OREWA BEACH SCHOOL NEWSLETTER He waka eke noa: We are all in this together

Kia ora koutou,

Welcome to our new students and their families.

It's Hard to believe we are halfway through the term already! We are looking forward to the springtime weather soon! lots of Health and safety reminders in today's newsletter to help keep your children safe.

Collecting children early

If you are collecting your child early you must please report to the office first, please do not go straight to the classroom or playground.

Staff car parks

Our front and rear car parks are for staff parking, disabled parking, and emergencies only.

Yummy Stickers

Thank you for bringing these in! We get sports equipment for these which we definitely need. We are collecting these until the 8th of September.

Safety Outside Our Gates

Please drive safely outside our school. Please do not park on the yellow lines or in the staff car parking areas.

Thank you!

Thank you to Perfectly Imperfect for supporting our Kickstart breakfast programme <u>https://www.perfectlyimperfect.org.nz/</u>

Kickstart Breakfast

Every day our school is open for breakfast from 8:15-8:45 am in the cooking room. Please send your child if they need breakfast. It's been great to see our students utilising this great service to get themselves fueled the day.

Cross Country is coming!

Our medals are ordered and our students are training hard. Our cross country is on the 24th of August. You are welcome to come and support your child.



Tu Maia Festival

10:30 is our slot for the Kapa Haka at Whangaparāoa Conege. It you are unable to make this time we will be performing in the school hall, the same performance, at 2:15 pm, on the 8th of September.

WHAT'S ON ?

August

- 17th Inter-school Hockey
- 18th House Choir
- 24th Whole School Cross Country

September

- 5th BOT Mtg 5 pm Staffroom
- 6th New Entrant Visit 9.30 am
- 7th Inter-school Cross Country 8th Tu Maia Whangaparaoa
- College • 12th Piwakawaka Team Art
- Auction 6.30 pm • 13th New Entrant visit 9.30 am
- 13th New Entrant Visit 9.30 am
 14th Inter-school Ultimate Frisbee
- Piwakawaka Butterfly Creek Trip
- 15th PTA Disco
- 20th Weka & Kea Formal Dance 6.30 pm
- 22nd Last Day of Term
- 22nd End of Term Assembly

Arohanui. Katherine Pascoe - Principal

Sharks Touch registrations are now open for 2023!

The module will run for 8 weeks at Victor Eaves Park in Term 4, from Wednesday 18th October to Wednesday 6th December. Grades and times are as follows:

4 pm Year 0-2 Boys or Mixed only 5 pm Year 5/6 Boys or Mixed.

4.30 pm Year 3/4 Boys, Girls or Mixed

5.30 pm Year 5/6 Girls

If your child is interested in playing please fill out the attached form and return it to the school office (a hardcopy will be available from Monday onwards) alternatively you can email it to <u>l.wilson@orewabeach.school.nz</u> Registrations will close for our school on the 15th of September. Any late registrations may see your child missing

out so please do not delay returning them. Please note - Last year I had over 100 registrations which was amazing however there were not many parents who offered to coach/manage. In order for your children to play, we must provide these so please consider this when registering your child.

Part 4: The Resilience Project: Part 4: Mindfulness

The Resilience Project is all about Mindfulness.

Mindfulness is our ability to be present at any given moment. We practise this by using intentional awareness and concentrating on what you are doing when you are doing it. Thousands of studies into Mindfulness indicate that with regular practise, Mindfulness can lead to benefits such as; reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View Part 4 of the series here:

<u>Part 4 Mindfulness: https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/</u> Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source: UC Berkeley, Greater Good Science, American Psychological Association



Period products are a necessity, not a luxury. Period.

Everyone deserves the right to feel comfortable at school, focus on learning and manage what is a normal part of life.

Period products are now available in your school if you need them.

