

## Diary Dates

### Coming up . . .

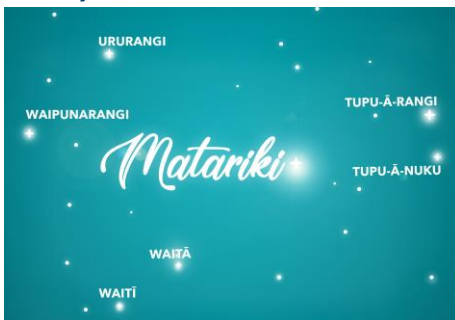
- Monday 20<sup>th</sup> May **BoT/Council meeting** 7.30 pm
- Wednesday 22<sup>nd</sup> May **school accounts 2<sup>nd</sup> instalment due**
- Friday 24<sup>th</sup> May **year 7 technology**
- Friday 24<sup>th</sup> May **year 4–13 cross country**
- Friday 31<sup>st</sup> May **year 7 technology**
- Monday 3<sup>rd</sup> June **Queens Birthday holiday–WHOLE SCHOOL CLOSED**

### Welcome to the following child and her family...

**Kōwhai**– Ujin Wythe

### Matariki celebrations

**Friday 21<sup>st</sup> 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 finger and we will all share supper and conversation together. Please label your ingredients to help our whānau with allergies and dietary requirements. All are welcome to this all-ages event. There will be activities/games run for the children.

## This Week

### Encouraging Resiliency

*By Carolyn Bohm – Rātā teacher*

With all the conveniences in our lives today, it can become easy for adults to try and protect children from any and all obstacles in their lives. Adults can be quick to solve a child's problem for them, or keep them from having to struggle for accomplishment. These actions, done with the best intentions, can rob children of the opportunity to learn the tools, challenges, and joys of being resilient. While it is not helpful to allow a child to become badly injured or frustrated beyond recovery to learn about resiliency, giving them opportunities to fail or struggle safely prepares them for the challenges they will face when older.

As much of human behaviour is learned, one of the best ways to teach resiliency is to model it yourself. When eating lunch outside on a chilly day I respond to comments about the temperature by saying "I was cold too so I put on my jumper". When we model resilient thinking (remembering to bring a jumper and wearing it when cold), we encourage children to do the same. We also teach resiliency through asking questions encouraging resilient thinking; "Where else can you look for your pencil?" or, "Is there another tool you could use to complete that job?".

When talking to your child about school, Carol Dweck, Professor of Psychology at Stanford University, suggests questions along these lines:

- What have you learned today?
- What is a mistake today that you learned from?
- What were you persistent at today?
- What can you learn from this?
- What will you do the next time you are in this situation?

It is perfectly acceptable to make a mistake, as long as learning takes place around the mistake. It is also completely normal to handle a situation less than ideally as long as the situation is reflected upon so the response can be improved in the future. Asking children about their experiences and working with them to get the most out of the event is a great way to teach children about resilience.

When I started eating lunch outside with Rātā unless it was raining or wet, complaints abounded in winter about being cold and not having or not wanting to put on warm clothes. Now, having weather appropriate clothing and using it has become what we do. The other week at a lunchtime, I figured we would eat inside given the wet ground but the class headed straight outside with their lunches. Upon finding the ground was wet, but not raining, they brought our class mats out to sit on. Between their resiliency to wet, wind, and cold, at lunch and on walks, I have suddenly found myself to be working with a group of kids who challenge me to be more resilient. When we encourage resilient children, we create a stronger future.



*Carolyn began teaching at Wā Ora in 2017 and holds a Bachelor of Arts in English from New Mexico State University and elementary (primary) Montessori training. Carolyn was introduced to Montessori as a student teacher, when she fell in love with the philosophy, curriculum and lifestyle. When she is not teaching you can find her somewhere outside–hiking, biking, walking on the beach or star gazing. She likes to cook, write, hang out with friends and explore what's new in science.*

## Sport

### Badminton

Junior Boys (Year 8–10) vs HVHS 7, LBD.  
Junior Girls (Year 8–10) vs SHC, 4–2.  
Senior Mixed (Year 11–13) vs HIBS 10, 1–5.

