

***Term 4, Week 6 – Wednesday 16 November 2016***

Dear Whanau

Here we go again...

I know the events of this week are not what we wanted for our children, however we are here again. Let's take a bit of Nigel Latta's advice and include some humour (earthquakes = earth farting!) along with facts:

- School is safe
- The staff at school care for you
- We have survived worse so we will get through this
- You parents can be contacted in an instant through Tiqbiz

We know that some children will be feeling vulnerable, if this is especially the case for your child make sure you talk to your homeroom teacher so we can help together. We will be focusing on the 'E' in REAL, Encourage. Talk to your child about being an Encourager this week, saying kind things to others, finding the good in what others do and say and building one another up. In this newsletter are six simple steps that will help you help your child this week.

In light of the weekend's events, the gold coin donation for the BBQ's will now be sent to schools in Waiau to assist them in any way that will help them and their children.

Take care, Kia kaha

Neill O'Reilly, Principal

## **THANK YOU PTA**

A big thanks to our school PTA for providing our school community with a defibrillator. This is situated in the front door of the hall and can be a life saving device for someone who is having a cardiac arrest. We hope we never have to, but it is wonderful to know it is there for use in an emergency. Way to go PTA!



## **Six ways to help Canterbury children worried about earthquakes**

1. Retain routines; do what you normally do.
2. Turn media off, repetition of disaster scenes adds to anxiety.
3. Be calm and loving; and don't talk about your adult worries with your children.
4. Keep normal disciplinary boundaries - the world is unpredictable enough without the rules changing.
5. Give reassurance but don't overdo it. Too much reassurance means there is something to be worried about!
6. Let them talk about it, but don't let it take over, use distraction and play to get their minds off it.



## **MESSAGE FROM BOARD OF TRUSTEES**

As we near the end of the first year in the school the Board are fortunate to oversee a school which runs smoothly, with solid leadership and strong values. We continue to evaluate and always consider the best interests of the school, staff and students.

As you are aware our school strives to provide superior resources and provides many additional opportunities to ensure our learners have every opportunity to get involved in a wide variety of sporting, cultural, creative and performance activities. We appreciate the additional time many staff give outside their working hours to allow this to happen.

We also really appreciate the financial contribution made by the annual family donation. The school relies heavily on the family donation as a means to fund the additional activities we offer. We are fortunate to have a brand new school for our children but still have the same financial restraints as all schools encounter when funding all the "extras". We ask for very little throughout the year in contributions and would like to take this opportunity to remind everyone that your payments are valued and very necessary if we want to continue as we are.

We recently discussed funds already spent and future spending on e- learning. A huge financial commitment towards i-pads has provided fantastic opportunities for children to use apps which support and extend their learning. As i-pads have a limited life span we are aware of the need to budget for replacements when necessary. Those who are able to BYOD help support the learner to i-pad ratio.

A method of saving funds will be the solar panels being installed over summer, allowing the school to save costs on power as well as supporting our Enviroschools policy. The initial cost of the panels will be made up in power savings.

As a Board we are all very passionate about being the best school we can be - the vibe and character within our school comes from everyone's involvement and will continue to be what we all make of it.

Kind regards

Waitākiri Board of Trustees

### **Waitakiri OSCAR Holiday Programme available now**

Fri 16th Dec 2016 Open from 12.30pm to 6pm

Mon 19th to Fri 23rd Dec 2016 plus Mon 9th to Mon 30th Jan 2017 Open 7.30am to 6pm  
every day

Age appropriate activities for years 1-3 and years 4 & up

Orana Park/Olympia Gym/Clip n Climb/Movies plus many more exciting activities

Email [amanda.murray@waitakiri.school.nz](mailto:amanda.murray@waitakiri.school.nz) for a programme plan or pick one up from  
our OSCAR Programme

**Please ensure you are signed up to receive our alerts with the tiqbiz app on your smartphone. This is how we notify parents about important events, like the need to evacuate school, cancellations etc.**

**If you don't have a smartphone, please sign up for our texts: Text: follow WaitakiriSchool to 8987**  
*Unfortunately Vodafone do not support this service, so if you are a Vodafone customer, please ask a fellow parent or family member to receive the texts and forward them onto you.*

# Here's how to set up tiqbiz

## Phone and tablet.

Search **tiqbiz** in your app store.



Android



Windows Phone



iPad & iPhone

**For Apple:**

Select 'allow' notifications.

## Computer

Access the web version of tiqbiz

Go to **web.tiqbiz.com** then register/log-in

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## Add us



### Log-in

Open tiqbiz and register/log-in.



