



Manaakitanga **S**how Respect
Rangatiratanga **T**ake Responsibility
Whāia Te Iti Kahurangi **A**im High
Kia Kaha Tonu **N**ever Give Up
Tikanga **D**o the Right Thing
E Tū Kahikatea

Issue 3 – 27 February 2019

PRINCIPAL

Nga mihi ki a koe, greetings,

Getting Back to Normal?

With every passing day the fire threat fades a bit more and we feel like things are returning to normal. I hope this is true for you and your family, but I know (as you do) that returning to normal can take longer for some than others. Feeling tired, stressed, having a shorter fuse, being anxious, finding that small things become big issues - all of these can, and do, happen when we've been through a crisis. We can be surprised by our responses; we may be cruising along, doing fine, wondering what all the fuss was about and then suddenly we come a cropper and find we're not coping as well as we thought.

Here are a few things to consider that may be helpful in getting you and your child back to normal:

1. Accept that it takes time to get over. The fire may be out but the effects of the fire are not. This is hard to get to grips with, especially when it's no longer front page news and we just want to get over it and move on. The trick here is not to dwell on it unnecessarily - don't be checking in all the time with your child or make it a bigger deal than you need to - but at the same time accept that it has been a major event in our lives and it will have an ongoing effect on us.
2. Keep an eye on yourself. It's the airline safety video: "attend to your own oxygen mask first..." It's natural as a parent and carer to put others first; our kids, partners, family. Remember, you will be the best that you can be for them when you are doing well yourself: that means getting the basics right, like sleep, exercise, diet, talking to friends.
3. Keep an eye on your kids. Don't hover over them but just keep in touch with how they are feeling and behaving. You know when your child is under pressure, and if you see this is happening have some good strategies for taking that pressure down: unstructured 'hangout' time, a few earlier nights, an occasional home day from school if needed. Three golden rules for getting kids on an even keel are routines, routines, routines. At present our kids mostly need normality, not bells and whistles.
4. Ask for help. This is really hard for most of us, especially for men (I speak from experience), but remember help can come in heaps of ways; it can be professional help, but equally it can be catching up with a mate over a drink, phoning a trusted friend or family member, chatting with neighbours or friends at school drop-offs and pickups. The comforting thing in a way is that we are all in this together - everybody in Wakefield has experienced this event so it's right out there in the open. Nobody will be surprised to hear that you're under pressure.

A couple of practical things for support:

For financial support and information call the **Government Helpline on 0800 779 997**, in many cases assistance can be provided over the phone without having to go into an office.

You can apply online for lost incomes or wages. Go to

<https://www.workandincome.govt.nz/eligibility/emergencies/nelson-fires.html>

You can attend a free support seminar at **Hope Community Church on Wednesday 6 March, at 7.30pm** - see the flier in this newsletter.

Take care and stay well,

Peter Verstappen

THANK YOU FROM WAKEFIELD SCHOOL

So many people and organisations have helped us through the fire and evacuation. We want to acknowledge their support and our gratitude here:

1. Pastor Donald Irvine, Melvyn Nicholls and the people of **Hope Community Church**, who opened their church and their hearts to us, who gave us everything we needed, and did it all for free. Amazing.
2. Principal Dave Sampson and the staff and students of **Ranzau School** who let us use their place as if it was our own. You are terrific neighbours to have in our education community.
3. Calvin Haycock from **Suburban Bus Limited** who worked tirelessly to provide transport options for us through our week at Hope and on our return to Wakefield.
4. **Valerie Crouch** from Wakefield who served unlimited teas, coffees and baking to parents, visitors and staff during our week at Hope.
5. **Civil Defence, Fire and Emergency Services, Police, Red Cross** and other agencies who smoothed the way for our relocation and return, and who continue to support us as we pick up the pieces.
6. The students of **Rāwhiti and Papanoa Street Schools in Christchurch** who together raised over \$1,100 for us by holding a mufti day and disco. You are awesome!
7. The students of **Rapaura school in Marlborough** who wrote cards and donated ice blocks.
8. **Freemasons New Zealand** who gave us teddy bears for all our new entrant and year 1 children.
9. **Pita Pit Richmond and Kindo** who gave us ice blocks for all the children and lunch for the staff.
10. **Pak n Save Richmond** who gave ice blocks for all the children.
11. Penny – **Mrs Whippy** – who doled out free ice creams to every student and staff member with a smile and good cheer for all. This may have been the highpoint of their school lives for many of our children (and teachers!).
12. **Sealords** for donating cartons of frozen fish for our community.
13. To the many other businesses, schools, agencies and individuals who donated gifts, raised money, provided morning teas and sent cards, emails and texts of support – it meant so much to us.



