



# School Newsletter

## Thursday 23 February 2023

Nau mai, Haere mai, **Jamelia Te Kaute, Kyson Lancaster** and their whanau, we trust you will enjoy your time in our community.

### Kia ora

I felt now would be an appropriate time to talk about resilience and the need for parents to support their children to manage and cope. Resilience is one of the key skills you can teach your children.

This article provides some ways you can do this.

Geoff Franks  
*Principal*

### Resilience in Children: Strategies to Strengthen Your Kids

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow. Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

#### Stress and Resilience

All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect kids from obstacles. Kids get sick, move to new neighbourhoods, encounter [bullies and cyberbullies](#), [take tests](#), [cope with grief](#), lose friends, and [deal with divorce](#), to name a few. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to kids.

Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalise the message that they are strong and capable.

#### Strategies to Build Resilience

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place,

kids will experience anxiety and shut down in the face of adversity.

#### Build a Strong Emotional Connection

Spend one-on-one time with your kids: Kids develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

#### Promote Healthy Risk-Taking

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalise the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

#### Resist the Urge to Fix It and Ask Questions Instead

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

#### Teach Problem-Solving Skills

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions with kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

*Continued on the next page.....*



### Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labelling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

### Demonstrate Coping Skills

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

### Embrace Mistakes—Theirs and Yours

Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus on end results, kids get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives kids the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

### Promote the Bright Side—Every Experience Has One

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

### Model Resiliency

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process.

### Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.

*Article by: Katie Hurley*

### Paid Union Meeting - Thursday 2 March

**Next Thursday school will be finishing early - 12.30pm, so all teachers can attend a Paid Union Meeting.**

As we are unable to offer supervision we ask parents/caregivers to make alternative arrangements for their child's care and that all children leave school at 12.30pm.

*Thank you for your understanding*

**School is closed on Friday  
3 March ...  
For Staff Only Day**

### School Finishes Early on Monday 6, Tuesday 7 & Wednesday 8 March.

School finishes at 2.00pm on these days for Hui Tuatahi.

**We need all children to leave school grounds at 2.00pm on 6, 7 & 8 March** as there is no one available, at school, to supervise children after this time.

### My Apologies - regarding head lice notice

I must express my sincere apologies for a message I circulated to some whanau this week regarding head lice.

In my haste I printed on old note stating "your child had" head lice. The note should have read "I wish to inform you that a student in your child's class...".

I am sorry for any stress or inconvenience this may have caused you.

Lisa Buckley  
**Office Manager**



## Matai & Kauri Camp -

Matai & Kauri will be going off to Highland Home in Pohangina Valley, for Senior Camp - **14 -17 March.**

Notices, permission slips & medical forms have been sent home and we ask that these are **completed and return to their class teachers asap.**

As you can understand, there is a charge for camp, **\$230 per child.** This charge helps cover actually expenses incurred like food, accomodation, activities and transport. We ask that all camp fees are paid in full before camp.

You are welcome to pay by eftpos or cash at the school office or by internet banking. You are most welcome to set up a time payment or pay in part payments.

Our ASB bank account number is;

12 3143 0400873 00

Please use your child's surname as a reference.

## Labelling Clothing;

The only way to reduce the amount of lost property is to label your children's clothing and shoes with your child's name. With this in mind we are offering a couple of ways to help you label your children's clothing;

- **Printed labels:** we have a label maker and will happily give you labels for you children's clothing. These could be **iron -on** for hats, shirts, fleeces etc or **stick-on** for inside shoes. **Simply contact Lisa in the school office.**

OR

- **Next Wednesday and Thursday we are offering an embroidery service,** *using a home sewing machine so the embroider will only be 1cm high & in white.*

**Please bring in or send the items to the school office** and Lisa will embroider your child's name on your child's hat, shirt, shorts & skirt.



## Hui Tuatahi

*The first of our parent/teacher meetings.*

Our **Hui Tuatahi** will be held on

**Monday 6, Tuesday 7 & Wednesday 8 March.**

This is a chance for you to meet your child's teacher. And for you, your child and their teacher to sit down together to talk about your child, their needs and their goals.

We would like to see every whanau attend a hui for their child, it is an important part of their education journey.

We are using the **Skool Loop** app to manage our bookings for these conferences. Bookings are open.

Now is the time to book your Hui Tuatahi. It is expected that your child will be there with you.

If you haven't already please download the Skool Loop app.  
*(This is a free app. that can be found on your app store.)*

Follow the instructions to find our school. On the home screen you will find the **'interviews'** button.

