

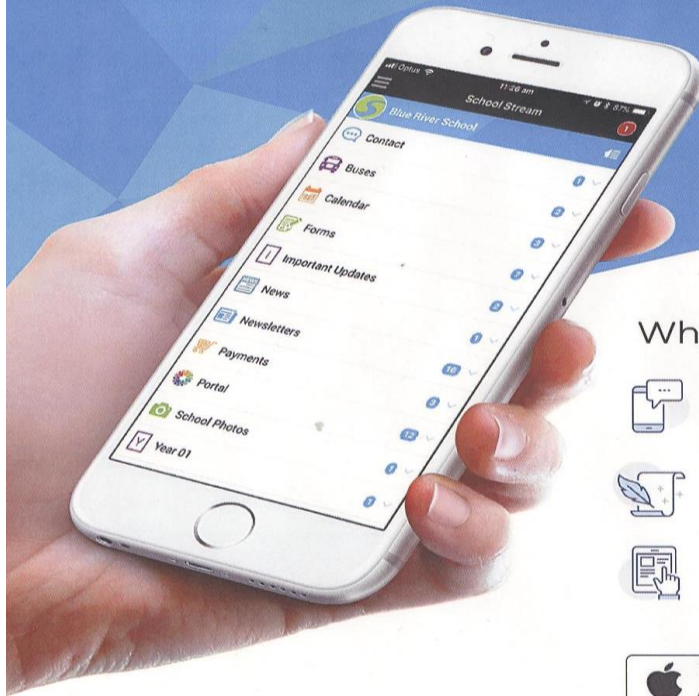
# Rotokauri School Newsletter






Issue No: 7

21 May 2020

## Download our school app for free!



### Why download the app?

-  Receive instant notifications for important news.
-  Easily register absentees and excursions.
-  Keep up to date with events and set reminders.



### Download instructions:

1. Go to the App Store and download "School Stream" to your phone.
2. Open the app and type the school's name into the search bar to load the school's profile.
3. Make sure you agree to Push Notifications when prompted.



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Dear Parents

*Nga mihi o te wa kia koe me to whanau.*

## **ROKOKAURI SCHOOL MISSION STATEMENT**

Our positive environment will actively engage us all in learning.

## **ROKOKAURI SCHOOL VISION**

Together We Grow

- Unity (Kotahitanga)
- Inclusive (Manaakitanga)
- Guardianship (Kaitiakitanga)

Together We Learn

- Innovative (Auahatanga)
- Happy (Uruhau)
- Responsible (Tuutika)

## **ROKOKAURI SCHOOL VALUES**

Respect

Empathy

Active Learning

Courage

Honesty

## **PRINCIPAL'S PIECE**

**Be kind**



We're back! What a fantastic start back to school this week. Our children are happy, relaxed and enjoying reconnecting with others in their classes (both teachers and children). I am impressed with the way in which the students have responded to the extra expectations on them for handwashing, sanitising and disinfecting that is occurring all day, in every room throughout the school.

Thank you so much to our children's whanau for looking after your children so incredibly well over the last unusual weeks of Alert Levels 3 & 4. It has not been an easy time for anyone. Thank you also for understanding and accepting the new 'rules' that we are all having to put in place. We are pleased with the smooth running of the drop-off and pick-up system and are grateful for your kindness and patience.

A new chapter started this week in education and we are looking forward to some solid learning happening for the remainder of the term, once the children are ready for this. Many of our children wrote about, drew pictures and talked about their experiences over the lockdown time.

We will all be fine if everyone follows the 'rules' both at school and in the community.

Thank you to the parents that are remembering to send named water bottles to school each day - this has worked really well and will continue for the foreseeable future.

### **Children in the classrooms:**

- Staff have changed the setup of their classrooms to meet the requirements of physical distancing.
- Movement of students to and from new spaces will be regulated – not everyone pushing and bumping into each other.
- Students will be washing hands before eating and sanitising before entering the classroom (before school, after breaks).
- Children will need to use their own equipment, not borrow from someone else.
- Within reason, physical distance space will be expected, as much as possible.

### **Distance Learning:**

- For those children that have not returned to school this week, Distance Learning will continue to be provided, but in a slightly modified format.
- The Distance Learning will be a combination of – uncompleted work that was provided during lockdown and work that teachers have planned for the class at school.
- Children will need to publish the end product and send through to their classroom teacher.
- Teachers will not be responding to emails while they are teaching.

