUGHTS



Tēna Koe, Talofa Lava, Kia Orana, Malo e lelei,
Bula vinaka,
Fakalofa lahi atu, Taloha ni, Fakatalofa atu
and warm greetings to you all

Week 7 has just flown by and on Monday it will be Week 8. We have Easter fast approaching and remember Easter Friday, Monday and Tuesday are holidays and Wednesday is a Teacher Only day so no school. Most years Easter falls in the school holidays, however when this does not occur in the public education sector it is a mandatory holiday.

I thank you for ensuring you are set up on SEESAW and you can see our learning posts. We now only have 5 KURA kids that are not set up on this platform and we aim to have 100% by next week. We are hoping to share real learning moments and assessments with you on a regular basis. We will be using SEESAW as a reporting tool from Term 2 so more information will come out to you soon.

Another big thank you to all the whānau who signed the permission slips for the questionnaire on Active Healthy Learning. Massey University are running the evaluative part of this professional learning for our school. Some of our KURA kids will be wearing Fitbit watches to record how active they are. I personally will be very interested with the findings and I will share this with you. Our staff are looking forward to working with the team on this professional development.

LOST PROPERTY

We are putting out a lot of lost property every day. My suggestion is you encourage your children to place their sweatshirts in their bags and also ensure you name clothing with a marker pen as many of our KURA kids do not recognise their own belongings.

SCHOOL LUNCHES

I want to thank you all for working with us on school lunches, as I have said a few times now we need to do the full 4-week cycle which will take us to the end of this term. I am in talks with Kāpura and the MoE on lunches to ensure that they get the most effective feedback from our school and our tamariki. I am so thankful we have the teaching staff we do as they have really worked hard on getting our tamariki to try foods, to understand that this is a very healthy option for their bodies, how food helps us learn and why it is important to try the food. Some tamariki have been used to a lot of salt and sugar and so some foods will taste different. I know the packaging looks like a lot of plastic but it is going to a recycling plant and from Term 2 the new containers will be even better. Thank you to the whānau who have stopped to talk to me outside school or in our playground to thank us for the work and the parents who have sent really lovely emails, I very much appreciate your support. If you want to opt out of lunches or if you want to change to the vegetarian, vegan, halal, gluten free, nut free, egg free and dairy free menu then we must be advised by Thursday at 10am, to start the following week. Please email this through to office@titahibay.school.nz. Some children have asked to take their uneaten food home, we will let them do this in the little snack container they get, remember this can go in your recycling. Our menu for next week is as follows –

| WEEK 2 | | | | |
|--|--|---|---|---|
| Kāpura | Kāpura | Kāpura | SUBWAY | Kāpura |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Teriyaki chicken wrap with toasted sesame slaw and mayo | Ham and cheese sandwich | Corn beef sandwich with mixed cabbage and tomato relish | 1 x 4inch ham sandwich on rye bread with lettuce, spinach, tomato, capsicum, onion, cucumber and carrot | Cheese and marmite sandwich with lettuce |
| Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | 1 x low fat strawberry yoghurt | Seasonal Fruit |
| Pretzels or Rice Snacks | Mini fruit muffin or Banana Chips | Cheese Scone or Kea Cookie | | Mini fruit muffin or Snackball |
| Vegan, Halal, Gluten free, Dairy free, Nut free, Egg free) | Vegan, Halal, Gluten free, Dairy free, Nut free, Egg free) | Vegan, Halal, Gluten free, Dairy free, Nut free, Egg free) | Vegan, Halal, Gluten free, Dairy free, Nut free, Egg free) | Vegan, Halal, Gluten free, Dairy free, Nut free, Egg free) |
| Plant based nuggets and rice noodle salad sweet soy dressing | Black bean patty open sandwich with slaw, carrot and mint dressing | Falafel roast vegetable salad | Gluten free wrap with salads only | Moroccan beans chickpeas with mint aioli |
| | | | Seasonal Fruit | |
| FRUIT IN SCHOOLS WILL BE AVAILABLE AS PER NORMAL THROUGHOUT THE DAY | | | | |

We have been working with some of our KURA kids on their behaviour this year. Either the classroom teacher or Jamie Merrick will phone you if it is a concern regarding a year 4-6 child, Miranda McMahon if it is a year 1-3 child. We are making progress and we thank whānau for working with us on the issues that arise. The triangle is always KURD kid, school and whānau and together we can make a positive difference in our tamariki's lives. Thinking of your child as behaving badly disposes you to think punishment. Thinking of your child as struggling to handle something difficult encourages us to help them through their distress.

