

Diary dates

Coming up . . .

–Thursday 20th February **Year 7**

Technology 9 am Avalon Int School

–Friday 21st February **Whānau Hui**
5.30 pm

–Wednesday 26th February **2nd instalment due school accounts**

–Thursday 27th February **Year 7 Technology** 9 am Avalon Int School

–Friday 28th February **Twilight Picnic**
5 pm primary playground

–Monday 2nd March **9–12 depart for camp**

Welcome to the following students and their families...

Rewarewa – Stella Meadows-Miller, Cody Rumball and Vera Liddington

Kōwhai – Praneel Patel

PTA Twilight Picnic



Bring your dinner along next Friday 28th February from 5–7 pm to hang out on the primary school field, with your friends at the Twilight Picnic. We'll have T2 at the high school as a backup plan if wet. There will be a waterslide as long as we have enough volunteers to supervise it, so please get in touch with the office if you can help and ask your children to pack their togs and towels. Please be mindful of waste and plan to take any rubbish home with you.

This week

Nuturing the spirit of our tamariki

By Robin Wilkins – Pūriri teacher

Dr. Montessori observed that children go through four distinct and noticeable periods of physical and psychological development; birth to six (development of the absorbent mind and individual personality), six to twelve (elaboration of mind and personality), twelve to eighteen, (development of social independence), and eighteen to twenty-four (spiritual and moral independence). Development is intense at the beginning of each plane, then peaks and tapers down to the next plane. As ākonga move from plane to plane, absorbing all the lessons presented, they are also working hard to discover who they are along the way. Needless to say, stress and anxiety are part of this journey.

Mental health is essential, meaning we need to approach the care of feelings and minds as diligently as we approach physical health. Science tells us that when the body is experiencing excessive anxiety, it can be due to the connection between the amygdala – the brain's "fight or flight" region and the prefrontal lobe – the regulating part of the brain. The frontal lobe is supposed to keep the amygdala in check, but in children and teens, that process is still under construction.

Tamariki are going to respond to stressors differently than adults do and may have a harder time regulating the stress-triggering part of the brain.

There are many types of stress and anxiety, which can make them tricky to spot. These can be mistaken as learning disorders because the behaviour challenges that result can impact a child's ability to be successful in school. A child or teen dealing with chronic stress and anxiety may miss school a lot, frequently complain of stomach upset, have attention/focus struggles, be inattentive and/or restless, be clingy or even angry and disruptive.

An article entitled 'Anxiety in the Classroom' from the Child Mind Institute lists a variety of common types of stress/anxiety. Social anxiety – related to peers and social interactions which cause extreme self-consciousness; generalised anxiety – across the board stress response to a variety of stimuli; obsessive compulsive behaviour such as hand-washing; specific phobias – profound fear of certain situations, activities, etc. Stress can vary wildly between children in the same age group, e.g. one child may act out in a visible and audible way while another child could become withdrawn and inattentive. And as children become older, anxiety and stress become harder to spot – their struggles aren't always visible.

While the social/emotional Montessori curriculum delivered in class helps ākonga to develop strategies for coping with anxiety and stress, the Child Mind Institute also lists some pointers to guide parents who wish to help their children escape the cycle of anxiety at <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>.

Kathryn Berkett, a neuro-science expert and Hutt local, also has many great links on how we can identify and support anxiety and trauma in our tamariki, as well as build resilience on her website <http://www.engagetraining.co.nz/online-resources.html>.



Robin has worked at Wā Ora since 1999. She believes Wā Ora reactivates the vision of education as an "aid to life". Robin holds a Bachelor of Education, a Diploma of Teaching and Montessori 3-6 training from the London Montessori Centre and various Montessori 6-12 trainings. Aside from being passionate about Montessori she enjoys music, art, reading, learning and gardening.

Sport**Futsal**

The futsal season kicked off on Friday with great results for our high school senior team.

Senior Mixed v Upper Hutt White, 11–2.

Touch

There are still a few spots left in our year 1–2 and year 5–6 touch teams, so please let Anna know by emailing tapine.waora.sportsteams@gmail.com by tomorrow (18th Friday midday) if you're keen. First game is this Thursday! We have registered 4 teams for this term—a year 1–2, year 3–4 and two year 5–6! Year 1 is a 5 year old.

We are running Touch skills sessions on Saturdays 10–11 am at Naenae Park. This is for anyone to come along to, have a run around, and learn some ball skills. Contact Anna for more info.

Year 7 and 8 immunisation forms going home today

Forms have gone home today with year 7 and 8 students for upcoming immunisations. Boostrix is offered to year 7 students and HPV Vaccine to year 8 students. Please read through all the information contained in the form, complete and return back to the school office by the end of this week.

Support our school with Warehouse Stationery rewards

Want a way to support Wā Ora and help raise funds for the school? It's easy! All you need to do is nominate Wā Ora at the checkout or online when you shop at Warehouse Stationery. All nominated spending contributes, so the more people who spend and nominate Wā Ora, the larger the cashback we receive. Pass the word on to family members and friends!

Preschool register for signing

As there is such a huge number of families who are not keeping their weekly signing of the preschool attendance register up to date (which is a MoE requirement), we are trialling a new system of putting the register pages beside the preschool tablets at drop off and pick up. Please check through for all instances of your child's name in this register (follow the yellow stickies) and sign. Thank you for your help with this.

Entertainment books are coming

Wā Ora is once again participating in the Entertainment Books. This is one of our main annual fundraisers. This year digital memberships only will be available and there is the added feature of different tiers of membership on offer. Information will be sent out from the school office soon, so please keep an eye out.

New accounts payments thank you

Many thanks to all those families who have assisted our transition to our new billing and financial system by paying into the right bank accounts. We anticipate this becoming more straightforward in future terms but are grateful for the community's understanding in this initial changeover period.

Have your contact details changed?

If any of your details have changed over the summer break, please notify the office (this includes address, phone numbers, email, Dr. etc.) either by email or via the app. Alternatively call into the office to complete a 'Change of Details' form. Having the correct information impacts our ability to contact you in an emergency.

Lost property rack filling up

A reminder to all to keep checking in with your child re clothing and personal items being left at school. Our lost property rack in the hall behind the office (Rātā end of the deck) is already steadily filling up after only three weeks back at school. Please ensure all personal items are named so we can easily return them to their owner.

New home needed for Wallace

Sadly, we are looking to rehome our six-year-old cat Wallace when we move to the UK. She is friendly, quite playful, such a sweetie and settling into middle age very nicely. She is microchipped. Please contact me on richard.year@yahoo.com if you would like to talk more about it. And yes you can give her a new name!

Tiny Tigers NZ - preschool martial arts!

Are you looking for a fun fitness activity for your little one in Lower Hutt? Tiny Tigers NZ teach coordination, movement, social skills and fun through a mix of kung fu, Thai boxing/boxing, karate, Brazilian jujitsu. We introduce the kids to martial arts but the real aim is to increase their confidence and encourage them to interact with their peers in a fun environment. Classes are on Saturday mornings at 9.30 am at Randwick School, Moera. Older kids classes run from 10 am onwards. Contact Sifu Theo today to book your trial on 022 677 9600.

Football skills sessions for 3–6 year olds

If your young child is interested in football, come and have a go before the season starts. Sessions run on Thursday evenings 4–5 pm at the new indoor space at the Ricoh Sports Centre in Taita. Only \$2 per session paid on arrival to our new coaches.