

Newsletter Term 2

Wk 2 2022



Important Dates

Term 2

19 May	Vision and Hearing testing for year 7/8
18 May	Board of Trustees meeting
24 May	National Young Leaders Day (Whitireia hub only)
31 May	Cross Country
3 June	Teacher only Day (school closed for instruction)
6 June	Queen's Birthday
23 June	Board of Trustees meeting
24 June	Matariki
8 July	Last day of term 2



PAUATAHANUI
SCHOOL

Term Dates 2022

Term 1

Wed 2 Feb – Thur 14 April

Term 2

Mon 2 May – Fri 8 July

Term 3

Mon 25 Jul – Fri 30 Sept

Term 4

Mon 17 Oct – Thur 15 Dec

Two teacher only days will be scheduled.
1. 4th March 2. tbc

Phone: 234 7659

office@pauatahanui.school.nz

Friday, 13th May 2022

Kia ora e te whānau.

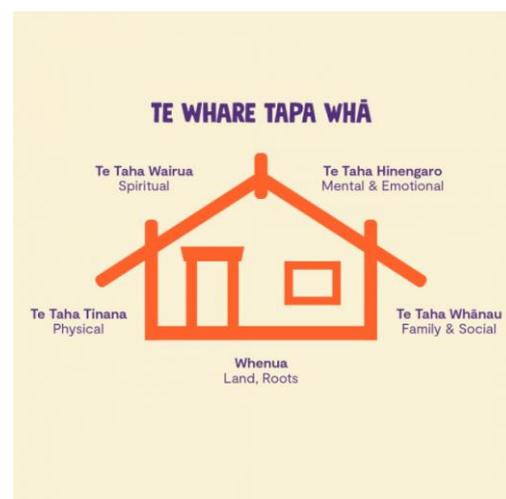
Hauora/Wellbeing

It is an understatement to say that the last couple of years have been a bit different. There have been so many disruptions to our lives and we have had to make adjustments and adapt to these disruptions.

During the very first lockdown there was lots of talk about slowing down and really looking after our wellbeing. What I noticed after that lockdown was that we went straight back to what we were doing before lockdown.

At the end of term 3 last year the staff completed a workshop for a programme called [Pause Breathe Smile](#). This is a mind health programme to equip every child in New Zealand with the tools to achieve positive mind health. We all really enjoyed this workshop as we could see how useful it would be in the classroom and how it would benefit the children and ourselves.

A key aspect of the programme is “Te Whare Tapa Whā”, which is a Māori model of health and wellbeing developed by Sir Mason Durie in 1984. It is a metaphor based on four pillars of a wharenuī/meeting house. When we look after all four aspects, we look after our hauora/wellbeing. Checking in on the four pillars helps us balance our hauora and support others to balance theirs, too.



Teachers have been discussing and using the Te Whare Tapa Whā model in classes to help the children understand how they can look after their own hauora/wellbeing.

Te Taha Hinengaro (Mental wellbeing)

- Taha hinengaro is your mind, heart, conscience, thoughts & feelings. It's about how you feel, as well as how you communicate & think.

Te Taha Tinana (Physical wellbeing)

- Taha tinana is your physical wellbeing. It is about how your body grows, feels and moves, and how you care for it.

Te Taha Wairua (Spiritual wellbeing)

- Your spiritual essence is your life force – your mauri. This is who & what you are, where you have come from & where you are going.

Te Taha Whānau (Family and social connection)

- Taha whānau is about who makes you feel like you belong, who you care about & who you share your life with.

It would be great if you were able to ask your children about Te Whare Tapa Whā as well as other some of the other aspects of Pause Breathe Smile.

Take care.

Ngā mihi nui

Caine Webster - Principal

FROM THE OFFICE

MAGAZINES NEEDED!

We would like to make new rakau. If you have old magazines, please bring to Mrs Sarniak-Thomson or leave at the office.

LOST PROPERTY

We have a large selection of lost property, unfortunately all unnamed. If you recognise any of these items, please get your child to check the lost property bin located between room 6 and 7. Please make sure all your child's clothing is named.



WHITIREIA HUB

This week we learnt some sign language and dance moves. We started off by learning to sign the alphabet so then we could sign our names. We then learnt how to sign our birthdays and how to ask questions to each other like "What's your name? And What's your birthday?". We also learnt how to sign "Pepeha" by Six60 and "Take it Easy" by Stan Walker.

Zoe (Mr Johns sister) came in to teach us a dance. We started off with some stretches and warm ups to get our body moving. After that we learnt a little dance with a few tips and tricks. We loved it, it was fun and not too hard. It was a new thing for most people. It was a good thing to try out.

