

9 April 2019

KIA ORA KOUTOU

## *PRINCIPAL'S NEWS*

**Plateau School Values** - We have had a very successful term with the introduction of our new school values. We have spent a lot of time reinforcing these and it is great to hear that children have been talking at home about them too.

It is much more powerful if children have a consistent set of expectations both in school and at home, and our values are one area that we can choose to have that consistency.

Many thanks for your input when we consulted on our values and you will see the community view has played a big part in the final selection of the values.

The system we have provides an incentive for children to display the values and works as follows:

Children showing the school values are recognised with a ticket for that value which is added to their tally. When they have 5 tickets for a particular area they receive an orange token to vote for a whole school reward. These rewards were selected by the students. Our current rewards are:

**Pet Day**

**Water play**

**Time on Devices**

At the moment the Pet Day and Water Play are proving most popular. These will be a chance for the whole school to celebrate our achievement.

In addition to this we will have silicone wristbands to recognise achievement in showing each value as well. The wristbands will show the School value in english and Te Reo and be the colour that corresponds to each value.

The diagram below shows our 5 values as well as the Maori translations we have been working on, and the meaning of the value.

If you would like a larger copy it is available at <http://bit.ly/valuesdrawing>

**Show your Plateau HEART – Kia  
Manawanui Te Marua**

Values	HEART values	Maori concepts	What the value means
Honesty	We are <b>Honest</b>	Pono	<ul style="list-style-type: none"> <li>✓ We tell the truth</li> <li>✓ We do what we say we will</li> <li>✓ We are fair</li> </ul>
Caring	We <b>carE</b>	Aroha Manaaki Awhi/awhina	<ul style="list-style-type: none"> <li>✓ We are kind</li> <li>✓ We look after people and our environment</li> <li>✓ We are good friends to others</li> </ul>
Aiming high	We <b>Aim</b> high	Whaia (te iti kahurangi)	<ul style="list-style-type: none"> <li>✓ We work hard</li> <li>✓ We give new things a go</li> <li>✓ We always try our best</li> </ul>
Respect	We show <b>R</b> espect	Whakaute	<ul style="list-style-type: none"> <li>✓ We listen to others</li> <li>✓ We treat other people as we would like to be treated</li> <li>✓ We respect the environment and property</li> </ul>
Resilience	We are <b>resilienT</b>	Manawanui	<ul style="list-style-type: none"> <li>✓ We are brave</li> <li>✓ We keep trying even when things are hard</li> <li>✓ We can be strong/ happy/ successful/ healthy again after something bad happens</li> </ul>

**Swimming Sports** - Today is the culmination of our swimming programme - The Junior and Senior swimming sports.

All parents and caregivers are welcome to join us to celebrate the students learning and water confidence.

The Junior events will be in the morning at 11am.

The Senior events will start at 1pm.

Seating will be set out at the far end of the pool as usual for our guests.

**Current School Value Focus: Resilience** - Our goal for this week is to examine the value of Resilience.

Have a look at the phrases below and see if you can catch your child saying any of them. If not, maybe model them yourself and discuss the goals behind them.

Remember we are looking to build resilient kids to cope with everything that gets thrown at them. It would be great if you could help give them tools and strategies at home as well.

## 10 best phrases to teach resilience to your kids

by Michael Grose

- |  |  |  |   |  |
|--|--|--|---|--|
| <b>1</b> <br><i>Goal</i><br>Humour<br><i>Phrase</i><br>"Come on, laugh it off"  | <b>2</b> <br><i>Goal</i><br>Contain thinking, perfectionism and anxiety<br><i>Phrase</i><br>"Don't let this spoil everything" | <b>3</b> <br><i>Goal</i><br>Distraction<br><i>Phrase</i><br>"Let's take a break"              | <b>4</b> <br><i>Goal</i><br>Handling worry and asking for help<br><i>Phrase</i><br>"Who have you spoken to about this?" | <b>5</b> <br><i>Goal</i><br>Offering hope<br><i>Phrase</i><br>"I know it looks bad now but you will get through this" |
| <b>6</b> <br><i>Goal</i><br>Positive reframing<br><i>Phrase</i><br>"What can you learn from this so it doesn't happen next time?" | <b>7</b> <br><i>Goal</i><br>Acceptance<br><i>Phrase</i><br>"Don't worry – relax and see what happens!"                        | <b>8</b> <br><i>Goal</i><br>Perspective<br><i>Phrase</i><br>"This isn't the end of the world" | <b>9</b> <br><i>Goal</i><br>Flexible thinking<br><i>Phrase</i><br>"You could be right. But have you thought about ..."  | <b>10</b> <br><i>Goal</i><br>Taking action<br><i>Phrase</i><br>"What can we do about this?"                           |

<http://www.kidspot.com.au/10-phrases-you-hear-in-resilient-families-are-you-using-them/>

