



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

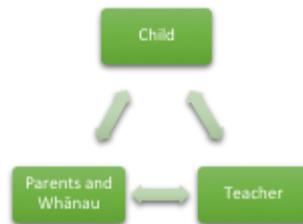
## Issue 01 – 05 February 2020

### PRINCIPAL

Dear Parents/Caregivers/Whānau

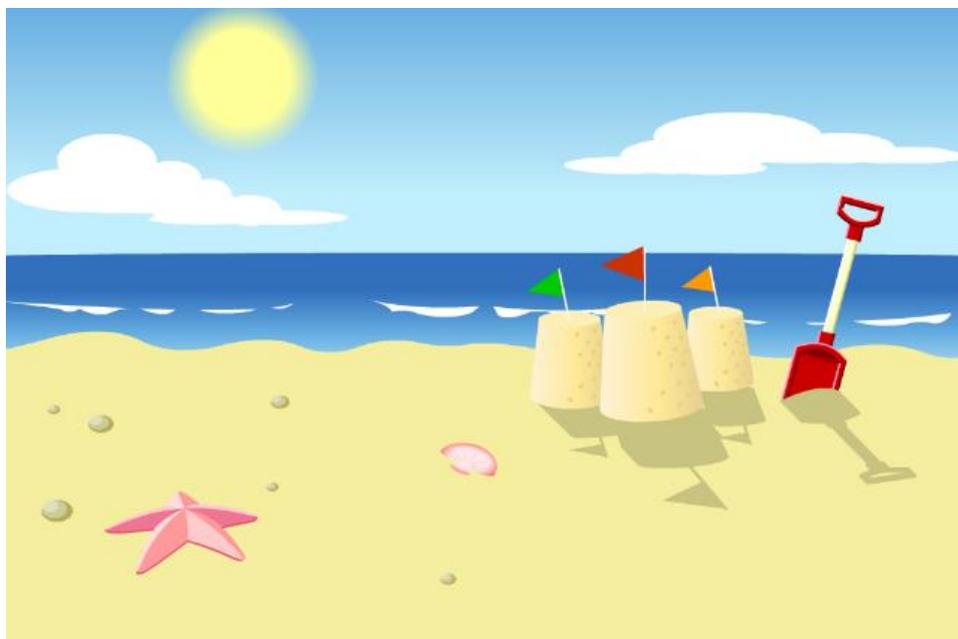
Nga mihi o te tau hou! Happy New Year!

We are delighted to be back at school and thank you for returning your child in good health and good spirits. We look forward to an excellent year; remember the triangle - when all sides are strong your child will have the greatest success:



There's just one trick to keeping the triangle strong - communication. Keep in touch with school, follow the messages and notices we send out and tell us about any and all things we need to know about your child. Talk is good!

Note these dates now: **Monday 17 and Tuesday 18 February** we will hold learning conferences where you can meet face to face with your child's teacher/s. More information next week.



## HEADS UP : OUR NEW TIMETABLE

Yes, we have changed our daily timetable. It's a big change so read this carefully. First news is that school now starts at **9.00am**, not 8.55, and finishes at **3.00pm**, not 2.55.

9.00 - 9.25:	Roll / Notices / Mindfulness / News etc	(25 mins)
9.25 - 9.35:	Read and feed	(10 mins - teacher managed)
9.35 - 10.30:	Learning time	(55 mins)
10.30 - 10.45:	Play time	(15 mins) Teacher on duty
10.45 - 11.00:	Read and feed	<b>1st lunch</b> (15 mins - teacher managed)
11.00 - 11.50	Learning time	(50 mins)
11.50 - 12.00	Play time/snack/drink	(10 mins)
12 - 1.00:	Learning time	(1 hour)
1.00 - 1.30:	Play time (30 mins)	(Teachers on Duty to 1.25, then 1.45)
1.30 - 1.45	Team eat <b>2nd lunch</b>	(15 mins)
1.45 - 3.00	Learning Time	(1.15 mins)
Learning time 4 hours 50 mins		(includes 25 mins of read and feed)
Play and eat time 1 hour 10 mins		(includes 15 mins morning tea break, 25 lunch break)

The amount of learning time remains unchanged from the previous timetable.