### Search

Select the 'Search' icon and type in our name.  
Select us from the results.



### Add

Click the 'Add' icon beside the boxes that apply to you.



### Return to search

Click the back arrow to return to search.



### Home

Click the 'Home' icon to view.

Please email for technical support: [support@tiqbiz.com](mailto:support@tiqbiz.com)



## SPORTS NEWS

### ANZ THE PALMS PRESENTS: INTERNATIONAL CRICKET - BLACK CAPS VS PAKISTAN. THURSDAY 17 NOVEMBER

ANZ have generously donated 200 tickets for our school community to attend the first day of the test match.

Buses will be departing school at 10.20am and leaving the Hagley Oval at 2.00pm to return to school.

There is no cost to this as ANZ are providing the buses and tickets for us.

Thank you to the parents who have offered to help manage groups of children on the day. Children will not be able to purchase food, so a packed lunch, drink bottle, sunhat and sunscreen must be required. No Hat, No Go. Parents will be able to travel on the buses as well.

Yours sincerely, Kent Burnard, Sports/PE Team

## REAL CHALLENGE THANK YOU

Thank you to everyone who supported us and the SPCA by donating goods and buying our goodies! We sold cupcakes, cookies and goodies bags as well as collecting items needed for animals at the SPCA. We raised \$440.80 and took the donated items and funds to the SPCA at Hornby.  
From Sasha, Daisy, Tahlia and Bronte



## OUT OF SCHOOL ACHIVEMENTS

Jessica (pictured left) sat a Hip Hop medal and exam and a Jazz medal and exam last term. She received the highest possible marks in all four. Well done Jessica!

## TE REO O TE WIKI

This term our topic is **Hauora**- health and well-being.

Here is a useful command for home.

**Tangohia ō hū** - take off your shoes

You can also use:

**Tangohia tō pōtae** - take off your hat



## WORKING BEE AT SCHOOL

We are having a working bee on Saturday 26 November starting at 10.30am. We are needing family members to help in the garden and re bark the gardens. Anyone who can help please let Woody (caretaker) or the office know. If you can bring a wheelbarrow and shovel would be appreciated. Please park in the school carpark, morning tea provided. *Many hands make light work.* Thank you.

## ART IN ACTION

Ōtākaro studio were lucky enough to have Clare and Debbie from SCAPE Public Art come to visit us.

We created cyanotype prints in response to Julia Morison's work *Tree Houses for Swamp Dwellers*. Cyanotype printing is created through a photographic process using light sensitive paper exposed with sunlight. We created our prints using a range of foliage.



## SCHOLASTIC BOOK CLUB

Scholastic book club brochures have been sent home with children today and orders close on Friday 25 November 2016. **No late orders will be accepted.** Please ensure correct money is enclosed in a named envelope. Thank you.

## SCHOOL ACCOUNTS

A reminder to ensure that children's school accounts are up to date and Year 6 accounts must be paid **before Friday 9 December.**



# REAL CHALLENGE by Livia K1

[www.avivafamilies.org.nz](http://www.avivafamilies.org.nz)



Family Violence Services

Supporting families to live  
violence free.



I am fundraising for Women's Refuge (now Aviva), which is a place where anyone can take shelter from the person who is abusing them. Aviva provides accommodation, food, safety, comfort and much much more.

The reason I am fundraising for this organisation is because Seven Sharp was interviewing a few people from there, and they have been losing money, and if Aviva has to close, then many families in Canterbury will have no safe place to go.

Please help me by buying my bath bombs. All profits will be donated to Aviva. Any bath bombs that don't get sold will also be given to Aviva.

## Big Bath Bombs

**\$4.50 each**

**or buy 3 or more for \$4 each**

~ Hand crafted bath bombs.  
Made from natural NZ sourced ingredients.

Sodium bicarbonate, cocoa butter, citric acid, olive oil,  
fragrance, essential oils. ~

**outside the Choices room**

**8:30 - 9:00 am, 23rd, 24th, 25th Nov**



coconut



melon



raspberry  
marshmallow



gardenia peach



trippin' fantasy



raspberry



snowball



pink grapefruit



ocean

## Baby Bath Bombs

**\$2.50 each**

**or**

**buy 3 or more for \$2 each**

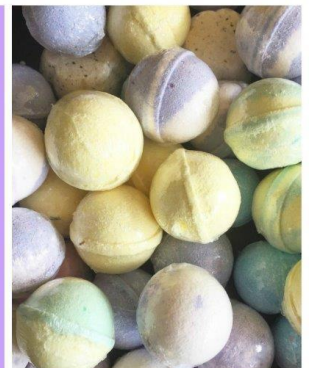
~ Hand crafted bath bombs.  
Made from natural NZ sourced ingredients.