If you have any problems or need help please contact Lisa in the school office.



## Camp Fundraising Pies and Hot Cross Buns

We are taking orders for delicious pie & hot cross buns - order forms have been sent home this week. **If you need more please come to the school office.**

All profit will be going toward the Yr4-6 camp.

**Please ask your family, friend, work mates... the more we sell the more money we raise.** You may even get a refund of your camp fee if we raise enough.

**Order forms and money need to be back at school by Friday 10 March.** *Payment can be made by cash, eftpos or internet banking - please refer to the bottom of the order form.*



**A NEW JOURNEY BEGINS,  
DOWNLOAD OUR SCHOOL APP!**



## School Uniform Shoes

Only black school shoes either sandals or winter style shoes are to be worn at school, with navy blue socks.

If your child is wearing sneakers, scuffs or coloured shoes they will be asked to remove them and to stop wearing them to school.

Please make sure your child has the correct uniform available and wears it to school each and every day.

A copy of the Uniform Policy can be picked up from the school office or found on the school website.



### Linton Legends for Week 3

<u>Manuka:</u>	<b>Nixon Agafili</b>
<u>Kowhai:</u>	<b>Ariel Dewes</b>
<u>Miro:</u>	<b>Samual Olivier Teia Kairau</b>
<u>Kauri:</u>	<b>Kahui-ā-Rangi Waiomo-Leaf</b>
<u>Matai:</u>	<b>Henry MacPherson Ayla Alexander</b>
<u>Totara:</u>	<b>Dillon-Grace Lowery</b>

### Linton Legends for Week 4

<u>Manuka:</u>	<b>Maverick Hunt</b>
<u>Kowhai:</u>	<b>Georgia Wensley Alara Ellett</b>
<u>Miro:</u>	<b>Marnie Alexander Mika Chapman</b>
<u>Kauri:</u>	<b>Vanya Allan-Yushkov</b>
<u>Matai:</u>	<b>Bentley Kairau Thomas Brook</b>
<u>Totara:</u>	<b>Kiwara Patu</b>

### Juicies for Sales

The Senior Team are selling Juicies to raise money to help with camp expenses

The juices will be sold on **Monday, Wednesday and Fridays** for

**Only \$1 each.**

Bring your \$1 to **room 7 before school** & we will distribute the juices at 12.30pm.

### What's happening in Term 1;

Mar.	1	Board meeting 4.30pm
	2	Cluster Athletics - Senior at Massey Track - Junior at Linton Camp School
	2	<b>Paid Union meeting - school finished at 12.30pm</b>
	3	Staff Only Day - School Closed
	6 - 8	<b>Hui Tuatahi - school finishes at 2.00pm</b>
	10	<b>Pie order form due back</b>
	14 - 17	Yr 4-6 Camp at Highland Home
	23	Cluster Swimming Competition
Apr.	5	ANZAC Service - 10.00am
	6	<b>Finally Assembly for Mr Franks at 1.30pm</b>
	6	End of school term
		<b>Term 2</b>
	24	<b>Teacher Only Day - School closed</b>
	25	ANZAC Day
	26	<b>Start of school term - Powhiri at 9.30am</b>

### Teacher Only Day 24 April -



The Y is pleased to announce that we will be running a full day programme, themed "**Masterchef and Tech Day**", on the **24<sup>th</sup> of April**.

This programme will be run from Park Road, but is open to students from all Y-Kids sites and schools.

Feel free to contact us at [parkroad.asc@ycentral.nz](mailto:parkroad.asc@ycentral.nz) or 022 313 6860

### Linton Camp School Policies and Procedures

Go to [lintoncamp.schooldocs.co.nz](http://lintoncamp.schooldocs.co.nz). User name: **lintoncamp** Password: **LCS2386**

Copyright: Except where stated, the content on this site is the copyright of SchoolDocs Ltd.  
It may not be reproduced without written permission from SchoolDocs Ltd.

LUNCH  
BY  
LIBELLE

Summer, 2023

# KAURI WEEK

27/02 - 03/03

## MONDAY

### Teriyaki Chicken

Chicken with teriyaki sauce, brown or white rice and veggies.

**Dietary Alternatives:**  
V, VC, Refs, GF: Toasted almonds.

## TUESDAY

### Pizza

Thin pizza, carrot sticks and corn cobs with BBQ mayo dip.

