

Diary Dates

Coming up . . .

- Wednesday 15th May **Debating team** hosting in Kawakawa
- Wednesday 15th May **Community Anti-bullying meeting** 7.30 pm
- Thursday 16th May **Scholastics book orders are due**
- Friday 17th May **year 7 technology**
- Friday 17th May **parent morning tea** 9am Trade Kitchen Naenae
- Monday 20th May **BoT/Council meeting** 7.30 pm
- Wednesday 22nd May **school accounts 2nd instalment due**
- Friday 24th May **year 7 technology**

Welcome to the following child and his family...

Kōwhai– James Li

Congratulations to...

. . . Megan and Luke and big brother Ben in Nīkau, who have welcomed a little girl to their family over the holidays. Everyone is doing well ☺.

Bullying prevention community meeting–THIS WEEK



This Wednesday evening's bullying prevention community meeting follows up on last year's anti-bullying survey. All whānau are invited to attend and participate in this discussion which forms a part of our review of the existing anti-bullying procedure. The meeting takes place this Wednesday evening, 15th May at 7.30 pm in Tōtara class room. You can RSVP to [Jo](#) if you plan to attend to help us plan for numbers, but this is not essential.

This Week

Welcome to week 3

By Ava Szabo–Principal

Today is our second Teacher Only Day of the year for our area school staff. As I mentioned last week, the focus of this day is behaviour management, prevention and de-escalation strategies and is offered through the Ministry of Education.

To understand why challenging behaviours sometimes occur and then escalate we need to have a deeper knowledge of the major parts of the brain and how the brain operates, especially when under stress. This information is very valuable and helps us frame our responses to these situations. Below is an introduction and a link to some videos which I hope you find useful.

Stress is a biological and psychological response experienced on encountering a threat that we feel we don't have the resources to deal with.

A stressor is the stimulus (or threat) that causes stress, for example an exam, or change of circumstance, such as moving house.

Behaviour can be affected by anxiety and stress. Learning a bit about how the brain works can help us understand how we and our children, react during times of stress. The functions of the brain can be simplified into four main areas – the brainstem, the cerebellum, the limbic system and the cerebral cortex. The brainstem has the lowest concentration of cells and the simplest structure. It looks after automatic (autonomic) functions such as breathing, heart rate, and body temperature.

The cerebellum controls balance, movement and coordination, and regulates sleep and arousal, motor memory and messages. The cerebellum helps build learning pathways in the brain. Further up the brain, we find the more complicated areas that produce our emotions and the body chemicals that control them.

The limbic system is a group of brain structures that includes the amygdala, a place that is constantly aware of the emotions needed for basic survival such as fear. It controls the fight/flight/freeze response.

The cerebral cortex is the biggest part of the brain with the biggest job to do. This is where all our complicated moral thinking, imagination and creativity comes from.

The prefrontal cortex deals with reasoning and in stressful situations, it shuts down first. This means that we can lose our ability to be rational and reasonable when under stress.

We manage our reactions through understanding ourselves and others, and understanding our influence. If we can understand this, then we can use our self-control to react in ways that build trust and strengthen or maintain positive relationships and maximise safety.

[Here](#) is a link to some interesting videos on behaviour, including a clip by Kathryn Berkett on how children learn the skills from a young age of how to calm down when stressed. It's a great video which I hope you enjoy.

Mā te kōrero, ka mōhio. Mā te mōhio, ka matau. Mā te matau, ka marama

Through discussion, comes knowledge. Through knowledge, comes learning. Through learning, comes understanding.

Sport

Badminton

Junior Boys (Year 8–10) vs HVHS, WBD.
Junior Girls (Year 8–10) had a bye.
Senior Mixed (Year 11–13) vs Silverstream 3, 4–2.

Basketball

Seniors (Year 11–13) vs Paraparaumu 2, 37–32.
Juniors (Year 8–10) vs St Pats, 32–31.
Miniball (Year 5–6) vs Kids Hub, 6–12.
Tiniball (Year 3–4) vs Korokoro, draw.

There will be no basketball game for our seniors and miniballers this week due to the Hutt Valley Sports Awards. Tiniball is still on tonight

Cross country

Students across the area school have been working on fitness in preparation for our school cross country Friday 7th June.