### Why Change?

The new timetable takes an approach called 'Play, Eat, Learn', which was developed from overseas experience and research from Canterbury University following the Christchurch earthquakes, which aimed to assist schools to provide calm and settled environments for children to learn effectively.

The idea behind 'Play, Eat, Learn' is to help children settle and be ready for learning at lesson times to improve the quality of the learning and the ability to focus and concentrate. Research shows that our bodies respond differently to the two activities – Playing and Eating. Play – the body response is more aroused and heightened. Eat – the body's response is to naturally calm. When eating happens after play, the body has a chance to calm and children are more ready for learning. Arousal levels fall. So you will see on our timetable that at break times children will play before they eat. We have also introduced mini breaks called 'read and feed' so children can top up regularly, keeping their energy levels up to improve focus on learning.

We have also reorganised the groupings when children have lunch together to help them eat in a calm, settled way with fewer distractions and smoother transition to learning.

- Play, Eat, Learn is increasingly popular in schools, including a few other local schools, because it:
- ★ Calms students so they are ready to learn immediately after a break instead of needing cool-down time
  - ★ Increases focus and time on-task in the classroom
  - ★ Decreases behaviour problems in the playground
  - ★ Reduces accidents and injuries during lunch break
  - ★ Reduces sickbay visits for headaches and stomach aches after playtimes
  - ★ Reduces food waste (as much as from 27% to 40%)
  - ★ Reduces litter
  - ★ Encourages students to eat a more balanced diet.

Want to know more about Play, Eat, Learn? Follow this link to a useful research paper from Canterbury University.

[Full research paper: School-wide strategies for reducing stress and promoting healthy learning environments: Effects of interventions-](https://pdfs.semanticscholar.org/fab3/571f32136c23fed45d950d9f758ec29c094c.pdf)

<https://pdfs.semanticscholar.org/fab3/571f32136c23fed45d950d9f758ec29c094c.pdf>

## HEALTHY FOOD CHOICES

**Because your child will be having more frequent and shorter eating times during the day please consider this when packing their lunchbox. Smaller portions and a few more healthy snacks may be helpful. We will provide more advice on good lunch food shortly.**

WATER throughout the day is also a key aspect of improving a child's ability to focus and concentrate. This strategy is called Drink-to-Think, Think to Drink . Research has shown that dehydration can contribute to poor concentration, memory problems and an increase in impulsive behaviour. Make sure your child has a drink bottle. Remember, we allow only water at school.

If in doubt, follow our healthy food guidelines reprinted below from our website:

<https://www.wakefield.school.nz/about-us/a-to-z/#1530062940849-7069d5e1-fff5>

*We encourage you to fill your child's lunchbox with foods that help them learn, grow and stay healthy. If you involve your children in making their own lunches they are more likely to eat them.*

*Wakefield School promotes healthy food choices. Foods classified as "occasional treats" are not recommended in the school setting, including: chips, pastries, large cookies, large muffins and cakes. The following items must not be included at any time:*

- sweets
- chocolate
- fruit strings
- fruit loops
- Fizzy drinks
- Fruit juice
- Flavoured milk

*Fruit leather and rollups are also discouraged as these are a major source of tooth decay in children.*

*We allow only water and milk to drink. Milk is available through the Fonterra Milk in Schools programme.*

For up-to-date advice on recommended food choices and tips for preparing healthy and attractive lunches please [click here](#) to visit the 5+A Day website or call into the school office and pick up a brochure.

We encourage families to reduce waste by using lunchboxes with compartments and avoiding pre-packaged food. Use paper wrapping instead of plastic. All lunch wrappers are retained in lunchboxes and taken home. Please do not use zip lock bags because we notice they are often single use items.

## NEW STUDENTS

Welcome to new students and families, we hope you are settling in and will enjoy your time at Wakefield School.

