

26 February 2019

KIA ORA KOUTOU

PRINCIPAL'S NEWS

Teachers Paid Union Meeting (PUM) - You may remember that teachers and principals took strike action twice last year to send a message to the Government that more needed to be done to fix the teacher shortage and make teaching a more sustainable and attractive profession.

After conversations with government in January, our union, NZEI Te Riu Roa, has agreed to return to formal negotiations with the Ministry. The Government has continued to state that there is no more money to settle the agreements but we are continuing to campaign for a quality public education for every child.

We believe that winning more time to teach, a significant pay jolt to attract and keep people in teaching, and better resourcing for children with additional learning needs is as important as ever.

Any progress in negotiations will be reported to teachers and principals at paid union meetings around the country in the week of March 18-22nd.

Our teachers will be attending their meeting on Tuesday the 19th March in the afternoon.

Public polling has showed continued strong support for what we are trying to achieve for our students and the future of the teaching profession. Parents in particular see the struggles we already face in hiring teachers and finding relievers when teachers are sick.

We greatly appreciate your continued support as we continue our campaign to ensure every child gets the best possible teaching and learning.

To enable our teachers to attend this meeting we are asking our parents yet again to support us by **ensuring if at all possible that children will be picked up at 12:15 from school on that day.**

All teachers will be attending so that means we have very limited ability to provide supervision in the afternoon. A separate Signmee will be going home to allow you to let us know your intentions.

Wacky Wheels Wednesday! - Wednesday 6th March is Wacky Wheels Day.

These events support our "Movin' March" efforts (<http://www.movinmarch.com/>) which is about raising awareness about walking/cycling/scooting to school safely:

"Movin' March" is a month long celebration which encourages schools across the Wellington region to celebrate all the great things about making an active journey to school.

Walking, cycling and scooting to school have many benefits for children. As well as being a great opportunity for regular exercise in the outdoors, they improve independence, physical and mental health, decision making, risk assessment and road safety skills."

The idea is to dress up your wheels to impress and we will have a parade to show them off at the start of the day. Any wheeled transport is encouraged- roller skates, scooters, bikes, buggies etc the wilder the better!

Reminder: Picnic Time! - On the 7th March we would like to invite all our families to a picnic on the school field (weather permitting). Bring your dinner along and something to sit on and we will have games for adults and children afterwards.

We are also planning to have a short presentation in the hall on the new way we will be reporting on your child's progress using goals in an online way. We look forward to seeing you there.

Current School Value Focus: CARING - We are looking at each of our 5 school values for 2 weeks before we move on to the next one. We have already looked at RESPECT. Our next value is CARING. The information below from Richard Weissbourd, a Harvard psychologist may help you support us in our focus at home:

1. Make caring for others a priority

Why? Parents tend to prioritize their children's happiness and achievements over their children's concern for others. But children need to learn to balance their needs with the needs of others, whether it's passing the ball to a teammate or deciding to stand up for a friend who is being bullied.

How? Children need to hear from parents that caring for others is a top priority. A big part of that is holding children to high ethical expectations, such as honouring their commitments, even if it makes them unhappy. For example, before kids quit a sports team, band, or a friendship, we should ask them to consider their obligations to the group or the friend and encourage them to work out problems before quitting.

Try this

- Instead of saying to your kids: "The most important thing is that you're happy," say "The most important thing is that you're kind."
- Make sure that your older children always address others respectfully, even when they're tired, distracted, or angry.
- Emphasize caring when you interact with other key adults in your children's lives. For example, ask teachers whether your children are good community members at school.

2. Provide opportunities for children to practice caring and gratitude

Why? It's never too late to become a good person, but it won't happen on its own. Children need to practice caring for others and expressing gratitude for those who care for them and contribute to others' lives. Studies show that people who are in the habit of expressing gratitude are more likely to be

helpful, generous, compassionate, and forgiving—and they're also more likely to be happy and healthy.

How? Learning to be caring is like learning to play a sport or an instrument. Daily repetition—whether it's helping a friend with homework, pitching in around the house, or having a classroom job—make caring second nature and develop and hone youth's caregiving capacities. Learning gratitude similarly involves regularly practising it.

Try this

- Don't reward your child for every act of helpfulness, such as clearing the dinner table. We should expect our kids to help around the house, with siblings, and with neighbours and only reward uncommon acts of kindness.
- Talk to your child about caring and uncaring acts they see on television and about acts of justice and injustice they might witness or hear about in the news.
- Make gratitude a daily ritual at dinnertime, bedtime, in the car, or on the bus/train. Express thanks for those who contribute to us and others in large and small ways.

