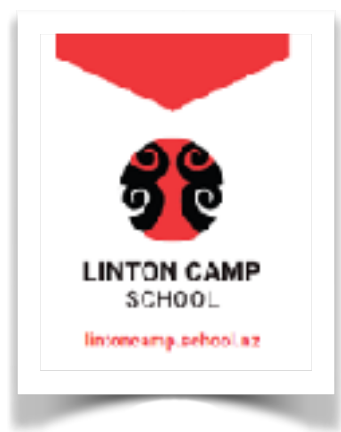


School Newsletter

Thursday 1 September 2022



Kia ora tatou, LCS Whānau

Happy Spring! It has been such an enjoyable week. **“Yellow Day” tomorrow in support of the Cancer Society.** Thanks for your gold coin support tomorrow.

Childhood stress

Childhood stress is a precursor for adulthood stress and stressful life events are related to reduced academic performance. Mindfulness helps children to build self-awareness, to develop focused attention, and to better cope with the normal ups and downs of life. A review of international evidence shows that mindfulness taught in schools boosts cognitive performance and builds resilience.

As a school, we aim to provide an environment where all children can overcome any barriers to allow access to quality, rich learning. Mindfulness is a life skill that provides strategies for:

- ✦ Regulating emotions
- ✦ Improving focus and attention
- ✦ developing curiosity and
- ✦ practising kindness toward self and others

A core practice of Pause Breathe Smile is an understanding of Te Whare Tapa Whā, which translates as ‘The House with Four Walls’. This is an eloquent model of hauora (wellbeing) from a Māori perspective and is broadly used in health and education settings in New Zealand.



Taha Tinana (Physical Wellbeing)	Taha Wairua (Spiritual Wellbeing)	Taha Hinengaro (Emotional Wellbeing)	Taha Whānau (Social Wellbeing)
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This is the model we have adopted as the basis of our health curriculum and initiatives for promoting health and wellbeing practices, for both students and staff. Needless to say, this a new beginning for our school and we're already appreciating the benefits!

Senior School Information evening

Linton Camp school is very proud of our senior school culture and programmes. Parents and students of **Year 6 children, and any others (Year 7's and new families)** are welcome to attend our Information Evening on **Wednesday 21st September, 5:30 pm - 6:30 pm.** Sandi and I will be happy to field any questions that anyone should have about our plans for 2023!

Thank you for your time and support.

Nigel Tongs
Acting Principal



PTA

Last week the PTA had a lovely hui with several mums coming along for afternoon tea & chat. This has led to another meeting being held and ideas that were raised have been discussed and planning of some events are now underway.

Thank you to all those who attended the hui and have given some input into the PTA.

Please check out the PTA Facebook page - [Supporters of Linton Camp School \(PTA\)](#) . Join the group- to see what is coming up and ways you may be able to help the team.

What Have the PTA planned so far???

Spring Market - 18 September - Sausage Sizzle - we need help to man the bbq please!!!

Clothing Swap - 24 September

Wheelathon - Week 1 term 4 - Sponsorship forms coming-out soon.

School Uniform Policy

The Board has confirmed the Uniform Code/Policy and the uniform supplier for our school.

We appreciate everyone who had input into the review.

We can confirm Academy Apparel will remain our school uniform supplier. Our current arrangements for purchasing uniform also remain the same.

There has been one change;

The **tartan skort is being phased out** over the next 18 months. It was deemed an item that was unnecessarily expensive.

It is being replaced by a navy blue skort.



Cancer Society Daffodil Day

We are celebrating spring and supporting a worthwhile cause by holding

**Yellow Day on Friday 2 September
Tomorrow**

Ditch the uniform and wear YELLOW if you bring a gold coin to donate to the Cancer Society.

It is not compulsory to give a koha but you must wear school uniform if you choose not to donate.



WHEEL-A-THON Friday 21 October

We are holding a sponsored wheel-a-thon to raise money to replace iPads.

Every class in our school has a number of iPads that students use daily for reading, maths, research and to record Seesaw posts. After years of use some are showing their age and some just don't work so we need to replace these iPads and purchase more for each class if we can.

So on Friday 21 October every child in our school will be wheeling their way around a 'Street Circuit' on their bike or scooter in the hope we can raise as much as last year - over \$6700.00!

Sponsorship forms will be sent home next week with all students.

We ask for your help. Please would help your child to collect sponsors or get donations.

