



Garston School Newsletter

Thursday, 2nd May 2019



From the desk of Ms. 'O'.

WELCOME BACK EVERYONE

'Winning is Finishing - Finishing is Winning'

Many of us can still remember Rod Dixon's incredible athletic achievements and in particular when he won Bronze in the 1500 metres at the 1972 Munich Olympics and a decade later won the New York Marathon.

Recently he has been throwing his energy into encouraging children to get fit through running and in particular helping them to grow in confidence in their own ability to improve - that is, extend the distances and amount of time they can run. The children he worked with ran short distances, slowly every day until they felt able to challenge themselves to run a little further.

His message to them is that if they keep trying, even though they find it challenging, they will get better. His secret was to praise, praise and then praise them some more for their positive attitude. In particular he congratulated them for not giving up when they found it hard. He didn't use any gimmicks or enormous rewards to persuade the children although he actually did run alongside them at times.

The outstanding feature of his project was how obviously proud the children were of their personal success which they had earned through honest effort. This reinforced the message that winning is finishing their goal distance and finishing is winning, irrespective of how fast or far.

Let's support our children over the next four weeks as they prepare for their up-coming cross-country event. On a practical note, they will need to bring a change of socks and shoes in a bag (e.g. a sturdy shopping bag) each day to school. Also any child requiring asthma medication should bring it and/or leave an extra (named) inhaler at school.

The following statement from Rod is one that keeps on inspiring him.

In 1973 I went round and knocked on Sir Edmund Hillary's door and said, "Sir, you came to my school, you inspired me and now I have this medal." He looked at it and said, "This is very fine. Will you promise me one thing? Will you inspire the next generation?". I said "I would do."

Please enjoy this limerick that was published in a recent copy of the Listener.

Garston is the place to be
If you're scared of the water
like me
It's dry and it's old
And it's bitterly cold
But maximum k's from the sea

GARSTON SCHOOL	Provisional Dates for Term Two Events
Week 1	Friday, 3rd May * Year 7 & 8 to NSC.
Week 2	Wednesday, 8th May: * Bee Group - 1:15.
	Friday, 10th May: * Year 7 & 8 to NSC.
Week 3	Tuesday, 14th May: * Book Bus - 1:30. * Possible power shutdown for power line rebuild. Alternate day is Wednesday, 15th May. (Only cut lunches - no food heating facilities).
	Friday, 17th May: * Year 7 & 8 to NSC.
Week 4	Wednesday, 22nd May: * B.O.T. meeting 7p.m. All welcome.
	Thursday, 23rd May: * Mid-Dome Cross-Country.
	Friday, 24th May: * Year 7 & 8 to NSC. * * p.p. day for Mid-Dome
Week 6	Monday, 3rd June: * Queens Birthday Public Holiday.
	Thursday, 6th June: Northern Cross-Country
	Friday, 7th June: * Year 7 & 8 to NSC.
Week 7	Tuesday, 11th June: * Book Bus - 1:30.
	Friday, 14th June: * Year 7 & 8 to NSC.
Week 8	Wednesday, 19th June: * Ukulele practice and concert - Queenstown School (Year 5-8).
	Friday, 21st June: * Southland Cross-Country. * Year 7 & 8 to NSC.
Week 9	Wednesday, 26th June: * B.O.T. meeting 7p.m. All welcome.
	Friday, 28th June: - Jennifer Somervell (author visit - 'Tales from the Farm' show). * Year 7 & 8 to NSC.
Week 10	Friday, 5th July * Reports given out. * Last day of term.
Term Three starts Monday, 22nd July 2019	



COME ON DOWN TO THE COMMUNITY CENTRE ON THE 22 JUNE
FOR A NIGHT TO REMEMBER AS WE CELEBRATE THE 50TH
ANNIVERSARY OF WOODSTOCK.

THE PARTY KICKS OFF AT 7.00PM WITH DENE ON THE TUNES SO
COME ON DOWN IN YOUR BEST WOODSTOCK THEMED ATTIRE.

THREADS ON, DANGLERS OUT.

THE NIGHT INCLUDES:

BAR ONSITE

GREAT SUPPER

NO BYO

EFTPOS AVAILABLE

NO DOOR SALES

TICKETS ARE \$25 AND WILL SELL FAST SO GET IN QUICK, FOR

TICKETS CONTACT:

ATHOL ELLIOT - 027 292 9430

SAM WILSON - 027 613 1106

PAUL MEEHAN - 027 435 3565