### **What happens if my child is sick?**

- Please keep your child at home until fully recovered.
- Please notify the school and explain the reason for your child's absence.
- Children that become unwell at school will be isolated in the sickbay and their parents will be called to collect them.
- Children will need to stay at home for 48 hours after the symptoms have gone **or** we receive information about their attendance at a doctor's appointment which allows them to return before the 48 hour period.

### **Changes to the school calendar:**

Due to the COVID-19 impact on schools and the restrictions that are in place, a number of events will be postponed and rescheduled later in the year or cancelled. We are currently checking with the cluster schools, with sports clubs and venues for clarification about the events that are on our existing calendar. We will keep you updated with any changes.

### **Lunch Orders**

Ordering of PTA lunches or online lunches has been put on hold for the first two weeks back.

### **Library**

The school library will be closed for the first two weeks back at school.

## **Tech**

Tech for our Year 7 & 8 students will resume on Monday 25<sup>th</sup> May. Hamilton Junior High School and Go Bus have protocols in place to safeguard our students. Please remember to wear covered shoes and arrive at school between 8.30 – 8.40 a.m. on Monday.

## **What can parents/caregivers do to help maintain the safety of the school bubble?**

- Please wipe your child's bag, lunch box and water bottle with a suitable disinfectant on a regular basis.
- Please conduct as much school business online.
- Continue to ensure children are not bringing extra items to school e.g. toys.



Ngaa mihi  
Desiree Smith

## **BOT NEWS**

### **BOT Elections**

*The Board of Trustees wish to announce that there are 2 vacancies on the committee and have agreed to hold a by-election to fill these positions.*

#### **Rotokauri School Board of Trustees' by-election**

Nominations are invited for the election of 2 parent representatives to the Board of Trustees.

A nomination form and a notice calling for nominations will be posted to all eligible voters.

You can nominate another person to stand as a candidate, or you can nominate yourself. Both parts of the form must be signed.

Additional nomination forms can be obtained from the school office.

Nominations close at noon on 5 June 2020 and may be accompanied by a signed candidate statement and photograph.

The voting roll is open for inspection at the school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

Voting closes at noon on 19 June 2020.

*Sharon Verstraten*  
Returning Officer





## Getting Kids Ready for School after Lockdown

*Lockdown has been a strange time for everyone and returning to a 'more normal existence' will be a huge relief for many. However there will be some children and adults who may feel anxious about leaving their 'bubble' or struggle to get back into a routine. These tips may help to reduce anxiety and ease the return to the classroom.*

**CALM AND CERTAINTY IS THE WAY.** Our (adult) behaviour and response to uncertain situations is very important. Children are looking to us for a sense that things are OK. If we look and act as though we are doing OK, and alongside them come up with a plan going forward, then this will aid them. If you are stressed or worried about what is going on then you would do well to follow these guidelines as well as your kids.

The ideas below may require a little adjustment depending on age or temperament of your child. You know them best. Talk with your child about each of these and try to **give them some control** over how each might look. Negotiate, but have your bottom line.

Don't try to change too many things, too much, too quickly. Tackle one or two of the changes below and alter them a bit at a time in the lead up to a return to school. E.g. If they are waking at 10am now then slowly return to their old school wake time over several days.

Stress and anxiety is all about uncertainty and not knowing ("what if..."). **THE ANTIDOTE TO UNCERTAINTY IS... CERTAINTY.** As such, in preparation for a return to school (which is likely a source of uncertainty to your child) focus on **maximising routine and structure** in your child's life. This is about getting them back into the old routines that previously worked, plus maybe adding some new ones that might further reduce their stress/anxiety.

### Core aspects of structure and routine to work on:



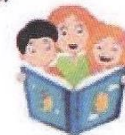
**SLEEP** Get back into a set sleep routine everyday e.g. teeth, book, bed. The main thing is ensuring the **wake up time is the same every day** (this anchors the sleep/wake cycle). Also, **no devices** in bedroom from an hour prior bedtime, and no naps during the day.

**MEALS** Having consistent meal times is helpful. Start to return to original school day meal times for breakfast, lunch and dinner. Eat as a family at the table.



