

Local Community News

Teaching your child to tie their shoe laces



A significant number of injuries sustained in the playground are the result of students tripping over loose shoe laces. Many students (right through to Year 8) have disclosed that they don't know how to tie their shoe laces.

Teaching children to tie their shoe laces will help decrease the number of preventable injuries in the playground. Below are an array of useful resources that parents and caregivers can use to teach children to tie their shoe laces.

You tube videos on tying shoe laces:

Professional demonstrating (Occupational therapist):

https://www.youtube.com/watch?v=o_wuRz3TSno

Child demonstrating (American child about 8 years old):

<https://www.youtube.com/watch?v=c79wsBqDW1A>

Devices and books to help learn:

Shoe lace trainers

\$4 Kmart

https://www.kmart.co.nz/product/learn-to-tie-my-shoe-laces-toy/3054821?gclid=EAlaIqobChMI_5al0IKm8gIV8BxyCh3r2gvfEAQYASABEgKYUfD_BwE&gclsrc=aw.ds

I can tie my own shoe laces (book suited for younger children years 0-3)

\$12 The Nile

https://www.thenile.co.nz/books/oakley-graham/i-can-tie-my-own-shoelaces/9781787008410?gclid=EAlaIqobChMI_5al0IKm8gIV8BxyCh3r2gvfEAQYBiABEgL6S_D_BwE

Adaptive shoe laces:

No tie shoe laces

\$7 Rebel Sport

https://www.rebelsport.co.nz/product/8005183/sof-sole-no-tie-black-laces/?gclsrc=aw.ds&gclid=EAlaIqobChMIIO_z2oOm8gIV2yMrCh1PLAWREAQYASABEgLNfFD_BwE

Any questions or suggestions, please feel free to contact Annie Kenning, Medical Room Administrator at akenning@kns.school.nz

Leaders for Education scheme - I am proud to support Karori Normal School under the Leaders for Education scheme. If you or someone you know is thinking of selling your home, arrange for a free, no obligation appraisal from Martin Binks. If you sell your home with me I will make a donation of \$250 to the school. This is only available from Martin Binks at Ray White in Karori. I can be reached by e-mail at martin.binks@raywhite.com, and Ph: 022 066 3170 or 04 212 3170. Martin Binks, Licensed Real Estate Salesperson, REAA 2008, Ray White Karori.

Is "**Clean the Windows**" on your To Do list? Save time & hassle, get the job done professionally & support the KNS by getting Karori local Bernard from Ultimate Cleaning 0277550107 to do them for you. \$150 for inside & out (\$120 for small house with easy access). Bernard will donate \$10 from every job to KNS. Referee: Stacey Wilson 0274154849 or fin.stacey@xtra.co.nz

Artrageous October Holiday Extravaganza: 4-15 October 2021

» [Programme](#) [BOOK ARTRAGEOUS OCTOBER](#)

Aimed at children aged 5-10 years. Our classes provide a space for all children to explore at their own pace; chaotic or careful, gingerly or with gusto, tiptoeing or tromping. Our aim is to draw out their creativity, not stuff things in! **Bookings essential.**

Venue: Poneke Dojo, Prince of Wales Park, Salisbury Tce, Mt Cook, Wellington
8.30am-3:00pm \$79 and after care 3:00pm-5.30pm \$15

Olderageous October Creative Exploration: 4-15 October 2021

» [Programme](#) [BOOK OLDERAGEOUS OCTOBER](#)

Our BIG KIDS programme is aimed at children aged 10-14 years. Providing them with a space, focused adult attention and loads of resources. This programme is tailored to draw out older children's interest in creating and using their imagination and creativity in a hilariously fun atmosphere. **Bookings essential.**

Venue: Art rooms, Block D, Wellington High School, Taranaki St, Mt Cook, Wellington
8.30am-3:00pm \$79 and after care 3:00pm-5.30pm \$15

KELLY CLUB OCT HOLIDAY PROGRAMME

Kelly Club Holiday Programmes focus on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

This programme is packed with activities to entertain and inspire children. We have some exciting days planned: ***Dragons & Unicorns Day, Arty Party Day, Under the Sea Day and Battle Royale Day. We have heaps of fun craft, lots of games, cooking and trips to Wellington Zoo and Mini Golf!***

Kelly Club is available at: Churton Park School, Amesbury School, West Park School, Island Bay School, Kelburn Normal School

To enrol www.kellyclub.co.nz, email adminwgtm@kellysports.co.nz or ph. 04 972 7201

FOOTBALL MORNING HOLIDAY PROGRAMME (Yrs. 1-6) Wests Rugby Clubrooms, Wilton (all weather indoor surface).

