

Helensville Primary School

NEWSLETTER



FROM THE PRINCIPAL'S DESK

Military Test Part 2

Firstly, a brief recap from our last newsletter: military + test + running + push ups + sit ups + pull ups + tyre flips + more running + uphill + sand bag + tiredness = ?

29 Rata Street
Helensville
Ph. 09 420 8005
Fax. 09 420 8023

Where we know what it is to be a learner



Aim High - Arohia Ake

NEWSLETTER NO. 5

6TH APRIL 2016

As I indicated last time, Abe (trainer) always sets the bar high. He has clear expectations and pushes people to work hard. Thankfully, that's not all he does.

When I headed off on the first run of the military test I was already tired, and more than a little tempted to slow down to a walk/crawl. I was surprised to see Abe popping up at various points along the route. I suspect he was making sure that:

1. I was still breathing
2. I was still running
3. I was pushing myself to complete everything within the time limit he had set (a time I was sure I would never make)

Abe did two other key things which helped me keep going: *he provided appropriate encouragement and he broke the task into chunks.*

Throughout the workout comments like: *Keep pushing, you've got this, you're on the home stretch now or you're killing this* really helped me to keep working. It's the same with our children. The encouragement they receive from adults, both at home and at school, helps them to keep going, particularly when they are finding something hard.

When I started to struggle with the sheer number of push ups or sit ups (three or four would have been plenty...), Abe broke it down into sets of 10, or even 5, to keep me motivated: *Great, now do the next 10, we'll do two more sets of 10 and then drop to sets of 5, you've got this, just keep moving.* Our children also find it easier to focus on the next section of work, rather than some overly-large task looming out in front of them. Messages such as: *You've got this, keep writing for one more sentence/paragraph/page, we'll time ten more minutes or push hard*

for this last part provide strong support for their learning as they make it all seem more do-able.

As adults we know that sometimes learning is easy and sometimes it's hard. When we provide encouragement for our children, and demonstrate a real belief that they can do it, they are far more likely to be successful.

All of our classrooms have a sign in them which reads 'Resilient Learners - KEEP GOING', because at Helensville School we know what it is to be a learner.

(I was wrong - I made the time. Encouragement is a powerful tool.)

Kia Manawanui

Be Stout-hearted

Kia Kaha

Be Strong

Eileen Brunton



END OF TERM



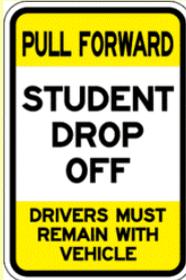
We invite you to join us at our end of term assembly on Friday 15th, 1:30pm to celebrate our wonderful learners in Term One. Items will be performed by some of our students.

Please remember to contact the school office if your child is going to be absent for the day.

CALENDAR OF EVENTS

TERM 1/2 2016

8th April	Summer Sport Y7/8 Rautawhiri Park SAVE DAY 11th April
14th April	Constable Dave free Sausage Sizzle for all Year 1-6 students
11th—13th April	Lower Middle School on camp
15th April	Last day of Term One - End of Term Assembly 1:30pm
2nd May	First Day of Term Two
3rd May	Senior Camp Information Evening - Room 15 @ 6pm
3rd-4th May	Senior Team First Aid Course
6th May	Science Roadshow
13th May	Triathlon at Parakai School—Year 5-8 (no save day)
23rd-27th May	Senior Team on camp
31st May	Goal Setting Day - OPEN FOR GOAL SETTING MEETINGS ONLY
1st June	Goal Setting afternoon—School as normal
2nd June	Rippa Y3-6 (SAVE DAY 7th June)
3rd June	Teacher Only Day - NO SCHOOL TODAY
6th June	Queen's Birthday—NO SCHOOL TODAY



Please remember that parents need to stay in their car at 3pm in the **drop off/pick-up zone**. Please move forward so as many cars as possible can park safely whilst waiting for their child/ren. If you need to meet your child at their classroom you will need to park in one of the spaces around the school.

Board of Trustees

The Board of Trustees welcomes any parents considering standing in the upcoming Board election to attend an informal chat session. This will be an opportunity to hear about what's involved in being a Board member and to ask questions. This meeting will take place in the school staff-room (in the office block) from 6.30pm to 7.00pm on Thursday 12th May.

Congratulations to...



The students who competed in the Weetbix Tryathlon last weekend on the Hibiscus Coast. Well done!

Mrs Brunton

Who came 2nd in her age group at the recent Spartan 7km/20 obstacle event in Sydney, Australia.



Fantastic effort Mrs Brunton!



Welcome

A very warm welcome to our new students and their families:

Khaian, Clayton, Michael, Declan, Cruz and George

It's lovely to have you at our wonderful school.