**kidspot**



**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)

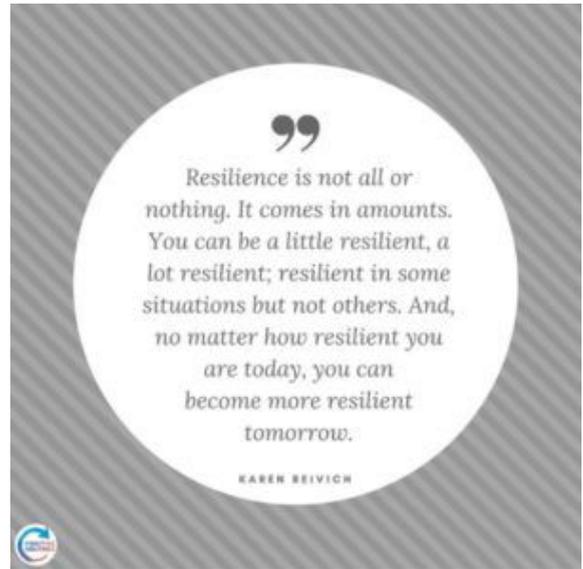
There are also two associated Facebook pages and our Flickr page which has a TON of photos from different events for you to peruse:

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

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

We are also on Twitter (@plateauschool)  
And youtube as plateauschoolnz

**Pool Key Holders** - Please return your key to the school office before the end of next week. Also please let Sandra know how you would like your bond refund to be paid (ie into your bank account - please supply details, put towards another expense, ie ASC, sports fees, etc, or left in credit to go towards an expense later in the year, ie camp, etc). Thanks.



**Twilight Market** - The Home & School will be holding a Twilight Market on Friday 10th May from 6.30pm - 9pm in our school hall. Keep that night free and come along for a fun social night and see what everyone has on offer!

**Board of Trustee Elections** - Our triennial Board of Trustee elections will be held this year in May/June. This is an opportunity for parents to put their name forward to become board members. More information will come out closer to the time, but in the meantime, please consider putting your name forward. If you would like more information, please feel free to contact any of our current board members, Nigel Frater or Sandra Moore.



**Current School Value Focus: Resilience**



- WE ARE BRAVE.
- WE CAN BE STRONG AGAIN AFTER SOMETHING BAD HAPPENS.
- WE KEEP TRYING EVEN WHEN THINGS ARE HARD.



## *HOUSE-KEEPING*

**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***

## ***April***

Wed 10th - Thur 11th - St John's 1st Aid with students

Friday 12th April - Last day of Term 1

Monday 29th - First day of Term 2

## ***November***

Sunday 10th - School Gala

## **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)**

## ***SCHOOL LUNCHES***

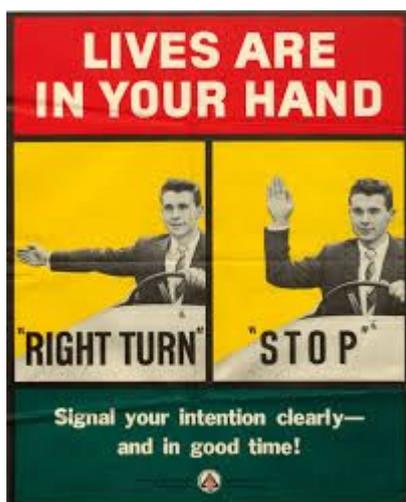


**School Lunches** – School lunches this week:

**Thursday** – Subway (\$5.00 mini sub pack, \$6.00 6" sub pack). To order please go to [www.subway.co.nz](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** – Sausage in Bread / Fish Fingers in Bread - (\$2.00 each)  
Gluten free option available.

**STAY SAFE / GET FIT / HELP OUR PLANET..**



**GET UP  
AND GO  
HARDER THAN  
YOU DID  
YESTERDAY.**



# **PLATEAU SCHOOL'S TWILIGHT MARKET**

**10th MAY 6:30 -9pm**  
(set up from 5:30)

**Where: Plateau School Hall,  
Molloys Rd, Upper Hutt**

**Cost: \$30/table, plus a small donation  
towards a raffle**

**Contact: Rebecca on 0274206887  
email: [hands@plateau.school.nz](mailto:hands@plateau.school.nz)**

**Plateau  
School**



# COMMUNITY NEWS



**RAFFLE - A**



**RAFFLE - B**

**RAFFLES** - One of our ex-students, Chance Carroll, is battling cancer and is currently living in Australia. Because of what she is going through, her partner, children and extended whanau are having difficulty with covering the costs of hospital visits and extended periods off work. A family friend (who is also an ex-Plateau Mum), has knitted these baby garments and made up these raffle prizes in order to help them.

If you would like to support the whanau, tickets can be purchased through the school office for \$5 each. There are 2 raffles and 40 tickets available in each. Once all the tickets have been sold, the first three numbers pulled out from lotto on the following Saturday night will be the winners. The first number that gets pulled out will have first choice, 2nd number, 2nd choice; and 3rd number, 3rd choice.

If you would like to buy one or more tickets, please either send your money to school in a named envelope with raffle written on it, call in to the school office, or email either Sandra ([bursar@plateau.school.nz](mailto:bursar@plateau.school.nz)) or Suzanne ([office@plateau.school.nz](mailto:office@plateau.school.nz)) stating how many tickets you would like, and deposit the money into our school account (Plateau School BOT, 01-0771-0207296-000). Please use your name and raffle as a reference.