**EXERCISE AND OUTDOOR ACTIVITY.** Exercise is brilliant at reducing stress and anxiety, especially in green spaces. Try to get them (and you) outdoors for more than 30min every day. It will reduce stress and improve sleep as well.

**FAMILY TIME / SOCIAL TIME** Try to go back to, or start some new social routines e.g. regular game nights, walks, baking together, eating dinner at the table together, 'daddy-daughter time', 'mum-son time', and so on.



**SCREENS (!)** Negotiate clear limits and times (e.g. none in bedroom after dinner) and agree on rules to monitor what your child is doing (e.g. agree to occasionally look at browsing history or texts).

**ROUTINE 'TO DO' LISTS** Create a morning routine list, or things to check off when home from school or tidying their room. Use other privileges as incentives, e.g. "When you have done your morning to do list, you can have your phone/TV time".







**REINFORCE HOUSE RULES** Now is a great time to re-negotiate and discuss the general house rules in a family meeting (e.g. chores, no hitting, devices out in living room by a set time), which have immediate pre-discussed natural incentives and consequences (e.g. if device not out by set time, then lose device use for one day).

## Strategies to reduce Worry and Anxiety around returning to school:

- **Reduce uncertainty.** Find out from school exactly what things will look like (Arrival times? Class bubbles? Break times? Social distancing and cleaning rules?) Talk your child through this, from getting up through to coming home. The more they know, the easier it will be.
- **Normalise anxious feelings.** Ask how they are feeling about going back. What are their concerns? Find out and answer these with clear, short, and simple information. Empathise with them ("I understand that you are worried") and normalise the situation ("I would imagine that everyone will be a bit nervous about going back.")
- **Ask questions that lead them to reflect on past success in coping.** "How nervous were you when you first started school?" "How did you cope with that?". The key message is "This is the same, but a little different".
- **Practice/prepare your response for a difficult situation on the first day back.** Remain calm, provide brief empathy ("I can see you are feeling worried"), give a gentle push "You have a plan, you will be fine," and then use distraction and remind them of rewards (see below).
- **Remind them that there are a number of things they can do to control the situation and protect themselves.** E.g. keep social distancing, wash hands, cough/sneeze into their elbow.
- **Distraction can remove anxiety's traction.** Have their first day set up with a plan that keeps their minds busy. Perhaps a mix of things to do (e.g. get up, eat, uniform) with some fun things once each step is done e.g. TV, or on the way to school distract with singing, or quiz.
- **Motivation.** Children very often require a push/nudge when feeling anxious. Set up some rewards for getting through the first day's plan, e.g. special snacks for school, special desert or movie night if stick to plan.

## Other strategies to help manage Worry and Anxiety (long term):

- **Encourage self-coping skills.** Get your child to do more things for themselves, e.g. making toast/meals, walking to school, catching a bus. The path of least resistance of doing it for them may be easier, but in the long run does not lead to resilience. Encourage activities that increase their independence and confidence away from home e.g. sports, jobs, etc.
- **Problem solving.** There are many excellent websites that illustrate this simple but very helpful strategy that greatly aids kids to cope with new and unexpected situations. Learn it together as a family and model it for them in everyday situations.
- **Model and practice mindfulness and relaxation techniques,** e.g. breathing (through nose), grounding/calming techniques, and coping statements. Many good internet sites explain these such as: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- **Increase face to face socialisation.** Get them off their devices and encourage face-to-face contact with friends, playing sports, or doing things together as a family e.g. game nights.
- **Exercise, exercise, exercise!** As mentioned before, exercise outdoors in the sun and green spaces is one of the most well-researched antidotes for stress.

## GENERAL MATTERS

### Pool Key and Tennis Court Key Return

If you hired keys for the summer can you please return them to the school office as soon as possible. A \$10.00 refund will be given so only return your keys via your child if you are happy for me to give them the refund to bring home. Tennis court keys will need to be returned too.

### General Election

This year the General Election is scheduled to be held on Saturday 19<sup>th</sup> September and Rotokauri School will once again be a polling booth.

The Electoral Commission is very keen to employ people from the community in voting services, including people from our school – parents or teachers. There will be plenty of roles starting soon and more roles available the closer it gets to the Election. All roles are paid and the rates are good with more information available

here: <https://elections.nz/jobs/work-at-the-2020-general-election/>

I will be meeting with the Returning Officer in the next couple of weeks so if you would be interested in working at the General Elections please let me know via email. Thank you to parents that have contacted me already about their interest.

