

Diary Dates

Coming up . . .

- Wednesday 29th May **AREA SCHOOL CLOSED**–teacher strike
- Friday 31st May **year 7 technology**
- Monday 3rd June **Queens Birthday holiday**–**WHOLE SCHOOL CLOSED**
- Wednesday 5th June **3rd instalment school accounts due**
- Friday 7th June **voting closes 12 noon for Board of Trustees elections**
- Friday 7th June **Whanau Hui** meet up 5.30 pm
- Saturday 8th June **Working Bee** 9 am–12 noon

Welcome to the following child and his family...

Pōhutukawa–Conor Sicat

Working bee



Please check below for your eldest child's name to attend this working bee. Contact the office with any queries.

Saturday 8th June 9am – 12noon

Ben Brough	Anusha Kamanahalli
Nyla Daud	Madhavan Kiridharan
Sophie Denton	Amelia Langford
Neriah Hopoi	Papai Le
Jessie Hu	Olive Lourie
Samantha Hurdle	Sophia Mathieson
Jasper Jeffrey-Sun	Jania Marcelo
Ruhi Jeram	Thea Martin
Aaron Jimenez	Blake Mayhem
Zoe Johnston	Cameron MacAulay
Mahi Kalidas	Hunter Macaulay
Charlie King	Vanya McCurdy
Demetri Mackey-Hawkins	

This Week

The holistic role of school sports

By Sarah Jane Lambie – High school sports coordinator

It is widely accepted that participating in sport has a positive impact on health and wellbeing. Wonderful things happen to us–physically, chemically and psychologically–when physical activity is regularly included in our daily lives: anxiety and depression are reduced; self-esteem and fitness enhanced.

Furthermore, through playing sports, there are opportunities to learn about commitment, trust and respect for others; opportunities for enjoying friendship, being in community, practicing teamwork; and for developing leadership skills, self-discipline and the fine art of achieving a balanced lifestyle.

This sounds great, especially for those who enjoy participating in sport; those who are 'naturally sporty'. But what happens for students who are not sporty? How can we encourage and support the students who dread PE, are among the last to be picked for team games, who dislike the feeling they are being compared to their peers and who do not enjoy the competitive nature of sports?

Dr. Maria Montessori believed that competition in the educational environment was not only unnecessary, but harmful. She said that when children are taught to compare themselves to their peers, they become focused on what others are doing rather than the joy that comes with working to be the best they can be for themselves.

In keeping with this ideal at Wā Ora, competition in the traditional sense often associated with sports, is played down in favour of a focus on good health, participation and cooperation when it comes to PE and sport. While we acknowledge that winning in competitive situations feels good, we are clear it is not the main focus. Instead, those teaching PE and coaching sports work to encourage a balanced perspective.

At the school cross country on Friday we saw a favourable example of this approach. Senior PE students created a fabulous atmosphere filled with energy, fun, music, good will and community spirit. All Y4–13 students were expected to participate and this required real self-discipline and determination for some. Completion and a sense of achievement was the focus for most; the students who have expressed an interest in going to the interschool cross country competition will do so in June.

As well as the various team sports Wā Ora students are participating in throughout the year, we can look forward to two more area school sporting events, namely swimming and athletics. Undoubtedly each will present challenges for our students–and we will endeavour to ensure the same levels of encouragement, support and participation as we did for the cross country.

Looking forward to it!



Sarah Jane has worked at Wā Ora in various part-time teaching and events management roles since 2011 and has been our Sports Coordinator (high school) since last year. She has a Bachelors of Arts degree, a Graduate Diploma in Teaching and a Master's degree of Library and Information Science. Sarah Jane enjoys the special sense of commitment, community and belonging at Wā Ora, both as a teacher and as a parent of the school. For relaxation Sarah Jane loves bush walking, listening to music and practising yoga.

Sport

Badminton

Junior Boys (Year 8–10) vs Naenae 4, WBD.

Junior Girls (Year 8–10) vs St Orans 1, 2–4.

Senior Mixed (Year 11–13) vs HVHS 8.

Basketball

Seniors (Year 11–13) vs Onslow, 50–43.

Juniors (Year 8–10) vs Tawa College, 36–27.

Tiniball (Year 3–4) vs Tui Glen Magic, 6–20.

Netball

Wā Ora/Raphael House combined (Year 9–10) vs Wainuiomata, 12–15.

Miromiro (Year 7–8) vs Korokoro Kakapos, 19–4.

