



# Huia Range School

Term 1 Week 1 Thursday 2nd February, 2023

Website: [www.huiarange.school.nz](http://www.huiarange.school.nz)

**He mihi mahana kia koutou – A warm greeting to you all**

School Phone Numbers 027 781 2224 06 374 6444

## 2023 School Year

The year has started very well with tamariki excited to be back at school.

They are enjoying being with their friends and have settled very well into their learning.

We have started fully staffed with teachers which is wonderful.

Tamariki that arrived at school yesterday had a small treat. Ask them about it.

The full school undertook a powhiri this morning to welcome new staff and new tamariki. A very positive experience.

## Year 8 Camp

Gear lists have been sent home to all students again,

Payment of \$100 is due, please contact me (Robyn) urgently if you have any concerns with paying this amount by tomorrow.

We really want all our year 8 tamariki attending this event.

## Hearing/Vision Testing

This is being undertaken for:

- all of our year 7 tamariki,
- tamariki across the school who have missed testing or followups,
- tamariki who require ongoing checks
- any junior tamariki that have not completed their B4 school checks.

## Swimming

See the dates to the right in the upcoming events column.

Absolutely vital that all of our tamariki learn to swim and are safe around water.

## Board Meeting

The Board met on Tuesday evening and have made some decisions that are rather exciting:

1. Have ratified the appointment of Sarah Graham to the position of Assistant Principal. Don't panic, she is still teaching her class!
2. BBQ - tamariki, whanau, staff and Board on Wednesday 22nd February from 4.30pm - 6.30pm (more information closer to the time).
3. Have agreed to adding 2 extra sandpits the same size as the current one.

The limestone track upgrade wasn't undertaken over the holidays because of the very wet weather, but I am meeting contractor to plan a start date.

The Board have agreed this year to focus on attendance. I have already started meeting with whanau of tamariki we need to see at school more often than last year.

## Senior Playground

Sadly, due to safety concerns our senior playground is closed and will remain so until it is checked and repaired by the qualified contractors.

The playground could be closed for a number of weeks.

The junior playground has been checked and has no problems, so remains open.

## Social Media

All of our year 5 to year 8 students will be participating in a video presentation and discussion with Police Officer Max, focused on social media and peer pressure during week 3 of this term.

If you have any concerns or queries please contact me (Robyn).

## Up Coming Events

### February

6 - Monday  
Waitangi day - School closed

7 - 10 Tuesday - Friday  
Year 8 Camp El Rancho

13 - Monday  
Fruit in Schools starts today  
RefreshYear 8 - Road Patrol

14 - Tuesday  
RefreshYear 8 - Road Patrol

21 - Tuesday  
Swimming rooms 2, 3, 4, 10, 11, 12 and year 4 from 8 and 9

27 - Monday  
Swimming rooms 2, 3, 4, 10, 11, 12 and year 4 from 8 and 9

28 - Tuesday  
Board meeting 6.30pm - Staffroom  
Swimming rooms 2, 3, 4, 10, 11, 12 and year 4 from 8 and 9

### March

2 - Thursday  
Vision/Hearing Testing

6 - Monday  
Parent Interviews  
New Entrant Start Date  
Swimming rooms 2, 3, 4, 10, 11, 12 and year 4 from 8 and 9

7 - Tuesday  
Parent Interviews  
Swimming rooms 2, 3, 4, 10, 11, 12 and year 4 from 8 and 9

Ka kite ano. Kia nui te ra

Robyn Forsyth Principal

## Newsletter

Because of the 2 short weeks there will be no newsletter next week.





# ACROSS Triple P - "Fear-Less" Anxiety Programme



## "Reducing your 6- to 12-year-olds anxiety"

NOTE: We also have a daytime 3 session course for parents of 4- to 6-year-olds – contact ACROSS for more details

### Who is it for and what is the cost?

For parents and caregivers of children aged 6 to 12 years of age. If your child **often** feels worried, fearful, nervous, anxious, or scared, then this programme can help you to reduce your child's anxiety. FREE for all parents and caregivers who are in the MidCentral region (Palmerston North, Feilding, Tararua, and Horowhenua). More than one adult involved with a child can attend – they just need to be in the "parent" role or attending with someone who is in the "parent" role. There is no cost as the Ministry of Health is funding this programme.

### How many sessions and what time are they?

Parents/caregivers need to attend all 6 sessions, delivered over one school term. Sessions are interactive with everyone given opportunities to share and ask questions at each session. 2 programmes run each term, both starting on the same week (Usually start on week two or three of the term). One programme runs on Thursday afternoons (12.15pm – 2.30pm) and the other on Thursday evenings (7.00 – 9.30pm). Parents choose which one works best for them. Parents can swap between sessions if they need to e.g., if you have an evening function, you can attend the afternoon session.

### Where is it held?

All sessions are delivered on ZOOM where you are given an internet session link the day before each session. So, no need for babysitters or travel time/costs! All you need is a laptop/tablet/phone with internet for 2.5 hours for each session. Phones need to have a screen so you can see the videos.

NOTE: A laptop/tablet is not needed between sessions, meaning you can organise to use someone else's device for the sessions. Some parents who haven't had devices or internet use, have gone to a business or friend they know, and that business/friend has supported them by allowing them to use their internet and a device for the sessions. If this is a problem, please talk to the presenter who is happy to problem solve this with you. We want this programme available to all parents.