Sodium bicarbonate, cocoa butter, citric acid,  
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**outside the Choices room**

**8:30 am - 9:00 am**

**23rd, 24th, 25th November**



# IT'S HERE SUSHI LUNCH ORDERS



**ORDERS NEED TO BE PLACED  
NO LATER THAN 9AM WEDNESDAY MORNING**

**SUSHI WILL BE CASH ONLY**

**PLEASE PUT ORDERS WITH CASH INTO THE  
DROP BOX IN THE FOYER**

**SUSHI ORDER WILL BE DELIVERED TO  
THE OFFICE ON A THURSDAY LUNCHTIME**



## THE PARKLANDS LUNCH BOX THURSDAY SUSHI ORDER FORM

STUDENT NAME: .....

STUDIO .....

PLEASE CIRCLE THE ITEM AND PRICE YOU WISH TO ORDER  
(PLEASE CHOOSE YOUR FLAVOUR(S) AND SIZE(S))

<b>SUSHI:</b>	<b>SMALL (4 PCS)</b>	<b>LARGE (8 PCS)</b>
TERIYAKI CHICKEN (NO VEGE).....	\$4.90	\$7.90
CRISPY CHICKEN (CABBAGE, CAPSICUM).....	\$4.90	\$7.90
TUNA (CARROT).....	\$4.90	\$7.90
FRESH SALMON (AVOCADO).....	\$5.50	\$8.50
VEGE (CABBAGE, AVO, CAPSICUM, CARROT).....	\$4.90	\$7.90

SPECIAL ORDER: ..... \$4.90 \$7.90  
(EG. GLUTEN FREE, NO MAYO ETC)

<b>RICE BALLS:</b>	<b>SMALL</b>	<b>LARGE</b>
TERIYAKI CHICKEN (NO VEGE).....	\$4.00	\$5.50
CRISPY CHICKEN (NO VEGE).....	\$4.00	\$5.50
TUNA (NO VEGE).....	\$4.00	\$5.50

<b>SUSHI STICKS:</b>	
TERIYAKI CHICKEN (NO VEGE).....	\$3.50
TUNA (NO VEGE).....	\$3.50

<b>SUSHI ROLLS:</b>	
TERIYAKI CHICKEN (NO VEGE).....	\$4.50
TUNA (NO VEGE).....	\$4.50

**CASH ONLY**  
**PLEASE PUT ORDERS THROUGH THE OFFICE DROP BOX**  
**NO LATER THAN 9AM WEDNESDAY MORNING**



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**NO LATER THAN 9 AM WEDNESDAY MORNING**



# Fruit Trees for Waitākiri!



**I saw this poster, and thought:  
Hey! This sounds like a great  
opportunity for Waitākiri to get  
more fruit trees.**

## FREE edible trees looking for a good home

A special selection of over 150 apple and peach trees have generously been donated to Christchurch.

Delicious, hardy, disease resistant heritage varieties of apples have been specially grown to suit our climate and for easy care.

A wide variety is available and ready for planting this August.



## FREE to schools and community groups

If you would like to care for and enjoy edible trees please contact

Tony.Moore@ccc.govt.nz



**CHRISTCHURCH COUNCIL WERE GIVING AWAY 150 FREE FRUIT TREES, TO  
SCHOOLS AND COMMUNITY GROUPS THAT WANTED THEM.**

I asked Mrs Hill if she thought Waitākiri would want some more fruit trees - and of course she said yes! So, as a project for the Enviro Team, I emailed Tony Moore, the man organising the giveaway of the trees, and requested 10 fruit trees for our school.

We were lucky enough to be given all the apple trees I requested, including cooking apple trees. Just think of all the delicious things we can make with cooking apples!



**Here I am with one of the  
apple trees I planted -  
and I hope you get to  
enjoy them once they  
start fruiting!**



*Thanks Woody, for  
making up another  
eight planter boxes!*

**Leni**

**PICCOLLAGE**



# Why are TREES so important?

**Trees Clean the Soil.**  
Trees can either store harmful pollutants or actually change the pollutant into less harmful forms. Trees filter sewage and farm chemicals and reduce the effects of animal wastes.

**Trees Produce Oxygen**  
We could not exist if there were no trees. A mature leafy tree produces as much oxygen in a season as 10 people inhale in a year. The forest also acts as a giant filter that cleans the air we breath.

**Trees Control Noise Pollution**  
Trees muffle urban noise almost as effectively as stone walls. Trees can lessen major noises from busy roads and airports.

