

KARORI NORMAL SCHOOL

NEWSLETTER

Donald Street, Karori

Newsletter No. 18 – Term 2
17th June 2020 – Week 10



Telephone: 476-7209

Fax: 476-7236

Checkline: 476-7228

Email: office@kns.school.nz

Website: www.kns.school.nz

BOT Email: bot@kns.school.nz

PTA Email: kns.pta@gmail.com

2020 Term Dates

Term 2 Wednesday 15 Apr – Friday 3 Jul

Term 3 Monday 20 Jul – Friday 25 Sept

Term 4 Monday 12 Oct – Wednesday 16 Dec

2020 TEAMS

Rōpū Kōwhai – Y1 (Team Leader Lisa Hadfield)
Rooms 6, 9, 10, 12 & 13

Rōpū Mānuka – Y2 (Team Leader Pam Carr)
Rooms 14, 15, 16 & 17

Rōpū Pōhutukawa – Y3 (Team Leader Phil McIntosh)
Rooms 1, 2, 4 & 5

Rōpū Akakura – Y4 (Team Leader Fiona Campbell)
Rooms 22, 23 & 23A

Rōpū Kahikatea – Y5/6 (Team Leader David Wong & Anne-Marie Richardson)
Rooms 18, 19, 20, 21, 33, 34 & 35

Rōpū Totara – Y7/8 (Team Leader Trish Blacktop & Laura Brennan)
Rooms 24, 25, 26, 27, 28 & 29

Important Dates

Jun 22 - 26 Wellington Girls' College Open Morning

Jun 22 - 27 Wellington College Open Morning

Jun 24 PTA AGM/Meeting 7.30pm

Jun 26 KNS Cross Country

Jun 29 Wellington High School Open Evening –
6pm – 8pm

Jun 30 St Mary's College Open Morning
11.30am, 2pm & 4pm

Jul 3 End of Term 2

Any additional or altered dates will be highlighted in yellow each week

Welcome

Welcome to the following new pupils: Maximilian Bartsch-Johnston & Carter Wightman.

From the Principal

Tena koutou te whānau

As you are aware we are aiming to hold our school cross-country on Friday 26 June. It has been great watching the children training and enjoying the opportunity to get outside and move. I always have great admiration for those children, who may not be the most naturally gifted runners, giving their best, looking to make personal improvements and hopefully developing the habit of life-long exercise.

In last week's newsletter I mentioned the improvement we have noticed in children's resilience, independence and self-management in the mornings following the lockdown. I encouraged you to consider continuing to drop your children at the gate rather than coming into the classrooms each morning. Having less adults in the classroom has resulted in much calmer and settled starts to the mornings.

We do, however, greatly appreciate the importance of a strong home-school partnership and are determined to maintain this in a variety of

ways. For some of you this may mean popping into the classes briefly after school rather than before school. We realise that this will not be possible for all families and are not creating a one-size fits all rule, guideline or policy. Your child's teacher will be in touch shortly to share how they will continue to connect with you and what are the best times to visit the classroom. Please talk to your child's teacher about what will work best for your family.

As always, if you have any concerns, please contact your child's classroom teacher.

CCTV Cameras Installed

We have recently had CCTV cameras installed. Signage alerting visitors to the presence of the cameras, has also been erected close to each camera and at the main entrances to the school. We are collecting footage from the CCTV cameras in order to:

- enhance the safety and security of our students, staff, parents and visitors;
- assist with the prevention, detection and investigation of criminal, undesirable or anti-social behaviour, including the identification and apprehension of persons committing offences on or around our property; and
- protect School property, buildings and critical infrastructure.

You can find the school's Closed Circuit Television (CCTV) Privacy Notice on the Board of Trustees section of our website; <https://www.kns.school.nz/7/pages/8-board-of-trustees>

Traffic Safety – Ryman Truck Movements

Demolition work is well underway on the Ryman site adjacent to KNS. This has led to more regular truck movements to and from the site. Ryman have agreed, that there will be no truck movements on Donald St from 8.30am - 9.15am and 2.45pm-3.30pm on school days. If you see a near miss or are concerned about safety please be in touch with Ryman directly and also let me know, so that we can track the number of incidents.

