

5 February 2019

KIA ORA KOUTOU

## *PRINCIPAL'S NEWS*

**Welcome back!** - We hope you had a fantastic summer and managed to get in some great family time during the holidays. The children as ever were excited and "ready" to return to school yesterday - as no doubt were you all!

It looks like being a hot, sunny remainder of the summer and while that is great if you have outdoor activities planned, it makes you think about the wider impact of this with climate change on everyone's mind.

There certainly seems to be no good news about the way the world is changing and reports on the polar ice sheets, Himalayan glaciers and our own glaciers in NZ all pointing to the current weather patterns being the result of man-made changes.

I don't want to depress everyone from the get-go but I am very conscious that our students at school today will be the ones having to cope with massive change on our planet if things continue as predicted. Time to think what we can do individually and as a school to prevent catastrophe. This visual paints a picture of how the planet is changing over the last century and is pretty unambiguous!

<https://e360.yale.edu/digest/new-video-visualizes-a-century-of-global-warming-in-just-35-seconds>

Screentime can be a concern both at home and at school especially after a long holiday break, sometimes bad habits can emerge and be difficult to stamp out! We work hard to offer a balanced programme that uses out computers to provide added value for students, but we are conscious of the impact screentime can have. We ask that our parents are also mindful of managing screentime at home. The article below in yesterday's Herald provides some interesting reading:

[https://www.nzherald.co.nz/lifestyle/news/article.cfm?c\\_id=6&objectid=12200471](https://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=12200471)

As a parent myself with 2 teenagers, I am conscious of the time that screens are in front of them and the impact it can have. Sometimes I think it is important for us parents to set the tone by flicking off the internet and getting off screens ourselves, as when I do this my kids usually suddenly reappear from their bedrooms and might actually socialise with me!!

**School Values** - We have spent a large amount of time reviewing and finalising our school values last year and at the end of the holidays this year. The overarching word that came through was

## HEART

We feel that this relates to our school values and philosophies with a caring, nurturing community and school that helps the children be the best they can. Our 5 values that sit under this are:

Respect (self, others and property)

Caring

Resilient

Aiming High

Honesty

We plan to introduce these one at a time and let you know as we do, which value we are working on so that you can back this up at home. We will recognise children who are showing these values by awarding tokens to vote on whole school reward events as well as work towards earning a wristband for that value. This will provide a real incentive for children to work on their recognition and understanding of our school and community values.

Our value that we are starting with is RESPECT. This encompasses respect for yourself as well as others and Property/the Environment.

We would appreciate it if you could have conversations with your child about what respect looks like and means, here are a few ideas to get you started!

### **HOW TO TREAT OTHERS WITH RESPECT**

Treating people with respect makes your world a nicer place to live in, whether it's at home, at school, or out in your community. And it's easy - all you have to

do is treat people the way you like to have them treat you. Here are a few ideas.

- Don't insult people or make fun of them.
- Listen to others when they speak.
- Value other people's opinions.
- Be considerate of people's likes and dislikes.
- Don't mock or tease people.
- Don't talk about people behind their backs.
- Be sensitive to other people's feelings.
- Don't pressure someone to do something he or she doesn't want to do.

We live in a diverse nation made up of many different cultures, languages, races, and backgrounds. That kind of variety can make all our lives a lot more fun and interesting, but only if we get along with each other. And to do that we have to respect each other. In addition to the list above, here are some ways we can respect people who are different from us.

- Try to learn something from the other person.
- Never stereotype people.
- Show interest and appreciation for other people's cultures and backgrounds.
- Don't go along with prejudices and racist attitudes.

**Attendance** - By and large, we have very few issues with our children attending school. Our policy is on our school website available here:

[http://www.plateau.school.nz/policy\\_7-02](http://www.plateau.school.nz/policy_7-02)

The Ministry for Education official attendance rates which we follow are as follows:

Absence Rates across the year:			
Acceptable	95%	=	10 days (2 weeks of school missed across the school year)
A concern	90%	=	20 days (4 weeks of missed school, one month)
Critical concern	85%	=	30 days (6 weeks of missed school, over half a term)
Very serious	80%	=	40 days (8 weeks of missed school, nearly one term)

An interesting but scary fact is that if your child misses a day a fortnight for whatever reason, by the end of Year 10 they will have missed a whole year of schooling. A rather sobering thought.