LEARNING CONFERENCES

Learning Conferences Coming up

Learning conferences for every child will be held on **Monday 11 March and Tuesday 12 March**. Rooms 1,2,3 and 4 will be holding their conferences on **Thursday 14th March**. This learning conference is vital to making a positive start to the year for your child and **we expect all parents and children to attend**. The learning conference will establish goals and expectations for the year and share important information about your child's learning programme. To book your learning conference, please follow the instructions below.

To make a booking online please follow the instructions below:

The website will be open for bookings until 12:00pm on Monday 11th March 2019.

1.	Go to the website www.schoolinterviews.co.nz
2.	The unique Wakefield School code is: ajpnk
3.	You will need to enter; ⇒ Parent/Caregiver Name ⇒ Email address (if you have one) ⇒ How many children you are booking for ⇒ Student(s) Name ⇒ Yr Level ⇒ Teaching Team ⇒ Select which day/date you would like and the time.
<i>Note: If you do not receive the confirmation email in your 'inbox' please also check your 'junk folder' as the filters on your computer may not recognise the email.</i>	

To make a booking if you do not have access to the internet:

If you do not have access to the internet at home you are welcome to phone the school office on 541 8332 between 8.30am – 3.00pm to arrange a booking.

WAKEFIELD SCHOOL CELEBRATE SCIENCE MORNING

We will be running the 2019 Wakefield School Celebrate Science morning on Tuesday 5th March from 9.00 to 12.30. The children will be in mixed aged groups and will have the opportunity to experience 6 different science activities. Please email isobel.ford@wakefield.school.nz if you are able to support by accompanying a group to the science activities in their rotation and joining in with them. We are looking forward to another fun and exciting morning of science learning.

Unfortunately this event is not suitable for pre-schoolers.

SPORTS

Summer League

All the summer codes are now underway. We have teams in the following competitions. Cricket (Kiwi, Incrediball & Hardball), Mini Football, Rippa Rugby and Volleyball. There are still some places in some teams so contact Kathy Ameen in the library if your child would like to take part in summer sport.

All sports codes will be invoiced shortly. You can pay online or at the office. If you pay online be sure to state your child's name and sport in the reference section.

All students playing sport for Wakefield School should wear a Wakefield School top. These can be purchased at the office and cost \$27.00.

Weet-Bix Tryathlon

This event is on Sunday 3rd March at Tahunanui. The PTA will set up a gazebo and the Wakefield School flags. This is the meeting point for our students and their families. Make sure you bring lots of food/snacks to eat as it is a long morning and warm clothing to wear after the event.

This year we have been given a discount by the Tryathlon organisers and have a large number of participants. There is a school group photo after the event and it would be great if as many of our athletes as possible can stay for the photo. Our school staff will be represented by Leanne Hough and Tiffany Woodley.

Wakefield School Swimming Sports

A reminder that the school swimming sports are next Wednesday 6th March at 9:15 – 12:30pm. These are open to years 4 to 6.

Cluster Swimming Sports

Please note these have been moved forward to Tuesday 12th March at 9:15 – 12:30pm. Our five fastest in each event will go forward to the cluster sports.

Good luck everyone and have fun!



LIBRARY

Congratulations to all our students who took part in the Summer Holiday Reading Programme. I was very impressed with the huge effort both you and your families made over the break, keeping up with daily reading and visiting the library once a week to exchange your books and discuss what you had been reading with our staff.

All students have received a voucher from Paper Plus who sponsors this programme each year. We do run lots of reading challenges through the holiday breaks so look out for them.

Overdue Books

We have a considerable number of books which are overdue from the start of the year and even some still overdue from last year. Please check at home for any overdue items. If you think they have already been returned, please let the library know and we will check the shelves and classrooms for them.

Scholastic Lucky Book Club

I had extended the date for return as many of the brochures weren't given out until week 4. All forms need to be back by Friday (1st March) morning and I will process them during the day.



KINDO ONLINE PAYMENTS

School payments online

Our Kindo online School shop is our preferred method of payment for your child's school expenses, and we encourage you to set up your family account today. It's easy, convenient, open 24/7 and available on our school website.

New Users

Creating an account is easy!