Ruby and Fletcher



Rippa Rugby

Thanks to Alex for taking some ripper rugby sessions today with some senior students It was great to get out in the sun and learn some new skills. We will build on these throughout the term.



Learning our abc's



When you start school there is a lot to learn and one of the big things we focus on each day in Room 3 & 4 is learning our letters and sounds. We use a variety of fun ways to practice forming and



making our letters correctly, shaving foam, playdough, chalk and whiteboards.



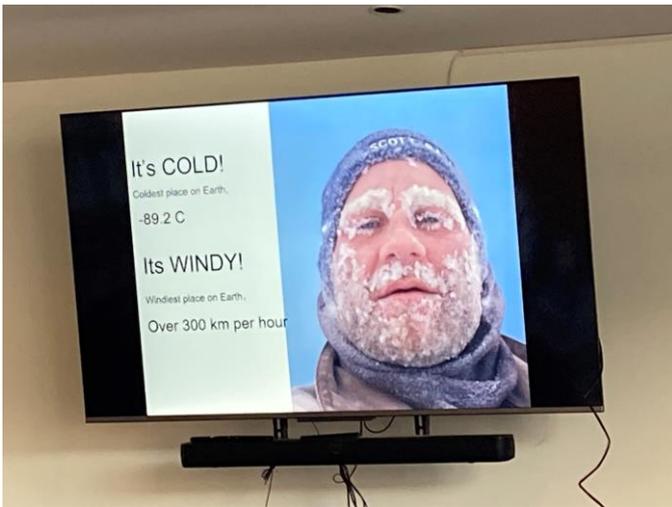
We have lots of alphabet puzzles and games to make learning our letters fun. Room 3 & 4 students are often making signs during play and practicing words that are new to them with magnetic letters.



Tainui and Raukawa learn about Antarctica

On Thursday Taiunui and Raukawa were so lucky to have Cliff visit and tell us about his adventures in Antarctica. Cliff is a scientist (and Jack and Lachie's Dad!) and he goes to Antarctica to study rocks. It was an awesome experience. We were able to try on clothes they need to keep warm as well as ask loads of questions. Thanks, Cliff! I think we have some future scientists and adventurers at Pauatahanui School for sure!





Josh (Room 8) said, "I'm surprised they stayed in tents because it would be freezing!" We had been told that temperatures could get as low as -89 degrees!

Zion (Room 7) said, "I didn't know Antarctica used to be not snowy. It was a tropical place." Even dinosaurs lived there - but that was millions of years ago.

Asha (Room 8) said, "You are not allowed to interact with the penguins but the penguins are allowed to come up to you." Although Cliff told us that sometimes the Adelie Penguins can be pretty aggressive.

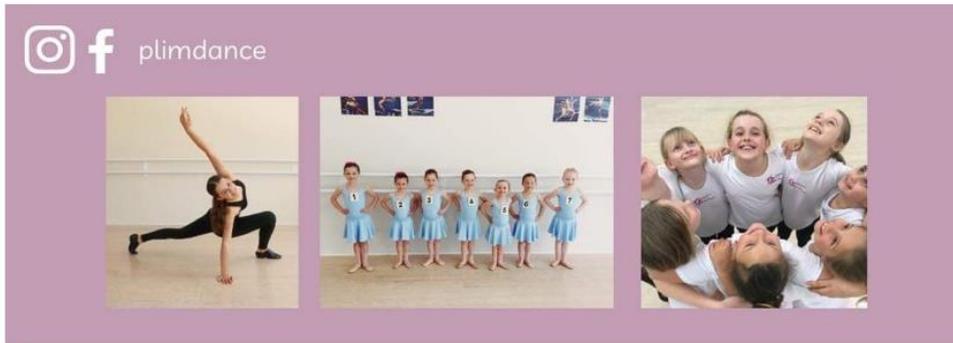
Flynn (Room 7) said, "I wouldn't have thought they would use tents. I would have thought they stayed in houses." We got to go into a tent that they use. The sleeping bags were very very warm - and they'd need to be with those low temperatures!!

LUNCH TIME CLUBS

Today was the first day of the Student Lounge Club. This was Riley Batemans's proposal last year and she was so persuasive, that it has happened this term! This is a calm, creative space for anyone to come and spend some time. Be ready next Thursday and if you'd like to, bring \$1 for a Milo.



THANK YOU VERY MUCH TO OUR LOYAL SPONSORS WHO HELP IN MANY WAYS
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Remember we also donate \$250.00 to the school

T's and C's apply