

## Glenorchy School



TERM 2 ISSUE I

MAY IOTH

#### **DATES**

#### **Term 2 Dates**

2nd May—8th July

### **B.O..T Meetings**

26th May & 23rd June

# Ice Skating Juniors

3rd June to 8th July

## **Queens Birthday**

6th June

## Road Safety Week

16th-20th May

#### It's the Beginning of Term 2 and it is well and truly underway.

#### **Thanks**

We have quite a few people we would like to acknowledge for their support since the last newsletter. These people have been helping out in a variety of ways: PTFA – Sonja, Sarsha, Candi and Gorettie, Kay Crump, Ambience Sound, Rosie Ferris, Rhonda Gollop and Mike Kingan - Thank you.

I also want to acknowledge all the parents who have sent in tissues to keep the noses of the school children well in check.

#### **Seniors**

The Seniors will be tripping around the world this term and studying a variety of countries in preparation for the Olympics.

They will be making soup and bread to keep us warm on a Tuesday. The vegetables are from the school garden. This is \$2 per student to help cover the extra costs.

This week, pumpkin soup. I can't wait – If you would like to come down and join us for soup on a Tuesday please let us know.

The class dojo will continue. It is a great learning experience for them all. Some are demonstrating their ability to save , while others, the dojo points burn a hole in their pocket.

This terms winter sports are futsal, volleyball and touch. A sports co-ordinator is coming from Queenstown to supplement our programme and this will culminate in a tournament in the last week of term.

#### <u>Juniors</u>

The Juniors are teaching Helen and I about Dinosaurs this term. We have a very vocal and highly engaged class which is what we love to see. They bring lots of prior knowledge and are highly motivated to learn more.

We are actively engaged with basketball and in just one week they have improved in their ability to dribble the ball.

All students are making steady progress with the recorder and some are now learning to read music. We have begun to line dance with much fun and laughter.

I have attached a reading that came out to Principals recently. I wanted to share this, as it made me stop and think both as an educator and as a parent.

If after reading it you have any thoughts or feedback please get in touch as I always think that parenting is hard and sometimes having someone to share ideas with is a problem shared etc.

#### Term 2 - Dates

May 2<sup>nd</sup> – July 8<sup>th</sup> - 10-week term

Board Meetings are on the May 26h – June 23rd

#### Term 2 Events

Ice-skating

June 3<sup>rd</sup> - 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 help with transport on a Friday.

#### **Road Safety Week**

 $16^{th} - 20^{th}$  May

Events around being a good pedestrian and cyclist will be organised. Matt and Kate from Paradise Trails coming in on Monday 23<sup>rd</sup> 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.

#### Nate



## **Vision/Hearing Technician**

Mary Ineson will be visiting GY School on the 18<sup>th</sup> May







#### PRINCIPALS' DIGESTS

30 Palliser Drive - Hamilton - NZ 3210 - Tel 07 855 7101
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Digests 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 confidency.



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. Should we pile our own troubles on our child's 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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