Coming up...

- 11th–13th April
Lower Middle Camp
- 15th April
End of Term Assembly 1:30pm
- 23rd–27th May
Senior Team Camp



Thursday 14th April 2016

Constable Dave will be cooking sausages for all students in Years 1 – 6 to celebrate the end of Keeping Ourselves Safe.

Thanks Constable Dave!

Helensville School - Where we know what it is to be a learner

Homestays needed for our next group of International Students returning to us again from Kowloon Bay St John Baptist Catholic School in Hong Kong, arriving the afternoon of Sunday 19th June - leaving on the morning of Wednesday 29th June.



Here to experience NZ schooling and family life, students stay in pairs and will need all meals provided. Please contact the office or Andrea on 09 420 8005 for more information.

This is a wonderful opportunity for your family!



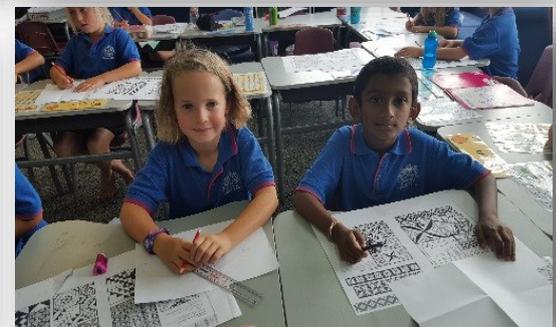
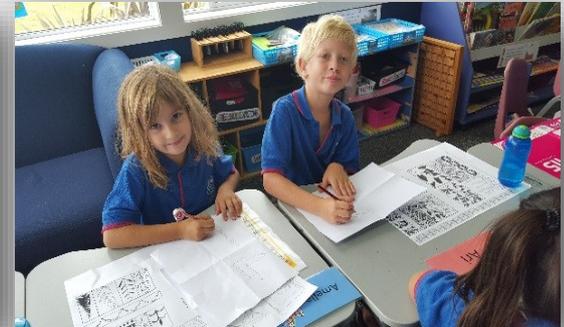
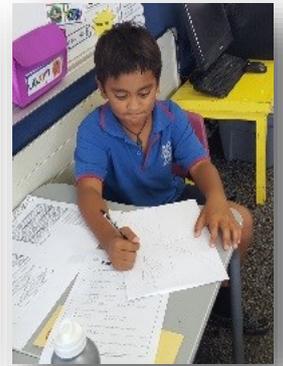
The Science Roadshow is coming to Helensville Primary in the first week of Term Two.

Science Roadshow is a fun, exciting and interactive learning experience of science for children.

Available to all Year 3-8 students.

\$5.00 entry fee per student (this has been subsidised)

Room 19 have been looking at Pasifika patterns and designing our very own tapa cloths!



We can't wait to add detail using paint and vivid to our final designs!

KIWI BERRY DISCOVERY

Room 14 discovered a new berry on the market and took part in a taste test.
We hope you enjoy our writing about our experiences.

The emerald green orb rested on my molar as the other came to meet it. Slowly the berry crushed splitting under the pressure, the luscious green sludge oozed onto my tongue and the bitter sweet flavour danced around my mouth. Fireworks of flavour exploded making me feel more like I was in heaven. I held onto the flavour as long as I could as the remains of deliciousness danced happily down my oesophagus to my fluttering stomach. I felt sad as the flavours slowly evaded my taste buds like a herd of elephants after a mouse... this was it. I was left with nothing other than a faint memory of my brief satisfaction.

By Finn Gowthorpe

As I bit into this unripe lemon green berry it surprised me. The sweet, bitter tasting object brought back some memories of me eating kiwifruit with my cousins. It watered in my mouth like a green gemstone waterfall. The sounds of people saying "Do I really have to eat this?" flowed over me. My stomach was saying "need more silky smooth berries, feed me". The green gemstone waterfall dripped onto the back of my tongue and down the back of my throat like it was going over the grey elephant rocks.

By Erin Taylor



As she placed the green, pumpkin like object on the desk my stomach dropped knowing I would have to eat it. My first instinct was to imagine why a taste test; was my teacher hungry or what? I took my time biting into it I didn't want to chicken out so I quickly bit into it not expecting how many flavours would burst out of this tiny, little berry ; never did I feel so alive all my senses were blown, pity though because it was all over in my next bite.

By Tia Morehu

I couldn't explain this taste it was sweet and fruity all at once. It felt weird, squashy and cold. As I placed the kiwi berry into my mouth it was like a clean white sheep falling into a green dirty pond. The sheep sank deeper and deeper into the pond. It was like an ocean of sweet tastes which had a hint of kiwifruit and feijoa.