Linton Camp School Policies and Procedures

Go to lintoncamp.schooldocs.co.nz. User name: **lintoncamp** Password: **LCS2386**

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**Senior School (Years 6-7)
Parent Information Evening
Wednesday 21 September
5.30 - 6.30pm
In Te Whare Tapere**

If your child is in Year 6 or 7 you are invited to join Mrs Pemberton & Mr Tongs in Te Whare Tapere on Wednesday 21 September to discover what an Intermediate Education looks like at Linton Camp School;

- 21st Century Curriculum
- Learning Programmes
- eLearning
- Leadership Opportunities
- Living Our Learning programme
- Sports
- Camps & Trips

This is an opportunity for you and your child to see what we can offer you, straight from the Teacher's mouth.

Discuss how we can help you child prepare for High School by nurturing their talents and extending their horizons.

If your child is Year 5 and you are already thinking of their intermediate options you are also welcome to attend.

We hope to see you there.

Behaviour Management Plan Review

Our Behaviour Management Plan supports staff and students to promote positive conduct and choices conducive for learning, and the procedures for addressing inappropriate behaviour.

You would have received with a copy of our Behaviour Management Plan & one offering you the opportunity to complete a short survey.

Thank you to those parents who have already read the plan and responded so far.

It is not too late to participate in the review.

If you have any comments, suggestions, thoughts about our Behaviour Management Plan please put them in an email and send them to Nigel Tongs - ntongs@lintoncamp.school.nz

Linton Legends for Week 6

<u>Manuka:</u>	Zachary Lawrie
<u>Rata:</u>	Hayden Tiller Harley O'Hara-Phillips
<u>Kowhai:</u>	Angel Brougham-Barclay
<u>Miro:</u>	Hadleigh Rousseau
<u>Kauri:</u>	Monria Dunlop
<u>Matai:</u>	Kiwara Patu
<u>Totara:</u>	Taika Reid



Linton Legends for Week 5

<u>Manuka:</u>	Madison Campbell
<u>Rata:</u>	Annabelle Wensley Dakota Donald-Kendrick
<u>Kowhai:</u>	William McLean
<u>Miro:</u>	Maya Jones
<u>Kauri:</u>	Jackson Olivier
<u>Matai:</u>	Kane Redshaw-King Jayden Varley
<u>Totara:</u>	Riki Tahapeehi

In term 4 (*in week 8*) we will be holding our **Market Day.**

This involves every student being part of a team to come up with a business plan, producing the goods, marketing their goods and then selling them on Market Day.

Some teams will be whole class others will be smaller depending on their ages & ability.

So put your thinking cap on, have you a simple idea that your child could make with their friends, something your child likes to make or something you have seen. Please share this with you child so they have ideas when it's time for them to plan.

Smart ideas using recycle ideas are prime!

And watch this space for dates & times so you can come along to spend your Linton Loot.

SATURDAY 24TH SEPTEMBER, 2PM-4.30PM

LOCATION: LINTON COMMUNITY CENTRE

ONLY \$1 PER ITEM FOR MOST CLOTHING

NOTHING OVER \$5!

(CASH ONLY)



CHILDRENS CLOTHING SWAP



Drop off any clean, preloved children's clothes to the school office between 19-22 Sept. for sorting

**LINTON CAMP SCHOOL
PTA FUNDRAISER**

All proceeds go to the Outdoor Chess Board.

Coming Events Term 3

Sept.	2	Daffodil Day
	15	<i>School Board meeting</i>
	21	Senior School Information Evening <i>5.30-6.30pm in Te Whare Tapere</i>
	23	<i>Book Club due</i>
	24	Clothing Swap <i>at Community Centre 2.00-4.30pm</i>
	27	School Athletics - 9.15am
	30	End of Term 3

Don't forget to wear yellow **TOMORROW**
For **Daffodil Day**
And bring a gold coin
to **donate to the Cancer Society**



Music education for children 4 - 13 years

OPEN DAY

Saturday, 3rd Sept 9:00am - 11:30am

Palmerston North Intermediate School

cello, choir, clarinet, drums, flute, french horn, guitar, ukulele, junior flute (fife), keyboard, music basics, orchestra, recorder, saxophone, trombone, trumpet and violin.

Enrol for 2023!

www.saturdaymusic.org.nz

Email: contact@saturdaymusic.org.nz

Cash only
Gold coin entry

Hello Spring! Market Day

Linton Community Centre
Sunday 18th September
11AM - 3PM

Moving?
De-cluttering?
Fundraising?
Register your space today!
lintonlittlesfundraising@gmail.com
\$10 per trestle table

Brought to you by Linton Littles Playgroup. Raising funds for our under 5s outdoor play area!