**Trees Clean the Air**  
Trees help cleanse the air by intercepting airborne particles, reducing heat, and absorbing such pollutants as carbon monoxide, sulfur dioxide, and nitrogen dioxide. Trees remove this air pollution by lowering air temperature.

**Trees Shade and Cool**  
Shade resulting in cooling is what a tree is best known for. Shade from trees reduces the need for air conditioning in summer. In winter, trees break the force of winter winds, lowering heating costs.

**Trees provide shelter and food for wildlife such as birds and insects. Trees provide food and cover for larger mammals, such as deer.**

**An average size tree produces enough oxygen in one year to keep a family of four breathing.**

**There are approximately 100,000 known species of trees in the world. There are also estimated to be thousands of undiscovered species in rainforests and other uninhabited parts of the world.**

**Trees do lots for us, our environment and other plants and animals in nature. They provide wood for building and pulp for making paper. They provide homes for all sorts of insects, birds and other animals. Many types of fruits and nuts come from trees, including apples, oranges, walnuts, pears and peaches.**

**Trees also help to keep our air clean and our ecosystems healthy. We breathe in oxygen and breathe out carbon dioxide. Trees breathe in carbon dioxide and breathe out oxygen.**

**So trees are a really important part of our world!**



## COMMUNITY NOTICES

**SAVE LIVES  
GIVE BLOOD**

*Be a Lifesaving team, Give Blood together...*

**Chch Baptist Church on Burwood  
9 Burwood Rd**

**Thurs 17<sup>th</sup> Nov 2-6pm**

**New Donors Welcome!**

Call us, go online or download our app to book your apt to be a Lifesaver. For group apts, contact donor recruiter Atawhai Te Hau ddi 343 9082 or 027 683 6243

Please eat & drink plenty before you donate and remember to bring your donor card or photo ID.



*"I am so grateful for all those people donating their blood. Without it I wouldn't be here."*

Louise Cooper, with her husband Norman, Palmerston North

**0800 GIVE BLOOD**

**0800 448 325**  
[www.nzblood.co.nz](http://www.nzblood.co.nz)

**NZBLOOD**  
te Atawhai Te Hau o Aotearoa

**CHRISTCHURCH UNITED  
FOOTBALL CLUB**

**XMAS  
FOOTBALL CAMP**

**19, 20 & 21 DECEMBER 2016**

**FORMER  
CHRISTCHURCH  
FOOTBALL ACADEMY**

**SESSIONS FROM \$35 PER CHILD**

**AGE  
4-16**

**REGISTRATION NOW OPEN:  
[www.cfa.org.nz](http://www.cfa.org.nz)**



# **SUPPORT GROUP FOR PARENTS & CAREGIVERS of CHILDREN & YOUNG ADULTS WHO ARE STRUGGLING WITH ANXIETY & DEPRESSION**

**MEETING THURSDAY 24<sup>TH</sup> NOVEMBER 2016 – 7.30PM TO 8.30PM AT**

**North New Brighton Community Hall (Downstairs)**

## **WHO ARE WE**

Angela and Helen are both mums who have families that have experienced a child who has been diagnosed with some form of mental illness at a young age.

Angela's daughter was 14 and Helen's daughter at the age of 19.

We were fortunate at the time to be working together, and through simply lunchtime chit chat we found our common ground, we both had a child dealing with some form of Anxiety and Depression.

Hind sight is a wonderful thing, but as a parent watching mental illness rob your child of their abilities and their prospects, it becomes heart breaking and all too apparent the questions that you ask, need answering.

- Was there early warning signs that were over looked?
- Has this happened because of something I have done/not done as a parent?
- Could I have done something to change it?
- Will it ever go away?

With professional help, anyone suffering from these conditions, can live completely normal lives. You just need to know the signs and get the right professional help and support, as soon as possible.

This is why Angela and I are keen to come together with other families who are going through, or have been through this crisis. We found support wasn't well advertised to parents of children and feel the stigma of 'Mental illness' is still holding some back from coming forward. Children and teenagers have more than enough to cope with in today's busy Society, so you can imagine how complicated and seriously confusing it must be to a young person, when Anxiety or depression creeps in the back door and turns their world upside down. The more we speak out and with one another, the more barriers we can break through. We would love to hear your thoughts and ideas.

## **WHAT ARE WE ALL ABOUT**

Simply supporting one another in a caring environment and sharing experiences & ideas over a tea or coffee. We are both committed to supporting our children in the community. We meet once a month to discuss anything from 'Ways of Improving coping skills and sense of adjustment' to dealing with a teenager who struggles getting out of bed.

We look forward to meeting you and hearing your stories.