3. Expand your child's circle of concern.

Why? Almost all children care about a small circle of their families and friends. Our challenge is to help our children learn to care about someone outside that circle, such as the new kid in class, someone who doesn't speak their language, the school caretaker, or someone who lives in a distant country.

How? Children need to learn to zoom in, by listening closely and attending to those in their immediate circle, and to zoom out, by taking in the big picture and considering the many perspectives of the people they interact with daily, including those who are vulnerable. They also need to consider how their decisions, such as quitting a sports team or a band, can ripple out and harm various members of their communities. Especially in our more global world,

children need to develop concern for people who live in very different cultures and communities than their own.

Try this

- Make sure your children are friendly and grateful with all the people in their daily lives, such as a bus driver or a waitress.
- Encourage children to care for those who are vulnerable. Give children some simple ideas for stepping into the "caring and courage zone," like comforting a classmate who was teased.
- Use a newspaper or TV story to encourage your child to think about hardships faced by children in another country.

4. Be a strong moral role model and mentor.

Why? Children learn ethical values by watching the actions of adults they respect. They also learn values by thinking through ethical dilemmas with adults, e.g. "Should I invite a new neighbor to my birthday party when my best friend doesn't like her?"

How? Being a moral role model and mentor means that we need to practice honesty, fairness, and caring ourselves. But it doesn't mean being perfect all the time. For our children to respect and trust us, we need to acknowledge our mistakes and flaws. We also need to respect children's thinking and listen to their perspectives, demonstrating to them how we want them to engage others.

Try this

- Model caring for others by doing community service at least once a month. Even better, do this service with your child.
- Give your child an ethical dilemma at dinner or ask your child about dilemmas they've faced.

5. Guide children in managing destructive feelings

Why? Often the ability to care for others is overwhelmed by anger, shame, envy, or other negative feelings.

How? We need to teach children that all feelings are okay, but some ways of dealing with them are not helpful. Children need our help learning to cope with these feelings in productive ways.

Try this

Here's a simple way to teach your kids to calm down: ask your child to stop, take a deep breath through the nose and exhale through the mouth, and count to five. Practice when your child is calm. Then, when you see her getting upset, remind her about the steps and do them with her. After a while she'll start to do it on her own so that she can express her feelings in a helpful and appropriate way.

Plateau Facebook - All our blog posts, Flickr photos and recent school news are gathered on our Facebook page making it the "one stop shop" for school events.

www.facebook.com/plateauschool



There are also two associated Facebook pages and our Flickr page which has a TON of photos from different events for you to peruse:

<https://www.facebook.com/PlateauHomeandSchool/>

<https://www.flickr.com/photos/plateauschool/>

We are also on Twitter (@plateauschool)

And youtube as plateauschoolnz

Parent Teacher Interviews - We will be running parent teacher interviews on Tuesday 26th and Thursday 28th March. Tuesday will run from 3.20pm - 7.30pm and Thursday will run from 3.20pm - 5.30pm. To book a time that suits you, go to www.schoolinterviews.co.nz and put in the code "r2h5y". It will then prompt you through the process. If you have any difficulties, or would prefer us to book a time for you, please call the office.

School Trips - We have a couple of school trips coming up. Paua Class will be travelling to Carterton and visiting Paua World on Tuesday 5th March. Parents of Paua Room will have received information about this. The cost for this trip is \$12. If you haven't paid yet, please do so this week. Thanks.

We also have a trip to Capital E. Years 4 - 6 will be going on Tuesday 12th March, and Years 1 - 3 will be going on Wednesday 20th March. More information will be sent out about these trips.

We are looking for volunteers (both students and adults) for our Top Schools' Competition team. This is an annual event that takes place at Harcourt Park, with lots of exciting challenges and activities to compete in against other local schools. If you are keen to be a participant, let Cath Brattle know.

Netball Registrations - It's nearly netball season again! Registrations are due by Friday the 8th March, a signmee was sent out last week! If your child is interested, please fill in the Signmee asap. Thanks.

If you are interested in coaching and umpiring this year please let the office know.

Many thanks - Trace



Current School Value Focus: CARING



- WE ARE KIND.
- WE LOOK AFTER PEOPLE AND THE ENVIRONMENT.
- WE ARE GOOD FRIENDS TO OTHERS.

