



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 18 – 25 November 2020

PRINCIPAL

Kia ora whanau,

The downside of devices

A front page story in Wednesday's Nelson Mail will ring bells for every teacher in the region and for many parents as well. The story, headlined *Gadgets leading to Violence*, describes a recent increase in serious domestic violence by young people in our region, linked to disputes about phones and computers, and internet access. The story quotes Nelson lawyer John Sandston, who specialises in working with young offenders: "I can't think of a case (in the Youth Court) in the past year or two where it hasn't related either to a gadget such as a phone or a game, or internet use."

Sandston believes that addiction to the internet, social media and gaming is a recurring 'trigger point' for violence by young people in the family home. His view is backed by local police, who notice that outbursts of violent behaviour from young people often occur when frustrated parents try to call time on gaming or internet use.

I say the story will ring bells for teachers because addictive behaviours relating to internet and device use are becoming apparent in schools. Alarming, these behaviours are happening at a younger age. This is not just children being interested in computers or wanting to spend time playing games or connecting with friends on devices, it's genuinely addictive behaviour - an uncontrollable need to be on a device at all times.

I clearly remember observing this in one of our year 6 students three years ago; a boy whose behaviour was edgy, nervous and hyperactive. He struggled to calm himself, to focus on learning activities, and was constantly drawn to any computer device in his environment. His access was limited by the learning programme, and our formidable firewalls barred him from the games and other activities he talked about using elsewhere, but when he was on a computer his behaviour was alarming; his intensity of concentration was total, his hands flew across the keyboard as he darted from site to site, no image or message stayed on the screen for more than a few seconds. The experience can't have made a lot of sense, but it fed a need for sensory overload. The boy's teachers took care to restrict his device time and divert him to other activities, but that didn't diminish his compulsive urges, and caused him some distress.

The memory of this boy's behaviour worries me still, and my concerns increase as I notice the same happening in other children, not always to such an extreme level, but with growing frequency. I worry about what's happening inside the heads of these young children, how is this affecting their brain development?

I worry that those children who appear to have few boundaries to their internet use are guinea pigs in a vast uncontrolled experiment that exposes them to massive frequent hits of digital material designed to over-stimulate their senses, to keep them 'high' and coming back for more. I think of the six year old boy who talks about playing Fortnite - supposedly restricted to ages 14 and over. I think of the ten year old girls who openly boast of their TikTok, Instagram and Facebook accounts, and the ease with which some of them slip into anti-social and downright bullying behaviour on social media. I think of the distressed parents who come to us with concerns about their children's grumpiness, poor sleep patterns and aggressive behaviour, and how hard they find it to control their children's access to devices.

What is the solution? How do we help our children navigate their way safely in the cyber world? How do we ensure our children don't end up in Youth Court for device-driven violence?

There are heaps of resources relating to cyber safety - online, of course! Two excellent NZ sites are Netsafe;

<https://www.netsafe.org.nz>

... and the Police Managers Guild Trust

<https://pmgt.org.nz/online-safety/>

These sites give you good strategies for keeping children safe from bad online content and behaviours, and guidance on how to train your child in restrained, positive and healthy internet use; for example, these excellent ideas for managing phones:

1. *Have your kid sign a smartphone contract before you give them one. Print out a list of cell phone rules and stick it in a public place in your home.*
2. *Download parental controls. Parental control apps for younger children enable you to limit your child's usage, determine their location, and monitor their calls and messages. Apps also allow you to shut off certain functions at different times. For example, disabling text messaging while driving.*
3. *Set limits when your child can use a smartphone and for how long each day.*
4. *Set a personal example for your child. Don't bring your phone to the dinner table, and don't text and drive.*
5. *Set up a charging station in a central location in your home. Phones should stay out of your child's bedroom so they won't be in use late at night.*
6. *You can also install an app to monitor your child's activity. Keepers is one type of app that alerts parents about harmful, abusive, or suspicious messages, and it includes a tracking device to show your kid's location in real time.*

A couple of final points:

- Children learn by observing the adults around them, especially their parents and caregivers. Run a check on your own internet and device use: if your child sees you hooked on your device she's going to think that's normal behaviour and naturally do it too.
- Watch out for opportunities that we run at school on cyber safety and internet education - and come!

Peter Verstappen
Principal

peter.verstappen@wakefield.school.nz

STAND VALUE OF THE WEEK

STAND Value of the week

The STAND value we are encouraging children to focus on this week is *Whaia te iti Kahurangi - Aim High*.

Whaia te iti kahurangi comes from this famous whakatauki, or proverb:

Whāia te iti kahurangi ki te tūohu koe me he maunga teitei

Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain

I love the expression, *if you bow your head, let it be to a lofty mountain*. It's telling us that we may not always reach our goal, we may fall short (*bow your head*), but that if we shoot for the top (the *lofty mountain*) we'll get a lot further than if we set our sights low.