BENEATH EVERY BEHAVIOR THERE IS A FEELING. AND BENEATH EACH FEELING IS A NEED. AND WHEN WE MEET THAT NEED RATHER THAN FOCUS ON THE BEHAVIOR, WE BEGIN TO DEAL WITH THE CAUSE, NOT THE SYMPTOM.

ASHLEIGH WARNER



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04 236 8399



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THE "WHY" OF A BEHAVIOR

THE OLD WAY OF THINKING

- Defiant
- Escape
- Attention seeking
- Avoiding

The function of any behavior is much deeper than phrases like "ATTENTION SEEKING"

This shallow analysis will lead to using REWARDS AND PUNISHMENTS to get compliance

Want to improve BEHAVIOR? Solve the Problem!

How do you solve the PROBLEM?

DIG DEEPER!

A NECESSARY PARADIGM SHIFT
(SUPPORTED BY BRAIN SCIENCE)

- Sensory Processing
- Emotional Regulation
- Motor Challenges
- Learning Disabilities
- Trauma

GREG SANTUCCI Occupational Therapist



Mindfulness with Sara Watchorn

Wednesday 14th April

Time: 6.30pm to 7.30pm

Location: Staffroom at Titahi Bay School

Mindfulness is really taking centre stage in the education sector as we better understand the impact our 'emotional' brain has on our 'learning' brain. Teaching students from a young age about the wide range of emotions we all experience and how we can manage these emotions is so valuable and powerful.

Sara Watchorn is a primary teacher who runs mindfulness workshops for teachers and parents across the Wellington region. She is passionate about wellness in education and how mindfulness can help children to focus and 'find calm' so that they can stay in the learning zone.

Our staff attended one of Sara's workshops earlier this year. We are really starting to see some results through the regular use of mindfulness in the classroom at our school. This involves controlled breathing exercises, gratitude diaries, discovering nature and the outdoors as a learning tool and really noticing the world around us, as well as the people in it. Now it is your chance to hear Sara share some of her knowledge on Mindfulness!

During the course of an hour, Sara will discuss mindfulness tools and techniques to help your child self-regulate and calm themselves so that they can get the very best out of their learning. Sara will run through some of the activities used at school for mindfulness so that you as a parent/caregiver can experience what this feels like and so that you feel informed and possibly even confident to try some of these techniques together at home!

If you would like to come along to this exciting event please RSVP by emailing the office@titahibay.school.nz



Did you know that if you have a Community Services Card or a SuperGold Combo Cardholder (or you have someone with one living with you) and live in the Wellington Region (Otaki, Paraparaumu, Hutt City, Upper Hutt or Wellington) you can get up to six sets of curtains for your home? All thanks to the www.sustaintrust.org.nz/get-curtains.

These curtains are upcycled from fabrics and curtains generously donated to the Curtain Bank by businesses and members of the community.

YMCA –We have worked hard to negotiate a great deal with YMCA for our whānau and you will have seen that before school care is \$4.50 from 7.30am to 8.30am. After school care is \$8.50 and this starts at 3pm to 6pm. Please phone YMCA on 02108299256 to organise this.



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Geoff Hall
PLUMBING



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 0274-459303



Titahi Bay Intermediate
 OUR PLACE YOUR PLACE FOR SUCCESS
 P: 04 236 8588
www.bayintermediate.school.nz

2021 TERM DATES

Term 1 – 2 February – 16 April

Term 2 – 3 May - 9 July

Term 3 – 26 July – 1 October

Term 4 – 18 October – 13 December

IMPORTANT DATES TO PUT IN YOUR DIARY

2 April – Good Friday – NO SCHOOL

5 April – Easter Monday – NO SCHOOL

6 April – Easter Tuesday – NO SCHOOL

7 April – Teacher Only Day – NO SCHOOL

16 April – Term 1 ends

TEACHER ONLY DAYS

Wednesday 7th April – NO SCHOOL

Friday 4th June – NO SCHOOL

Friday 22nd October – NO SCHOOL

