

Diary dates

Coming up . . .

- Wednesday 2nd December **year 7 Boostrix and year 8 Gardasil vaccinations**
- Thursday 3rd December **Kawakawa Coffee House 7 pm**
- Friday 4th December **Kauri class visits Battle Hill**
- Friday 4th December **Rātā and Pūiri classes visit Botanic Gardens**
- Friday 4th December **Tawhai rafting trip**
- Friday 4th December **Whānau Hui 5.30 pm**
- Saturday 5th December **Working Bee 9 am–12 noon**
- Sunday 6th – Tuesday 8th December **Tāwari camp**
- Monday 7th December **Tawhai pizza trip**
- Monday 7th December **Kōwhai and Rewarewa class picnic 2 pm**
- Monday 7th December **Kawakawa Big Day Out**
- Tuesday 8th December **Tōtara trip to Zealandia**
- Wednesday 9th December **Pōhutukawa class morning tea 9 am**
- Wednesday 9th December **End of year concert 11 am**
- Wednesday 9th December **LAST DAY OF THE YEAR**

Congratulations to ...

... Becky and her whānau on the new addition to their family! Welcome to the world, Joska!

Term dates 2021

- Term 1:** 1st February–16th April
- Term 2:** 3rd May to 9th July
- Term 3:** 26th July to 1st October
- Term 4:** starts Monday 18th October

This week

Breathing. Part two: Respiration

By Thomas McGrath – Deputy Principal High School

Repetition of inhalation and exhalation of breath is one of the defining features of human life. When tasked with paying attention to it, we can consciously manipulate it. But, for the majority of the time when we are not paying attention, so vital is its function that it goes on without us even knowing.

Montessori certainly set forth an aspirational view of what can be achieved in education, and what children are capable of. But, to only aspire would end in certain death; you would literally run out of breath.

Montessori's concept of 'perfection' tends heavily towards the verb – perfection is a process, and is most associated with the human tendency towards repetition. In getting closer to the aspirational, we must regularly step back, evaluate, consolidate, and (*gasp*) rest. The four planes of development do not conform to the idea that progress is a straight line pointing up. In fact, the planes are commonly portrayed in the form of a zig-zag to emphasize this nonlinear process. Montessori called it the 'constructive rhythm':

If we take the measurements of the first period of growth, we will see that during the first year there is tremendous development, during the second year this development begins to wane, and during the third year it slows down even more. This rhythm repeats itself in each of the other periods. In each section of the three-year periods, a period of great effort is followed by a period of rest. So life develops according to a law. All life follows the same law and the periods are the same for every child. (p.23, The 1946 London Lectures)

This constructive rhythm is to be carefully observed and nurtured by a prepared guide. Montessori, perhaps not surprisingly, is nothing short of aspirational in her aims here either, writing that "it is not enough for the teacher to love the child. She must first love and understand the universe. She must prepare herself, and truly work at it." (Childhood to Adolescence, 1948)

To prepare oneself and love the universe is a very personal process. But, whatever form it takes, it requires focus and care. Modern neuroscience would no doubt say the most constructive preparation we can afford ourselves is quality sleep, and of course a healthy diet, exercise, and positive social connections.

While similar to our ability to forget about our breathing, part of our own constructive rhythm and preparation for each day, and each phase of life, is about paying attention to those aspects which make, and keep us, human, but are so easily neglected or entrusted to autopilot.

And so it is, that the aspiration of changing the world for the better is powered by the respiration of love, care, and rest. Simple, but certainly not easy.



Thomas moved to Wellington in 2005 to pursue academic study and after several years acting, playing music and teaching in various capacities, he began at Wā Ora in 2014. In 2017 he began as Deputy Principal of the High School and it is with pride that he is part of such an active, involved, and vibrant learning community. In his down time, Thomas likes to make great plans with his wife, play the drums and the accordion, sit quietly, read short books, listen to music, drink tea, walk his dogs and tinker in the garden of their house in Newtown.

Sport

Futsal results

Junior Boys v Upper Hutt College, 5–4.

Touch rugby results

Pūkeko (Y1/2) v Rātā Street 1.

Ruru (Y1/2) v Dyer Street Diamonds.

