

Kia ora everyone,

It is so rewarding to hear the success of our previous students. Congratulations to Ryley McRae who was awarded Rugby Southland's Under 16 most promising player. What a great achievement, Ryley.

I would also like to congratulate Cameron Barnes who got 1st in the long jump at Southland Athletics. Please let me know if you know of any other successful athletes from the Southland Athletics.

I am interested in families' feedback on the Zone Athletics. Did you like it being held at Ascot School or do you prefer Surrey Park? Would you like to have a separate Junior Athletics at our school or carry on with athletics at Surrey Park for the juniors also? Please let the school know via text or email office@tokanui.school.nz by the end of the week.

Next year we will be introducing a programme to our students called "Pause, Breathe, Smile". You may have seen an advertisement for this on the television. This will be part of a well-being programme for our students. It has been found to help with calming students and reducing anxiety. It is a good tool for learners to use to consider their emotions and deal with conflict. It helps children to stop in their tracks and gives them a moment to consider how they deal with a difficult situation or stress. Mindfulness builds a skill that they have for life. It is about engaging in what is happening in the present moment within and around us. "There is a growing body of international research that suggest that mindful awareness practices can benefit physical and mental health, as well as support emotional regulation and metacognition." (gazette.education.govt.nz). "Pause, Breathe, Smile" is in place in more than 300 schools across New Zealand. Southern Cross has generously agreed to funding support so that the programme will be available to all schools at no cost. In light of Covid-19 and increased anxiety in our community, this will be an excellent support for our students. This programme aligns with the Health and Physical Education curriculum and the Social Sciences and Science curriculum. It also links clearly to the Key Competencies: thinking, managing self, relating to others and participating and contributing. At Tokanui School we use practices based on Positive Behaviour for Learning (PB4L) to support a positive relationally based environment that supports student well-being. Part of this is seen at Assembly with the certificates and tokens that are given out in the playground, for students showing the school values. These programmes are about Learner Wellbeing and teaching the children how to be self-managing.

Here is a link that I thought many of you might find interesting. It is a John Parsons video around having device free time to support each other. "Families that eat together, heal together:

<https://www.facebook.com/johnparsonsS2E/videos/2866705640318593>

Ka pai to wiki

Kate Stevenson
Principal

Me mahi tahi tatou mo te oranga o te katoa
We must work together for the wellbeing of all.

Calendar of Events:

Friday 27th November – Enviro School Day
Friday 27th November – Menzies College Discovery Day
Monday 23rd November – HPV Seniors
Tuesday 1st December – Last Day for Year 7 & 8 Technology
Wednesday 2nd December – Mitre 10 Tough Kids – Year 8
Monday 7th December – Book Bus
Thursday 10th December – Year 8 Leavers Dinner – 6.00pm
Friday 11th December – Final Assembly – 1.30pm
Tuesday 15th December – Break Up – 7.00pm
Tuesday 15th December – Final Day – End Term 4
Monday 1st February 2021 – First Day Term One

Out of School Events Coming Up that may be of interest

Sunday 6th December – Family Adventure Race -Sandy Point – all ages

Class Reports

Team Kikorangi: We have been weeding our garden and have some more plants ready to harvest. We have PMP today which we are all looking forward to doing.

Team Kowhai: We have been enjoying learning some Te Reo in class this week. We would love anyone with fallen cabbage tree leaves to please gather them up and drop them into school. We will be using them to make Kites on Enviro day this week. Thank you.

Team Karaka: This week we are excited to participate in Enviro day on Friday. We will have class swimming on Wednesdays.

Team Papura: We will begin swimming on Thursday. Please make sure you have your togs. We have begun practising for the End of Year Break Up.

Pre-schoolers

If you have pre-schoolers in the Tokanui areas, please phone the office with details so that we can ensure you are on our pre-school list. This helps us with staffing.

This week's joke: "Why did you buy a black and white dog?"
"Because I couldn't afford a colour licence."

Library Books

The Library will be closing on Monday 30th November for stock take, please have ALL library books returned before this day.

ENVIRO DAY

You are all welcome to come to Enviro Day – this Friday 27th from 10.00am – 1.45pm.

Pest focus, Maori Kite Creation, Beeswax Wrap, Flax Weaving.

