

# 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  
<https://www.perfectlyimperfect.org.nz/>

## 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 College. If 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 - Whangaparāoa College
- 12th Piwakawaka Team Art Auction 6.30 pm
- 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

4.30 pm Year 3/4 Boys, Girls or Mixed

5 pm Year 5/6 Boys 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 [L.wilson@orewabeach.school.nz](mailto:L.wilson@orewabeach.school.nz). 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:

Part 4 Mindfulness: <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source: [UC Berkeley](#), [Greater Good Science](#), [American Psychological Association](#)



A promotional poster for Hibiscus Coast Softball. It features a large 'H' logo at the top left. The text 'HIBISCUS COAST SOFTBALL' is prominently displayed in large, bold, blue letters. Below this, there are several action shots of players in blue and red uniforms playing softball on a field. A group photo of a team holding a trophy is also included. At the bottom, there is a QR code and the text '2023/24 REGISTRATIONS OPEN NOW'. The website 'VISIT HBCSOFTBALL.ORG.NZ FOR MORE INFO' is also mentioned.

## **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

  
MINISTRY OF EDUCATION  
TE TĀHURU O TE MĀTAURANGA

— Access to period products  
in schools and kura.





Perfectly Imperfect is at Perfectly Imperfect.

1 d · Auckland · 🌐

Can't wait for @sobhnaNZ to host our tasting this Saturday at Silverdale hub from 11am to 1pm 🍷

Remember we have new opening hours from this week 🕒

Thursday and Friday, 2-5pm

Saturday 11am - 1pm

Unit 53, 36 Peters Way, Silverdale 📍

We have plenty fruits and vegetables 🥕 this week:

All you can eat, take as many you can to share with others

🥝 yes kiwifruits 🥝

🥬 snow peas 🥬

Plus selections with limited guidelines

🍅 yes tomatoes 🍅

🍏 apples 🍏

🍏 pears 🍏

🥬 bok choy 🥬

We made all our staples unlimited, take as many you need at our hub from now. ✅



@whangaparaoarecyclingcentre pops up operate this Thursday 10am -4pm

Join our annual membership program to help us set up our meat and milk sections

🍷 for only \$59 a year 🕒 you will receive 4 complimentary half boxes (value of \$60)

<https://www.perfectlyimperfect.org.nz/signupforfree>



TERM 3 2023

17 July - 22 September

Weekly Theme Planner  
Kelly Club Orewa Beach

Wk 1  
17 July

Football Mania



Join the world in  
Football Fever!

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



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  
week!

Wk 7  
28 Aug

Fun Fathers!



Let's celebrate all the  
Fathers and Father  
Figures that make life  
fun!

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



Join us this week as we  
celebrate te wiki o te  
reo māori! 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  
Club!

E: [orewabeach@kellyclub.co.nz](mailto: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



**When:** Every Thursday starting July 27th  
through August 31st (6 weeks)

10:30am-12:30pm

**Where:** Coast Community Hub - 13 Agency  
Lane in Silverdale

**Cost:** \$25 per session (Subsidies available)

**Contact:** Marni at [marni@stepsforward.co.nz](mailto:marni@stepsforward.co.nz)  
or 021 438 271 to Sign Up!

[www.3ecoaching.org](http://www.3ecoaching.org)



## KIDS surfing

AOTEAROA  
SURF

### OREWA & MANGAWHAI

#### 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

### BOOK NOW OR JOIN PART PROGRAM!

VISIT: [AOTEAROASURF.CO.NZ](http://AOTEAROASURF.CO.NZ) or CALL: 09 431 5760