By Santiago Daniel

I bit into the monster (not wanting to) as it slithered down my throat like a snake. It pounced which caused an eruption in my stomach.

Why did we have to do this? Was this a plot or worse, a joke?

The slimy texture made me want to throw up. Well this is just the thing to top off April Fools, I thought.

By Isabella Burke-Barton

As she placed the gremlin looking thing on my desk I stare at it for a while observing it's round petite body. "Feel it!" came the order. A million thoughts were going through my head. What if it bites? Would it curse me forever sending me into a deep sleep?

As I finally had the urge to just feel it, the booger like thing indulged my finger sending it deep into its soft insides. It felt wrinkly like an old man. It was quite mushy, like something you'd find in a rotten tomato.

The words everyone were regretting were spoken, "Now taste!" As she said it I could hear everyone's insides shrivelling up as it slid down their throats. Although it felt gross I thought I would give it a go and as the green, slimy object hit my mouth I felt an explosion happen as it splurged throughout my stomach. And that was the last time I ever had a kiwi berry! Or was it?

By Paris King



Mother's Day Raffle

HOME AND SCHOOL

Great prizes worth over \$200.

Tickets will come home to sell over the school holidays

Money due back first week of Term Two.

Next Home and School meeting Thursday
7th April @ 7pm
in the staffroom
All welcome!

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For more information contact the school office or place your order online at:

www.entertainmentbook.co.nz/orderbooks/1039m21

Sustainability News

HPS's new worm farms and compost bins are now installed and being used. Thank you to everyone who has supported getting this venture underway. There will no doubt be some teething problems as we all learn what to do, but at HPS, we are more than capable of solving any such problems!

The Helensville Community Recycling Centre has a fun one-day holiday programme for 8-12 year-olds on Wednesday 27 April, at a cost of \$20. Please phone 022 430 3622 for registration or more details.

There are lots of half-eaten huge apples going into the worm and chook food buckets! To reduce waste perhaps try to buy smaller apples, or cut large ones in half and put lemon juice on the cut surface to stop browning.

WAIMAUKU

State Highway 16,
Waimauku (opposite the
petrol station)

Enquiries email
admin@tennismonsters.com
or call Tracey 021468402

TENNIS HOLIDAY CAMP

Monday 25th April
- Wednesday 27th

1-4pm

\$95 - 3 days
\$43 per day

Book Online

www.tennismonsters.com

One-day holiday art program (for ages 7 - 12 yrs)

A drawing and painting workshop
With step-by-step guidance
children will discover how simple
shapes can be used to draw more
complex forms, then with acrylic
paints they will transform their
drawings, learning painting tips
and techniques along the way.
Fun and focused.

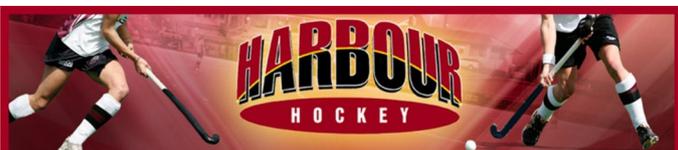


Friday 22nd April 10.00am - 3.00pm, \$45 Kumeu Arts Centre

Bookings essential:

email eion@eionbryant.com,

COMMUNITY NEWS



April Holiday Programmes



HOOKED ON HOCKEY

FUN, GAMES, PRIZES

Who: Children in school years 1 - 8 (age 5 - 13) beginners welcome.
When: Tuesday 26 & Wednesday 27 April, 9am - 3pm (attend one day or both).
Cost: \$50 per child for one day \$80.00 for two days. Family discount available.



HIT EM UP

SKILLS DEVELOPMENT, GAMES, PRIZES

Who: Current players in school years 5 - 8 (age 9 - 13).
When: Friday 29 April, 9am - 3.00pm.
Cost: \$70 per child. Family discount available.

To register or for more info see the "Junior Programmes" tab on our website
www.harbourhockey.org.nz or email Kim cdadmin@harbourhockey.org.nz



Kaipara Netball Centre's 2016 School Holiday Pre-season Programme

Years 5-6
Thur 21-Fri 22 April
2 day programme

Years 7-8
Mon 18-Wed 20 April
3 day programme

Under 15's
Tue 26-Wed 27 April
2 day programme

Start 9am - Finish at 1.30pm.
Rautawhiri Park Netball Courts, Helensville

DEVELOPING NETBALL SKILLS THROUGH FITNESS & GAMES:

- Basic warm up routines
- Team Handling Drills
- Developing powerful passing
- Developing Landing & Balance
- Getting free from a marker
- Attacking the circle edge
- Timing an intercept
- Shooting master class
- Man on man/Zone defence
- Intro to new rule changes
- Fitness testing and individual performance profiles

Register names and ages of anyone interested in participating by
Monday 11th April
online via our website www.sportsground/kaiparanetball.co.nz
or email Mili Sipa dmisspa@vodafone.co.nz.