OTHER NEWS

Found - A necklace has been handed in to the office. If you think it might be yours, please call the school office. Thanks.

Book Club - The latest book club brochures have been sent home. Orders for Issue 1 will close tomorrow, Wednesday 27th February.

Hoodies - Orders close on Thursday 5th March. The cost is \$35 (child), \$40 (adult). Sizes for both are S, M, L, XL. If you would like to place an order, please email Suzanne on office@plateau.school.nz and let her know the size, and what name you would like written on the back. Please make payment to Plateau School BOT, 01-0771-0207296-000 and use your name and hoodie as a reference. Thanks.

Tables for Sale - We have some tables for sale (more will be available later this term from Kiwi and Paua Rooms). The chairs in the photos are not for sale - just the tables. If you are interested, please contact Nigel.



HOUSE-KEEPING

Hats - All students are required to wear a hat at school during Terms 1 & 4 when they are outside (break times and PE). School hats can be purchased from the school office for \$17.00.

Absences - If your child is going to be absent from school, please ensure you notify the school by 8.45am. We have a dedicated answer phone message for leaving an absence. Please remember to state your child's name, room and the reason for the absence. If you do not give a reason, we have to record your child down as an unjustified absence. Medical certificates are required for 5 or more days away from school due to sickness.

After School Care - Please remember to book your child into After School Care on the days that they will be attending (unless they are regulars). We need to know who is supposed to be attending for the safety of our students.

Also, if your child is regularly in on a particular day and they won't be there for some reason, please let us know. We appreciate your support. Thanks.

Before School Care operates between 7.30am and 8.30am and After School Care starts at 3pm and closes at 6pm. All children must be collected by 6pm at the latest.

Toys at School - We understand that children want to bring their special toys to school to show their friends. However, we discourage this as, more often than not, the toys end up broken or missing, which is very upsetting for the children plus they can also cause a distraction in class. Please support us in this by ensuring your children do not bring their toys to school, as we take no responsibility for broken, lost or missing toys. Thanks.

Parking - Just a reminder that parking is not permitted in the school grounds between the hours of 8am - 4pm. Thanks.

The Police are doing random visits to monitor driving and parking habits outside our school. Please ensure you drive slowly down Molloy's Road, watch out for children crossing, and do not stop on the yellow lines (even to drop off your child).

DATES FOR YOUR DIARY

March

- Mon 4th - Fri 8th - Sea Week
- Tuesday 5th - Paua trip to Carterton
- Super Eight Cricket
- Wednesday 6th - Wacky Wheels Wednesday
- Thursday 7th - Super Eight Cricket
- School Picnic & Information Evening (5pm - 7pm)
- Tuesday 12th - Years 4-6 Arts Festival Trip
- Wednesday 13th - Top Schools Competition, Harcourt Park (5.00 - 7.30pm)
- BOT Meeting, 7pm
- Wednesday 20th - Years 1-3 Arts Festival Trip
- Top Schools Competition Postponement Date
- Tuesday 26th - Parent Interviews (3.20pm - 7.30pm)
- Wednesday 27th - Getwise Financial Literacy
- Thursday 28th - Parent Interviews (3.20pm - 5.30pm)

April

- Tuesday 2nd - Hockey
- Thursday 4th - Hockey Postponement Date
- Wed 10th - Thur 11th - St John's 1st Aid with students
- Friday 12th April - Last day of Term 1

TERM DATES FOR 2019

- Term 1 - Mon 4th February - Fri 12th April (98 half-days)
- Term 2 - Mon 29th April - Fri 5th July (98 half-days)
- Term 3 - Mon 22nd July - Fri 27th September (100 half-days)
- Term 4 - Mon 14th October - Thur 19th December (94 half-days)

THERE WILL BE A TEACHER ONLY DAY ON FRIDAY 25TH OCTOBER 2019 (SCHOOL CLOSED)

SCHOOL LUNCHESES



School Lunches – School lunches this week:

Thursday – Subway (\$5.00 mini sub pack, \$6.00 6" sub pack). To order please go to www.subway.co.nz. Select "Online Ordering" then "Subway School Lunch Programme". Close off for orders is 8.45am that morning. If you have any issues with the ordering process, please contact 0800 782 273.

Friday – Slice of Pizza (Meat Lovers or Hawaiian) - (\$1.00 per slice)

STAY SAFE / GET FIT / HELP OUR PLANET... TIPS FOR THE WEEK

ROAD SAFETY

IS EVERYONE'S RESPONSIBILITY



SAFE DRIVING -
SAVES LIVES



Watch videos, play games, and more!