One issue that does have an impact on learning also is lateness. Have you ever walked into work late or been late for a meeting? If so you will know the anxiety that this can cause and this is no different for children. It is not a nice way to start your day and can lead to negative behaviours later in the day we find.

**Pool Cover** - We have been gifted a pool cover for us to replace our existing one which is falling apart. The cover is designed for a much bigger pool so needs to be cut and finished to fit our pool. Does anyone in our community have contacts that might help us achieve this? We will need an industrial type machine that could be used on site. It should be a fairly straightforward job once we have someone with the right machine. Please could you reach out to anyone in the wider community who may be able to help us as we would be looking at over \$2000 for a company to do this work. If you know of anyone please let us know if they are keen to help out, it should involve a few hours work if we have people with the right skills.

**Events in Term 1** - Good luck to the members of our Kapa Haka group who are performing tomorrow at Orongomai Marae for the Waitangi Day celebrations. We meet at 8 am at Upper Hutt School Hall and will finish at the Marae at around 10:30. Kids in uniforms please with a change of clothes for after the performance.

We have the Life Education truck arriving this Thursday and the children will take part in the Life Ed programme next week. The lessons in the truck have an enormous impact on the students and the high tech resources in terms of video and lighting help create a message that resonates well with the students. Find out more here: <https://www.lifeeducation.org.nz/>

Our Year 5 and 6 Camp is in Rotorua this year from the 17-22 February (Week 3), and we are just in the throes of finalising numbers and all the finer details. This will be an amazing opportunity for our students to experience all that Rotorua has to offer. Thanks to all the team who have organised the camp and also to the trusts that have provided grants to help us reduce the costs of the camp considerably.

On the 27th March we are taking part in the GetWise Financial Literacy Programme across the school.

<https://www.asb.co.nz/banking-with-asb/financial-literacy-get-wise.html>

We will be having a Picnic later in the term (date to be advised) to meet the teacher and provide a social gathering but also to talk to parents about the changes we are making to reporting this year as these are quite substantial and we need to ensure our community are all on board.

In week 8 we will be having our Parent Teacher meetings. This will be a chance for you to talk with your child's teacher about your child as well as to find out more about the reporting we will be doing.

**Flippaball and Floorball** - We will be taking names shortly for students interested in playing Flippaball and Floorball in Terms 1 and 2.

**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](http://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

Treat people the way you want to be treated. Talk to people the way you

want to be talked to. Respect is earned, not given.

*Hussein Nishah*

**School Lunches** - Subway lunches will start up this Thursday and run as normal (please see below for details). We will start our Friday lunches next week if we have enough parent volunteers to run them. If you are happy to give up an hour or so of your time a couple of times a term to heat and serve our sausage in bread / fish fingers in bread lunches on a Friday, please let Sandra know. Thanks.

**Headphones** - A reminder that headphones are available for pickup from the School Office while stocks last. We still have a few of each colour combination so get in quick to make your choice. They are \$15 each and will be needed for all students in the Senior Syndicate this year who do not already have a pair. These retail at up to \$29 elsewhere and are very well made to withstand the rigours of the classroom.



## ***HOUSE-KEEPING***

**Signmee** - We have done a roll-over of our Signmee contacts for this year. Both parents will be attached to the child and will therefore receive the Signmee notices. You will not both be able to sign permission for notices that come out, so the first parent to respond will be what shows up in our system. If you are not receiving notifications, or you do not wish to receive notifications, please let the office know. Thanks.

