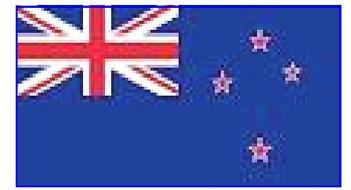


Garston School Newsletter

Thursday, 28th February 2019



From the desk of Ms. 'O'



Congratulations to all the children who tried their hardest and put on an impressive display of sportsmanship. There were some fabulous results from our Mid-Dome athletics competition as seen below.

The highlighted names and events indicate qualification for entry into the Northern Athletics Championships on Thursday, 14th March. Those who qualify after the Waimea Championships will be notified as soon as possible.

The Northern Athletics programme will be given to you as soon as we receive it.

We wish those children competing at Waimea the best of luck.

2019 Mid-Dome Athletic Results

7 Years	Event
Aella	1st in Ball Put
Joel Wallis	3rd in High Jump
8 Years	
Evie	2nd in Long Jump, 1st in 60m, 1st in 100m, member of the Mid-Dome relay team
Sophie	2nd in High Jump, 3rd= in Long Jump
Maggie	3= in Long Jump
9 Years	
Ebony	1st in Shot Put, 1st in Discus
Molly	1st in High Jump, 1st= in Long Jump, 1st in 100m, 2nd in 200m, member of the Mid-Dome relay team
Harry	3rd= in Shot Put, 1st= in Long Jump
Alex	1st in 800m
Victor	1st in Shot Put, 2nd in Discus
Hunter	1st= in Long Jump, 2nd in 100m, member of the Mid-Dome relay team
10 Years	
Brie	1st in Shot Put, 3rd= in High Jump
Marnie	3rd in Shot Put, 3rd in Discus, 3rd in 200m, member of the Mid-Dome relay team
Mya	2nd in High Jump, 3rd in Long Jump, 3rd in 100m, member of the Mid-Dome relay team

Would those children whose names are highlighted please complete the attached permission slip and return it to school as soon as possible, please?

Well done everyone - What a great effort.



We are all looking forward to the visit from the mobile health education unit this coming Monday, 4th March.

I have asked the educator to focus on an area of health development which is pertinent to our students as outlined below.

LESSON OVERVIEW

What is Resilience?

Resilience is the ability to adapt and to 'bounce back' when unexpected things happen. Students can look at what they can do when faced with something unexpected or challenging and explore options for building resilience.

What is my Mindset?

Mindset: a belief or an attitude that we have about something. Students can look at what a mindset is, discuss fixed and growth mindsets and explore how we change our minds about something.

Preparation Learning

- Children brainstorm the things they are good at
- Children create goals of what they want to get better at

Mobile Classroom Learning

- Remembering what makes us unique
- Celebrating what we are good at
- Sharing what we want to improve on
- Sharing how we feel when we find something difficult
- Discovering positive ways to manage feelings we feel uncomfortable/do not like
- Learning what it means to be resilient
- Learning we need to use Mind Master (positive thinking) and not Head Hassler (negative thinking)
- Looking at what we can do when we have relationship/playing problems
- Discovering what it means to DEBUG a situation
- Learning the difference between rude, mean and bully behaviour
- Remembering kind behaviours we should be doing



To:

- Jessica & Brian Davis, Lucky McLachlan, Caroline Raynes, Mescha & Ben, Kathryn & Bernie for their car parking duties at last Saturday's Kings Beat festival at Kingston.



The Garston School swimming pool is now closed for the season.

Please return your key as soon as possible.

Thanks.



A belated welcome to June Baker, Thomas's sister, who has joined the New Entrant class.