Scan the QR code or visit our school website – and select the new users option to register.

All you need is the email address the school has on file for you.

You only need to register once, then its simply a matter of logging in with your email address and password.



Existing users

Already have an Ezlunch of Kindo account?

Simply login at www.mykindo.co.nz with your email and password and click on the 'Fees and Donation' service to link your students to our school records and view your family account.

Payment

There are a number of ways you can choose to top-up your account, and this can be done either at the checkout, or by selecting the 'top up account' option.



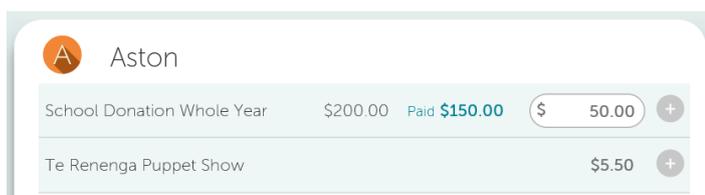
Internet Banking No fees. Allow 1 day for processing.

POLi No fees. Instant transfer. ****RECOMMENDED****

Credit/Debit Card 50-cent charge + 2.5% fee. Instant transfer.
Visa / MasterCard / American Express / China UnionPay available.

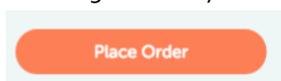
Shopping

From your personalised account, you can choose to pay the full amount by clicking '+' next to the item or make a part payment, by changing the amount before clicking the '+'.



initial next to the item to add it to your cart.

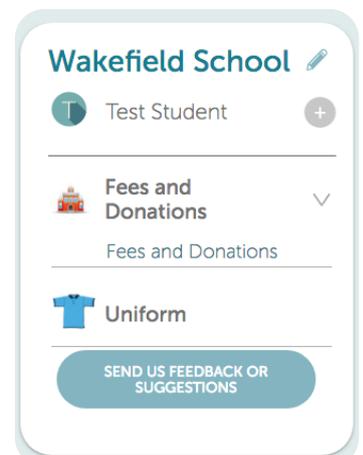
Once you have finished adding items to your cart you can select



Then simply click at

the checkout and you're done!

Your order will automatically go through to the school, and you will receive an email receipt confirming your payment or top-up!



For an optional item,



click on your child's

Need assistance? Call the Kindo helpdesk on free phone 0508 4 KINDO (0508 454 636).

SAVE TIME - PAY ONLINE

TASMAN HOCKEY

Full Field Club Hockey starting 23rd March 2019

Come and join Tasman Hockey for Full Field Hockey Mar - Aug.

Practices start Monday 04th March 5pm, come on down to the turf and meet the coaches and players.

If you would like more details please contact tasmanhockey@gmail.com.

FIRE CRISIS MANAGEMENT

AFTER CRISIS, THE DEBRIEF! MINDFUL MOVEMENT THROUGH TRAUMA AND LOSS

Emotions and responses are still surfacing within our community from the recent fire. Do you have the tools to handle trauma and loss? Are you ready to help those around you?

David Riddell, sought after counselor and speaker, will be leading a free seminar for the families and members of our wider community. All are welcome. Please take this opportunity to help us debrief and build resilience at every level.

Wednesday March 6, 7:30-9pm,
Held at Hope Community Church
No Charge. Light Supper provided.





After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

Steps to care for yourself

- Take care of your body
 - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
 - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take breaks
 - » Make time to unwind. Try to return to activities that you enjoy.
- Stay informed
 - » Watch for news updates from reliable officials.
- Avoid
 - » Avoid excessive exposure to media coverage of the event.
- Ask for help

How to help your children

- Talk with them.
- Share age-appropriate information.
- Reassure them.
- Address rumors.
- Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the event.

Common signs of distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

As part of the response to this event you can see your local GP for a free visit and they will assist you to get the right care and help you need. Simply present this pamphlet or let the GP know you are in the affected disaster area.



2019 Timetable

Looking forward to an exciting year of gymnastics.
Our gym for all classes focuses on strength, exploration, technique and skill challenges. Please register for our classes by clicking on the link on our webpage: www.sporty.co.nz/riwakabrooklynngym

Limed space in each class

Family discount available

All enquires to our club email please.

riwakabrooklynngymclub@gmail.com

Fundamental Gym Class

For children aged 3-5

This class will focus on the development of fundamental movements pattern and will help your child to move and be able to understand space/body aware and the brain (gym) Spring, Rotation, Landing, Locomotion, Swing and Manipulative Skills that will help with the next step up to gymnastics

Understand basic Gymnastics

For children age 6+7 years

This class will focus on the development of the basics and understand of gymnastics skill across all apparatus. Along with developing the conditioning and shaping to help them do these basic skills e.g. forwards, backwards, handstand, cartwheel with confidence and independence while having fun and making friends

Gymnastics skills

Class for 8+11 mix boys and girls.

