



Kia ora koutou,

Thank you all for your support in having your children while the staff spend some time with the rest of the **Poumāhaka Kāhui Ako** on Friday planning and learning together. Being part of the Kāhui Ako is a huge asset to our community and to our schools and one we actively invest in. We are building better relationships across sectors that supports not only teachers further learning and development but also builds transitional relationships for your children and a common language across settings particularly in the area of our Critical Capabilities - those really important life skills that we don't want to leave to chance!



This year to support the work of our **Critical Capabilities** we are introducing a new programme called “**Play is the Way**”. This is a practical methodology for teaching social and emotional learning using guided play, classroom activities and an empowering language. I will post a little bit of our learning journey each week along with a parenting tip from “Play is the Way”.

Our theme across the school this term is, “**Who am I?**”. We are encouraging children to delve into their history as much as they are able and find out about their whānau roots, origins and cultures that make up a part of who they are. Maybe this is a delicate subject at home and one not easily discussed but we encourage you to find a way to talk about age appropriate aspects - good and bad - to acknowledge that we have a past, we don't have to keep living it, but there are aspects of it that can give us strength and understanding. If this raises issues for your child please chat to your child's teacher so they can be aware and sensitive to your child's specific needs. As part of this work we will also be looking at how we fit as part of a whānau, school, and community. We are very excited to be able to participate in the Clutha conversation about our community of West Otago with the Council visiting us on the 17 February to talk to some students.

Unfortunately, due to COVID Red restrictions the Eastern and Southland **athletics** competitions will not be happening this term but have been postponed till Term 4. West Otago Athletics has been cancelled as an organised event between all the schools this term. We will still run an athletics event for our school albeit in a different way. Details are still developing but we will let you know once we have a concrete plan. Children's times and distances will still be recorded across the schools so entries can be made in Term 4 for the zone athletics.

Our REAP subsidised **swimming** lessons are still happening and they start next week for two weeks! Please ensure your child has swimming gear EVERY DAY. This includes goggles please. Information is still coming in about area swimming competitions this term but we'll keep you posted.

Thank you to all the parents who have been in touch over the first couple of weeks. Your interactions have been so positive and encouraging. This COVID road is not easy on anyone but I hope that we will be able to stand together and look at the limitations and disappointments as opportunities to be creative, discover things we never thought possible and grow wise, strong and well together! As the Māori proverb says...

***“He aha te mea nui i te ao? He tangata, he tangata, he tangata.”***

***“What is the most important thing in all the earth? It is people, it is people, it is people.”***

We look forward to working on this with your children and with each other as we paddle this waka called education together!

Stay well!

Jane Stuart - Acting Principal



For the next few weeks we are all focusing on the “Golden Rule” which states...  
**“Treat others the way you want to be treated.”**

This is one of the backbones of being a great citizen and it runs alongside good manners.

**Parenting Tip #1:** Accept your importance as a role model and make every effort to be the best role model you can be. Recognise that this may call for personal change and improvement.

## CONGRATULATIONS

Congratulations to our newly elected Student Council and House Leaders!

### House Leaders:

<b>Whero</b>	Leader - <i>Oliver</i>	Deputy - <i>Heidi</i>
<b>Kakariki</b>	Leader - <i>Samuel</i>	Deputy - <i>Aaron</i>
<b>Kowhai</b>	Leader - <i>Alex</i>	Deputy - <i>Kahu</i>
<b>Kahurangi</b>	Leader - <i>Emma</i>	Deputy - <i>Oliver</i>



### Student Council:

**Year 6:** *Kushaan, Austin*

**Year 5:** *Sam, Hannah*

**Year 4:** *Mack, Oliver*

**Coach for Year 4 Councillors:** *Tayla*

**Student Council leaders to support, gather and be the voice for the juniors:** *Declan, Natalia*



## House Challenge Time!

This week was a tug-o-war. There was a tight competition of brute strength but Kakariki house came away with the win and will get to fly their flag for the next week! Well done and great sportsmanship shown by all!  
The teachers might need a bit of strength training!



