

Diary Dates

Coming up . . .

- Monday 15th October **primary Touch trials** 3.30pm T2 (high school)
- Tuesday 16th October **Y8-13 Futsal trials**, 6pm Walter Nash Stadium
- Wednesday 17th October **6-9 trip** to Permian Monsters exhibit at Expressions Theatre, Upper Hutt
- Wednesday 17th October **road patrol training** for Y5's
- Thursday 18th October NZ Shakeout Earthquake Drill
- Thursday 18th October **primary Touch trials** 3.30pm T2 (high school)
- Thursday 18th October **Tāwari Performance Evening** 8pm
- Friday 19th October **Y4-7 athletics** afternoon 12pm Naenae Park
- Monday 22nd October **Labour Day – SCHOOL CLOSED**
- Tuesday 23rd October **Kōwhai Class Parents Evening** 7pm
- Wednesday 24th October **1st instalment school accounts due**
- Thursday 25th October **primary Touch trials** 3.30pm T2 (high school)



Congratulations to...

. . . Pōhutukawa tamariki Mahi and her whānau on the safe arrival of their new baby boy on Sunday 23rd September. Everyone is doing well ☺

Wā Ora hākinakina (Sports) celebration

See next page for full details of our upcoming evening acknowledging our sporting community (players, managers, coaches, parents, supporters, etc.) to be held on Thursday 1st November.

This Week

Welcome back and well-being

By Ava Szabo – Principal

Kia Ora whānau and welcome back. I hope you had a fabulous holiday and found some time to rest and relax with your family and friends.

As part of our renewed focus on wellbeing, we are undertaking a review of our anti-bullying procedure. This important piece of work involves our whole community and we invite you to complete a survey which will be emailed out in week three seeking your thoughts and comments. Please take this opportunity to provide us with your feedback. While I know there are many stressors in our lives and time is a precious commodity, please know that your voice is important and always appreciated and valued.

While tamariki have always been at the centre of all we do at Wā Ora, we cannot ignore the fact that bullying has become a growing issue for children and young people in New Zealand. This is not a simple problem with a quick or easy answer. There is no single programme or piece of writing that can be applied to deal with bullying behaviour.

How does bullying impact the wellbeing of our ākonga?

It can affect physical and emotional health, both in the short term and later in life. It can lead to physical injury, social problems, emotional problems and even death. Those bullied have an increased risk of mental health problems, headaches and challenges adjusting to school. Bullying can also cause long-term damage to self-esteem.

Children and adolescents who are bullies have an increased risk of substance use, academic problems and violence to others later in life.

A good place to start is for us to have a common understanding of what does and does not constitute bullying behaviour what. Non-bullying behaviours may be just as serious but are often sorted out in a different way.

Bullying is deliberate occurring where another person is harmed intentionally. It involves a power imbalance between those who bully and those being bullied and it is usually not a one-off – the behaviour is repeated, or has the potential to be, over time.

Bullying is not a disagreement or fight between people of equal power or status; it is not a one-off act of unkindness, nor is it not liking someone or a single act of social rejection. Isolated incidents of aggression, intimidation or violence are also not bullying. Bullying is not a normal part of growing up.

Bullying prevention is a shared responsibility and we all need to be involved - Boards, teachers, students and whānau working together with a shared vision.

Take care of our children. Take care of what they hear, take care of what they see, take care of what they feel. For how the children grow, so will be the shape of Aotearoa.

Dame Whina Cooper
Photographer: Michael Tubberty



Sport**Primary athletic sports, Y4 -7**

Whānau are welcome to attend our primary athletics afternoon this Friday at Naenae Park from 12 noon. Ākongā should wear appropriate clothing and footwear and must have a water bottle, snacks, sunscreen and a hat. If the weather is bad, postponement will be notified at 11am via the Wā Ora app and rescheduled for Monday 22nd October.

Futsal trials Y8-13

Trials for students who have expressed an interest in playing futsal for Wā Ora this term will be held tomorrow, 16th October, at 6pm at Walter Nash Centre.

Hākinakina (sports) celebration: save the date!

We are celebrating our sporting year with a formal ceremony of speeches and acknowledgements, followed by supper on Thursday 1st November from 7-9pm at the high school in T2. Tickets cost \$5 per person (under 3's are free) and can be purchased at the school office. Further details will be shared via the Wā Ora app.

Welcome back to . . .

. . . Josh Deacon who travelled to Chile to play representative football over the holidays.

Wā Ora Weet-bix TRYathlon team

Registrations are now open for kids aged 7-15 years for this Hutt City event on Thursday 14th March 2019. A Wā Ora school group has been created and if your child wishes to be included, click [here](#) when entering. We'll organise a marquee for the day so we can sit together. Any queries, please email [Anna](#). For complete details of the event please go [here](#).

Remember sunhats for term four

Please remember to ask your child to pack their sunhat in their school bag for this coming term. During the summer terms (Term 1 and 4) all students must wear a sunhat with an appropriate sized brim when outside. Please also remember to put sunscreen on your preschool child and encourage your primary child to do this for themselves each morning before coming to school.

Chinese language week event: Chinese mid-autumn festival**Asia New Zealand Foundation**

In the last week of term 3 we celebrated the Chinese Mid-Autumn Festival, the second most important festival to Chinese people after the Spring Festival (Chinese New Year). During the week, we had workshops on Taichi, tea ceremony, Chinese dance, painting, mannerisms and cooking - a really exciting, enjoyable and full Chinese cultural week.

Thank you to the Asia New Zealand Foundation for supporting this project to help students experience Asian culture and a big thanks also to our parent helpers.

Abacus calendar fundraiser

We are again offering these calendars, notepads, diaries, mouse pads and card packs to parents with children's artwork/photo on them. These make a great gift for extended family members, are affordably priced and help to raise money for Wā Ora.

Order forms for these will be handed out/put in your preschool mail pocket next week and are due back with payment by Friday 2nd November.

School accounts

Preschool accounts are now in your mail pockets. Accounts for area school students have been posted, so please watch your mail box for these and contact Donna if you haven't received anything by the end of this week. Information regarding payment options (payment methods and instalment dates) is included in the attached 'Accounts Information Letter'. Please talk to Donna if you have any queries about your account.

Tāwari performance evening

Come along to the Tawari

Performance Evening

For a night of music, dance and fun!

Thursday the 18th of October @ 7pm

In T2

Snacks available!

Are you thinking of selling your house?

Kia ora. If, from your referral, we list and sell your home in The Lower Hutt area, we will donate \$500 to Wā Ora Montessori School. Contact us today for a no obligation appraisal. Supporting Wā Ora Montessori School. Jodie and Eugene Winterburn. Red Coats Professionals Lower Hutt. 022 462 0121 teamwinterburn@redcoats.co.nz.

**Charity fundraiser**

Kōkiri Marae and Maori Women's Refuge are holding a fashion show on 27th Saturday October at 7pm at the Wainuiomata Tavern to raise funds. Designer and vintage clothing, sizes petite to voluptuous. Lots of pre-loved clothing for sale, amazing raffles to be won and a light supper provided. Purchase your \$10 ticket either at the door on the night or in advance from the the Wainuiomata Hub (Cat 564 1338) or Kōkiri Marae (Cheryl/Tui 939 4629).

Yoga for kids
Wā Ora whānau satisfaction survey – now closed.

Thank you to all those whānau who completed the survey last term. We will now take the time to look at the feedback and a short overview of results will be published in the newsletter in week three.