### Basketball

Seniors (Year 11–13) vs St Pats Silverstream, 42–41.  
Juniors (Year 8–10) vs Aotea College, 27–28.  
Tiniball (Year 3–4) vs Epuni, 10–2.

### Cross country

The date for the Wā Ora cross country event has been brought forward to this Friday, 24<sup>th</sup> May at 2pm. It is expected all students Year 4 and up will participate and can do so at their respective levels—running, jogging, walking or a combination! The central/north zone cross country will be held on Wednesday 5<sup>th</sup> June for those who qualify.

### Netball

Wā Ora/Raphael House combined (Year 9–10) vs St Oran's, 7–10.  
Wā Ora/Raphael House combined (Year 9–10) vs UHC, 9–7.  
Miromiro (Year 7–8) vs Chilton 3.  
Miromiro (Year 7–8) vs Korokoro Kerurus, 11–1.  
Toutoutwai (Year 5–6) vs Raphael House

### Wā Ora debating

The Wā Ora year 8 debating team (Kate Schlup, Amelia Prebble and Sophie Bradshaw-Ross) won their first inter-school debate last week against St Bernard's College. The motion was, "Too much money is a bad thing" and the Wā Ora team argued the affirmative position - they argued very well and persuasively!

### Kawakawa coffee cart

Serving on Fridays at the high school! Come on into the foyer via the art room for coffee, breakfast panini, lemon cake and bliss balls ☺

### Lost property overflowing

Please check the rack in the hallway at the Rātā class end of the deck for your child/ren's clothes. Due to the volume of lost property IT WILL BE CLEARED ON FRIDAY.

Now is a good time to name all items of your child/ren's clothing and to remind them to take care of their belongings. This really assists us in returning named items to you/your child.

## Can you support Boomerang?



Boomerang is a social enterprise set up by year 13 Tāwari students Nyah, Phoenix and Grace to provide birthday parties to New Zealand children who would not otherwise get one in our many struggling families, where every dollar has to count. In partnership with the Salvation Army, Lower Hutt, and Junglerama, Boomerang makes these parties happen, but they need your help too!

Come to this Friday morning's market in the preschool playground at 8.30 am and buy a wristband to show your support. You can also follow along on Facebook and Instagram (@boomerang.nz) and donate [here](#) to their give-a-little page.

Boomerang—when you give, you get so much more in return.

### Production request

Gary is looking for paper towel and toilet roll tubes for costumes for our upcoming primary production. If you have any of these lying around home, please bring them into school for him. He will take as many as he can get!!! They can be dropped at either the school office or the art room at the high school. Thanks in advance ☺.

### Save the date...

**Saturday 14<sup>th</sup> September**

... for The Great Wā Ora Quiz Night & Auction—take two!

Once again we have a great night out planned for the Wā Ora community with the upcoming Great Wā Ora Quiz Night & Auction. Mark your calendar, clear your diary and keep an eye out for updates coming soon with further details. This was a huge fundraiser last year supporting our students and teachers and we'd love to repeat this again! Tickets sold out last year—don't miss out this time ☺.

## Become a volunteer driving mentor



### ROAD READY RANGATAHI YOUTH INSPIRE Driving School

Can you spare 3 hours a week?  
Become a Volunteer Driving Mentor for the  
YOUTH INSPIRE Driving School

Cars and full training provided  
Visit [www.youthinspire.co.nz](http://www.youthinspire.co.nz) or call 0272009149



## Te Wā Heke Festival – Explore the Possibilities



See the innovation happening in our community and what our future holds at the first Te Wā Heke Festival this Friday and Saturday from 10 am–3 pm at the Lower Hutt Event Centre, 30 Laings Road, Lower Hutt. Explore how new technology is changing the way we live, how we move around the city, the types of work available, and even the foods we eat. See and try new technologies first-hand and discover how things like artificial intelligence, drones, future foods, robots, 3D printing and much more are changing our lives. Free Entry.

## 2019 Multicultural Children's Day



Celebrate Multicultural Children's Day at Te Papa this Saturday from 11 am–3 pm on level 4 (Te Marae). More than 10 nationalities, great cultural performances, lots of laughs, fun, and activities! Free admission.