



Newsletter

Friday 25th March – Term One, Newsletter 4, 2022

NEWSLETTERS ARE DISTRIBUTED FORTNIGHTLY ON EVEN WEEKS.

Tena ra koutou ki nga hau e wha – Greetings to everybody.

The mufti (house colour) day brought a real buzz of excitement to school on Thursday. I'm not sure who had the most fun, the children or the teachers! I think we all need a bit of fun in our lives right now.

As you will be aware, the vaccination mandates have been lifted in the education sector as of 4th April. This means that both vaccinated and unvaccinated parents can be parent helpers for school and EOTC activities after this date.

We are still in RED. Medical-grade masks remain a requirement for staff working indoors with children and young people in Years 4-13. For all New Zealanders, including school settings, masks will not be required outdoors. Capacity limits will be removed for outdoor events and activities. Indoor capacity limits for extra-curricular activities will increase to 200 people, or a maximum capacity based on the maximum number of people who could occupy the space if each person was one metre apart (whichever is lower). We will continue with health and safety protocols such as keeping spaces well ventilated, reducing mixing of children and staff, maintaining physical distance as much as possible, encouraging good hygiene practices for hands, and cough and sneeze etiquette. When a child or staff member tests positive for covid while they have been attending school, whanau from that class will be informed. Most of our positive cases have occurred while self-isolating with a positive household member.

Thank you for keeping the school updated when you have a positive case in your household. This information is passed onto the teachers so they can make contact to support with learning from home if children are well and it gives us an idea of when we might expect the children to return to school.

Wellbeing is an important aspect of our strategic plan and is a big focus at our school this year. Earlier in the year we had a teacher-only-day to learn about implementing the *Pause Breathe Smile* programme, which is brought to schools by Southern Cross and delivered under license from the Mental Health Foundation.

The *Pause Breathe Smile* programme teaches mindfulness as a life-skill for the purposes of:

- improving focus and attention
- increasing care for self and others
- developing emotion regulation skills and the ability to self-calm
- improving a child's ability to make wise choices about what supports wellbeing and what doesn't
- developing emotional literacy and boosting resilience
- cultivating a positive sense of connection to self, others and the natural world.

A simple activity forms part of this programme: Pause whatever you are doing or thinking about, so that you are noticing what you are doing right now. Then pay attention to your breathing – simply being



aware of breathing in and breathing out. Notice the breath coming in and the breath going out. Notice how your breathing feels... is it flowing easily. Every now and then you may notice your thoughts wandering. Silently say the word 'wandering' because it is almost like your mind has wandered off, and then bring your attention back to your breathing.

Mindfulness is like exercise for the parts of the brain that help us to focus, and strengthens the areas responsible for wellbeing. Mindfulness means noticing, or paying attention, to what is happening in each present moment with kindness and curiosity. It helps children to build self-awareness, to develop focused attention, and to better cope with the normal ups and downs of life.

Our lives are always taking place in the present moment but our minds can wander. It is wonderful that the mind can wander as it is great for planning, problem solving and creative pursuits. But it can also be great for worrying, getting stressed and anxious about what might happen, or depressed about what has happened. So, it is good to have strategies to bring our attention fully into the moment, and return to a state of calm. A review of international evidence shows that mindfulness taught in schools boosts cognitive performance and builds resilience.



Thank you for your continued support of the work we do.

Have a safe and enjoyable weekend.
Ngā mihi mahana
Rob Posthumus

Whanau dress up day!! And the winners are....

- Totara** – Rebecca Buckland
- Matai** – Eva Dempster-Rivett
- Kauri** – Brock Wyatt
- Puriri** – Amay Dignon

HAPPY HURUPAKI BIRTHDAY TO:

Ben Keatley, Kenzye Haami, Madison Hunter, Makenzie Parry, Samuel Silulu, Ronan Chave, Sophie Hunter and Theo Smith!!!



PLEASE REMEMBER:

NO vehicles other than staff and service vehicles are to enter into school grounds to drop off or pick up children between 8.10am - 8.45am and 2.15pm - 3pm

The speed limit within school grounds is 5kmh

PLEASE INFORM YOUR FAMILY AND FRIENDS WHO DROP OFF OR PICK UP

IMPORTANT DATES COMING UP

Friday 8th April
Thursday 14th April
Friday 15th April
Monday 2nd May

Note School Photos have been postponed. New date TBC.
Pizza lunch order day
Last day of term 1 (Free Mufti day)
Good Friday (no school)
First day term 2

Hockey 2022 - Hurupaki Registrations

Hurupaki School is beginning a hockey club at the school. Students in years 2-6 would be entered into teams and play at Kensington Stadium. We would use our new turf at school (when it is finished) for practices during the week. Games will start in term 2.

We are still finalising costs, but we are predicting fees to be in the \$50-\$60 region for the year.

Year 1 children do not need to register - they attend Fun Sticks. These are 1 hour sessions on Saturday mornings where they develop their skills. There is no requirement to attend every session. Gold coin donation each week.

Please fill out this google form to register your child. Please complete one form for each child.

--- > <https://forms.gle/9MeWc5Fg9pmmrfpY8> <---



Netball Update

We are calling for families to let us know if their child is interested in netball. Please let us know by completing this google form - [Netball - Register interest](#)



At this stage the season should start next term around the 9th of May.

Please contact us in the office if you have any questions.

A promotional poster for Domino's Pizza. The background is black with several slices of pepperoni pizza scattered around. The word 'PIZZA' is written in large, white, outlined letters. Text on the poster includes: 'Enjoy a Domino's mini pizza for lunch and raise funds for wet weather games!', '\$5 each! order via Kindo', 'CUT-OFF DATE FRIDAY, APRIL 1ST', 'FRIDAY APRIL 8th!', 'lunch order!', and the Domino's Pizza logo. At the bottom, it says 'Sponsored by Domino's Kamo in conjunction with the Hurupaki School Support Group'.

Hurupaki Educare

April School Holiday Programme 2022

- Hours 8.00am to 5.30pm
- 5-13 year old children
- Maximum 50 Children
- WINZ subsidies available
- Discounts available for 2+ children
- Exciting daily activities
- 2 outside visits
- Based in the Hurupaki School Hall



Staying In: \$39.00 per day (\$4.10 per hour)

Outings: \$42.00 per day (\$4.42 per hour)

For further information please email:

info@schoolholidayprogrammes.co.nz

or ring Christin on 0274821331

We aim to provide a safe and stimulating programme where the children can relax, make new friends and above all have fun.

Further details will be available next
week on our website:

www.schoolholidayprogrammes.co.nz



For learning stories and reports - Download the Hero app. Click <https://hero.linc-ed.com/parents/> Please let school office know if you have any questions

To learn more about our payment system Kindo and to register, click on this link <https://www.hurupaki.school.nz/payments/>

kindo.



step ahead
learning for life

STEP AHEAD KINDERGARTEN

30 free hours
3 to 5 year olds

EMAIL [KAMO@STEAPAHEAD.CO.NZ](mailto:kamo@steapahead.co.nz)

CALL 09 435 2825

13 GRANT STREET, KAMO