Seth Jellyman  
Bailey Harris  
Jayden Vibert  
Lily Vibert  
Toby Hadfield  
Maddison McKenzie  
Zain Muller  
Seth Graham  
Miela Graham  
Peyton Wilson  
Joe Walker  
Blake Hughes  
Baxter Biggelaar  
Ava Hills  
Maddison Manson



Have an excellent week

Peter Verstappen  
**Principal**

## FROM THE OFFICE

Don't  Forget!

**Friday the 7<sup>th</sup> of February is a Teacher Only Day. The school will be closed.**

## LIBRARY

Welcome to what is going to be an exciting year in the library. If you are new to the school then the following is some useful information around the library.

### Hours

The library is open between the hours of 8.30am to 3.00pm, Monday to Friday during term time. Students in Matai Syndicate can have 2 books issued at a time, and Totara Syndicate can have 3 books. If students are doing inquiry learning or passion projects we are happy to issue extra books as needed. All students, parents and siblings are welcome to use the library within these times.

### Returns/Renewals/Reservations

Books are usually issued for a 2 week loan period but can be extended if your child is still reading or needs the book for a school topic. Books can be reserved if they are out on loan. All returns should be placed in the big orange box under the issue desk.

### Overdues

We have an automated overdue system, whereby our library programme issues an email if your child's books are overdue. If you are sure your child has returned the book(s) or never had them out in the first place then please contact Kathy Ameen in the library [kathy.ameen@wakefield.school.nz](mailto:kathy.ameen@wakefield.school.nz)

### Summer Holiday Reading Programme

Congratulations to those students who successfully completed the Summer Holiday Reading Programme. If you haven't done so already, then please return your books and reading logs to the library as soon as possible. These students will receive their Paper Plus Voucher at the first assembly and get to choose a book from the Scholastic Lucky Book Club catalogue.

**All library books issued before the holidays last year need to be returned this week. This year, ALL students must have a book bag or heavy duty plastic bag to keep their books in. Last year we had a huge number of books damaged and lost. Please encourage your child to look after their library books.**

### Scholastic Book Club

We run a Scholastic Book Club through the school. There are 2 brochures per term. Orders can be made directly to Scholastic or through the school. If you are ordering through the school please make sure your child's full name and class is written clearly on the form. Make any cheques out to Wakefield school as we pay online. For every book ordered by our students/families, the school will receive reward points which we put towards ordering new books for our school library and reading programmes.



## SPORT

There are numerous opportunities for students of all ages and year groups to take part in sports at Wakefield School. We have organised skill sessions from experts in various sports codes, coming into school and delivering age appropriate programmes. There are a number of inter-school sports tournaments held throughout the year and there are opportunities for students to play for Wakefield School as part of a school team. Please keep an eye on the newsletter and the Calendar dates for information on what's coming up.

**For ALL enquiries around sport, contact the sports coordinator Kathy Ameen in the library or email her at [kathy.ameen@wakefield.school.nz](mailto:kathy.ameen@wakefield.school.nz)**

### Sports Uniforms

All students taking part in tournaments or sports leagues for Wakefield School must wear a Wakefield School sports top. Your child should have a sports top as part of their school requirements. These can be purchased at the office for \$27.00.

### Weetbix Tryathlon - Nelson Sunday 8th March

The school has registered for the Nelson Tryathlon. This event is held annually at Tahunanui for ages 7 and above. Go online to register your child.

<https://www.registernow.com.au/secure/Register.aspx?E=35580&G=109510>

Participants need to be entered by midnight on Sunday, 16 February, 2020 if they want to take advantage of the Early Bird price of \$45 as well as the option of having their TRYathlete pack either couriered to home.

### Term 1 Summer Sport Registrations

There are a number of sporting codes available to all year groups this term. An online registration form will be shared later this week. Please register your child/ren and submit the form by Wednesday the 12<sup>th</sup> of February. We do rely heavily on parent help in the management of these sports teams. You do not need to have had any experience with the sport just lots of enthusiasm.

If we have insufficient numbers for a team we will try to combine with a school in our cluster.

For all enquiries please see Kathy Ameen.