### Who is delivering the programme?

Programme is being delivered by Prue Savill. Prue has been delivering Triple P "Positive Parenting Programmes" since 2017. Prior to this Triple P role, Prue worked for the Ministry of Education Learning support for 10 years, working directly with families and school teams to create individualised plans and programmes for children with additional needs. Prue loves to see all children succeed, and delights in seeing the adults around a child gain the knowledge and skills to be a child's long-term support. It's all about empowering those already in a child's world.

### What does the programme cover?

Session Topic	Session Content	2023 Term 1 dates
<b>Session 1 – Understanding anxiety</b>	<ul style="list-style-type: none"><li>➤ Understanding what anxiety is, what may have caused it and what might be keeping it going</li><li>➤ Setting a goal and bringing your family on board</li></ul>	Parent chooses afternoon or evening sessions <b>9 February 2023</b>
<b>Session 2 – Promoting emotional resilience</b>	<ul style="list-style-type: none"><li>➤ Learning about the building blocks for developing emotional resilience</li><li>➤ Supporting your child to recognise and verbalise their feelings</li></ul>	<b>16 February 2023</b>
<b>Session 3 - Setting a good example and encouraging realistic thinking</b>	<ul style="list-style-type: none"><li>➤ Looking at how parents can model behaviours and ways of thinking, to help their child/ren</li><li>➤ Understanding how you can move your child towards more flexible and realistic thinking</li></ul>	(NOTE 2 weeks between) <b>2 March 2023</b>
<b>Session 4 - Overcoming avoidance</b>	<ul style="list-style-type: none"><li>➤ Looking at how avoidance comes about and what we can do to overcome it.</li><li>➤ Learning how to develop a fear ladder with your child</li></ul>	<b>9 March 2023</b>
<b>Session 5 - Responding to children's anxiety</b>	<ul style="list-style-type: none"><li>➤ Understanding the advantages and disadvantages of the most common ways parents respond to children's anxiety</li></ul>	<b>16 March 2023</b>
<b>Session 5 – Constructive problem solving and maintaining progress</b>	<ul style="list-style-type: none"><li>➤ Learning how to guide our children through a step-by-step problem-solving approach</li><li>➤ How to maintain progress and plan around hurdles</li></ul>	(NOTE 2 weeks between) <b>30 March 2023</b>

To register either click on the link to the registration form or Phone/Email ACROSS

- Fear-less 2023 Term 1 Registration link: <https://forms.office.com/r/TTZQjix1w>
- ACROSS Phone and Email: 06 356 7486 or [reception@across.org.nz](mailto:reception@across.org.nz)

31<sup>st</sup> January 2023

Hello Parents, Grandparents and Caregivers

**Reminder...**

I just thought I would take some time to provide you some information around dropping off and picking up children from school.

We are very fortunate in the Tararua around traffic safety at schools in comparison to cities where the population is more and traffic is heavier.

However, with that can come some complacency. We can find ourselves taking short cuts, parking in the incorrect zones, parking on yellow lines and allowing our children to cross the road at any given point. Roads around schools both before and after school can be dangerous due to traffic volume and the number of students entering or exiting the grounds is big. The results can be very upsetting if things go bad.

It takes us no longer to park in the designated areas and it does not hurt our children to have to walk a small distance into the school grounds from being dropping off by parents/caregivers – the exercise is good!

It is timely reminder about the safety and legal obligations of all those parents and caregivers who bring their children to and from school by car.

The school and teachers are trying to ensure the safety of your children at pick up and drop off times by operating school traffic safety teams (school patrols at crossings for the schools who do this). To achieve this they require your help by observing the traffic laws in relation to pedestrian crossing and driving in general.

Police are committed to the safety of children around schools and as a result will be monitoring these locations at peak times.

Below is a list of offences that we will be actively policing:

Failed to stop and remain stopped for School Patrol	\$150.00
Blocked a pedestrian crossing	\$150.00
Driver or passenger not wearing seat belt	\$150.00
Failed to ensure child 8-14 year used seat belt	\$150.00
Permitted child under 15 in front seat unrestrained	\$150.00
Failed to ensure child under 7 in approved child restraint	\$150.00

Driver used a mobile phone while driving	\$80.00
Failed to wear cycle helmet	\$55.00
Parking within 6 metres of an intersection	\$60.00
Parking on or near a pedestrian crossing	\$60.00
Parked in area of broken yellow line	\$60.00
Parked obstructing vehicle entrance	\$40.00
Parking on a broken yellow line	\$60.00

I would also like to point out that bus stops during certain times are **NOT** to be used for dropping off or waiting to pick up your children. These times are:  
Monday to Friday 8.30am until 9.15am & 3.00pm until 3.30pm.

I do want to point out that we must abide by these requirements – which will be monitored and enforced to ensure safety measures are met.

If we all do our bit to be aware of the risks and adhere to the regulations, then our children will be safe.

Yours faithfully

**M F Walshe**

Senior Constable

School Community Officer

**TARARUA**



**Coffee time** 

**When:** Wednesday 15th Feb  
**Time:** 10–12pm

**Where:** Bluey Building (next to REAP)  
Gordon St, Dannevirke

**What:** Come along and support one another through your shared experiences of parenting a child with Autism.

For further information please contact  
Donna Heaps on: 027 4402163