



MANAKAU SCHOOL Matters...

September 9, 2020 Term 3, Week 8

Upcoming Events

Tuesday September 15

- PTFA meeting 7pm in the staffroom.
(Zoom available ask Deb L)

Friday September 25

- Last day of term

Monday October 12

- First day of term 4

Monday October 26

- Labour Day

Tuesday October 27

- Teachers only day

November Thursday 12

- Ag Day

November Saturday 21

- Manakau Country Fair

From Deb's desk

A week of sunshine signals Summer is around the corner and this has certainly lifted the spirits of both students and staff. This has been a crazy year for us all.

The impacts of the Covid-19 virus are wide ranging. For some of our families, the impact on livelihood has been huge. I would like to take this opportunity to acknowledge this.

In the school environment we could say that the return has been life as normal, however this is not the case. For

our students the cancellation of many of the annual school events has been frustrating and disappointing. Trying to keep up with the communication needed to organise the teams, coaching, transport and supervision (postponing to eventually cancel) also adds to the difficulty. To date we have seen the cancellation of swimming at the Levin Aquatic Centre, Netball at Nga Purapura, Basketball in Levin, EPro8 Challenge, senior school ski camp, Kapiti sports day, interschool cross country and rippa rugby. These events, mostly sporting, add to the fun and excitement for many of our students and they are an opportunity to connect with our wider community, and are missed. We have also temporarily stopped our school assemblies. Awards and sharing are currently happening at a class level. Parents, teachers and students have been asked to stay at home if they are ill, Covid tests are part of our new normal.

In thinking about this impact, I have also been reflecting on our children's "bounce back" ability. Over the past couple of weeks I have been spending more time in the classroom, particularly Teams Korimako and Huia. Our children are a joy to be around! I love the way many openly share what is happening for them, both at home and with their friend groups at school.

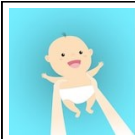
So, as we head into the last 3 weeks of this term, I share the reminder to continue to build resilience in our families. It certainly makes a difference in the school setting.

Deb Logan
Principal

8 Ways to Build Resilience in Children:

1. Let them experience disappointment so they learn sadness doesn't last forever.
2. Validate their fears and help them make plans to do things even if they're scared.
3. Let them take (reasonable) risks and experience natural consequences.
4. Encourage them to try new things, make mistakes, and learn from their mistakes.
5. Give them opportunities to make their own decisions and help them problem solve.
6. Tell stories of people who faced hard times, persisted, and grew stronger as a result.
7. Reframe challenges as short-term problems, and opportunities for learning.
8. Remind them that although we can't control everything that happens to us, we *can* control how we respond.

Learn more at www.GoodDaysWithKids.com



Congratulations Lorne (Mr Singer) and Amy, on the safe arrival of their son Chester last week.



Upcoming event - Date to be added

Maori Consultation Hui - As part of our school self review cycle, the Board of Trustees would like to consult with our Maori families. It is an opportunity to share your thoughts, ambitions and feedback about how Manakau School is catering for your children. Please take this opportunity to come along and have your say.

Health Consultation Questionnaire

Both attached and available on SkoolLoop

We have added this questionnaire to SkoolLoop, it comes up under notices. This is a great way for parents to have a say in what you would like to see covered in this area. We would really appreciate if you could fill this in and send it back to us. For those who would like to go in a draw for a \$50 food voucher, please include your name (however this is not compulsory).



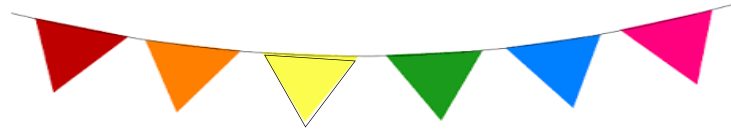
The Manakau School Garden ... Watch this space!

The children may have mentioned that the garden is now an empty, flat space!

This is because we are about to create a new garden designed by Kath Irvine from Edible Backyard. Kath has kindly donated her time to design a no dig garden for us. The site has been cleared by Joe McArley and is now ready for us to begin.

PARANUI ORGANICS were recommended to us by Kath and they have very kindly **donated** their compost to us free of charge! Please support this business if you are in need of excellent compost for those veggie gardens that we are all looking to get going now that spring is upon us!

Korimako Team children will be planting seedlings from the Little Garden League kits which the teachers ordered from School Kit earlier this term. It will be very exciting to see our own seedlings thriving in our new garden space. If anyone has some large sheets of cardboard or big boxes we can break down to use in the garden? We need them for weed control.



Manakau School Country Fair

How can you help? The Fair takes a huge amount of work to get off the ground but most of this is covered by the PTFA. You can help in any of the following ways:

- *Manning a stall* or taking charge of a stall.
- *Assisting with the set up* - generally we do some setting up the afternoon before the Fair with the rest to be completed the morning of the Fair, from 8am.
- *Assisting with the pack down* on Saturday afternoon.
- *Baking*. We have a cake stall that makes us a large amount of money. It is expected that every family at school will supply an item for this stall. More details will come closer to the time.
- Donation of good quality second hand clothes.
- *Donation of good quality Bric-a-brac*. Please ensure the quality is good, we don't want to use all our profits on the fee to take items to the dump.
- *Come to the Fair with your friends and family*. It really is an excellent day.



