

Congratulations to our finalists taking part in the Cluster Speech competition here last week. Well done to Caitlin Callahan who has made it through to the Central and Eastern Zone competition to be held at Limehills School on Tuesday 1st September. Her topic was 'Gender Equality'. Thank you to our adjudicators: Christine Crosbie, Paul Duffy and Julie Keast. We appreciate that you help us to run these competitions.

Thank you to the Home and School for once again running the Disco. The children sound like they had a lovely time and the photos show that the high standard of fancy dress continues.

Some more strategies around building resiliency in our children from 'Hey Sigmund – Where the science of Psychology Meets the Art of Being Human' include:

- Let them know that it's okay to ask for help. You can guide them. Being brave and strong means knowing when to ask for help.
- Build their executive functioning by: establishing routines, modelling healthy social behaviour, creating and maintaining supportive reliable relationships around them, providing opportunities for their own social connections, creative play, board games, games that involve memory, exercise, giving them opportunities to think and act independently, providing opportunities for them to make their own decisions. This will help them manage their own behaviour and feelings and increase their capacity to develop coping strategies.
- Encourage regular mindfulness practice. This strengthens calming and rational thought and helps with a healthy response to stress. <https://www.heyigmund.com/mindfulness-for-children-fun-effective-ways-to-strengthen-mind-body-spirit/>
- Exercise strengthens and reorganises the brain to make it more resilient to stress. Fun exercise helps to make you feel better.
- Build feelings of competence and a sense of mastery. Let them know that they can do hard things. Acknowledge their strengths and the brave things that they do and their effort when something is hard. Encourage children to make their own decisions. They are then more likely to handle future challenges. *"You're a superstar when it comes to trying hard things. You've got what it takes. Keep going. You'll get there."*

Te wiki whakamihaaro / Have a wonderful week!

Kate Stevenson
Principal

"Life is like a camera. . . focus on what's important, capture the good times, develop from the negatives, and if things don't work out, take another shot".
Unknown

"Four websites that can help when you're feeling stressed or anxious or out of your depth for 12 to 19 year olds. They are NZ, free, safe and private. thelowdown.co.nz youthline.co.nz sparx.org.nz commonground.org.nz"

A Reminder to Families around Communication:

The School App is used for immediate notification to families of any information. You can contact Marylyn at the Office if you have a notice, relating to school, to go out on the App. Those without the app should have made arrangements with Marylyn about how to be contacted. If you have concerns or complaints, please arrange a time through the Office to meet the person concerned letting them know what the meeting is about so that they can gather information. Complaints via email/Messenger will not be investigated or actioned.

Calendar of Events:

Monday 31st August- Tuesday 1st September – Year 8 to Stewart Island
Wednesday 9th September – Get Wiggy Child cancer – dress up with a wig or wild hair – gold coin donation
Friday 11th September – Assembly
Monday 14th September – Book Bus
Wednesday 16th September – Southland Speech Finals – 6.30pm
Tuesday 22nd September – Board of Trustee Meeting 7.30pm
Friday 25th September – Last Day Term 3 - Assembly
Monday 12th October – First Day Term 4
Monday 23rd October – Book Bus
Friday 23rd October – Pet Day
Monday 26th October – Labour Day
Thursday 29th October – Zone athletics for those who qualify

This week's joke: Why did the teacher marry the school caretaker?
Because he swept her off her feet!

Class Reports

Team Kikorangi: We have introduced a Post Office this week in our class to coincide with our letter writing unit. We have planted out little gardens too.

Team Kowhai: We are about to embark on a poetic journey. If you have any poems suitable for 6-10 year olds please let me know or send them through via Seesaw. Thanks

Team Karaka: This week in Team Karaka we learning to write Haiku and Cinquain poems. Please remember to bring suitable clothing and footwear for athletics practice on Tuesdays, Wednesday's, Thursday's and Friday's until Week 8.

