



From the desk of Ms. 'O'

## Best Plan of Action

In Term One the children learnt about what goal setting involves. This is valuable learning which the children can use throughout their lives.

Research shows that goal setting can and does work not only as a way of employees meeting their performance outcomes but also as a way for adults and children to achieve what they aim for in most aspects of their lives.

Key factors in our success at meeting our goals are our motivation, self-belief, ability to overcome barriers and show resilience in the face of disappointments.

I am trying to impress upon my students that by simply saying that they are going to achieve a goal won't be sufficient. They have to have a practical plan for how they are going to work towards achieving it.

Next . . . they have to put in the required effort needed to attempt to reach their goals. Let us hope that this learning flows over to all aspects of their lives.

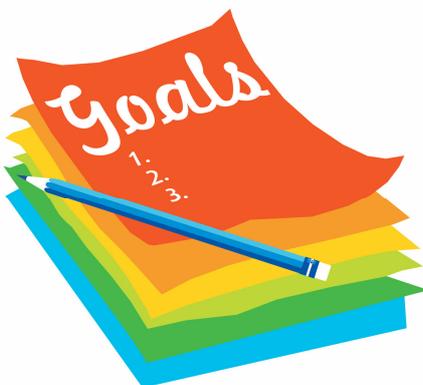
## Goal Setting

**S**PECIFIC  
**M**EASURABLE  
**A**CHIEVABLE  
**R**EALISTIC  
**T**IMELY



Quotes to inspire the children at this coming week's cross-country competition. By Brie & Ebony.

- ◆ Look in the mirror. That's your competition.
- ◆ If it doesn't challenge you, it won't change you.
- ◆ Pain is temporary. Quitting lasts forever.
- ◆ Run when you can, walk if you have to, crawl if you must, just never give up.





We warmly welcome to our school community Kate and Mike Soper and their 3 children - Charlie, Hannah and Thomas.

This brings our school roll to 42 students.



To:

Those who have offered to help with cross-country:

~ Sandra, Lauren, Rich.

More help is need to encourage the children as they run around the course and to assist with the BBQ.

This year the BBQ is only buttered bread and sausages.

Please ensure your children are appropriately dressed for school.

In this weather they need at the very least:

closed shoes, 2 top layers (including a sweatshirt), long pants/tights, a jacket.



## REMINDERS:

### [NZ SKI - 2019 SKI PASSES](#)

Here is the link for purchasing season ski passes on-line. So be quick as the link will be taken down on 31st May. Please do not share this with anyone who isn't from our school family.

[www.nzski.com/primary-schools](http://www.nzski.com/primary-schools)

### Skool Loop

We need everyone to be on this App as it will be the most effective way of keeping you all in the 'Loop' about school notices and events (e.g. school closures, change of dates/times for school events). As we don't have an accurate record of who is on the App please call the office or text Bernie on 027 221 8374 to say that you are up and running. Thanks to those of you who have already responded to my previous request but could you please re-confirm with me .

Free down load: [www.skoolloop.com](http://www.skoolloop.com)



The Mataura Team and Robyn putting on a brave face out the back on a blustery Wednesday during an outdoor cooking experience. Shame there wasn't a spare sausage for the photographer though.