

## Diary dates

### Coming up . . .

- Monday 10<sup>th</sup>–Friday 14<sup>th</sup> August **Bee Healthy dental van** on site
- Tuesday 11<sup>th</sup> Year 4–6 **LHPSSA cross country**
- Wednesday 12<sup>th</sup> August **school accounts 2<sup>nd</sup> instalment due**
- Thursday 13<sup>th</sup> August **Kawakawa Coffee Cart & Café and Kawakawa Market** 2.45 pm at the high school
- Monday 17<sup>th</sup> August **BoT/Council meeting** 7 pm staff room
- Tuesday 18<sup>th</sup> August Year 4–8 **LHPSSA interzones cross country**
- Friday 21<sup>st</sup> August **Whānau hui** 5.30 pm

### Welcome to the following students and their families

**Rewarewa** – Mitchell Barber

**Nikau** – Marcus Zhou

### Celebrating Maria with cake



We warmly invite whānau to come and celebrate Maria Montessori's 150<sup>th</sup> birthday with us at the end of this month on Monday 31<sup>st</sup> August at 3.15 pm in the primary playground. We'll be celebrating with birthday cake for all! More details will be out soon, but in the meantime, mark your calendar! We'll look forward to seeing you there 😊

## This week

### Perfection or Perfectionism

By Tania Gaffney—Deputy Principal Primary

The Montessori concept of Human Tendencies may be something you have read about before. There are a few different lists of tendencies that Montessorians have come up with over the years, but they are all fairly similar. I want to talk about one human tendency from that list, which is perfection, or we could call it exactness or precision. This is the tendency to perfect ourselves by striving for accuracy, precision and the elimination of mistakes.

When you're striving for accuracy in an activity, there is really only one way to get there and that is by repetition, which is really just another word for practice. Sometimes we come across a child who is averse to repetition or practice, and in fact even averse to learning new things or going outside of their comfort zone. The reasons behind this can be in case they make a mistake and fail and so seem in their own minds to be no good at it. Instead of striving for perfection or accuracy, these children, who are often called perfectionists, struggle with wanting to be right first time, with no mistakes.

If you think about learning something new, how many of us could say that we were able to do 'it' right the first time, with no mistakes. We might have been 'quite good' at something first off, but it was probably because we had some sort of background in it already. If you're a violin player for example, you can probably have a go at the base guitar and be fairly good, but you still won't be fantastic until you've had some practice.

When ākongā are perfectionists and refuse to participate or have a go at something, they are closing themselves off from the possibilities of the world. As adults, it's our job, I think, to try and open up the world for those children again. There are some ways that we can help with this, for example, modelling the way we speak about activities: "Look how far you've come! Remember what that was like when you first started doing it?"

Model trying something new and failing and being okay with it; use the words, "I'll have to practise that to get better". Another way of supporting practice is by encouraging independence. Don't do everything for the child as they then get the idea that they aren't capable and need an adult to come alongside them and help every step of the way.

Talk regularly over dinner about mistakes you've made — encourage the whole family to join in and share, saying what you learned from it or what your plan is for next time, to show that the journey of learning isn't over for that thing yet. Eventually your child will join in and share their own examples.

This may also be a chance for some parents to reflect on their own Human Tendencies, as I've heard parents of 'perfectionist' children say that it's something they too have struggled with themselves, and may still do.



*Tania has worked at Wā Ora since 2010 having previously taught for many years in Montessori 6–9 primary and preschool classes. She gained her primary teaching Degree at the University of Otago and did her AMS Montessori diploma in New York. Tania really enjoys the community feel of Wā Ora and the way she can see students develop from preschoolers to young adults as they move through the school. During her down time she likes to read and has begun to develop an interest in gardening over the last couple of years.*

**Sport****Badminton**

Wā Ora junior girls v SHC 5, 3–1.

Wā Ora senior 2 v `Taita 2.

Wā Ora senior 1 v HIBS 7.

**Cross country — CSW competition**

Congratulations to Finlay, Rukshan and Xanthe on completing the CSW cross country on Wednesday — a great effort in a high standard competition.

**Cross country — Y4–6 interschools**

This event takes place at Trentham Memorial Park on Wednesday. School sports T's are available to borrow from the office. Participants, please remember snacks, lunch, water and a warm jacket, along with appropriate footwear and the school sports uniform. The bus leaves primary school at 9 a.