**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***

### ***February***

Wednesday 6th - Waitangi Day (School Closed)  
Mon 11th - Thur 14th - Life Education Bus at school  
Wednesday 13th - BOT Meeting, 7pm  
Sun 17th - Fri 22nd - Year 5/6 Camp in Rotorua

### ***March***

Mon 4<sup>th</sup> - Fri 8th - Sea Week  
Tuesday 12th - Years 4-6 Arts Festival Trip  
Wednesday 20th - Years 1-3 Arts Festival Trip  
Tuesday 26th - Parent Interviews (3.20pm - 7.30pm)  
Thursday 28th - Parent Interviews (3.20pm - 5.30pm)

## **April**

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

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

## **HOME & SCHOOL NEWS**

**Tea Towels** - We still have a few tea towels left, so if you missed out at the end of last year, now is your opportunity to purchase one with your child's portrait on it. The cost is \$10.00 and you can make payment either by cash to the school office, or directly into the Home and School bank account - Plateau Home & School Assn Inc, 03-0774-0021243-000. Please use your name and tea towel as a reference. **Please note this is a different account number to the school account.**

## **SCHOOL LUNCHES**



**School Lunches** – School lunches this week:

**Thursday – Thursday** – Subway (\$5.00 mini sub pack,

\$6.00 6" sub pack). To order please go to [www.subway.co.nz](http://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** – No lunches this week.

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



**ROAD SAFETY SPOT: SAFETY OF PLATEAU SCHOOL STUDENTS & THEIR FAMILIES: Safety Belts - Did you know there are new safety belt advances: Pretensioner:** this device



removes any slack from a safety belt before it is 'loaded' with the force of your weight during a crash. The vehicle's restraint control module (an in-car computer that controls other protection systems) usually triggers it. Once triggered, pretensioners need replacing.



**PUSH PLAY!** - Go for a walk through Barton's Bush.

## *COMMUNITY NEWS*

**VTNZ Vouchers** - We still have some VTNZ vouchers which entitle you to a \$5 discount, and for every voucher redeemed, we also receive \$5.00. If you would like one (or more), please contact the school office. These are only valid at the Upper Hutt branch of VTNZ.



## 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](mailto:yvonne@swimacademy.co.nz)

Or [www.swimacademy.co.nz](http://www.swimacademy.co.nz)

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

# Anita's Dance Academy

Happy New Year!

## **Preschool dance specialists in the heart of Upper Hutt.**

We love sharing the joy of dance with our littlest dancers and see them blossom as they learn the ballet basics and have fun.

We have a special offer for you. We would love to come to your centre to do a free 30-minute dance lesson with the children. We promise a fun session that the children and teachers alike will enjoy.

To book for this free lesson, please give Anita a call on 021 168 6115 or email [anitazdanceacademy@gmail.com](mailto:anitazdanceacademy@gmail.com). We'll find a day and time that best suits you.

We look forward to hearing from you.

Yours in dancing,

Anita Perin-Zgomba  
Principal  
Anita's Dance Academy

[anitazdanceacademy.co.nz](http://anitazdanceacademy.co.nz)



*Anita's*  
Dance Academy

**WE OFFER  
CLASSES IN:**

- Ballet
- Jazz
- Tap
- Contemporary
- Hip Hop
- Acrobatic Dance  
and more.

All ages and  
levels welcome.

**PRESCHOOL  
DANCE  
SPECIALISTS**

**COME DANCE WITH US!**



021 168 6115



anitazdanceacademy@gmail.com



anitasdanceacademy



anitasdanceacademy.co.nz

## Heart Foundation Information Session

I work in the Wellington Branch of the Heart Foundation and we are running a FREE Heart Foundation information session for people to discuss heart medications in the Hutt area as well as Wainuiomata and Kapiti.

Is there any way you can help me promote this by adding this information in your next school newsletter? I have attached a copy of the poster that has a hyperlink to the registration page and all the information as follows:

### **Medications for the heart**

The Heart Foundation are holding FREE sessions across the region to discuss heart medications.

Run by registered pharmacists, we will talk about all of the various groups of medications, what they do, common side effects, etc.

Whānau are encouraged to come along and learn more about your heart condition.

