



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

## Term 2 update...

- Here we are just past the shortest day, and just about at the end of Term 2. What a term we have had!

## Loving the Arts & Culture ...

Three live theatre performances ...

**Story Quest (Perform Education);**



**KHS production: Alice in Horrorland** *(with past pupil Millie Tavinor)*



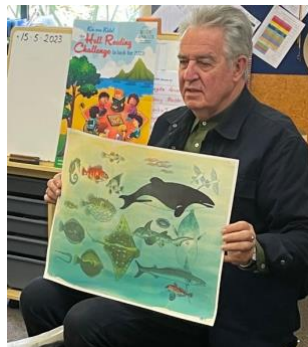
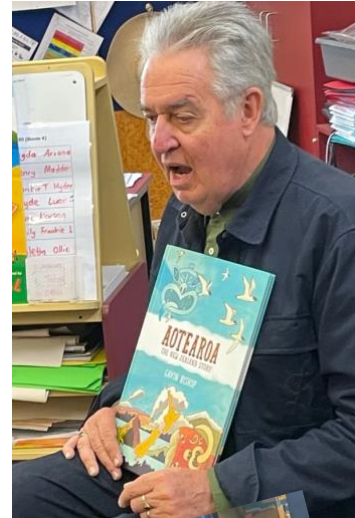


## Treasure Island (NZ Playhouse)





## Author visit - Gavin Bishop/Book week/Turanga & Margaret Mahy playground visit



## Kapa haka/ Manu Kōrero at Kaiapoi High School...



## ... and Kātote Principals' welcome at Ouruhia





## Loving being active outdoors ...

### Friday sport & Rams Basketball coaching



### Cross Country



### New Gaga Dodgeball pit

Thanks so much to Matt and Leneke Cox for donating the materials and building a gaga dodgeball pit for the children. Thanks also to the Atkinson family, the Wakelin/Hickey family and Barnsy's All Trade Services for supplying and delivering the sand for the bottom of the gaga dodgeball pit, sandpit and long jump pit. If you would like to support Barnsy's their cell number is 027 2325592. Barnsy is not part of a school family but is part of our community and has offered his services for free. This is community spirit at its best 👍



## Leadership and service



In Week 6 all of our Yr8s attended the National Young Leaders Day in the Christchurch Town Hall. They were inspired by [special guests](#) including Brad Smeele, former pro-wakeboarder, now quadriplegic and motivational speaker, Julia Grace, mental wellness communicator, and local musician Georgia Lines.



We encourage all of our Year 8s to be tuakana, like big brothers and sisters, to our younger children, and practise skills of leadership, kindness and service to the school.

## BOT news...

*Recently at assembly I told the children about my decision to retire at the end of this year. You will have received a copy of the letter I sent to the Board of Trustees. I want you all to know that I am incredibly grateful to you all for my time at Ouruhia, and I know that the future is going to be bright for our kura. – Mark Ashmore-Smith*

### A message from Louise Tavinor:

*Kia ora e te whānau*

*Mark's thirty years is an amazing achievement of leadership, teaching and caring for the tamariki who have attended and are attending Ouruhia school. Mark's laid back nature, wealth of knowledge, experience and endless "jack of all trades" mahi will certainly be missed (especially your mouse catching ability... we might need to invest in a cat!!). Mark has such a kind and thoughtful way with our tamariki and it is certainly something that I appreciate as a strength in a leader. There will be more opportunities to share memories and what an amazing impact Mark has had on our school and our community over all these years and through all the ups and downs. I know we will look forward to celebrating his time at Ouruhia School towards the end of the year.*

*Whāia te iti kahurangi, ki te tuohu koe me he maunga teitei !  
Pursue that which is precious, and do not be deterred by anything less than a lofty mountain!*

*We also want to inform our whānau and community that we have started the process to appoint a new principal for the new year and we will keep you updated in due course.*

*Ngā manaakitanga*

*Louise Tavinor  
Ouruhia School Presiding Member*



## Other news:

### Coming up next term...

- Tree planting at Pūharakekenui (Wk 3) and Te Rauakaaka/Waimakariri (Wk8)
- Disco
- Wai Swim lessons Weeks 4-5
- **Cantamaths & Dunedin Problem Challenges**
- Court Theatre: - **O Le Toa**
- **Art Week**
- **Room 5 camp at Waipara**

**Scouts & Cubs...** see notice from Marshland Scout Group

Thank you,  
Ka kite anō,  
Looking forward to seeing you soon,  
Mark and the team at Ouruhia



### 2023 Term Dates:

*In term break:* Matariki Fri 14<sup>th</sup> July

#### Term 3: Mon 17<sup>th</sup> July – Fri 22<sup>nd</sup> Sept

Mon 31 July – School photos; Tree planting (Pūharakekenui)  
Fri 4 Aug - Disco  
7 – 18 Aug – Wai Swim lessons  
Wed 23 Aug – Cantamaths  
Wed 6 Sept – Strum, Strike, Blow  
Thur 7 Sept – tree planting (Te Rauakaaka)  
Fri 8 Sept – Court Theatre – O Le Toa  
18 Sept – Art show  
20 – 22 Sept R5 camp

#### Term 4: Mon 9<sup>th</sup> Oct – Fri 15<sup>th</sup> Dec

Mon 23 October - Labour Day  
Fri 3 November – Choir Festival, ChCh Town Hall  
Athletics – TBC  
Pet Day - TBC  
Fri 17 November - Canterbury Show Day



## Tips for strengthening home routines after holidays:



**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." ... or better still, no screens... read a book or make something.