Ryman have been very responsive whenever I have raised issues with them, they have agreed to have no truck movements during the time we will be holding our cross-country next week. So far this year there have only been two incidents involving trucks accessing the site outside the agreed hours. Please note smaller vehicles i.e. not trucks, can access the site at any time.

As always if you need any support or have any questions, please contact one of the Senior Leadership Team (SLT):

- Conrad Kelly ckelly@kns.school.nz
- Andrea Peetz [apeetz@kns.school.nz](mailto:apeatz@kns.school.nz)
- James Appleton jappleton@kns.school.nz

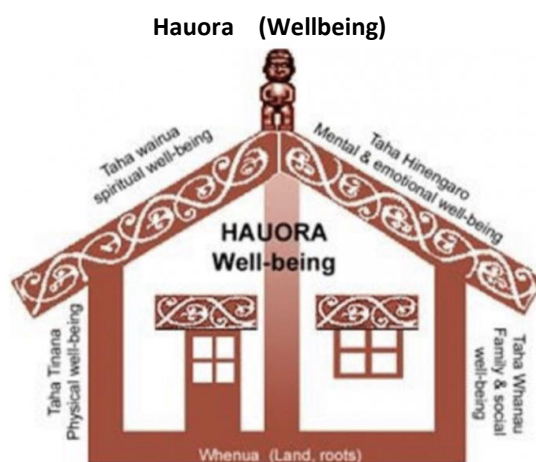
Whakataukī o te wiki (Proverb of the Week)

He manako te Kōura i kore ai
Wishing for the crayfish won't bring it

A thought to share with your children:

"You have to sit by the side of a river for a very long time before a roast duck will fly into your mouth." (Guy Kawasaki)

Ngā Mihi
Conrad Kelly



Our focus on our wellbeing and getting used to the familiar activities and learning at school continues. During the last two weeks we have noticed children are beginning to express some of their feelings about what is happening in the world. You will be selective as to what you may discuss, share and question with your children so that they are able to learn about the world but also be protected.

Karen Young is a Brisbane based Psychologist who presented to a group of educators last year. We have selected some key points from her presentation. We are able to help by being part of the solution and helping children to be strong, resilient and brave and who can help themselves.

Anxiety is.....

Anxiety is an ancient response that is there to protect us, not to hurt us.

It happens when the brain thinks there MIGHT be a threat - and the possibility of exclusion, separation, humiliation, shame, missing out on something important, loss - all count as threats.

Anxiety is different for everyone and the symptoms are not always obvious.

- Physical - unnecessary bodily systems are shut down so all energy is directed to the flight/fight response.
- Feelings - fuelled by a brain that wants to move into action
- Behaviour - all behaviour is an attempt to avoid the threat of control the anxiety
- Thoughts - future thinking dominates.

“Will my response build their courage, or shrink it

- Gradually shift the protective response to support that enables your child.
- Validate their feelings
- Talk with your child when they are calm
- Your thinking brain can learn what to do in stressful situations
- Choose one thing to focus on
- Develop a plan that gradually strengthens your child - one small step at a time.
- Be definite - This is what will happen. I'm/ we're going to
- Replace anxious thoughts with brave thoughts

Take 5 deep breaths, Bubble Breathing, Imagine a favourite place, Go for a walk or do something physical, Draw a picture of being brave. Talk to parents, Talk to friends, Talk to Teachers about how you are feeling, People I am grateful for.

If you would like any further supports or resources and strategies to help your family and whānau please get in touch with Andrea apeetz@kns.school.nz or James jappleton@kns.school.nz

School News

Room 26 Charity Auction

Room 26 started an inquiry project last term to raise money for charity that was inspired by an episode of The Project that we watched, where a man in Christchurch traded multiple items to get from a plastic fork to a Ute! Each class member spent up to \$10 at a local charity shop on a single item. They have been swapping this item around their family and friends and now have new items to sell on behalf of their chosen charities. These items are up for sale now! Check them out on the school Facebook page. We have everything from bikes, to jewellery, to books, to sports equipment and more. Please support our students and their charities by bidding high before Thursday 25th June at 3pm. Email ndonovan@kns.school.nz with your bid. Please view the link below for the list of items on auction.

https://drive.google.com/file/d/1CUGW461dObTMlStw6hDjvVifQGv_GSlz/view?usp=sharing

Books for Kiribati

Good news! There is another opportunity to help the children in Kiribati by donating to our upcoming book drive. We are looking for picture books, learn to read, easy read and non-fiction books in good condition. These will be donated to the library and schools all over Kiribati.

