



Whāia te mātauranga hei oranga mō koutou
Learning for Life and Making it Count

Term 2 update...

Here we are with the breath of winter upon us and the shortest day this weekend. The days will then start lengthening again, albeit with some colder temperatures. I wonder if we'll get snow this year?

A special welcome to Ouruhia School to **Ariana** and **Oliver** who started in Team Tipu this term. Our school roll is currently 86.

We have been back from lockdown/rāhui for 5 weeks now and are nearly back to normal. So, what are some of the things we have been doing, and what is coming up?

The Arts

One of our strategic goals at Ouruhia is that ***The Arts are valued by students in our school.*** Through our programmes our children develop a love of learning, participation and performance through the Arts...especially Drama, Dance and Music.

Before lockdown we started weekly lessons in music and kapa haka across the school. Every Wednesday from 2:00-2:45 all children go to music classes taught by all of our teachers:

- Yr 5-8 Choir (Judy West);
- Yr3-4 "Kids for Kids" Choir (Carolyn Watson);
- Yr5-8 "Strum, Strike, Blow" Instrumental Group (Mark Ashmore-Smith) ;
- Yr 1-2 "Into Music" & Dance (Janet Andrews & Teri Aylward)



On **Wednesday 1st July** (last week of term) we invite parents to come and see what we have been learning and practising. We are having a **music celebration and sharing time** at school from **2:15pm** – all welcome. (We've only been working a few weeks, so it may not be perfect, but it is important to have authentic performance opportunities, and I know you will be impressed.)

Our kapa haka groups are also underway after assembly every Friday. We are beginning to work towards performance items for the North Canterbury Kapa Haka showcase in Term 4, including the first public performance of our school waiata.

Parent-Teacher-Student Conferences

You will have received invitations to book times to talk with teachers about your child's progress starting next week. These are scheduled for **Monday 22nd, Tuesday 23rd and Tuesday 30th June**. You can book times through Skool-Loop or ring/email Raewyn at the office.

The aim of these conferences is to check on well-being, get feedback about distance learning, and provide a learning snapshot for the year to date. The mid-year **written report format has been simplified** this year and will be given out following the conferences. This allows us to include parents' input regarding goals and priorities.

Enrolment Zone Review

Ouruhia School Board of Trustees is reviewing its home zone for enrolments, following a request from a member of the community. We propose to extend the current boundary in Spencerville (which currently excludes some Spencerville houses) to incorporate areas north of Spencerville to the Waimakariri River and round to the old Main North Road i.e. including Kāinga and Brooklands. We will be putting a survey on our website and informing all parents via Facebook and email. Keep an eye out for it ☺

Other notices:

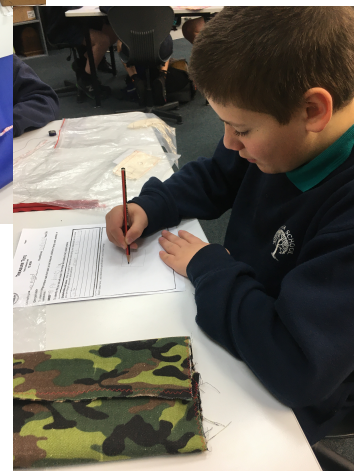
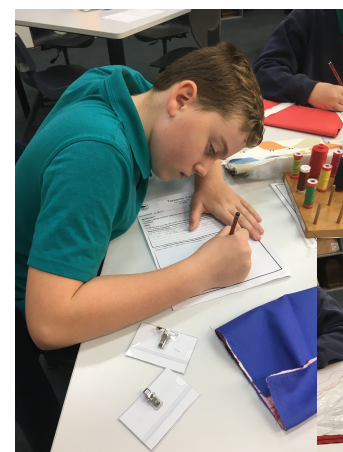
- **Working Bee:** Please come and help at the working bee at school on **Sunday 28th June at 9.30 a.m.** for two or three hours. Please have a look at the jobs on the attached sheet...if you can do any of them on a day that suits you, or if you can help on Sunday 28th, please fill in the form and return it to school, or email office@ouruhia.school.nz (or notify us via Skool-Loop)
- **PTA Disco:** Once again we are grateful to the PTA for organising our school disco in the school library next Friday 26th June from 6:00 – 7:30 pm. Tickets \$5 from the office
- **Year 5-8 Friday sport** will take place after lunch on the first 6 Fridays of Term 3 (24th July – 28th August). If any parents can help with transport to and from Rangiora, supervising, coaching or reffing teams in netball or football, please email mark.a.s@ouruhia.school.nz

Noho ora mai,

Ka kite ano,

Mark and the team at Ouruhia

Photos of Yr 7&8s at Tech Classes



2020 Term Dates:

Term 2: Tues 28th Apr – Fri 3rd July

Term 3: Mon 20th July – Fri 25th Sept

Term 4: Mon 12th Oct – Thur 17th Dec

Labour Day Monday 26th October

Canterbury Show Day Friday 13th November

Working Bee:

We have a working bee planned for **Sunday 28th June** at 9.30 a.m. for two or three hours. Please have a look at the jobs on the attached sheet...if you can do any of them on a day that suits you, or if you can help on Sunday 28th, please fill in the form and return it to school, or email office@ouruhia.school.nz (or notify us via Skool-Loop)

Please let us know if you can help on Sunday 28th June 9:30 a.m. – 12:00 p.m.