Home & School will have a BBQ running, or you may wish to bring a picnic lunch – Lunch will be at 12.00pm

Tree planting will be approximately 1.45pm if you want to help, please bring a spade

Bug Man Southland BOZ Sanders

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Email bozsanders439@gmail.com



Curio Bay Christian Fellowship

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Sunday Service 10.30am

All Welcome. Pot Luck Lunch

Paul & Celia 2468 431 / 021 0238 9558

Odd Spot: Very small clouds are scuds

Annual Meeting Niagara Hall

will be held in Hall on 3rd December at 7-30pm

Apologies to Gay Lamb 2468 402



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Movement for Learning & Active Play

The Tokanui Tamariki Trust, along with Southern REAP, invite **all pre-schoolers** in the Tokanui area to join us for 3 sessions at the Tokanui School Hall.

Wednesday 11th Nov, 25th Nov and 2nd Dec at 10:00am

These interactive, movement based sessions are based on the Perceptual Motor Programme (PMP) which uses a variety of movement based physical experiences to build gross and fine motor abilities, hand eye co-ordination, concentration and many other things that are important for a child's development. Sessions will be targeted towards mobile toddlers and older pre-schoolers but all are welcome to come along and join in. There will be a baby friendly play space.

Contact: Megan Lamb - meganlamb@outlook.co.nz - 027 353 8984
Please RSVP by Friday 6 November to register your interest.

Tokanui Medical Centre –Phone 2468 850

Tokanui Medical Centre and its staff are operated and governed by the Southern District Health Board

Anybody is welcome regardless of whether you have a GP or not.
Opening times for walk in clinic 9.00am-12 noon Monday to Friday
Clinical nurse specialist available 8.30am-5.00pm –
027 801 0081

Dr Visagie from Clutha health visits every fortnight – for appointments and times please contact

Clutha health – (03) 4190 400

Any emergencies ring 111 24 hours a day and we will be paged immediately alongside St. John

Doctor Days: Wednesday 2nd December – Abraham
Wednesday 16th December – Abraham



A presentation will be held at Tokanui Hall 7.00 pm 3rd of December

Bernadette Hunt from Federated Farmers and Lucy Hicks from Environment Southland will both do a presentation followed by question and answer session.

Farmers please ring your neighbours and come and listen and help give positive feedback to Federated Farmers and Environment Southland to take back to Wellington to improve this legislation.

Gardener Wanted

Someone to do gardens for approximately 6 hours per week.
Could be split to suit School hours etc.
Phone Pamela 03 2468 494



Do you want a tractor driver or a hand in the yards?
Casual farm work wanted,
Ph Daniel 027 548 7790

Catlins Cleaners
Contact Kim Strang
027 2468 089



Christmas Boxes

We will be delivering Christmas boxes around the Toi Tois area on Friday 11th December.
Could you please have all contributions to Jenny Wilson's home by 12.00pm on 11th December.
Many thanks Jenny

SOUTHERN DISTRICT ARTS TRUST
PRESENTS
IMPROV COMEDY NIGHT
(WHOSE LINE IS IT ANYWAY TOKANUI STYLE !!!)
CANCELLED
TOKANUI HALL
5TH DECEMBER 2020
DOORS OPEN 7 PM SHOW STARTS 7.30
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FOR MORE INFO CONTACT JANICE 0211670110 OR MARYLYN 032468446



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Applicants for this position should have NZ residency or a valid NZ work visa.

Please apply with CV to michael@titiroatransport.co.nz or

liz@titiroatransport.co.nz

Phone 032469726

Wednesday Night Touch &
Friday Night Netball
at Tokanui.

Starting December 2nd
Come as a team of 7
or an individual

Message Cala Paenga or Ben Buckingham



Garden Group Revival

Calling gardeners in our Southern District.

We are wondering about reviving the garden group which existed for many years in this area. It was formed in 1976 by the late Mrs Nellie Buckingham and the late Mrs Edna McEwan and sponsored by Rural Women NZ. It was well supported by a bunch of enthusiastic gardeners who visited many gardens in the district and further afield. This group went into decline when we lost Jean Stratford and her daughters, Leeanne and Vicky, as they all gradually moved out of the district around 2002-2012. These ladies contributed much to the group. Apart from the companionship, we gained lots of ideas and learned heaps.

If you are interested, contact me -phone 2468 499 or email thickthorne@xtra.co.nz. We'll see what sort of response we get, and take it from there.
Cheers Janette Buckingham, Waikawa Valley



Fortrose Cemetery Trust

Annual General Meeting Wednesday 9th December
Apologies to Philip Golden 027 436 9743

Thank you for supporting those who support our school.

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