Please visit the school web site – www.lintoncamp.school.nz

MONDAY

Burger Bites, Baked Beans & Mash

Burger bites with baked beans, mixed veggies & cheesy mash.

Dietary Alternatives:
V, VE: Mushroom oyster sauce, GF, EF, NS, SF: Chicken, DF, VE: DF mashed potato, SF: SF baked beans.

Snack: Popcorn

Snack Dietary Alternatives: None.

TUESDAY

Loaded Beef & Bean Wedges

Potato wedges with beef & bean sauce and cheese.

Dietary Alternatives:
V, H, NS, VE: Mexican style beans, DF, VE: Vegan cheese, SF: 4 bean mix.

Snack: Brownie

Snack Dietary Alternatives: Trail mix, chickpeas or popcorn.

WEDNESDAY

Honey Soy Chicken

Honey soy glazed chicken and veges with brown rice.

Dietary Alternatives:
V, VE: Tofu, H: Halal chicken.

Snack: Cookie

Snack Dietary Alternatives: Trail mix, chickpeas or popcorn.

THURSDAY

Ham Sandwich

Wholemeal bread with ham, cheese & salad with carrot sticks.

Dietary Alternatives:
V, DF, VE: Falafel, GF: GF pizza base, DF, VE: Vegan cheese, H, NP, SF: Chicken.

Snack: Yoghurt + Fruit for High Schools

Snack Dietary Alternatives: Trail mix, chickpeas or popcorn.

FRIDAY

Cheesy Chicken Pasta

Wholemeal pasta with cheese sauce, chicken, cheese and mixed veggies.

Dietary Alternatives:
V: Cannellini beans, GF: GF pasta, DF, VE: Savoury lentil and tomato sauce, vegan cheese.

Snack: Trail Mix

Snack Dietary Alternatives: None.



Key: (V) Vegetarian, (GF) Gluten Free, (DF) Dairy Free, (EF) Egg Free, (H) Halal, (NS) No Beef, (NP) No Pork, (SF) Soy Free

Meats will be removed to cater for children with specific allergies or cultural requirements. If you need these details please make the school aware two weeks in advance. Meats are included in a non-allergen controlled environment. If you have any concerns please contact the school immediately. Items may vary subject to supply.

MONDAY

Beef Stew & Mash

Beef pieces with mashed potato, mixed veggies and gravy.

Dietary Alternatives:
V, VE: Mushroom and grain oyster sauce, H, NS: Chicken, DF, VE: DF mashed potato, H, NS, DF, VE: Vegan gravy.

Snack: Popcorn

Snack Dietary Alternatives: None.

TUESDAY

Pizza

Wholemeal pizza base with pizza sauce, ham & cheese served with carrot batons & corn chips.

Dietary Alternatives:
V, DF, VE: Falafel, GF: GF pizza base, DF, VE: Vegan cheese, H, NP, SF: Chicken.

Snack: Yoghurt + Fruit for High Schools

Snack Dietary Alternatives: Trail mix, chickpeas or popcorn.

WEDNESDAY

Butter Chicken

Butter chicken sauce with chicken, chickpeas & egglets served with brown rice.

Dietary Alternatives:
V, VE: Butter chickpeas with brown rice.

Snack: Muffin

Snack Dietary Alternatives: Trail mix, chickpeas or popcorn.

THURSDAY

Cheese Burger

Wholemeal burger bun with beef patty, cheese, salad & kumara root.

Dietary Alternatives:
V, GF, H, VE, SF: Black bean burger patty, ME: Chicken patty, GF, SF: GF SF Burger bun, EF, VE: Vegan mayo, DF, VE: Vegan cheese.

Snack: Cookie

Snack Dietary Alternatives: Trail mix, chickpeas or popcorn.

FRIDAY

Pasta Bolognese

Wholemeal pasta with beef & lentil bolognese sauce served with carrots & cheese.

Dietary Alternatives:
V, NS, VE: Lentil Bolognese, GF: GF pasta, DF, VE: Vegan cheese.

Snack: Trail Mix or Chickpeas

Snack Dietary Alternatives: None.



Key: (V) Vegetarian, (GF) Gluten Free, (DF) Dairy Free, (EF) Egg Free, (H) Halal, (NS) No Beef, (NP) No Pork, (SF) Soy Free

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