You can access the products you need here:

Please inquire at the office

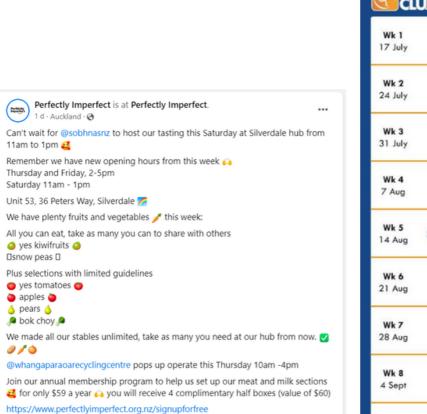
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MINISTRY OF EDUCATION TE TĂHUHU O TE MĂTAURANGA

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 Access to period products in schools and kura.

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			Weekly Theme Planner Ily Club Orewa Beach
Wk 1 17 July	Football Mania		Join the world in Football Feverl
Wk 2 24 July	Red Nose Week		Join us in supporting healthier children, with brighter futures, this Red Nose Day!
Wk 3 31 July	Book Worms		Borrowing down into some juicy books sounds like a good way to spend a day!
Wk 4 7 Aug	Kids Choice		It's up to you what we do at Kelly Club this week.
Wk 5 14 Aug	Science Challenge Week	100	Engage your curiosity and join us for some crazy experiments.
Wk 6 21 Aug	Staff Choice		It's up to the Staff what we do at Kelly Club this weekl
Wk 7 28 Aug	Fun Fathers!		Let's celebrate all the Fathers and Father Figures that make life funl
Wk 8 4 Sept	Fab Fashion		Unleash your design skills or strut your stuff on the Catwalk.
Wk 9 11 Sept	Te Wiki O Te Reo Māori	3	Join us this week as we celebrate te wiki o te reo māoril Let's make the Māori language strong!
Wk 10 18 Sept	Rugby World Cup		Passing, Catching, Kicking, It's all about Rugby this week at Kelly Clubl
E: orewabeach@kellyclub.co.nz P: 021 195 1562			

PARENTING FOR POSITIVE SELF WORTH

"THIS COURSE OFFERS WISDOM AROUND PARENTING. I FEEL CONFIDENT THAT I HAVE THE TOOLS NOW TO BE THE PARENT/GRANDPARENT THAT I WANT TO BE."

"THIS COURSE GAVE ME TOOLS TO NOT ONLY MEET MY NEEDS AS A PARENT, BUT ALSO FOR ME TO MEET MY CHILDREN'S NEEDS. THESE TOOLS HAVE ME PREPARED FOR SITUATIONS THAT MAY ARISE."

ARE YOU STRUGGLING TO CONNECT WITH YOUR CHILD?

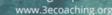
DO YOU FIND YOURSELF IN POWER STRUGGLES?

JOIN US FOR PARENTING FOR POSITIVE SELF WORTH





<u>When:</u> Every Thursday starting July 27th through August 31st (6 weeks) 10:30am-12:30pm <u>Where:</u> Coast Community Hub - 13 Agency Lane in Silverdale <u>Cost:</u> \$25 per session (Subsidies available) <u>Contact:</u> Marni at marni@stepsforward.co.nz or 021 438 271 to Sign Up!





AFTER SCHOOL SURFING

6-WEEK PROGRESSIVE SURF PROGRAM \$199 FOR MANGAWHAI \$229 FOR OREWA

SCHOOL HOLIDAY PROGRAM 2 DAY SURF PROGRAM \$199 FOR 2 DAYS

KIDS SUMMER SURF PROGRAM 3 LESSONS OVER 3 DAYS \$169 FOR 3 DAYS

ULTIMATE KIDS SURF CAMP 5 NIGHT ALL INCLUSIVE OVERNIGHT SURF CAMP \$1,095 ALL INCLUSIVE

OOK NOW OR JOIN PART PROGRAM!

ISIT: AOTEAROASURF.CO.NZ or CALL: 09 431 5760