GALA DONATIONS COLLECTING NOW

Mystery Jars

- we have only received 3 jars so far ...

What would you be happy to receive in a mystery jar? Make these great value. Please fill, wrap and return to school.

Or if you prefer, send along items and we will fill and wrap a jar for you. *Thank you.*



COMMUNITY NOTICEBOARD

Otaki Titans Swimming Club - join our juniors, swimming at Haruatai Pool on Monday and Wednesday 5.15-6pm, \$55/month. For info contact Renee 021 0493590

Pop Up Musical Theatre presents: Into the Woods Jr. September 10-12. Te Horo School Hall. Tickets: \$15/\$10. Tickets are now on sale for this exciting show. Online ticket bookings are now open. Go to www.popupmusicaltheatre.co.nz



QUARTER ACRE CAFÉ
Re opens on Wednesday
16th September.

Registrations for our SPRING KIDS CAMP open now!! 4pm, Monday 28th September - 11am, Friday 2nd of October. For 8 - 12 year olds. We have our usual overnight stay scenario planned (yay!) and we have systems in place to still be able to offer that style of camp, even if we are at Covid Alert Level 2. For more info about our camps, head to our website: El Rancho Camp.

The Heart of Manakau Proudly Presents Spring Quiz Night Date: Friday 18th September 2020 Time 7.30 start Location: Manakau Bowling and Sports Club. Corner of Honi Taipua and Mokena Kohere Streets Cost: \$10 per person Teams: Maximum of 12 teams with 5 per team. If you don't have 5 we can help you make up a team on the night Register your team by contacting Kimbal 36 26 395 or mchugo@woosh.co.nz John 36 26 723 or johnhailwood@actrix.co.nz Refreshments: The Bowling club bar will be open. Light snack food will be served during the evening The MDCA will be running raffles during the evening with all funds raised being used by the MDCA for projects that benefit the community Please support your community by entering a team.

www.nextchapterparenting.co.nz is offering a free parenting course to parents who might be having a struggle in managing things with their children, or just need some tips and advice. The course is offered on the website and is set out in video, and in written format so it can be looked at or read in your own time, or comfort. The course is based on filial therapy principles, it is child centred and most definitely works for those that put in the time. Have a look! and happy parenting:) Should you require further information please do not hesitate to contact me at nextchapterparenting@gmail.com Brigid Carkeek
Next Chapter Parenting

Pop-up COVID-19 testing stations in the MidCentral region Following on from the successful pop-up day in Palmerston North recently, MidCentral DHB is continuing community testing with the next free pop-up testing being held in Levin. The pop-up will be at the car park on the corner of Salisbury St and Bath St, behind New World, on Tuesday 1 September from 10am to 4pm. MidCentral DHB Medical Officer of Health Dr Robert Weir encourages anyone without cold or flu-like symptoms to drop into the pop-up site to get a free test for COVID-19. "Following the re-emergence of COVID-19 in the Auckland region, and the subsequent move to National Alert Level 2 here in MidCentral, people are understandably feeling anxious. The community testing we'll be doing is designed to offer additional reassurance that we remain COVID-19-free, and we want to do all we can to confirm this. "We would like to see people, whether they have symptoms or not, coming to any of the planned pop-up sites around the region. In particular, we'd strongly encourage those who are at greater risk of poor health outcomes if they were to contract COVID-19 to get a test. This includes Māori and Pasifika people, those aged over 65, as well as members of the community who live with a chronic illness, such as respiratory disease, high blood pressure, heart disease and diabetes. "It's important to remember that this testing is not just for your own peace of mind, it's also to provide your family, friends and the wider community with a sense of confidence that we remain on track in our efforts to stamp out COVID-19." For anyone experiencing cold or flu symptoms, testing is available at general practices throughout the MidCentral DHB region and at the Palmerston North Designated Testing Centre on Main Street, seven days a week. "We are asking people who are experiencing any possible symptoms of COVID-19 to call Healthline or their GP team to arrange for a test." COVID-19 symptoms include: coughing, high temperature (at least 38°C), shortness of breath, sore throat, sneezing and runny nose or temporary loss of smell. Dr Weir said plans were also under way for more pop-up sites throughout the region, alongside targeted testing at various business and organisations. Details about further pop-up sites will be available soon. More information about COVID-19 in the MidCentral district can be found on our website <https://covid19.mdhb.health.nz>

Manakau School Health Consultation Survey September 2020

Please include your name, if you would like to go in the draw to win a \$50 food voucher.

* required

Parents Name:

Year group of your child/ren *

Should all four areas (food and nutrition, body care and physical safety, mental health and sexuality education) be given the same emphasis at all levels? Are any health areas more important than other health areas?

What would you like us to do better in relation to 'health education'?

What would you like us to do better in relation to 'cyber safety'?

What does our school do well in helping our students maintain or improve their well-being?

What is important for students to learn about in mental health?

What is important for students to learn about in food and nutrition?

What is important for students to learn about in sexuality education?

If you are interested on finding out more about 'sexuality education' we can run a parent workshop - would you like to attend such a workshop?

Yes

No

Maybe

What is important for students to learn about in body care and physical safety?

At year 6, 7, 8 students learn about Changes at Puberty. How do you feel about this?

Are there any additional comments you would like to make?