(Tick those that apply ☒)

☐ I can help at the Working Bee on **Sunday 28th June**

☐ I can't be there on **Sunday 28th June**, but I can do the jobs ticked below at the following time:

☐ I can bring these tools or equipment if needed:

I can help with...

Main priorities:

Bike track:

- Plant & weed around bike track (including staking and protecting plants). []

Centennial Garden:

- Prune cherry trees away from buildings []
- Remove weeds and thistles/tidy up roses []

Gutterings

- Clean leaves out of **gutterings and downpipes** (all rooms) []

Other jobs:

General cleaning/tyding:

- Remove leaves and debris from paved areas
- Clean paint off concrete (R4&5) []

Gardening & grounds:

- Prune low branches on plane tree and trim hebe shrubs at front gate []
- Collect & tie cabbage tree leaves (esp near **R4&5**) []
- General garden weeding & tidy-up, especially by Admin block, centennial garden, R 4&5, R1&2, Library, front gate []
- Tidy up Team Tipu vege garden and surrounds []
- **North boundary tidy-up:** Remove creepers, blackberry and dead wood from northern fence-line. Cart green waste to burn heap []
- Dump garden waste on burn heaps next door. Clean up compost heaps. (Trailer needed) []

Swimming pool maintenance:

- Clean out locked toilet/storage in pool enclosure. Install shelves for tidy storage. []
- Sweep, weed and clean paved areas of pool enclosure. []
- Scrub/clean lichen and moss from shade cloth on overhead pergola []

Minor maintenance/carpentry/painting:

- Shelves for tidy storage in locked pool toilet. []
- Replace missing nuts on bench seats []
- Replace sponsor sign on basketball goal []
- Remove tyre swing and re-attach chain so as not to damage tree []
- Finish benches, shelves, door latch for potting shed []
- Spray mould on walls with *Wet and Forget* []

Other [] (Suggestions?_____)



Some post-lockdown tips to help you at home...

Core aspects of structure and routine to work on:



SLEEP Get back into a set sleep routine everyday e.g. teeth, book, bed. The main thing is ensuring the **wake up time is the same every day** (this anchors the sleep/wake cycle). Also, **no** devices in bedroom from an hour prior bedtime, and no naps during the day.

MEALS Having consistent meal times is helpful. Start to return to original school day meal times for breakfast, lunch and dinner. Eat as a family at the table.



EXERCISE AND OUTDOOR ACTIVITY. Exercise is brilliant at reducing stress and anxiety, especially in green spaces. Try to get them (and you) outdoors for more than 30min every day. It will reduce stress and improve sleep as well.

FAMILY TIME / SOCIAL TIME Try to go back to, or start some new social routines e.g. regular game nights, walks, baking together, eating dinner at the table together, 'daddy-daughter time', 'mum-son time', and so on.



SCREENS (!) Negotiate clear limits and times (e.g. none in bedroom after dinner) and agree on rules to monitor what your child is doing (e.g. agree to occasionally look at browsing history or texts) .

ROUTINE 'TO DO' LISTS Create a morning routine list, or things to check off when home from school or tidying their room. Use other privileges as incentives, e.g.



"When you have done your morning to do list, you can have your phone/TV time".

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REINFORCE HOUSE RULES Now is a great time to re-negotiate and discuss the general house rules in a family meeting (e.g. chores, no hitting, devices out in living room by a set time), which have immediate pre-discussed natural incentives and consequences (e.g. if device not out by set time, then lose device use for one day).

Strategies to help manage Worry and Anxiety (long term):

- **Encourage self-coping skills.** Get your child to do more things for themselves, e.g. making toast/meals, walking to school, catching a bus. The path of least resistance of doing it for them may be easier, but in the long run does not lead to resilience. Encourage activities that increase their independence and confidence away from home e.g. sports, jobs, etc.
- **Problem solving.** There are many excellent websites that illustrate this simple but very helpful strategy that greatly aids kids to cope with new and unexpected situations. Learn it together as a family and model it for them in everyday situations.
- **Model and practice mindfulness and relaxation techniques,** e.g. breathing (through nose), grounding/calming techniques, and coping statements. Many good internet sites explain these such as: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- **Increase face to face socialisation.** Get them off their devices and encourage face-to-face contact with friends, playing sports, or doing things together as a family e.g. game nights.
- **Exercise, exercise, exercise!** As mentioned before, exercise outdoors in the sun and green spaces is one of the most well-researched antidotes for stress.