UPPER HUTT:	Wednesday 6 March, 5.30pm-7.00pm Hapai Club, 879-881 Fergusson Drive Speaker: Mara Coler, Clinical Pharmacist, HVDHB
PARAPARAUMU:	Tuesday 12 March, 5.30 – 7.00pm Te Newhanga Kāpiti Community Centre, 15a Ngahina St Speaker: James Westbury, Community Pharmacist
TAITA:	Tuesday 26 March, 5.30 – 7.00pm Walter Nash Centre, 20-22 Taine St Speaker: Mara Coler, Clinical Pharmacist, HVDHB
WAINUIOMATA:	Tues 2 April, 5.30 – 7.00pm Wainuiomata Community Hub, 1a Queen St Speaker: Mara Coler, Clinical Pharmacist, HVDHB

Please register at [medheart.eventbrite.co.nz](http://medheart.eventbrite.co.nz) or by contacting Annette on 04 472 2780 or [annettes@heartfoundation.org.nz](mailto:annettes@heartfoundation.org.nz)

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Arts a Go Go! Performing Arts

School for Kids Upper Hutt still has limited spaces available in some of our popular drama, dance, singing, pre-school music, Irish Dancing and musical theatre classes. For more details, please see [www.artsagogo.co.nz](http://www.artsagogo.co.nz), contact [rachel@artsagogo.co.nz](mailto:rachel@artsagogo.co.nz) or ph 0211441641. We have classes for babies right through to older teenagers. Beginners to advanced! Classes are held at The Spot, 651 Fergusson Dr. Try a class before committing to the term! (*Waitlists apply to some classes.*)

# 2019 Choir Scholarships Now Available

The Major Minors Children's Choir is Hutt Valley's Award winning Children's Choir.  
We rehearse in Upper Hutt & perform across the region.

Scholarships include:

Term fees for 2019  
Choir Uniform T-shirt for performances  
Folder/Lyrics



Apply here or via our website

<https://goo.gl/forms/X1DsMqzqKqyPbgUT2>

[majorminors.instantencore.com](http://majorminors.instantencore.com)

## Kids Love Singing! Join our Choir!

The Major Minors Children's Choir is an un-auditioned award winning choir.

There are over 40 kids from the Hutt Valley Region who sing with us.

We also have an auditioned vocal group  
The Harmonic Minors.

We sing a large variety of music, performing throughout the year at community events, with other groups and have our own concerts

Most of all we have fun!



Contact  
**Joanne Roelofs**  
027 566-7672

email  
[hvkidschoir@gmail.com](mailto:hvkidschoir@gmail.com)

[majorminors.instantencore.com](http://majorminors.instantencore.com)  
[www.facebook.com/ChoirMM](http://www.facebook.com/ChoirMM)





**31 Maclean Street, Upper Hutt. Right next to Wallaceville Train Station, with plenty of parking**



We have Junior Squash every Friday night during school terms from 5pm to 7pm – any Junior (under 18) is welcome to come along for free and we have rackets available, just need to wear comfortable clothes and non-making shoes.

Squash is about having fun, playing with friends and being active and most Friday there is coaching available.

If you want to play friends at other times and take part in competitions, it's only \$101 for the year. Junior competitions are scheduled regularly across the Wellington and Wairarapa region.

For more details:

[www.squashupperhutt.co.nz](http://www.squashupperhutt.co.nz)

[uhjuniorsquash@gmail.com](mailto:uhjuniorsquash@gmail.com)

Text 028 421 5685

**TRY IT. PLAY IT. LOVE IT.**

# BIKE THE TRAIL 2019

## Sunday 3 March



**FREE  
ENTRY**

**Start** at Harcourt Park, Upper Hutt (25km) or Stokes Valley (12km)  
**Finish** at Hikoikoi Reserve, Petone

**Riders start 9.30am** at Harcourt Park, **10am** at Stokes Valley

- Free shuttle for you and your bike back to the start
- Entertainment & prizes

Go to [bikethetrail.co.nz](http://bikethetrail.co.nz) to find out more & to register

 **BikeTheTrail**

Sponsored by:



# BIKE THE TRAIL 2019



Sunday 3 March



Scan the QR code with your phone or visit [bikehthetrial.co.nz](http://bikehthetrial.co.nz) to register.

Drop your coloured in entry, with your details on the other side filled in, at any HUTT Valley Library, Mtna 10 MEGA Upper Hutt or Mtna 10 MEGA Petone during February and be in to WIN! Or mail them to:

Bike the Trail, Pelorus Trust Sports House, Hutt Park, Sedgwick, Lower Hutt 5010.



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Phone number: \_\_\_\_\_