Gymnasts working on the basic skills, to help them move forwards to help and understand the big skills e.g. Dive rolls, walkovers and one-handed cartwheels will be some of floor moves we will be working towards, along with the vault, beam & bar. There will also be aspects of strength, flexibility conditioning work.

Recreational Competitive

Our Recreational Gymnastics class for those with previous gymnastic experience who would like an opportunity to learn routines and to compete in local and regional competitions. There will also be aspects of skill development incorporated into the program. Coaches discretion required to assess where gymnast is place

Mix's Teen Gymnastics

Class for those with gymnastics experience – and cheerleader. This class focuses on the development of: Tumbling, Ninja and Free Running, and will be mostly floor based looking at skills such as walkovers, round offs, flic flacs, aerals and salto on the air track and using other equipment help them with other skills. there will also be aspects strength and flexibility conditioning, dance lifts and base work.

Tuesday @ Motueka

3.30- 4.30	Fundamental Gym	3+5	\$95
3.30-4.30	Understand Basic Gym	6+7	\$95
4.30-6.00	Junior Rec Comp	5+8	\$120
4.30-6.30	Senior Rec Comp	8+	\$135

Wednesday @ Wakefield

3.15-4.00	Fundamental Gym	3+5	\$75
3.15-4.00	Understand Basic Gym	6+7	\$95
4.00-5.00	Gymnastics skills	8+11	\$95
4.00-5.00	Junior Rec Comp	5+8	\$95
4.45-5.45	Mix's teens	12+	\$95
4.45-5.45	Senior Rec Comp	9+	\$95

Thursday @ Motueka

3:30-4:30	Mini Ninja Warrior Mix	3+6	\$95
3:30-4:30	Boys' Junior Ninja Warrior	7+10	\$100
4.30-5.30	Mix Gymnastics skills	9+10	\$100
5.30-6.30	Mix's Teens Gymnastic	12+16	\$110
5.30-7.00	Senior Rec Comp	9+	\$120



MAXOUT

Free out-of-school club for kids

ABOUT THE PROGRAMME

At MAXout we do things like we do at REMix, but bigger and better because we have an hour and a half. We play epic games, eat some afternoon tea, talk about how to have the life to the MAX that it talks about in the Bible and other crazy stuff. The programme is for Yr 3 – 6 students.

WHERE, WHEN ETC.

Thursday Afternoons 3ish–4:30pm @ Hope Community Church
Starts 14th February 2019

What to bring? Yourself, some energy (a friend if you want to).

TEACHING CONTENT

While the vast majority of the programme will be fun games and activities, there will also be a teaching time every week where the kids will hear about a Christian worldview from a biblical perspective. This will be done in way that is sensitive to other belief systems.

Contact: Steven Polglase
MAXout Coordinator

027 3434 693
steven@hopechurch.org.nz

Contact Details

Please get your parents / caregivers to fill in their details below, to keep everyone up to date on what's happening each week. It also helps keep you safe by making sure we have emergency contact details for your parents or caregivers.

Child's Name:	
First Name:	Last Name:
Relevant Medical or Dietary information:	
Parent / Caregiver 1	
First Name:	Last Name:
Mobile Number:	Home Number:
Email:	Home Address:
Parent / Caregiver 2	
First Name:	Last Name:
Mobile Number:	Email Address:

Oral Health Tips



Lunch boxes don't need to be full of sugary or processed snacks to be yummy and tooth-friendly.

For loads of appealing, healthy, inexpensive lunch box ideas check out,

<http://www.fuelled4life.org.nz/parents/parents-lunch-boxes>

<https://www.healthykids.org.nz/eat/articles/lunch-box-love>

Heart Foundation NZ website; Healthy Lunch box ideas in **Te Reo Māori, Samoan, Tongan, Chinese and English.**

**NELSON MARLBOROUGH
COMMUNITY ORAL HEALTH SERVICE**

Nelson: (03) 539 5324 | Stoke: (03) 539 5321 |

Richmond: (03) 539 5320

Motueka and Tasman Mobile Unit: 0800 833846

Blenheim and Marlborough Mobile (03) 5209922 or 0800 833849

Fantastic
Spot Prizes
include:
2x Bikes from
Avantiplus Richmond



PRIZES
FOR THE BEST
DRESSED!

