



17<sup>th</sup> March 2023

Term 1 Week 7

## From the Wellness Team

### Wellbeing Wednesdays!

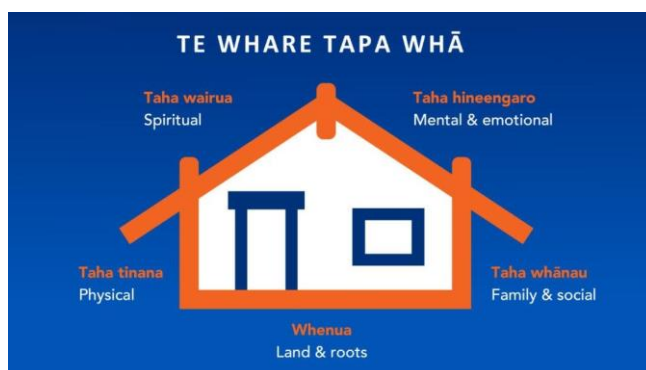
We are delighted to share that since the beginning of the year there is a school wide focus on Wellbeing on Wednesdays.

Over the past few weeks, Room 1 and 2 will be unpacking various elements of mental health and wellbeing in fun and engaging ways. For example, identifying emotions and feelings, self-regulation and mindfulness.

On Monday, the Life Education Bus (and Harold the Giraffe!) came to visit our Garston School. The students learnt about managing different emotions and understanding that it is ok to feel ALL types of emotions. Some further discussion points were:

- Identifying and naming emotions
- Grouping different feelings into colour "zones" (e.g. angry is a red feeling)
- Managing emotions - how to calm down, feel better again
- What happens to our bodies when we feel different emotions e.g. respiratory/nervous system
- Breathing strategies "smell the flowers and blow out the candles"

We will continue this focus and look forward to exploring the Māori Tapa Whā model of wellbeing next.



## Swim Week: 20<sup>th</sup> - 24<sup>th</sup> March 2023 - Final Notice

Everyone is very excited about the swim week (20-24<sup>th</sup> March).

### Please note:

- \* This is a school programme and all children are expected to participate. They will get full benefit from it if they participate in all lessons. PLEASE make it a priority that the children rest at the end of each school day.
  
- \* The bus timetable varies from usual in some instances (see last week's newsletter).
  
- \* Mossburn is a covered pool but the water temperature will be cooler than Frankton Pool so children should wear warm clothes and bring . . .
  - ◆ Dry towel(s) each day.
  - ◆ A onesie or towel poncho or an extra towel for them to wrap up in while waiting.
  - ◆ As well as togs children could swim in a thermal or rash shirt for extra warmth.
  - ◆ Swimming bag needs to be big enough for gear to be secure in it.
  
- \* They will get hungry and will be able to eat between lessons and on the bus so please provide enough, easy to manage, appropriate food as well as a water bottle.



Rykah, Kolby and Howie had a blast at Northern Athletics.

Great effort boys!





# Garston School Newsletter

Weather permitting on Tuesday, 28<sup>th</sup> March the Room 1 children will be taken on a guided tour of the hop harvest at the Garston Hop farm. The children will leave school at 12:45 and walk over Newman's Way to the farm and return in time for the bus.

Please sign the attached form and return to school by Monday, 27<sup>th</sup> March 2023.

**This notice must be returned to school by Monday, 27<sup>th</sup> March.**

\* I give permission for my child(ren) to walk over Newman's Way on Tuesday, 28<sup>th</sup> March to visit the hop farm. **YES / NO**

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

## **New Classroom Block update.**

- The building has been fenced off ready for a start on the drainage and water on Monday.

## The 'Green Machine' ready for class