Toutoutwai (Year 5–6) vs Raphael House.

Congratulations to Dilynn Atkins and Beatrix Harrison who have been selected for the Netball Hutt Valley Player Development Squad.

Please notify the office if your child will be absent from school

It is standard practice for the Wā Ora office to text parents for the whereabouts of a child when he/she is marked as absent on the class roll without having been notified.

If your child is away, you must notify the office by either using the school app, texting (029 770 4286), emailing (office@waora.school.nz) or leaving a message on the absences answer phone (04 567 2377, option 1) before 8.30 am to advise that your child is away. If you do not do this, we will send a text asking where they are. We do appreciate your cooperation as it helps us to account for all students ensuring their safety.

Chinese culture workshops in the high school

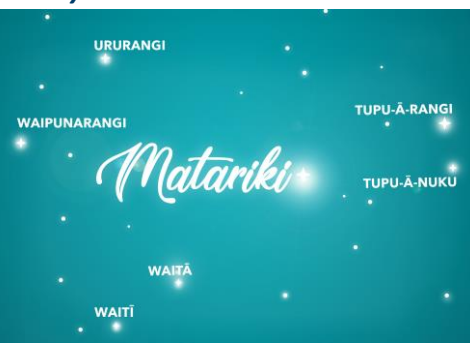


Asia New Zealand Foundation

This term our Kawakawa and Tāwari students are deepening their knowledge of Chinese culture with workshops in tai chi, the zither and pipa (Chinese musical instruments), tea ceremony and Chinese pork bun making. Thank you to the Asia New Zealand Foundation for supporting these workshops which are giving students a broader understanding of Chinese culture.

Matariki celebrations

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 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.

Preschool attendance this Wednesday

While there is no school for our primary and high school students this Wednesday, our preschool and after school care are operating as normal. If you will be keeping your preschool siblings home on the day of the strike, please let the school know in advance, to avoid receiving a text or call asking where your child is. Thank you ☺

Election for Board of Trustees

Candidate nominations have now been received for the Wā Ora Board of Trustees elections and voting papers and candidate statements were posted to all eligible voters on Saturday. Our candidates this year are: Scott Champion, Sylvain Farcy, Lisa Ford, Priya Gain, Jenny Jellicoe, Drew Mayhem, Lillian Pak, Marina Pouesi, Kerry Pratchett, Mark Skelly, Anna Tapine and Kelly Walker. Voting closes at noon next Friday 7th June and the five highest polling candidates will be elected to the Board of Trustees. The results will be made available at the school and also published in a local newspaper.

Dragon Boat - Have a Go Day

Have a go at dragon boating rain or shine at Whairepo Lagoon, Frank Kitts Park, Wellington Waterfront, this Sunday June 2nd, 11 am–1 pm. This is open to anyone 12+ with reasonable confidence in the water. We will provide boats, paddles, lifejacket, support boat, instruction, and experienced paddlers to partner with. Bring a change of clothes, some friends, family and a big smile. The weather forecast for Sunday is good, but a bit nippy, so wear thermals/leggings and shorts, a light wind jacket. Fleece jackets, jeans, tracksuits, etc. are not permitted. To register, please complete this registration form [here](#) to ensure you have an enjoyable experience.



Opening Celebration - Wainuiomata Shared Path

Join us on Monday 3rd June from 11 am–2 pm at 1 Parkway Drive, Lower Hutt to celebrate the completion of the Wainuiomata Shared Pathway, 3 years in the making and sure to make travel to and from Wainuiomata easier, safer and more enjoyable! Walk, run, bike or scoot your way to the summit from Wainui with family and friends. Get your photo taken at the top. There will be certificates for kids, great coffee, music, refreshments and a community celebration. A free shuttle will be running between Gracefield and Wainuiomata.

Keeping your house warm, dry and energy efficient

Interested in home insulation, sustainability, and saving money? Come along to the Walter Nash Centre, 22 Taine Street, Taita, Lower Hutt on Wednesday 5th June at 1.30 pm–2.30 pm to get hints and tips on how to keep your house warm, dry and energy efficient with Gregory Street, Hutt City Council Eco Design Advisor. Greg will also explain the subsidies for home insulation via the Warmer Kiwi Homes Programmes, the fee discounts for making your home more sustainable, and the new HEAT (Home Energy Audit Toolkit) kit available for Hutt residents to borrow for free. Admission is free.