## THE GATHERING

The Gathering is an annual motorbike rally attracting around 400 bikers from across New Zealand. This event will be run over two days, Friday 14th & Saturday 15th February. Each year "The Gathering" identify a local cause and give them the opportunity to fund raise during the event. This year they have chosen the Wakefield School and Community Pool Solar project. We will be running three events over the two days and will require students and parents/caregivers to help. This is an awesome and unique opportunity and we need your help to make this fundraiser successful.

Event 1: Bike wash - Friday 14th Feb 1-3pm. (Senior student, parent/caregiver teams needed)

Event 2: Sausage Sizzle - Saturday 15th Feb. 9- 11:30 am @ Filco Farm & Sport. (Parents/caregivers needed)

Event 3: Show 'n Shine - Saturday 15th Feb. 9:30- 11:30 am @ Filco Farm & Sport. (30 Students Required)

Following the Saturday events the Wakefield community will have the chance to check out all of the bikes when they ride from Filco to Wakefield School and park on the hard courts for lunch. Bikes will arrive around midday and depart again at 1:30.

See you there!!



## IN SCHOOL MUSIC PROGRAMME 2020

Our 2020 music lessons run on Wednesday and Thursday in school time with children being allowed out of class to attend their lessons. Our tutors this year are Tom Watson teaching guitar, ukulele, and bass. Greg Mills teaching drums. Piano, keyboard and vocal group tutor will be Rachel Randrup.

The tuition on offer is for individual lessons in guitar, bass guitar, drum, keyboard and piano, plus group lessons for vocals, guitar and ukulele. These lessons are open to children year three and upwards.

Please fill in the options form below and return to school office as soon as possible to be included in term one's timetable. All fees for in school music programme are payable at the commencement of each term and are paid directly online to your tutor – each tutor will invoice you directly.

---

### Wakefield School In Music Programme Enrolment Form 2020

**Name:** .....

**Year:** .....

**Email:** .....

**Phone Number:** .....

Tick the box for the lessons you would like to enrol for.

- Individual guitar 15 minutes @ \$125 per term
- Individual guitar 30 minutes @ \$250 per term
- Individual bass guitar 20 minutes @ \$175 per term
- Individual drum 15 minutes @ \$125 per term
- Individual drum 30 minutes @ \$250 per term
- Individual keyboard 20 minutes @ \$175 per term
- Individual Piano 20 minutes @ \$175 per term
- Group vocal lessons @ \$80 per term
- Group guitar lessons @ \$80 per term
- Group ukulele lessons @80 per term

## IMPORTANT DATES

11 <sup>th</sup> February	Yr 5 & 6 Camp Meeting - 6:15 - 7:15pm
14 <sup>th</sup> February	Scholastic Book Launch - Dozer the Fire Cat
17 <sup>th</sup> - 18 <sup>th</sup> February	Learning Conferences for All Families
26 <sup>th</sup> February	BOT Meeting - 5:30pm
26 <sup>th</sup> February	Tui Trip to Museum -
2 <sup>nd</sup> - 6 <sup>th</sup> March	Yr 5 & 6 Camps - Marahau
9 <sup>th</sup> - 11 <sup>th</sup> March	Yr 5 & 6 Camps - Marahau
13 <sup>th</sup> March	Wakefield School Swimming Sports
18 <sup>th</sup> March	Wakefield Cluster Swimming Sports
20 <sup>th</sup> March	School Photos
25 <sup>th</sup> March	BOT Meeting - 5:30pm
<b>8<sup>th</sup> April</b>	<b>TERM 1 ENDS</b>
<b>9<sup>th</sup> April</b>	<b>Teacher Only Day</b>
<b>28<sup>th</sup> April</b>	<b>TERM 2 STARTS</b>

## COMMUNITY NOTICES

# metafit™

metafit  
HIT TRAINING

meta  
PWR

metaPRO

### Metafit Mondays from 6.15pm – Brightwater School Hall

Metafit 6:15 - 6:45pm

Core Foundations 6:45 - 7:15pm

The 30 minute class that lasts 24 hours

JOIN THE FITNESS REVOLUTION

metafit.  
Bodyweight Training

**WARNING!**  
THIS CLASS WILL CHANGE YOUR BODY SHAPE

Illustration of a person performing a handstand.