Netball

Wā Ora/Raphael House combined (Year 9–10) vs TK Te Ara Whanui, 2–19.
Wā Ora/Raphael House combined (Year 9–10) vs HVHS, WBD
Miromiro (Year 7–8) vs St Oran's 5-stars, 0–4.
Miromiro (Year 7–8) vs NIS 4, 3–6.

Toutoutwai (Year 5–6) vs Randwick 1 Ferns
Toutoutwai (Year 5–6) vs Sts Peter and Paul 7 Korukoru

NZ AIMS Games

Would your child like to represent Wa Ora at the NZ AIMS Games, held in Tauranga for a week in September? The AIMS Games is a sporting championship that gives Year 7 & 8 students an opportunity to compete as an individual or in a team against the best of their age in 23 different sports. The aim of the event is to provide opportunities for the student in the middle years to compete at an elite level, be active, celebrate fair play and enjoy success and it is through events such as the Anchor AIMS Games that these students will be provided with challenges and the opportunity to perform to a high standard.

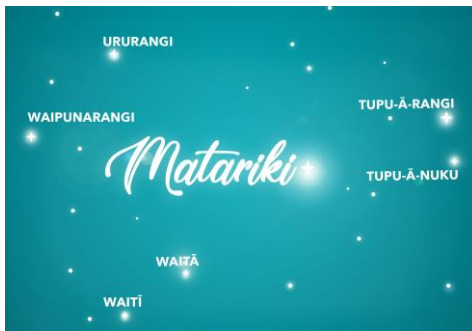
If you are interested to find out more check out the information on the website NZ AIMS Games and contact our Primary Sports Coordinator, Jackie

e: jackie@waora.school.nz.

2019 BoT nominations and elections

Please find attached to this newsletter's email additional information about the upcoming parent elections for the Wā Ora Board of Trustees. Additionally, it can be found on the app in the Useful Documents menu item [here](#).

Upcoming Matariki celebrations



Wā Ora will celebrate Matariki with events for our community on Friday 21st June.

Daytime

Come along to T2 at the high school on Friday morning from 10 am–11.30 am and enjoy the performances at our Matariki concert. Ākonga from all classes will be celebrating new beginnings and remembering the past, through waiata, kapa haka and more.

Evening

Join us later that evening for a Matariki Hākari (feast). This will begin at 5.30 pm in T2 at the high school, the same venue as the morning performances. Please bring a plate of food (please label your ingredients to help our whānau with allergies and dietary requirements) and we will all share food and conversation together. All are welcome to this all-ages event. There will be activities/games run for the children.

Entertainment Books



Return of Entertainment books is now past due. Please either pay for your book or digital membership (details on the envelope in which the book came) or return the book if you do not require (also applies when purchasing the digital membership) ASAP.

Remember that even if you haven't bought the Entertainment Book, you can still donate \$13 to the PTA which is the amount Wā Ora makes from each book sold. Please email the [office](#) if you would like to do this.

Parents Morning Tea

Come along for a relaxed chat and a catch up this Friday, 17th May at 9 am after drop off at The Trade Kitchen, Naenae (opposite the pool). These morning teas are very relaxed affairs. Stay for as long or as short as you can manage. Younger siblings are welcome☺



Kawakawa Kaibosh fundraiser

An invitation from Amelia P, Mia M and Kate to all Wā Ora families to attend their 'Make a Meal in May' fundraiser on Friday 24th May in Kawakawa. They have organised a potluck dinner and a movie. A koha is requested which will go to Kaibosh, an organization who makes meals for people who can't afford food.

This is a great opportunity for students of all ages and parents to get together and have fun and catch up with their friends.

Please arrive from 4.45pm–5.15 pm for the meal and the movie will start around 6 pm, finishing about 7.30 pm.

Thank you, from Kate, Amelia and Mia.

Scholastics

Brochures have gone home and online orders are due by this Thursday 16th May.

Seeking reader/writers

If you are interested in being a reader/writer for our college SAC (special assessment conditions) students in NCEA exams, Juliette our SENCO would love to hear from you. Please email Juliette for more info or to express your interest.

Wellington 1-day Junior Tough Guy and Gal Challenge

Register your primary and intermediate aged child for New Zealand's biggest mud run series in a version tailored especially for them! Tickets are \$25–\$30 and the event will be held Wednesday, May 22nd, Coast Rd, Wainuiomata. For full information and to enter go to <https://www.facebook.com/events/344657716333913/>.