**TOTS TO TEENS** - Our school's link to the exciting new **APRIL ISSUE** digital magazine is available here <http://issue1904w.totstoteens.co.nz/>

We have now sent out five issues of Tots To Teens magazine in our new digi format. Thank you all for your positive feedback each issue, it's really

exciting to know Kiwi schools and parents love the format we have chosen. We think it's pretty cool too. Some schools are super-vibed on having the actual magazines, as parents find the online world very busy these days, and are keen to role-model book reading skills to their children. If all or some of your parents would love to receive a copy, please get in touch.

We've also included an image of the front cover of the latest issue and a short blurb about the articles inside, as an option for you to include in your newsletter or email to parents along with the link to the digital issue.

And a bit of history...

In case you don't know us, Tots to Teens magazine is a free community parenting resource for Kiwi families. We focus on positive, well-researched parenting advice to support children's reading, learning, behaviour, nutrition, health, well-being, and resilience. We have distributed 550,000 free magazines nationwide each year to families through schools, preschools, libraries, and Plunket for over 17 years.

To help support more New Zealand families, we are now producing Tots to Teens as a free digital magazine, using new technology that ensures an easy-to-read experience for parents, particularly for those parents who read emails using their phone. We want to make it easier for parents to read our helpful articles, and we're doing this by making it simple to share the Tots to Teens digital magazine in your school newsletters and emails to parents.

If this is your first time receiving the digital link, I'm contacting your school to ask you to take part in our schools programme to receive the latest issue of Tots to Teens as a digital magazine, which you can share with your school community. Parents can access the latest issue of Tots to Teens for free through this link. It's easy to open and there are no big files to download, and it's secure - parents can only access their digital copy of Tots to Teens magazine through this link via their local school.

Have we sent our digital version of Tots to Teens Magazine to the right person in your school? If not, please let us know by emailing [aana@totstoteens.co.nz](mailto:aana@totstoteens.co.nz) .

We'd love to hear your feedback, so please keep in touch and let us know what you think.

## What's in the latest issue of Tots to Teens Magazine

In this issue, we give parents the quick facts about the current measles outbreak. We also share a no-nonsense guide to screen time for kids: How much is okay? Diana Noonan pleads with parents to please keep reading to your kids, even as they get older, as the benefits are beyond convincing. And while we're on that note, singing with your children connects the mind with the heart and the heart with the soul - so sing (we dare you)! If you love chocolate, then we have some super-healthy cacao recipes for lunchboxes and after-school snacks, and all the deets on why this wonder food is so good for us. We also cover off elimination diets, facing the braces journey, and take you on a truly New Zealand family adventure: Walking the Tongariro Alpine Crossing. We have plenty of prizes to win, holiday ideas to help entertain the children, and a kids' fun page to enjoy.

We now also have a fantastic new smartphone- and computer-friendly digital version of Tots to Teens for parents to view!



**TOTS TO TEENS**

CHILDHOOD IN AOTEAROA

**SCREEN TIME:  
HOW MUCH  
IS OKAY?**

THE NO-NONSENSE GUIDE!

WHY POCKET  
MONEY IS  
A BAD IDEA

MEASLES:  
OUTBREAK  
QUICK FACTS

ELIMINATION  
DIETS: WHAT  
YOU NEED  
TO KNOW

CHILD-FRIENDLY  
CACAO RECIPES

READING  
ALoud IS  
GOOD FOR  
OLDER  
KIDS,  
TOO

Family tramp at  
**TONGARIRO**

**FREE**

NZ'S MOST  
INFORMATIVE  
PARENTING  
MAGAZINE

**OH NO, I'VE GOT STRETCH MARKS!  
ADVICE FOR PREGNANT MUMS**

APRIL/MAY 2019 • TOTS2OTEENS.CO.NZ

**HOLIDAY NETBALL** - We have several sessions on offer in the first week of the school holidays that your netballers may be keen to register for.

Held inside the Walter Nash Centre and led by our Netball Development Officer Lynette Imrie along with other experienced coaches, these sessions are a great way to get a pre-season skills boost.

Year 1-2 session (only Tuesday) is \$10 per player

Year 3-5 sessions are from 9.00am to noon and is \$60 for both days, or \$40 for one

Year 6-8 sessions are from 9.00am to 2.00pm and is \$100 for both days, or \$60 for one

Online registration:

Year 3-8

<https://membership.sportstg.com/v6/regofrm.cgi?formID=83407&aID=16377>

Year 1-2

<https://membership.sportstg.com/v6/regofrm.cgi?formID=83408&aID=16377>



**HOLIDAY NETBALL**  
Years 1-8

Mon 15 & Tues 16 April 2019  
Walter Nash Centre

Join us at our popular school holiday netball sessions.

Sessions on Mon & Tues for players in Years 3-5 & 6-8

Tues session for Year 1-2

Suitable for new and returning players

More information and registration online.

 **Netball Hutt Valley**  
www.netballhuttvalley.co.nz  
567 5971  
admin@netballhuttvalley.co.nz  
www.facebook.com/NetballHuttValley