

Upcoming Events

Thursday May 13

- In school ukulele music sessions
- National Young Leaders Day

Friday May 14

- In school guitar lessons

Monday May 21

- School Cross Country

Friday May 28

- Kaboom Show

Tuesday June 1

- Otaki Rural Schools Cross Country

Thursday June 3

- Afterschool netball begins

Monday June 14

- BOT meeting at 6.15pm

Friday June 18

- Matariki Celebration 6am-12 noon

Thursday June 24

- PTFA School Disco

Friday June 25

- Kereru Tahi's Trip

Wednesday June 30

- Regional Cross Country

Tuesday July 6

- Otaki Rural Schools Soccer

Friday July 9

- Last day of term 2.

From Deb's Desk - A Personal Best Challenge

This visual recently came into my emails and it reminded me of when my daughter was born and trying to manage a toddler at the same time. Nathan, my son, loved his baby sister and cuddling her enthusiastically was a favourite for him. It is amazing how different the positive and negative responses can be. "I see you're feeling very **strong**. Remember that baby needs space. Let's move over here." instead of "Leave her alone, you're too rough"

"You're having **so much energy** today! I want to make sure everyone is being safe so take this game to your room please." instead of "You're too noisy, the baby doesn't like that"

TURN NEGATIVE LABELS INTO POSITIVE AFFIRMATIONS

WHEN WE TELL OUR CHILDREN:

"DON'T BE SO BOSSY"
"WHY ARE YOU SO MESSY?"
"STOP BEING SO SENSITIVE."



WHAT THEY LEARN IS:

"I'M BOSSY."
"I'M MESSY."
"I'M SENSITIVE."

THESE LABELS BECOME THEIR INNER VOICE.

HERE'S HOW TO REFRAME

SHY	→	TAKES THEIR TIME TO KNOW SOMEONE	QUIET	→	THOUGHTFUL, CONSIDERATE
MESSY	→	CREATIVE	STUBBORN	→	PERSISTENT
SENSITIVE, EMOTIONAL	→	EMPATHETIC	BOSSY	→	HAS LEADERSHIP SKILLS
DEMANDING	→	ASSERTIVE	LOUD	→	ENTHUSIASTIC
RIGID	→	ORGANIZED	RESTLESS	→	ACTIVE
PICKY	→	SELECTIVE	DRAMATIC	→	EXPRESSIVE
WILD	→	ENERGETIC	NERVOUS, FEARFUL	→	THOUGHTFUL, CAREFUL

BONUS TIP

If your child struggles with self-image, ask them **what they like about themselves** and turn it into their daily affirmations (they'll be more likely to stick).

"I AM FUNNY."
"I AM GREAT AT LEARNING NEW THINGS."



Welcome to the new families who have started at our school this term.
It is great to have you here.



Board of Trustees Candidates

Remember to vote for 2 candidates standing for the BOT. Your vote **has** to be on your original voting form.

Your voting papers need to be returned by **this Friday, May 14th** please. These can be posted back to the school or placed in the BOT voting box in the office.

PTFA - School Disco 24th June

Theme - FANCY Dress

The planning is well underway for this first disco of 2021. The PTFA have been working with a team of planners from Te Whare Huia and it is looking very exciting.

They need your help - Setting up the hall, helping in the food and glo stick space, clean up.

Please leave your name with Office Deb and Mel from the PTFA will contact you.

MUSIC LESSONS

For those students who have expressed an interest, lessons for ukulele are every Thursday this term. If you have a ukulele please bring it along.

Guitar lessons will be held on Friday mornings.

Students will be notified of the time for their session.

Recorder lessons will not begin yet. I will be in touch with students once we have this sorted.

Any questions please see Mrs Newman.

School Lunches available from Manakau Store. Base rate starts at \$5. Store open from 6am to 6pm. Pop in, or contact on 021 117 8878



Do you have the Skool Loop App? You can send through absences, receive newsletters, notices, book parent teacher interviews (in season). A free, simple to use school app.

Manakau Plunket Playgroup

Meets every Tuesday and Thursday from 9.30am-12noon. Honi Taipua Street, by school. \$2 per child, per session + a piece of fruit to share at morning tea.

For more info contact Anita 021 212 9230
Everyone welcome

Tough gal tough guy challenge

Monday May 31, 2021 at 8.30am

Massey University Recreation Centre via Albany Drive, Palmerston North.

Ankle biters 1.5km course option for school years 3-4.

Little nippers 3km course option for school years 5-6.

Big rascals 3km course option for school years 7-8.

This is a chance for primary and intermediate aged kids to get involved in New Zealand's biggest mud run series in a version tailored especially for them.

Fee from 1st Feb until 25th May \$25pp

Fee from 26th May \$30 pp.



BIG BANG SERIES

DIRT DUATHLON

NAVIGATE ON FOOT AND BIKE, DAY & NIGHT

Have you got one of those kids who loves to be outside, has a thirst for biking, loves a day out, is just an all-round outdoor enthusiast and a good egg? Well bring them along to the Dirt Duathlon adventure racing series. June, July and August 2021 based between Wellington and the Horowhenua. Each event is approx. 3-4hrs. Minimum age is 10 and must be accompanied by an adult. This is some serious fun!



www.dirtduathlon.co.nz