Kererū (Y3/4) v St Michael's Tolu, 2–10.

Kōkako (Y5/6) v Boulcott Lions, 7–9.

Weka (Y5/6) v Tawhai Dodgers, 19–3.

Volleyball results

Junior Girls v Upper Hutt College 4, 3–0.

Junior Mixed v St Oran's 5, 2–0.

Junior Boys v St Bernard's, deferred.



Y4–8 interzone athletics

A great day of participation with all our qualifiers giving it their best. Special thanks to Paul Strickland for supporting the Wā Ora team!

Transition paperwork

A reminder that transition paperwork for year 4, 7 and 10 students should be completed promptly and returned back to Emma Schrader in the main school office asap for processing 😊.

Lost property

Please ensure you check our lost property rack in the hallway at the Rātā class end of the deck for any clothing belonging to your child before school finishes next Wednesday at 1 pm when the rack will be cleared. The summer break is a good time to name all items of your child/ren's clothing which really assists us in returning named items to you/your child.

Kawakawa market at Coffeehouse

On this Thursday 3rd December 5.30 pm.

Bees Knees

Come to the Kawakawa market before Coffee house, from 5.30 pm onwards. Bees Knees are selling wax-wraps, balms and creams. Great for Secret Santas and stocking fillers.

Pop up cafe is back!

Sample our summer BBQ and salad bar, sweet treats, coffee and hot chocolates. See you there!



Working bee



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

Saturday 5th December 9 am–12 pm

Cameron MacAulay	India Thornber
Rosemarie Owen	Praneel Patel
Neo Carter-Knight	Arthur Ha
Theo Malcolm	Luna Latour
Faith Perera-Helms	Anita Mead
Sophie McPherson	Mitchell Barber
Jarvis Harrison	Marcus Zhou
Vaidehi Choubey	Liam Matthews
Nathaniel Logan	Chloe Huang
Kuentin Chin	Clara Sammons
Farren McClelland	Nunu Woodson
Eva Lamb	

End of year concert

End of Year Concert 2020

COME AND JOIN US ON
WEDNESDAY 9th DECEMBER
11 AM–12.35 PM!

ON THE PRIMARY FIELD OUTSIDE
TAWHAI CLASSROOM

BYO CAMPING CHAIR OR PICNIC
RUG AND SUNSCREEN

- CLASS AND STAFF ITEMS
- SPEECHES BY PRINCIPAL, BOT & PTA
- GRADUATE PRESENTATIONS

SCHOOL CLOSSES AT 1 PM WITH
NO AFTER SCHOOL CARE

Wā Ora
Montessori School

We warmly welcome you to our end of year concert next Wednesday 9th December starting at 11 a.m. We will again hold our concert on the primary field outside Tawhai classroom. If the weather does not choose to co-operate it will be held in T2 at the high school. BYO camping chair or picnic rug and sunscreen. The concert will end around 12.35 pm and school is then closed from 1 pm with no after school care. The concert schedule will be published in next Tuesday's newsletter.

Christmas collection – donations gratefully received

Thank you to whānau who have supported this year's Christmas collection already.

We are again reaching out to you to help those in our community in need this Christmas. We are supporting Angel Tree again, an organisation helping tamariki with a parent in prison. An online donation to Angel Tree of any amount can be made at <https://hekorowaiwhakapono.nz/koha/> (but if you can manage \$50 this will cover one child for the whole year). We are also gratefully receiving donations to the Māori Women's Refuge of new, wrapped gifts for children (please label with appropriate age the gift is suitable for) and also food items and good condition second hand toys to the Pataka Aroha, a non-profit community group based in Naenae. In particular, they are asking for toys suitable for girls before the end of November, but anything you have will find a home. Collection boxes will be in the office until the end of term.

Wā Ora Board of Trustees – remember to vote



Voting for our Board of Trustees candidates closes TOMORROW Tuesday 1st December. This is your last chance to vote. Voting papers must be returned inside the enclosed envelope and at the school office by 12 noon tomorrow. Results will be announced on Tuesday.

Entertainment fundraiser

This could take care of your Christmas shopping very easily! Remember that this fundraiser now runs all year round and your membership is 12 months from purchase and activation. Click [here](#) to order. A great gift full of summer savings!