

School Newsletter

Thursday 5 August 2021



Linton Camp School

Kia ora

In these uncertain and changing times there is always going to be 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 neighborhoods, 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 internalize 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.

Nau mai, Haere mai **Amelia Kemp** and her whanau, we trust you will enjoy your time in our community.

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 internalize 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.

article continues on page 2.

School Finishes at 2.00pm next Monday, Tuesday and Wednesday.

..... continued from page 1

Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labeling 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*

Please don't forget to book your **Student Led Conference**. Sharing their achievements, progress and goals is an important step in your child's education journey.

Student Led Conferences

Our next Student Led conferences will be held next week; **Monday 9, Tuesday 10 & Wednesday 11 August.**

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

Bookings are open. Now is the time to book your Student Led Conference time.

If you haven't already please download the Skool Loop app. 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.

School Finishes at 2.00pm next Monday, Tuesday and Wednesday.

On Monday 9, Tuesday 10 and Wednesday 11 August we hold our Student Led Conferences.

School will finish at 2.00pm on these 3 days.

Please make arrangements for your child's after school care **from 2.00pm** on these three days.

All children must leave the school grounds from 2.00pm unless they are with their parents for interviews, as there will be no supervision from staff and in the past this has caused disruption to interviews.

Linton Camp School Policies and Procedures

Go to 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.

Situation Vacant - Holiday Programme Coordinator

We are looking for a person to take over the role of Holiday Programme Coordinator (HPC) at Linton Camp School.

The HPC is responsible for organising and operating our holiday programme, which runs for eight weeks each year in the school holidays. The programme is based at Linton Camp School.

Please refer to the HPC Job Descriptions for further details of the duties of the HPC.

Further details and information on how to apply can be found on our school website -

<https://www.lintoncamp.school.nz/relieving-vacancies>

If you require any further information please contact Linton Camp School's Principal - Geoff Franks - principal@lintoncamp.school.nz



Totara - Room 6 are asking for your support.

Our year 7 & 8 students (Totara) will be going to camp at Vertical Horizons, in Taranaki, in November. They are asking for your support with their fundraising efforts.

Currently the students are selling raffle tickets. This is being done out of school so if you are approached by one of our yr 7 & 8 students please do consider buying a raffle ticket. They are just \$2 per ticket & all funds raised go directly to that student's camp costs.

Every Friday there will be a **cake stall** before school. The students are taking turns to provide the goods & to run a cake stall. This will be happening every Friday from 8.30am on the senior deck and everything will be **\$1 or \$2 per portion**, just right for a treat morning tea.

The class are working on other fundraising ideas to, so keep an eye out for these later in the term.

And **thank you**, in advance, for your support.

Linton Legends for Week 1

<u>Manuka:</u>	Mikah Chapman
<u>Kowhai:</u>	Angel Brougham-Barclay
<u>Miro:</u>	Dion McCarthy
<u>Te Pihinga:</u>	Arlia McGahey Kahui-a-Rangi Waiomo-Leaf
<u>Kauri:</u>	Theo Roose Zaine Nuku
<u>Matai:</u>	Amelia Barr Tumaia Disher-Paki
<u>Totara:</u>	Cruiz Strickett

This week's Linton Legends

<u>Manuka:</u>	Kylah Duncan
<u>Kowhai:</u>	Oscar Heard Archon Fowke
<u>Miro:</u>	Karoly Nemeth
<u>Te Pihinga:</u>	Te Rima Zainey Finlee Peters
<u>Kauri:</u>	Harley Strickett Narli Poi-Larkins
<u>Matai:</u>	Tyler Atkins Gabriel Jagana
<u>Totara:</u>	Bella Reid

Please don't forget to book your **Student Led Conference**.
Sharing their achievements, progress and goals is an important step in your child's education journey.

JUST A HEADS UP

DOWNLOAD THE SKOOL LOOP APP TODAY
AND NEVER MISS OUT ON IMPORTANT
INFORMATION AGAIN.

DOWNLOAD FREE TODAY!



Netball Draw for this week;
Played at CET Arena, Pascal St

Saturday 7 August

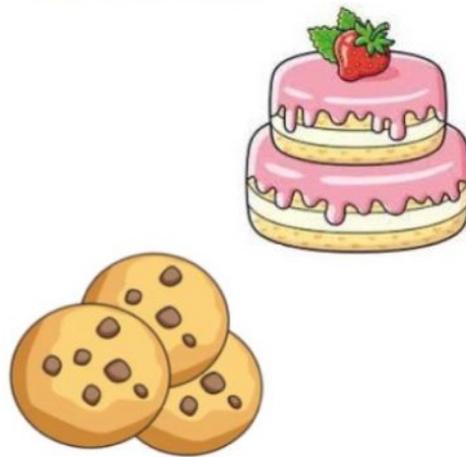
Linton Tactics – yrs. 5&6
10.30am vs Te Kura o Wairau Wildcats
on crt 3

Basketball Draw for Thursday 5 August;
Played at CET Arena, Pascal St

Linton Bulls – yrs.3&4
4.45pm vs Hokowhitu Magic
on crt 1

Linton Celtics – yrs.5&6
5.15 pm vs Riverdale All Stars
on crt 5

Linton Camp School Room 6 Bake Sale



Remember to bring your coins

Everything is \$1 or \$2 !!