#### What is Metafit?

- A fully functional High Intensity Interval Training (HIIT)
- Challenging for all fitness levels and ages, both male and female
- The instructor will coach and customise you through each exercise and session to suit individual and ensure maximum output
- Fun, relaxed and hardworking environment group class

**First session FREE**

Students \$5

Adults \$10 per hour session

### Metapro Thursdays from 6pm – Wakefield School Hall

Metapro & Metapower 6:00 - 6:45pm

Cool Down & Stretching 6:45 - 7:00pm

meta™  
PWR

POWER CIRCUIT PROGRAM USING FUNCTIONAL KIT

Illustration of a person performing a squat with a kettlebell.

#### What is metapower and metapro?

- Metapro is a shortened version of a metafit
- Metapower is again a HIIT class around 30 minutes long, while using **equipment and weights** to really build lean muscle in a circuit class format
- The instructor will coach and customise you through each exercise and session to suit individual and ensure maximum output
- Fun, relaxed and hardworking environment group class

**First session FREE**

Students \$5

Adults \$10 per hour session

Find and follow on Facebook – Metafit Brightwater-Nelson NZ

# Let us shed some light

We're building New Zealand's ultra-fast fibre network in your neighbourhood and our new fibre network brings some of the best, most reliable broadband in the world right to your house with your own dedicated fibre connection.

The great news is that there is usually no cost to bring this all the way into your place. You may have questions about the work we're going to be doing or what the next steps will be so you can get connected.

With that in mind we're coming to your neighbourhood and look forward to talking with you.

#### We'll be able to tell you more about:

How we're keeping communities informed.

How we'll build fibre in your neighbourhood.

Next steps for getting fibre connected at your place.

For more information on how and why we're building the new fibre network, visit [www.chorus.co.nz/fibre](http://www.chorus.co.nz/fibre)

**When:** Wednesday, 12 February

**Time:** Pop in between 11am and 1pm and we'll shout you a coffee

**Location:** St John's Worship Centre  
120 Edward Street  
Wakefield

C H O R U S

## WAKEFIELD OVERVIEW MAP

C H O R U S





LOVE  GOLF.

**futuras**

## FESTIVAL OF GOLF

**Totaradale Golf Club**

147 Pigeon Valley Road, Wakefield

**Sunday 23rd February**  
**10am-3pm**

Join us for our upcoming event for young people and families. Come along to Totaradale Golf Club for a day of fun games, spot prizes, live music from Kramit, Lickety Split Ice Creams and a Pestells sausage sizzle. This is a free event and equipment will be provided.

Contact Totaradale Golf Club for more information  
[info@totaradalegolf.co.nz](mailto:info@totaradalegolf.co.nz) | 03 541-8030

- 4 Hole Ambrose
- 5 Hole Pitch & Putt
- SNAG golf games
- 5 Hole Foot Golf
- Hole in One Paddling Pool
- Adult Longest Drive and more....

# THE TRIBE

DANCE ACADEMY

**Enrol for weekly Hip Hop Dance classes  
in Richmond or Stoke  
5yrs +, no experience needed**



**Email: [thetribeda@gmail.com](mailto:thetribeda@gmail.com)**

JOIN OUR  
**EMPIRE DANCE  
COMPANY**  
FAMILY IN 2020

**ENROLMENT  
& CLASS  
TRIAL DAY**



**BORN TO  
DANCE?**

- Nelson / Tasman's leading dance studio offering the largest range of dance curriculum & disciplines
- All ability levels welcome 2 to 20 years – there is a class for everyone

**ENROL OR BOOK A TRIAL TODAY!!!**

Class enrolments are limited per class so be quick to secure your place

**ENROLMENT & CLASS TRIAL DAY** Saturday 8th February

**ABT BALLET TRIAL DAY ONLY** Monday 10th February

Full info & timetable @ [www.empiredancecompany.org.nz](http://www.empiredancecompany.org.nz)