Programme costs \$30 per person payable at the first session.
Please bring morning tea and a drink bottle. Wear comfortable clothing and shoes.

This year's programme is being run by Mako Wilson:

Before settling down to have children, Mako enjoyed a successful career as the Head of Faculty PE & Health/Director of Netball (Teacher in charge of Netball and Head of the Netball Academy) for 15 years at Massey High School.

She has extensive coaching knowledge and experience at secondary and senior levels having coached two Silver Ferns (Cat Latu/Paula Griffin) and was head selector for Netball Waitakere Reps.

Mako's Massey High School team won the NZ Secondary School Championships in 2005 and 2006 and were runners up in 2004. They also feature heavily as Winners and Runners up of numerous UNISS and West Auckland/Auckland tournament titles.



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9am to 3pm

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helensvillecommunityrecycling@gmail.com
Open Fri Sat Sun 8am to 4pm

HELNSVILLE COMMUNITY RECYCLING CENTRE

Kids Only School Holiday Surf Programme

Learn to Surf

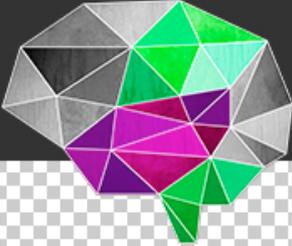
Get the kids off the X-box and down to the beach this summer with our Learn to Surf week at Orewa Beach

FUN, ACTIVE & HEALTHY
Surfing feeds the mind body & soul

Open to Kids aged between 7 – 17 years old
Surf sessions 10am-12.30pm or 1.30pm-4pm
18-22 April & 25-29 April 2016
Cost \$35 per session or \$150 for 5 days

Limited spaces available per session, bookings essential!

ONEILL SURF ACADEMY
Please email surf@oneillsurfacademy.co.nz
Tel: 027 7344 877



THE MIND LAB

by Unitec

School Holiday Programme

The Mind Lab by Unitec is the one-stop shop for your little one these school holidays. We have a full programme, jam-packed with exciting yet educational activities that are sure to spark your child's curiosity. We offer kids the chance to taste-test a broad spectrum of modern technologies that'll form a large part of their future: think coding, 3D printing, animation and robotics to name a few. For more information go to:

<http://themindlab.com/workshop/school-holiday-camps/>

HOLIDAY PROGRAM



Mon 18th - Wed 20th April
Time: 8.30-3pm Daily
Venue: Te Whare Oranga o Parakai, 2 Te Moau Ave, Parakai
Spaces limited to 40 Tamariki
Ages 5-12yrs

MAU RAKAU

Waiata & Haka
register today



KAIPARA

RANGATAHI WANANGA



Tues 26th - Thurs 28th April
Time: 8.30-3pm Daily
Venue: Te Whare Oranga o Parakai, 2 Te Moau Ave, Parakai
Spaces limited to 40 Rangatahi
Ages 13-17yr

KI-O-RAHI

Hospitality FOOD TECH

National HIP HOP Champs
Chevy from "IDENTITY" Dance
• Priority will be given to those who whokappa to one of the five South Kaipara Marae
• For non-registered members there will be a cost of \$10 per day, per Tamariki / Rangatahi
• Closing date: Friday 01 April 2016

Contact Tessa at Ngati Whatua Nga Rima o Kaipara 09 420 8418 or ngarimaheartlands@yahoo.com OFFICE OPEN Mon-Fri between 10am - 2pm, 16 Commercial Road, Helensville

Date	7-9 year-olds	10-12 year-olds
2016		
Monday 18th April	Coding / Robotics	Robotics / Coding
Tuesday 19th April	Web & Graphic Design / Science & Engineering	Science & Engineering / Web & Graphic Design
Wednesday 20th April	Coding / Robotics	Robotics / Coding OR Creative
Thursday 21st April	Electronic Engineering / Animation	Animation / Electronic Engineering
Friday 22nd April	Coding / 3D Design & Printing	3D Design & Printing / Coding
Monday 25th April	ANZAC DAY	ANZAC DAY
Tuesday 26th April	Coding / Electronic Engineering	Electronic Engineering / Coding
Wednesday 27th April	Robotics / Animation	Animation / Robotics OR Innovative
Thursday 28th April	Web & Graphic Design / Science & Engineering	Science & Engineering / Web & Graphic Design
Friday 29th April	Coding / 3D Design & Printing	3D Design & Printing / Coding

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Phone: 09 420 8177



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Early Learning Centre



www.gumboots.ac.nz

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