What a stunning way to convey the concept of aiming high, and there are layers of meaning in this proverb. Yes, it is about aiming high or aiming for what is truly valuable, but it's real message is to work out what you really value in life, be persistent and don't let obstacles stop you from reaching your goal. So it captures resilience and goal-setting, and of course it opens a rich conversation about what really is valuable; maybe the things we normally think of when encouraging children to 'aim high' may not always be the things that they should value the most.

Try this at home. Ask your children to teach you how to say *Whaia te iti Kahurangi*. Talk about what you value, how you try to aim high in your life and how they can do the same. What will their *lofty mountain* be?

SPORTS NEWS

Last Friday we took a group of 42 students to compete in the Inter-school soccer tournament at Neale Park. This is always a great tournament with a large number of teams taking part, warm weather, a sausage sizzle and an exciting penalty shoot-out during the lunch break.

The Wakefield Lions after winning a penalty shoot-out against St Pauls. Jack Kidson, (the goal-keeper), kicked the winning goal and then got mobbed!!



All our teams had fun. We would like to thank Jon Butler and Rebecca Ellis who both managed a competitive team.

Swimming lessons are now underway. Students need to bring their togs every day for the next two weeks. They also need goggles and long hair tied back. Statements will be sent out shortly. The cost is \$30 per student for 8 lessons. Thank you to those who have already paid or are doing so over the course of the term.

Wakefield School Triathlons

The end of the year is fast approaching when we start to think about the school triathlons. This year we will run the event for years 3-6. They will be held on Wednesday 9th December. Your child will need their bike and helmet, togs & towel and suitable clothing and footwear to run in. This is a fun event and we encourage ALL students to take part. The triathlons are graded for the year level.

We would love help with marshalling at either or both these events. If you are able to help please let your child's teacher know or contact Kathy Ameen in the library.

LIBRARY

All library books which have been issued to students and parents must be returned to the library by this Friday, the 27th November.

We will need to invoice for any items not returned. If you think that an item which is showing as overdue has been returned to the library then please contact Kathy Ameen in the library, kathy.ameen@wakefield.school.nz

Following our successful pre-loved book exchange during Book Week, the student librarians would like to run another book exchange before the end of term. We are looking at running this at the beginning of week 10, the last week of school. We are collecting books now. All books can be placed in the plastic bins in the library. The book exchange will be open to all children, not just those who bring books in. This is an opportunity for some of our students, who do not have many books at home, to access reading material for over the long summer break. Thank you in advance for your kind donations. This was a huge success with our students when we ran the last one.

Summer Holiday Reading

The library will be open during the summer holiday period for a short period each Wednesday in January 2021. All students and their whanau are welcome to visit in order to change their books or just browse.

Library Opening Dates for the Summer Holiday Period

8.00am – 10.00am

Wednesday 6th, 13th, 20th, 27th January,

FROM OFFICE

2021 Dates to Remember

On these days school will be closed for teacher only days.

Thursday 1 April
Friday 9 July



Wakefield School Transition to School Meeting

Tuesday, December 1st
6.30pm-7.30pm
Wakefield School Library

If your child is going to attend Wakefield School in the next 6 months, we would encourage you to attend our **transition to school meeting**.

It is an opportunity for you to meet parents of other children starting school, and hear ways you can help your child have a smooth transition to school.

PLEASE PHONE THE SCHOOL OFFICE
5418332 IF YOU INTEND TO ATTEND.

If you have queries please do not hesitate to phone the school office, or email Mary McHale.

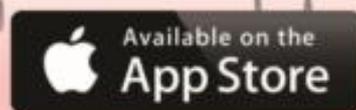
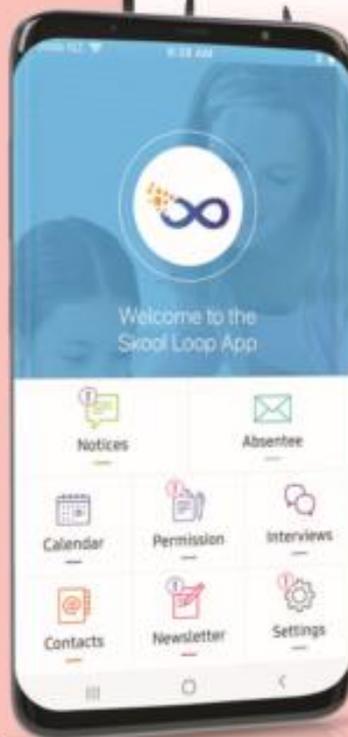
mary.mchale@wakefield.school.nz

Hey there!

Just popping in to check you have downloaded our school app?

Stay in the loop with term three events with Skool Loop.