**eSports**

The new season starts this Wednesday. Our team is Alexander, Chris, Kaitlyn H, Mali, Max and Tully. Go Wā Ora!

**Hockey**

Cashel, Edmund, Korey, Toby and Xanthe are playing for HVHS in the Miskimmin Cup. Good luck!

**Miniball**

Wā Ora Magic v Maungaraki Mavericks, 2–10.

**Netball**

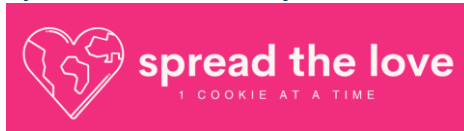
Wā Ora Tui v Sacred Heart 1, 12–8.

**Parent sought for reading support**

Would you like to become involved in our Reading Support programme? We are in need of someone to read with/listen to our less able primary readers each Friday morning from 9 am–12 noon. Training and support will be given by Juliette. For more details or to register your interest, please email [juliette@waora.school.nz](mailto:juliette@waora.school.nz).

**Peace Day breakfast— save the date**

Whānau are welcome through the preschool gate from 8 am on Friday 18<sup>th</sup> September for some kai and a morning beverage from the coffee cart at our Peace Day breakfast.

**Spread the Love - buy now!**

As a part of our NCEA business studies class we have created 'Spread the Love', a social enterprise that sells Chocolate fudge protein cookie crumbs. 70% of the profits for each packet sold goes towards feeding kiwi kids. Our crumbs are gluten free, sugar free, high protein, high fiber, low carb, keto and diabetic friendly as well as super tasty! Buy now for \$15.50 from our website. \*Free shipping\* \*Only available in NZ\* – Neha, Celia and Olivia xx.

<https://spreadthelove.mystorbie.com/>.

Instagram: @spreadthelove.nz.

Facebook: @spreadthelove.nz.

**PTA Fundraiser**

Purchase any of these great products before the end of the month and when you choose Wā Ora as your organisation to support, the PTA will receive a donation towards the class wish lists. Please share with friends and family:

[https://fundraisingidairz.org/wa\\_ora\\_monessori\\_fundraiser/](https://fundraisingidairz.org/wa_ora_monessori_fundraiser/)

**PTA AGM**

Parents/ caregivers/school staff are invited to join us for a complimentary drink and nibbles at our PTA Annual General Meeting on Tuesday 25<sup>th</sup> August at 5pm in Tōtara class.

**Term 3 teacher only day and midterm break**

A reminder the whole school will be closed for instruction on Thursday 27<sup>th</sup> August (Teacher only day) and Friday 28<sup>th</sup> August (Mid-term break).

**Has your child outgrown their Wā Ora hoodie or sports T?**

If your child has outgrown their Wā Ora hoodie or sports T, remember you can offer it for sale to other families in our community in the weekly newsletter (email [relda@waora.school.nz](mailto:relda@waora.school.nz) with info) or place on the community facebook page.

**Conservation Week 15<sup>th</sup>–23<sup>rd</sup> Aug**

Conservation Week/Te Wiki Tiaki Ao Tūroa

Conservation Week 2020 encourages everyone to see nature through new eyes. Since the COVID-19 lockdown, many of us slowed down and looked at our lives and the world differently. So, we're inviting you to enjoy a fresh perspective on our natural spaces and unique wildlife, and boost your wellbeing by immersing yourself in nature. You can explore many simple ideas for connecting with nature at <https://www.doc.govt.nz/news/events/conservation-week/do-an-activity/>.

**Whānau Day with DOC**

Join Te Papa and the Department of Conservation in protecting our unique natural environment with a day full of free, fun, whānau-friendly activities this Sunday 16<sup>th</sup> August between 10 and 3. The day's programme includes opportunities to make your own nature journal, explore Bush City with a magnifying glass, meet a conservation dog, and more! Head to Te Taiao I Nature on level 2 for this free event.

**Everyone Out Adventure Games at the Botanic Garden**

Get out and explore the Wellington Botanic Garden with your family and friends this Sunday, 16<sup>th</sup> August from 1.30–3.30 pm. Work together and search for secret codes to unlock boxes hidden throughout the Gardens. There will also be a couple of challenges for you to complete along the way. You will be allowed 2 hours to find and complete as much of the course as you wish. For more information and to secure your free ticket for the event, visit <https://www.facebook.com/everyoneout>.