SPORT TASMAN

MUDDY BUDDY

Adventure Fun Run – March 31st 2019

 **tasman school** Aporo Rd, Tasman

www.tasman.school.nz

Enter online \$15 per person / \$40 family

Enter on the day: \$20 per person / \$50 per family

Race Starts 11.30 am

Sign In between 10.00 - 11.00 am



- * 1km lap
- * 1 lap Kids / Family Fun / Open
- * 2 laps Intermediate Girls / Boys / Open / Work Place Challenge
- * 3 laps College Clash of the Codes / Mud Addicts

Music in the Mud! Food, Coffee, Silent Auction



www.tasman.school.nz

Willow Bank

OPEN DAY - SUNDAY MAR 3

1970S MILK BAR / VICTORIAN STYLE CAFE / VILLAGE / DRESS SHOP
PUPPET THEATRE / LIVING MUSEUM / 1950S BURGER BAR
WORKING BAKELITE PHONES / LIBRARY + MORE

10 AM - 3 PM 1.5 KM STH OF WAKEFIELD

FREE
ENTRY



100 YEAR OLD WORKING
COFFEE MACHINE



This Month

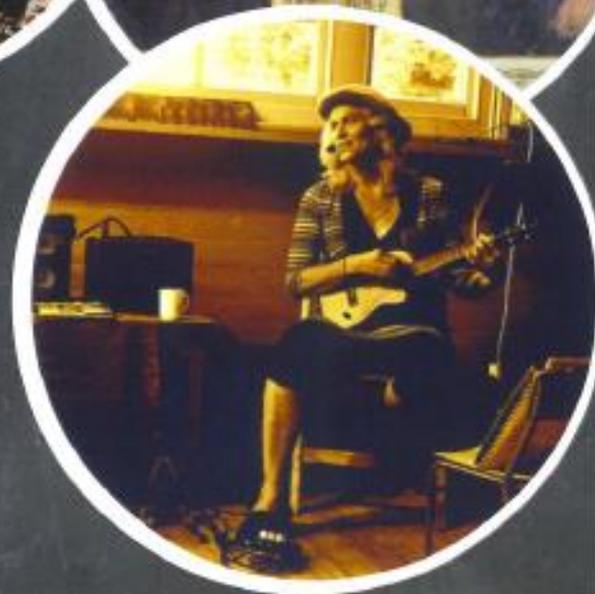
UKE NOMAD

ANU GRACE + LAURIE

FREE UKELELE CONCERT
IN THE CHURCH 1 - 3PM

SINGING WORKSHOP 4-5.30PM \$20

WWW.ANUGRACE.COM



 willowbank2002@gmail.com  [@willowbankwakefield](https://www.instagram.com/willowbankwakefield)  [@willowbankheritagevillage](https://www.facebook.com/willowbankheritagevillage)

1.5 KM STH OF WAKEFIELD

WWW.WILLOWBANKWAKEFIELD.COM



Dear Parent,

NumberWorks'nWords can help bring out the best in your child with expert after-school English and Maths tuition.

From New Entrant to Year 11, no matter whether they're struggling to keep up, or bursting to race ahead, NumberWorks'nWords promises to give your child's education - and confidence - a real boost.

Over the past 34 years, NumberWorks'nWords has proven effective, helping to bring out the best in thousands of children just like yours, by:

- **boosting confidence and improving results**
- **tailoring lessons according to each individual's needs**
- **using qualified tutors who teach to the school curriculum**
- **providing feedback on your child's progress towards their goals**

Right now NumberWorks'nWords is offering free assessments in English and Maths. These assessments provide a great opportunity for you to discover how your child is doing, collaborate on a plan to help them achieve their potential, and to see for yourself how effective - and enjoyable - NumberWorks'nWords specialist English tuition and Maths tuition really is.

Call today to book your free assessment, or to discuss any concerns you may have about your child's progress.

Phone 544 4710

Kind regards,
Becky Mensforth

Level 1, 186 Queen St,
Richmond

numberworksnwords.com/nz

**NumberWorks
'nWords**

TUITION
CONFIDENCE
RESULTS

**New Entrant
to Year 11**

**FREE
ASSESSMENT
ENGLISH
& MATHS**