Perfect for beginners and those just wanting to have fun! Come along and improve technique, knowledge and learn more about the basic skills of "The Beautiful Game" (Football).

We will focus on the core skills of control, dribbling, passing, tackling, shooting but most importantly having as much fun as possible!

Cost for the 3 days is \$95 or \$36 per day.

Week 1 - Tues, Wed, Thurs 9.30am-12.30pm, **Week 2** - Tues, Weds, Thurs 9.30am-12.30pm

NETBALL HOLIDAY PROGRAMME – RAROA NORMAL INTERMEDIATE, JOHNSONVILLE

WEEK 2 - Tues, Weds, Thurs 9am-12pm

Years 1-4 - These sessions will work on improving basic netball skills and start to develop technical and tactical knowledge in accordance with the Future Ferns programme. Children will improve their passing, shooting, spacial awareness and defensive skills.

Years 5-8 - These sessions will work on sharpening the basics like passing and shooting and we will learn to develop a better understanding of the 7 aside game and the different positional roles.

We use fun games and drills to develop and challenge young players focusing on the key skill areas of their level of development while also having fun!

Cost for the 3 days is \$95 or \$36 per day.

SUMMER SERIES FOOTBALL AND NETBALL COMPETITION 2020/2021 – IAN GALLOWAY PARK, WILTON

Get your friends together and enter a team into the Kelly Sports Summer Football or Summer Netball Competition. Held on Fridays from 3.45pm for children 5 years plus. A great way to introduce players to the sport in a fun, social environment or for your football/netball winter teams to continue playing and keeping active over summer. 8 weeks prior to Xmas and 8 weeks after Xmas. Prize giving after each round with "Player of the Day" certificates. Come along and enjoy a family atmosphere. Competition starts on 22 October 2021.

Go to www.kellysports/netball2021 or www.kellysports.co.nz/football2021 to register your team.

For full details visit www.kellysports.co.nz email adminwgtm@kellysports.co.nz or call 04 972 7201.

CodeCamp - CodeCamp allows kids from the ages of 7-12 to develop 21st century skills in a fun and action packed environment. Develop confidence & initiative through design, creativity, solving problems, presenting & collaboration. Creating games, websites and apps as well as robotics.

4th - 8th & 12th - 15th October Book Now at <https://codecamp.co.nz>

Do you want your kids to be entertained and kept really busy over the school holidays? Then look no further than **sKids St Teresa!** We have an action packed holiday programme to deliver, with HUGE amounts of onsite sports and activities, awesome trip days, a hot home cooked afternoon tea EVERY day, and terrific staff who are dedicated to keeping your kids safe and happy over the holidays. For more information please call Jools Da Silva on 021 0254 3249 or email jools@skids.co.nz

Kia ora Kaitiaki,

Our next Planting bee is the one postponed from August due to Covid-19 lockdown. It is now on Sunday 19 September 2021. It is time for us to check out how the plants we planted on 30th May are doing, some weeding and more planting at Monaghan Reserve. This site has easy access and carparking. We already have Renga lilies, Carex, Hebe and Leptosporum scoparium delivered to us by Wellington City Council.

We are aware of concerns about COVID-19 and so ask you to stay home and take rest if you're feeling unwell. We will also have sign-in sheets for contact tracing and health and safety requirements.

Details

2-4pm, Sunday 19 September 2021

Monaghan Reserve (near 65 Monaghan Ave)

Please bring gardening gloves, a water bottle and jacket. If possible a lopper, spade/shovel and rake.

Hope to see you there!

If you can't make it this time, we wish you a relaxing and enjoyable weekend! Thanks for all of your support, we couldn't do it without you.

The Kākā team



Children's Asthma Study

Help find the best inhaler for kids with asthma by joining the **C**hildren's **A**nti-inflammatory **R**ELiever Study

To take part you must:

- Have been diagnosed with asthma by a doctor
- Be aged between 5 and 15 years
- Only use a reliever inhaler

What does it involve?

- 3 visits and 2 phone calls over 1 year
- Inhalers provided free of charge
- Breathing tests + asthma education
- Reimbursement for travel expenses

Learn more



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mrinz.ac.nz/currently-recruiting

Approved by the Northern B Health and Disability Ethics Committee (20/NTB/200)