You can drop the books into a box either in the school foyer or at the school library between now and the end of term.

If you would prefer to contribute a new book a selection of suggested books have been left behind the counter at Marsden Books.

Thank you

School Lunches – starts back this week

Wednesdays – Hell's Pizza (Cuba)

Thursdays – Subway (Karori) payment online, using the link:

Fridays – Sushi from Umi Sushi at Karori Mall



School Road Patrols

Each week we will publish the names of the two children who will be on road patrol duties for the week. Please check and ensure you know when you are on duty. This is very important. Any queries contact Andrea Peetz – apeetz@kns.school.nz.

Thursday 18 Jun

Friday 19 Jun

Monday 22 Jun

Tuesday 23 Jun

Wednesday 24 Jun

Stella F Rm 28 & Belle S Rm 27

Matthew BC & Ora M Rm 25

Samuel B & Vihaan K Rm 33

Jessica C & Beatrix E Rm 26

Ollie A & Thomas TD Rm 24



Wellington High School
Te Kura Tuarua o Taraika ki Pukeahu

Open Evening 2020

Monday 29 June

6pm – 8pm

You and your whānau are warmly invited to attend Wellington High School's Open Evening.

School tours at 6pm, followed by the Principal's address.

Enrolment packs will be available.

Wellington High School
249 Taranaki Street, Wellington 6011

www.whs.school.nz
admin@whs.school.nz

Sports News

KNS CROSS COUNTRY

The KNS cross country has been scheduled for Friday 26th June, Week 11 (postponement date July 3rd - Friday Week 12). It will be held on our school grounds. Spectators are welcome, we are running on the streets surrounding the school. It will be important for people hoping to watch to read this carefully. Families are welcome to come and spectate on the school field or watch from your front yards or on the roadsides of the footpath around the course. We kindly ask that you stand on the roadside of the footpath, so our runners are on the house side of the street. Please don't gather in groups as the footpath is small and for the safety of our students we want as much space available to them as possible. Check out next week's newsletter for some photos of the tracks.

The first race will begin at 9:30am - we will make our way through Track 4, Track 1, Track 2, Track 3 as races finish, we aim to complete the event around midday. Your child should have signed up for one of the 4 tracks with their classroom teacher. As this is our first year running the event at school we ask that people are patient with any hiccups on the day. If you have any questions please direct them to either our sports leader, Katy Flintoff - kflintoff@kns.school.nz or deputy principal, James Appleton - jappleton@kns.school.nz.

We still require a number of parent helpers. If you are able to help out on the day can you please email apatel@kns.school.nz. We are still looking for a few more people who can be there from 9:00am-12:30pm to help marshall the tracks. We also still need volunteers for the sausage sizzle. Thank you in advance to our wonderful volunteers.

UPCOMING DATES

A few of our Western Zone, Interzone and Regional event dates have shifted following recent events. Outlined below are the upcoming Term 3 Western Zone event dates to be aware of. Further details of each event will be sent out separately and closer to the time. In the meantime if you have any questions please contact apatel@kns.school.nz.

TERM 3				
YEAR	EVENT	DATE	PP DATE	VENUE
WESTERN ZONE	Cross Country	23 July	4/5/6 August	Karori Park
WESTERN ZONE	Netball	11 August	13 August	Kelburn
INTERZONE	Cross Country	18 August	20/25/27 August	Grenada North
WESTERN ZONE	Hockey	8 September	10 September	National Stadium
REGIONAL	Cross Country	8 September	10 September	Harcourt Park
INTER-REGIONAL	Cross Country	24 September		Harcourt Park

Thanks,
Mrs Anita Patel- Sports Administrator

PTA News

Kids Art Works Fundraiser

Back by popular demand!

Our students are busy preparing beautiful artworks to be created into calendars, diaries, mousepads and more! In order to prepare for this, we will be sending a list of all the students' names and class numbers to Kids Art Works. If you would like us to **not** send your child's name and class number to Kids Art Works, please email amanda.dudding@gmail.com by Wednesday 26 June.