## CELEBRATIONS

This week I would like to celebrate our wonderful students work during lockdown. The teachers have shared special work with me and these children will receive a certificate and juicy.

### Room 1



**Covid Poster by Madison**

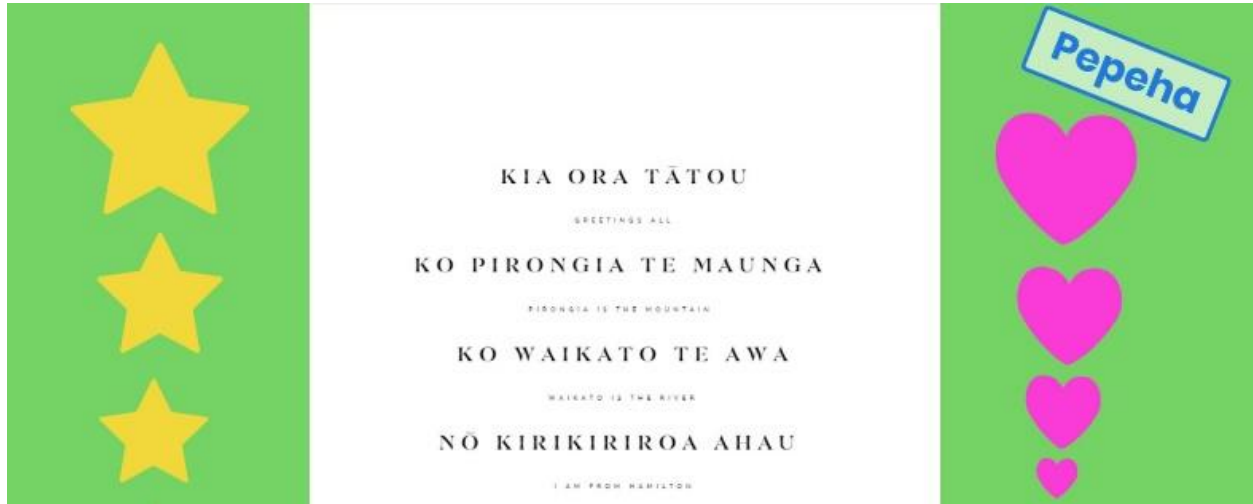


Rydge used bear cookies to help him with his maths during lockdown.



### Room 3

Elsie has shown dedication towards distance learning. She has gone above and beyond in all areas of learning. Not only has she shown dedication and determination towards learning she also supported her community during this time by picking up rubbish from the roadside. Great work Elsie!



Asa engaged in all online learning, he showed courage by making videos and sharing his learning and experiments with the class. Asa your creative skills shined through. Well done Asa!





## Room 4

### Six Sentence Story

1	Once there was a little jaguar cub and its name is topaz, topaz friends were called lily,sam and Ellie.
2	Topaz lives in a tree house they slepted in it and had fun playing games toger
3	Topaz was really good at sport, she had won all most every game she had ever played.
4	Her friends had a big fight about how was the tallest.
5	Topaz was sad that her friends are having a big fight
6	They solved the problem by topaz telling them that were all the same hight.

By Evie Wilson


### Life In Your Bubble

A	Te lots of sourdough bread.	J	umping on my trampoline .	S	Pent lots of time with Messi
B	uilt a lego town.	K	Icking my soccer ball lots.	T	Alked to to my Grandad and grandma on the phone
C	ollected mushrooms and fejoas.	L	Lounging lazy liam	U	Sed up all the flour.
D	Rew ANZAC day pictures.	M	Ade photocollages	V	iewed lots of movies.
E	Ntered coloring compitishoins.	N	Agging my mum lots.	W	Ent on a bike ride...
F	ound easter eggs.	O	Rganised my room.	X	Box time with my brother.
G	ing on scavenger hunts.	P	Lanted my vegie garden.	Y	Elled at my brother.
H	Ugging my Mum.	Q	Uietly read books.	Z	Oomed around on my bike
I	Solation with my family.	R	Reached 75 on my reading log.		

By Liam Surgenor



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