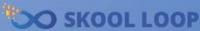
## Kapahaka

This week the tamariki (children) will be invited to opt in to Kapahaka for the year. This usually happens on a Friday morning from 9-11 and covers a mix of waiata (songs), te reo (language) and kemu (games). We are so blessed to have a wonderful team of leaders who awahi tēnei mahi (help with this work) - Jaki, Heemi, Ashlee and Leonie.

The children don't need parental permission to come along but please have a chat with your child about getting involved and experiencing kapahaka. They do practice many waiata and haka in order to perform at a variety of events (even online in 2021 thanks to COVID!) If it is important to you that your child is involved in this, please let the office know otherwise we will leave it to the tamariki to decide. We ask for some commitment from the tamariki if they opt in by staying for at least a full term to bring consistency to the team (the whole year would be better!)

[Click here to learn more about skool loop](#)

Have you downloaded our school app yet?

 SKOOL LOOP

Our school app ensures excellent and reliable communication between our school and parents at all times!

 Full Speed Ahead!

Helpful Features:

- > Parent-teacher interviews
- > Push-notifications
- > Absentee reporting
- > Notices
- > Calendar
- > Permission slips
- > Newsletters
- > Contact tracing
- > School contacts

 SKOOL LOOP



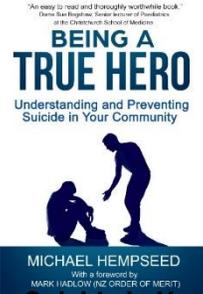
# West Otago Rural Kids

West Otago Rural Kids (W.O.R.K.), offers learning programmes where children are encouraged to experience, experiment and explore. As a member of W.O.R.K. you will have lots of fun taking part in awesome activities like; outdoor adventures, civil defence, cooking, cycling expeditions, animal health, ANZAC awareness and service, helping your community, tyre tubing, light a fire and cook on it, camping and making lots of friends. Sessions are held every second Wednesday during the school terms, usually from 6.30pm - 8pm at the old bowling green in Heriot. Our first session is on February 18th, 2022, from 6.30pm - 8pm. Children in Years 4-6 are eligible to attend. If you are interested, please contact Cherie Criglington (Group Leader) on 027 626 6483, Clark Scott (President) 0274 469 016 or [westotagoruralkids@gmail.com](mailto:westotagoruralkids@gmail.com) for more information.  
**My Vaccine Pass to be presented for adults.**



## Michael Hempseed – Alexandra 2022

### Sleep Issues and Anxiety in children



Michael Hempseed is the author of the book **Being A True Hero: Understanding and Preventing Suicide in Your Community**. <https://www.beingatruehero.com/>

Michael graduated from the University of Canterbury with an Honours Degree in Psychology in the year 2008. He has spoken to almost every group imaginable, multi-millionaires, doctors, lawyers, accountants, teenagers, prisoners, social workers, nurses and many more. In 2016 he spoke at TEDxDARWIN.

In 2015 Michael founded the Employee Solution Service, a specialist HR company that now works to prevent suicide within the workplace.

Michael has truly made the most of his life, having visited 34 countries around the world including India, Cambodia, China, Brazil, The Ukraine and many more. In addition to this, he challenged himself to skydiving (from a perfectly good aeroplane), piloted an aerobatic plane and enjoys hang-gliding and paragliding.

Michael's presentation style is laced with humour and heavily loaded with factual, real and present information. You may be a non-professional or an expert in your field, but we know you will walk away feeling armed with knowledge, hope and fully inspired.

Hosted by Central Otago REAP

## Tuesday, 22nd February

7pm to 8.30pm – Sleep Issues and Anxiety in Children (no cost)  
**Alexandra Community House, 14 Centennial Avenue, Alexandra**

Spaces are limited to 20 participants. View seminar details and register at [www.coreap.org.nz/courses](http://www.coreap.org.nz/courses)

**Under the Government mandate we are required to operate under Vaccine Pass requirements for these events. We will require proof of vaccination prior to entering the venue.**

Enquires to Amanda Greer, [mandy@coreap.org.nz](mailto:mandy@coreap.org.nz) or Telephone 021 544 894