- ✓ Events
- ✓ Notices
- ✓ Instant school messages
- ✓ Book interviews
- ✓ Absentee
- ✓ Newsletters
- ✓ Permission Slips



Simple free download: In Google play & App Store search '**Skool Loop**' & choose our school once installed.

MAGICAL MONDAY DAY FUN

14 December 2020
 11 a.m - 2.45 p.m
 for Wakefield Students and Families!

Sausage and Iceblock Provided for Wakefield Students. Families welcome to bring Picnic lunch!

Provided by the Wakefield P.T.A

Magical Monday Fun Day!

14 December 2020
 11 am - 2.45 pm

Wakefield Students and families.
 Sausage and ice block Provided for Wakefield Students. Families welcome to bring a picnic lunch
 Provided by the Wakefield P.T.A

Magical Monday Fun day for Wakefield

11 am - 2.45 p.m
 For Wakefield Students and families
 Sausage and ice block Provided for Wakefield Students. Families welcome to Bring a Picnic lunch



14 Dec 2020 Provided by the Wakefield P.T.A

Magical Monday Fun day. 14 December 2020

11 am - 2.45 pm for Wakefield Students and Families

Sausage and ice block Provided for Wakefield Students. Families welcome to bring a picnic lunch

Provided by the Wakefield P.T.A
 by Radie

IMPORTANT DATES

	Please Note: Some school and sports events may change due to Covid-19.
25 th November	BOT Meeting – 5:30pm – 6:30pm
26 th November	Music Showcase – 6:30pm – 8:30pm
27 th November	<i>Matai Syndicate Assembly – Led by Kereru</i>
01 st December	New Entrant Transition to School Meeting – 6:30 – 7:30pm School Library
04 th December	<i>Totara Syndicate Assembly</i>
09 th December	Wakefield’s Got Talent Final – 1:45 – 2:45pm
10 th December	Yr 6 Leavers Dinner – 6 – 8pm
11 th December	Helpers Morning Tea – 10:30 – 11:15am
11 th December	Totara 7, 8 & 9 Market Day – 11:30am – 1:30pm
11 th December	<i>Whole School Assembly – Led By Student Council</i>
14 th December	Magical Monday Fun Day – 11 – 2:45pm
15 th December	<i>Awards Assembly</i>
16 th December	<i>School finishes for 2020 - 1pm finish</i>

POOL KEY

Have you bought your pool key yet? Get in quick and purchase your pool key before the 1st of December for \$125.00. After the 1st it will be \$135.00.



COMMUNITY NOTICES



Barter and Sell

AT WILLOW BANK HERITAGE VILLAGE, WAKEFIELD

DATES: DEC 6TH, FEB 7TH, MAR 7TH,
APRIL 4TH, MAY 2ND.

WHERE: WILLOW BANK HERITAGE VILLAGE,
WAKEFIELD (AT OUR MONTHLY OPEN DAY, BACK Paddock)

COST: FREE (DONATION APPRECIATED FOR ENTRY TO THE VILLAGE)

Willow Bank Heritage Village is open from 10am - 3pm on 6th Dec. We will be hosting a car boot sale on the same day. You can sell from a table, your car boot or from the ground (bring a mat).

would you like to book in a spot?

FOR MORE INFO OR TO BOOK IN A SPOT PLEASE
CONTACT **CHRISTINE: WILLOWBANK2002@GMAIL.COM**

**XMAS OPEN DAY
DEC 6TH**

WILLOW BANK

HERITAGE VILLAGE



1KM
SOUTH OF
WAKEFIELD

*Car Boot
Sale*

WILLOW BANK HERITAGE VILLAGE IS A FUN AND INTERACTIVE LIVING MUSEUM 1KM SOUTH OF WAKEFIELD, NELSON. WE HAVE 20+ SHOP DISPLAYS FOR YOU TO EXPLORE, FOOD AND DRINK AND LOTS MORE.



*Santa is
coming*

**SUNDAY 10AM - 3PM
DEC 6TH**

EFTPOS
AVAILABLE

1970'S MILK BAR / VICTORIAN STYLE CAFE / SECRET GARDEN
TARGET SHOOTING RANGE / DRESS SHOP / PUPPET THEATRE
LAUNDRY / 1950S BURGER BAR / WORKING BAKELITE PHONES
PLAYHOUSE / LIBRARY / DOLL MUSEUM / SCHOOL HOUSE
GROCERY STORE / BAKERY • MORE



willowbank2002@gmail.com



[@willowbankheritagevillage](https://www.facebook.com/willowbankheritagevillage)

Group booking enquiries: willowbankvillageschool@gmail.com

WWW.WILLOWBANKWAKEFIELD.CO.NZ





PROTECT
AGAINST
MEASLES

BE A GUARDIAN
OF THE FUTURE

Aged 15-30? Get immunised against measles to protect your whānau, community and future generations from harm. **It's free at GPs and participating pharmacies.**

TE HAUORA Nelson Marlborough Health

TE HAUORA MINISTRY OF HEALTH
MANATŪ HAUORA

hpa te hīringa hauora
HEALTH PROMOTION AGENCY

Measles is a serious disease that can make you very sick. It's about 8 times more contagious than COVID-19 so spreads fast.