**Dietary Alternatives:**  
V, VC, GF: Cauliflower, MP, GF: Chicken, DF, VE: Vegan cheese, GF: GF pizza base.

**Snack: Strawberry Blondie**  
+ Yarns to tie seasonal fruit

**Snack Dietary Alternative:**  
Popcorn

## WEDNESDAY

### Pasta Bolognese

Pasta with beef and chicken, veggies tomato.

**Dietary Alternatives:**  
GF: GF pasta, V, VC, MB: Lentil bolognese, DF, VE: Vegan cheese.

## THURSDAY

### Ham & Cheese Sandwich

Delicious bread or roll with ham, cheese and salad.

**Dietary Alternatives:**  
V, VC: Tofu, GF: GF, MP: Chicken, GF, GF: GF bread, DF, VE: No cheese.

**Snack: Yoghurt**  
+ Yarns to tie seasonal fruit

**Snack Dietary Alternative:**  
Fruit

## FRIDAY

### Loaded Nachos

Beef & chorizo with sour cream, chips, cheese and sour cream.

**Dietary Alternatives:**  
V, MB, VE: Bean burger, MB, GF, VE: Vegan cheese, no sour cream.

Kap (K) Vegetarian (V), Gluten-free (GF), Dairy-Free (DF), Egg-Free (EF), Nuts, peanuts (NP), No Pork (NP), No Shellfish (NS), No Soy (NS).

Meats will be prepared outside the school to keep the allergen levels as low as possible. Please note if eating these dishes you may be at the school canteen for a week before you can be safe to eat. Meals are prepared in a commercial kitchen. To view our full menu, please contact us on 06 336 8888 or visit our website [www.lunchbylibelle.co.nz](http://www.lunchbylibelle.co.nz).

[lunchbylibelle@libelle.co.nz](mailto:lunchbylibelle@libelle.co.nz)

[facebook.com/lunchbylibelle](https://facebook.com/lunchbylibelle)

[www.lunchbylibelle.co.nz](http://www.lunchbylibelle.co.nz)

LUNCH  
BY  
LIBELLE

Autumn, 2023

# NIKAU WEEK

06/03 - 10/03

## MONDAY

### Mac n Cheese

Pasta with rich cheese sauce, sliced veggies and white beans topped with cheese.

**Dietary Alternatives:**  
GF: GF pasta, DF, VE: Bolognese sauce, vegan cheese, V, A, MP: White beans.



## TUESDAY

### Chicken & Cheese Filled Wrap

Fresh wrap with chicken, cheese, salad and sauce.

**Dietary Alternatives:**  
V, VE: Panko, GF: GF wrap, DF, VE: Vegan cheese.

**Snack: Yoghurt**  
+ Yarns to tie seasonal fruit

**Snack Dietary Alternative:**  
Fruit

## WEDNESDAY

### Butter Chicken on Rice

Butter chicken sauce with chicken, cauliflower and veggies served with white rice.

**Dietary Alternatives:**  
V, MB: Cauliflower.

## THURSDAY

### Cheese Burger

Burger Bun with beef patty, cheese, salad and sauce.

**Dietary Alternatives:**  
V, A, MB, VE, NP: Veggie burger, DF, VE: No cheese, GF, GF: Special roll.

**Snack: Pineapple Crush Slice**

**Snack Dietary Alternatives:**  
DF, GF: Cookie

## FRIDAY

### Pizza Pasta Bake

Pasta bake with pizza sauce, ham and cheese.

**Dietary Alternatives:**  
V, VC: Special sauce, GF, VE: Vegan cheese, GF, GF: Special roll, GF, GF: Pasta.

**Snack: Garlic Bun**

**Snack Dietary Alternatives:**  
GF, GF: Roll

Kap (K) Vegetarian (V), Gluten-free (GF), Dairy-Free (DF), Egg-Free (EF), Nuts, peanuts (NP), No Pork (NP), No Shellfish (NS), No Soy (NS).

Meats will be prepared outside the school to keep the allergen levels as low as possible. Please note if eating these dishes you may be at the school canteen for a week before you can be safe to eat. Meals are prepared in a commercial kitchen. To view our full menu, please contact us on 06 336 8888 or visit our website [www.lunchbylibelle.co.nz](http://www.lunchbylibelle.co.nz).

[lunchbylibelle@libelle.co.nz](mailto:lunchbylibelle@libelle.co.nz)

[facebook.com/lunchbylibelle](https://facebook.com/lunchbylibelle)

[www.lunchbylibelle.co.nz](http://www.lunchbylibelle.co.nz)