

Glenorehy Sehool

	TERM 2 ISSUE I MA	у тотн
DATES	It's the Beginning of Term 2 and it is well and truly underway.	
	Thanks	
Term 2 Dates	We have quite a few people we would like to acknowledge for their support since the last new ple have been helping out in a variety of ways: PTFA – Sonja, Sarsha, Candi and Gorettie, Kay Cu Sound, Rosie Ferris, Rhonda Gollop and Mike Kingan - Thank you.	
2nd May—8th July	I also want to acknowledge all the parents who have sent in tissues to keep the noses of the sc in check.	hool children well
	<u>Seniors</u>	
B.OT Meetings	The Seniors will be tripping around the world this term and studying a variety of countries in pr Olympics.	reparation for the
26th May & 23rd	They will be making soup and bread to keep us warm on a Tuesday. The vegetables are from the This is \$2 per student to help cover the extra costs.	ne school garden.
June	This week, pumpkin soup. I can't wait – If you would like to come down and join us for soup on let us know.	a Tuesday please
	The class dojo will continue. It is a great learning experience for them all. Some are demonstrate save , while others, the dojo points burn a hole in their pocket.	ting their ability to
Ice Skating	This terms winter sports are futsal, volleyball and touch. A sports co-ordinator is coming from supplement our programme and this will culminate in a tournament in the last week of term.	Queenstown to
Juniors	Juniors	
	The Juniors are teaching Helen and I about Dinosaurs this term. We have a very vocal and high which is what we love to see. They bring lots of prior knowledge and are highly motivated to le	
3rd June to 8th July	We are actively engaged with basketball and in just one week they have improved in their abili ball.	ty to dribble the
	All students are making steady progress with the recorder and some are now learning to read r begun to line dance with much fun and laughter.	nusic. We have
Queens Birthday	I have attached a reading that came out to Principals recently. I wanted to share this, as it mad both as an educator and as a parent.	e me stop and think
6th June	If after reading it you have any thoughts or feedback please get in touch as I always think that p and sometimes having someone to share ideas with is a problem shared etc.	parenting is hard
	<u>Term 2 - Dates</u>	
Pood Safaty	May 2 nd – July 8 th - 10-week term	
Road Safety	Board Meetings are on the May 26h – June 23rd	
Week	Term 2 Events	
16th—20th May	Ice-skating	
	June 3 rd – July 8th	
	Cost is \$30.00 per student subsidised by the PTFA. Thanks Team	
	We will need parent transport to make this successful please email Allie or Gorettie if you can l on a Friday.	help with transport
	Road Safety Week	
	$16^{\text{th}} - 20^{\text{th}}$ May	

Events around being a good pedestrian and cyclist will be organised. Matt and Kate from Paradise Trails coming in on Monday 23rd May to go over some safe cycling with the students.





Autumn Leaf Stories

One quiet day there were only a few people around. But suddenly 4 or 5 people jumped out of a pile of leaves. The leaves flew in the sky. We covered Miss Unwin.

George

One day we had an autumn party. We were jumping in the leaves. It was fun and exciting. We flew the leaves up. It looked beautiful in the sky.



Ally

Raaaaaagh!

Five little heads popped up from the autumn leaves. Leaves sprayed up into the air and drifted back down.

People had a leaf fight. People did rolly pollies and ran into them. Leaves landed on people's heads.

When I was in the leaves it felt like I was blind folded. Brown, yellow and orange leaves got into the sky. People went crazy with the leaves. People were running and bending.



Vision/Hearing Technician

Mary Ineson will be visiting GY School on the 18th May



28-29 MAY 2016 WAKATIPU HIGH SCHOOL FOUNDATION & THE DARK RIDE

WHSF WEEKEND

JOIN US 28-29 MAY DARKRIDE QUEENSTOWN

HALF PRICE RIDES

FOR EACH RIDE, \$5 WILLBE DONATED TO THE WAKATIPU HIGH SCHOOL FOUNDATION. SO COME ANYTIME, ALL WEEKEND ALL IN SUPPORT OF WAKATIPU HIGH SCHOOL! FOR NORE INFORMATION, PLEASS SEE OUR FACEBOOK PAGE WAKATIPL HIGH SCHOOL FOUNDATION





PRINCIPALS' DIGESTS

30 Pattiser Drue - Hamilton - NA 3210 - 1et of \$55 7101 digets@stra.co.nz*uwuw.principalsdigets.co.nz Digets may be copied and distributed in the school community of the subscriber. Newsletter Volume 22 Number 19

CONTRIBUTING TO CHILDREN'S ANXIETY

Twenty-first century living is taking its toll, and many children are finding it hard to cope. Some parenting practices can make things worse. As in all parts of our lives, finding the right balance is always the best, if sometimes the most difficult, goal.

Sharing too much. When your child comes home from school with tales of mean girls, aggressive boys and insensitive teachers, remember that children feed off our emotions and can get more distressed when we're distressed. We need to try to keep our own anxiety in check while sympathising with theirs. We have to be the emotional rock: the person who understands and supports.

Advocating too hard. We all want to stand up for our children, but our eagerness to advocate can sometimes actually raise anxiety levels. If your child shares a school problem with you, your first instinct is often to march into the school and try to resolve it. This tells your children that you don't have faith in them to fix their own problems. Your first priority should be to help them find a solution they can implement without your help, every time.

Compensating for weaknesses. Most of us get our confidence not from compensating for weaknesses, but on playing to our strengths. Children can't always avoid their weak areas, but by focusing on strengths we build self-efficacy and confidence.



Overplaying strengths. Positive affirmation can easily turn to pressure. Compliment children when they excel, but don't make their excellence a reason to expect even more from them.

Having great values. Sometimes children make poor choices, and the thought of family finding out can seem like a fate worse than death. Let your children know that while values are important, you understand the realities and temptations they face. Don't create a culture where your children are too anxious to come to you and admit they messed up.

Hiding your troubles. If we're struggling financially or fighting with our spouse, we think our children are better off not knowing. But they suspect and if they don't know the whole story, they can blow it out of all proportion. Shoulders? No, but it doesn't hurt to be honest about what our concerns are and, more importantly, what we're doing about it. By sharing what makes us anxious and how we deal with it, we're modelling practical ways to resolve anxiety.

Acknowledgement: Karen Banes

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