Getting immunised is the best way to protect you, your whānau and community from catching and spreading measles.

Not sure if you're already immunised against measles? Lots of people aged between 15 and 30 years didn't get fully immunised when they were children. This puts you at risk of catching and spreading measles.

Ask your doctor, parent or caregiver if you had two doses of the MMR vaccine as a child. If you don't know, it's best to get immunised. It's safe to have an extra dose of the vaccine.

To find out more about the vaccine, measles, which pharmacies you can get your free immunisation at and more, go to:

www.nmdhb.govt.nz/MMR



**CHILDREN
NEED HELP
TO BRUSH
THEIR
TEETH**



Community Oral Health Service: Nelson (03) 539 5324 Stoke (03) 539 5321 Richmond (03) 539 5320 Motueka and Tasman Mobile 0800 833846 Blenheim and Marlborough Mobile 0800 833849

**DISCOVER NEW THINGS
WITH ST JOHN**



**ST JOHN YOUTH WELCOMES
6-18 YEAR OLDS TO RICHMOND
YOUTH DIVISION!**

St John Youth is a vibrant leadership programme that focuses on the development and success of young people. Come along to St John youth where you gain valuable skills in first aid, communication, drill and more.

**Penguins 6-8 years
Cadets 8-18 years
Wednesdays during term time
6:30pm-8:00pm**

Richmond Baptist Church Hall
Salisbury Road, Richmond

For more information contact:
Keryn.Keene@stjohn.org.nz (Penguins)
Tania.Armstrong@stjohn.org.nz (Cadets)
or phone St John 03 548 8157



PRIMARILY
DANCE
PRESENTS



DEC
17 18 19

TICKETS AVAILABLE
FROM
THE BOX OFFICE

THE NUTCRACKER

THE THEATRE ROYAL | NELSON

Art Competition

The Nutcracker is a magical, festive, family treat about a Christmas gathering and a young girl's dream about her gift of a nutcracker becoming a handsome young prince. He takes her on a magical journey to the Kingdom of Sweets, where they are welcomed by the Sugar Plum Fairy.

Lesley Bandy, the Artistic Director of Primarily dance, performed the role of the Sugar Plum Fairy for many years, and now wants youngsters here in Nelson/Tasman to experience the spectacle of this wonderful ballet.

The new and exciting point of difference with this production is that it will be a true community and collaborative affair with a cast of over 100- involving dance students from Nelson and Top of the South onstage with professional dancers, performers from some of our diverse cultural communities adding their talents. Local artists are designing and fabricating the innovative set and the masks and props so necessary to the story and enchantment of the whole ballet.

ART COMPETITION DETAILS

We are presenting a free public performance of snippets of the ballet in the week prior to the performances (Theatre Royal 17-19th December) featuring artwork by local students projected as a backdrop.

We welcome your students to make Nutcracker themed artwork to add to the celebration! We will choose up to 10 pieces to photograph and use for the projection. It would be thrilling to see the student' artwork magnified and adorned by the dancers of the ballet. We are excited to see all forms of artwork or creations.

Send a snap of your artwork, by the 02nd of December, to primarilydance@gmail.com and we will contact the finalists to proceed with the next step. Please ensure you keep the original artwork.

For more information about Primarily Dance please visit our Facebook,
Instagram or website.

www.primarilydance.com

PAK'nSAVE

RICHMOND

Santa Parade

SUNDAY 29 NOVEMBER

12.00 PM – 2.00 PM

QUEEN STREET, RICHMOND

**FREE
EVENT**



A fun-filled event for all! Entertainment to follow in Sundial Square!

richmondunlimited.co.nz

#loverichmondnz



FREE WIFI!

MORE FM

NELSON 92.8
GOLDEN BAY 92.0
MIRAMIOU 94.4

RICHMOND MALL
Love being here

THE LEADER

Lift n Shift

GoldenEdge
Wholesale Property Investment Ltd

STMS
SALE TRADING NZ LTD

NBS
NBS BUILDING GROUP

**RICHMOND
UNLIMITED**

TOP OF THE SOUTH BRICK SHOW 2020



Come to check out all the awesome
creations from all around the country!



**14th and 15th
November only!**



Hope Hall,
184 Main Road Hope,
Hope, Tasman
Open 9am - 5pm
Saturday 14th
and Sunday 15th
November.

Entry fee \$2.00



Proceeds donated to CoderDojo Nelson

Visit our  page @TotSBrickShow