Team Papura: planted kowhai seeds a few weeks ago and these are beginning to sprout. We have learned about what happens if you over water seeds. On Monday and Tuesday next week, the Year 8's will be enjoying their time on Stewart Island.

We are in need of a Beekeeper to help support our school hive. If anyone in our local community is interested in helping our hive get back up and running please contact the school.

We're fundraising with the Entertainment Book APP.
Normally 20% of the sale price goes back to our fundraising but from now until 13th September we get an extra \$10 for any single city membership or \$20 for the multi-city membership! If you haven't had one before, this is a great APP with heaps of discounts at local restaurants, cafes, retail outlets, accommodation, car rentals, and tourist attractions. Your digital membership can be accessed from up to four different devices so it's perfect for sharing with friends/family. There's never been a better time to help
us: <https://www.entertainmentbook.co.nz/orderbooks/9b31766>

Headlice: Once again these nasty critters are at school so, could you please check your child/ren's hair. It is recommended that hair be checked two or three times weekly as eggs can hatch in that time. If you want information on how to treat or even what to look for contact the School office

SCHOOL VESTS

Could we please have all borrowed school vests returned as soon as possible.

School Cleaner Required

20 hours per fortnight – 5 days per week
Please contact Kate 2468 738 for further enquiries.



If you are travelling between Invercargill and Tokanui on Highway 92, please be-aware of the changes to speed restrictions especially around the townships

Congratulation to the following girls who have passed their Dance exams:
 Araya McCabe 88/100 for jazz
 Claudia Buckingham 89/100 for jazz and 88/100 for ballet
 Madison Wright 89.5/100 for jazz and 88/100 in ballet with two more results to come for other dances.
 These girls work hard and are amazing



Daffodil Day

The Daffodil Cancer Society fundraising auction to have been held this Friday at Tokanui Tavern has had to be postponed because of the current Covid Level 2 restriction.

Tokanui Medical Centre –Phone 2468 850

Doctor Days: Wednesday 9th September - Abraham
 Wednesday 23rd September – Abraham
 Wednesday 7th October – Abraham
 Wednesday 21st October - Abraham

Medical centre is now open as normal clinic hours
 9.00am to 12 noon.

Clinical Nurse Specialist can be reached Monday-Friday 9.00am – 4.30pm on 027 810 8801.

If an emergency please phone 111

Smear Tests at Tokanui Medical Centre – 7th October – appointments necessary. To make an appointment phone 03 4190 400



Southern District Ambulance Society

Thank you to everyone who has paid their subscription. If you missed the notice phone 03 2468 498 or email me southerndistrictambo@gmail.com for the bank account details. Reminder if you use the ambulance service and the cost is not covered by ACC you will be sent an invoice from St Johns, if you email me a copy of the invoice or post it to me, we will pay it for you.

Skits in the Paddock

The SDAT are planning on holding a “Skits (and one act plays) in the Paddock” on the 4th and 5th of December. We hope this will be an opportunity for the audience to bring along a picnic tea or buy some chips and watch a few skits and plays performed outside. This will be an opportunity for actors to be involved in a shorter version of acting than previous years with practices being able to be more versatile with timing and length, as in the main you will only need to work in with your group. The Arts Trust hope that this will present an opportunity to act in a fun event without being too time consuming. Please register your interest with either Marylyn Hayes 03 2468446 or Janice Broad 021 167 0110

Odd Spot: You are more likely to be attacked by a cow than a shark



Curio Bay Christian Fellowship
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Tokanui Memorial Hall AGM
 Monday August 31st 7.30 pm
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DRAW FOR TOKANUI JUNIOR RUGBY SATURDAY 29TH AUGUST

BOTH GAMES AT TOKANUI

Callahan Transport Tokanui Rippa U7's v Star, 10.25

Titiroa Transport Tokanui U10's v Blues, 11am

Tokanui Bistro Players of the day from last weekend were: U7's Hope Johnston, and U10's Harry Barnes



Technology



Thank you for supporting those who support our school.

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