When - Friday's before school 8:30am

Where - Senior Team Deck

What - Fundraiser for Room 6 Camp

MONDAY

Mac & Cheese

White and wholemeal pasta elbows, Libelle cauliflower cheese sauce, white beans, mixed veggies.

Dietary Alternatives:
GF: GF pasta
DF, VE: Pumpkin ravioli with tomato sauce

Snack: Fruit



TUESDAY

Chicken Salad Wrap

Wholemeal wrap, roast chicken, cheese, coleslaw salad, ranch dressing.

Dietary Alternatives:
V, VE: Chickpea patty
GF: GF wrap
DF, VE: Vegan cheese

Snack: Corn Chips, Seasonal Fruit

Snack Dietary Alternatives:
None

WEDNESDAY

Cheeseburger

Wholemeal bun or slider, burger patty, cheese, lettuce, burger sauce.

Dietary Alternatives:
V, VE: Black bean burger patty
GF, DF, EF, H, NB: Chicken burger
DF, VE: Vegan cheese

Snack: Yoghurt*Fruit

Snack Dietary Alternatives:
DF, VE: Fruit salad

THURSDAY

Pizza

Wholemeal pizza base, vegful pizza sauce, diced ham, cheese.

Dietary Alternatives:
V: No ham, chickpea corn patty
GF: GF pizza base
H, NP: Chicken
VE: No ham, chickpea corn patty

Snack: Veggie Sticks and Hummus*Fruit

Snack Dietary Alternatives:
None

FRIDAY

Butter Chicken & Rice

Chicken, chickpeas, seasonal veg, butter chicken sauce, mixed white and brown rice.

Dietary Alternatives:
V, VE: Chickpeas

Snack: Fruit

Snack Dietary Alternatives:
None



Key: (V) Vegetarian, (GF) Gluten Free, (DF) Dairy Free, (EF) Egg Free, (H) Halal, (NB) No Beef, (NP) No Pork, *Senior students additional item.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.

MONDAY

Pasta with Beef Bolognese Sauce

Vegful tomato sauce with beef mince and lentils.

Dietary Alternatives:
V, NB, VE: Savoury lentils, vegful tomato sauce & pasta
GF: GF pasta & beef bolognese sauce

Snack: Cookie

Snack Dietary Alternatives:
GF, VE: Bliss Bites

TUESDAY

Ham & Cheese Roll Up

Wholemeal wrap, ham, cheese, coleslaw & ranch dressing.

Dietary Alternatives:
V: Beans and cheese
GF: GF wrap
DF, VE: Vegan cheese
H, NP: Roast chicken
VE: Beans

Snack: Yoghurt*Cookie

Snack Dietary Alternatives:
DF, VE: Fruit salad
HSGF, DF, EF, VE: Seasonal fruit

WEDNESDAY

Roast Beef & Gravy

Roast beef, mashed potato, mixed veggies, gravy with beef stock.

Dietary Alternatives:
V, VE: Roast tofu slices & vegetable gravy
H, NB: Roast chicken & gravy with chicken stock
DF, VE: DF mashed potato

Snack: Fruit

Snack Dietary Alternatives:
None

THURSDAY

Chicken Mayo Sandwich

Wholemeal bread, chicken, mayo, mixed salad.

Dietary Alternatives:
GF: GF bread or roll
EF, VE: Vegan mayo
V: Egg mayo salad sandwich
VE: Black bean burger with salad

Snack: Muffin*Fruit

Snack Dietary Alternatives:
GF, DF, EF, VE: Corn chips

FRIDAY

Mex Beans & Wedges

Mexican style baked beans, capsicum, corn and kumara with agria potato wedges and cheese

Dietary Alternatives:
DF, VE: Vegan cheese

Snack: Muffin

Snack Dietary Alternatives:
GF, DF, EF, VE: Popcorn



Key: (V) Vegetarian, (GF) Gluten Free, (DF) Dairy Free, (EF) Egg Free, (H) Halal, (NB) No Beef, (NP) No Pork, *Senior students additional item.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.