COMMUNITY NEWS

**Kids Go Free
at Staglands**

**Children's Day
Sunday, 3rd March 2019**

PUE
Eamariki
FIRST

Staglands
Wildlife Reserve & Café

A promotional poster for a children's event. It features a young boy in a white cap and blue shirt crouching to feed a piglet with a paper bag. The text "Kids Go Free at Staglands" and "Children's Day Sunday, 3rd March 2019" is on the left. On the right, there is a graphic with the text "PUE Eamariki FIRST" and a logo for "Staglands Wildlife Reserve & Café" in the bottom right corner.



Swimming Lessons at Plateau School Pool

Term 1 lessons

Mondays and Wednesdays

between 3.15pm to 5.45pm

BOOK ONLINE NOW

[https://www.thinksmartsoftware-
au.com/customer_portal/swim/silverstreamswimacademy/?tab=login_tab](https://www.thinksmartsoftware-au.com/customer_portal/swim/silverstreamswimacademy/?tab=login_tab)

Professional Results in a warm and friendly environment

Up to 50m freestyle and backstroke and a strong Watersafety focus each term

For ages 6 months and up

Swimming New Zealand qualified instructors

\$165 for 10 week term or swim 2x week for 5 weeks

Call Yvonne on 021 714958 or yvonne@swimacademy.co.nz

Or www.swimacademy.co.nz

<https://www.facebook.com/SilverstreamSwimAcademy/>

VTNZ Vouchers - Thank you to those of you who supported our school. We received \$20 for December. If you would like a voucher (which entitles you to \$5 discount), please call the office or ask your child to pop in and collect one for you.



**Individual Music Lessons
available at Plateau School**

**For more info please contact Joanne on 027 566 7672
or joanne@jrmusic.co.nz**

**SINGING &
PIANO**

\$20 PER LESSON



**FRIDAYS
DURING
TERM TIME**

**North Island Springboard & Platform Championships
1-3 March 2019**

Wellington Regional Aquatic Centre, Kilbirnie



<https://wellingtondiving.org.nz>



<https://bats.co.nz/whats-on/the-bubble-show/>



The Bubble Show - bats.co.nz

The Bubble Show is back at the NZ Fringe after a sale-out in 2017. An international award-winning show for the children and the whole family to enjoy!

bats.co.nz



Free Kids Eye Exams at Specsavers

Specsavers Lower Hutt offers annual free Eye Examinations to all children aged under 16. We want to reach out to teachers, parents and care givers to encourage you and your school to keep an eye out for students who may be showing difficulties with their vision.

Around one in two (45%) children aged 1-16 in New Zealand have never had an eye test, which means many eye problems go undetected. Poor eyesight can cause learning and behavioural problems, which might be blamed on other things. The sooner vision problems are detected, the better the outcome. Conditions such as squint and amblyopia (lazy eye) can be treated more effectively if they are picked up early.

We've included an easy checklist of things you can watch for that may indicate a problem with a child's eyesight.

Specsavers comprehensive eye tests include health checks, and a glasses prescription if required. Glasses are affordable, starts at \$79 for one complete set of lenses and frames.

Families or children with a Community Services Card can apply for an Enable grant (funded by the Ministry of Health) to completely cover the cost of glasses. Our staff are here to help you apply, just bring a valid Community Services Card with you on the day.

Eye tests are easy, and only take 20 minutes. There are times available after school and on weekends. Call to book, 04 5892717 or make an appointment online.

Specsavers Optometrists Lower Hutt
Shop 230 (opposite The Warehouse)
Queensgate Mall, Lower Hutt
Ph 04 5892717
www.specsavers.co.nz/lowerhutt

10 signs there might be something wrong with a child's eyesight:

1. Straining their eyes or tilting their head to see better
2. Frequent eye rubbing
3. Losing their place while reading or using a finger to guide the eyes
4. Sensitivity to light/ excessive tearing
5. Falling behind in school
6. Complaining of headaches or tired eyes
7. Always sitting too close to TV or holding a book too close
8. Avoiding activities which require near vision, such as reading or homework; or distance vision, such as sport or other activities
9. Closing one eye to read, watch TV or see better
10. Avoiding using a computer or tablet because it 'hurts their eyes'



Ph 04 5892717 or Book Online

