



27 April 2023

Term 2 Week 1

## From the Wellness Team

This term we will continue with our Wellness Wednesday themes.

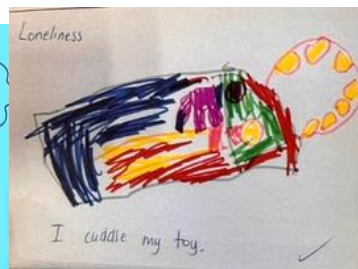
Please see below what the children have done.

**Room 1:** The children focussed on what actions they can take to be peacemakers at school. They then chose those which had significance for them and wrote them on their personal poppies. Some of their ideas were: to share, be friendly, be positive, try to resolve problems before they got out of hand, show forgiveness.

The weekly Wednesday Gem ceremony continues where the children acknowledge classmates for showing the focus values and for their efforts and achievements in class.

**Room 2:** Take a look at some of the awesome work going on already this week!

We have been exploring different emotions and how to manage them. This week we discussed 'dealing with loneliness'. We talked about how feeling lonely sometimes is normal and the important thing is that we reach out to stay connected. The children had some fantastic ideas of what they do if they ever feel lonely. Next week, we are exploring 'keeping calm' strategies.



## Thursday 4th May

### **"Internet Health and Wellbeing" Workshop with John Parsons (No charge)**

John Parsons will be visiting Garston Primary to give lessons to students empowering them surrounding internet safety.

#### **Workshop 1 (Year 1-4 students) 35mins Teacher and students only**

- using ICT safely at home and at school
- digital citizenship (treating others with kindness and respect when online)
- protecting your online identify (not sharing personal details)

#### **Workshop 2 (Year 5 -8 students) 1 hour Teacher and students only**

- repel and report unwanted attention
- support each other in times of need
- project self-confidence and control online
- nurture and protect online identity (not sharing personal details)
- develop a strong sense of self-worth

#### **Workshop 3 (Parent/Guardians/Staff ONLY) Raising resilient Capable Children Online**

##### **(1.5 hours) 6.30 start**

6.30/7pm start (on-site child care available for children who must accompany parents.  
**Please advise school beforehand**)

- identifies the specific challenges children face when using ICT
- included guidance on behaviour management processes for parents in the practical situations they will face
- empowers parents to take responsibility for safeguarding their children
- parents leave with the tools to support their children in how to use ICT safely and ethically at home and at school
- online grooming and cyber bullying
- damaging effects of online pornography

### **New Classroom Block update.**

- New water tank, piping and sewerage systems installed.
- New water filter shed being built. Once this has been completed the school and the house will be connected to the new tank supply.
- After the site has been cleared and levelled, grass seed will be sprayed on all the bare areas and native shrubs will be planted on top of the sewerage field drain area.
- New driveway construction starting today.



## Garston School Board Parent By Election 2023

### Nomination round

Our school will be undertaking a parent election **for 1 School Board vacancy**. This process will start with the issuing of nomination papers to our caregiver community by **Sunday 30<sup>th</sup> April 2023**.

We have employed CES to undertake the election process on our behalf. This year with legislative change, our nomination form and full instruction on how to place your nomination into our own School's Election website will be emailed to you if we have your email address in our database or you will receive it by post if we don't have your email in our database.

**If you do not receive your nomination papers by the 5<sup>th</sup> May, please call the school office to have a copy emailed to you or call in and pick one up.** The picked-up copies will need to be returned to school by 9:00am on Friday, 19<sup>th</sup> May so the school can send them to CES for processing prior to the close off time. **Nominations close on Friday 19<sup>th</sup> May at 12 noon.**

We look forward to your participation in this process.

Wayne Jamieson

CES Returning Officer

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We warmly welcome Aiden Pradeep to Room 1 and his parents, Madonna and Jalaja, to our school family.



An excerpt from a speech written and read by a secondary school student at the ANZAC Day service held in Arrowtown.

*When I was five years old, I walked under autumn leaves, past the metal soldier on the Queenstown Memorial hall, adorned with red poppies. I might have picked one off, pinned it on my shirt because I thought it looked pretty.*

*When I was eight, I walked hand in hand with my dad in the early morning light to the Memorial Arch down by the lake, surrounded by people wrapped up in puffer jackets, rubbing their hands together for warmth and I wondered, do we really have to get up this early.*

*When I was eleven, I wrote my first original song about the ANZAC men at Gallipoli. I knew, when writing those lyrics about an unknown soldier, that it meant a great deal. Especially when a few teachers had tears in their eyes by the end. I finally understood why we wore poppies, why we braved the bite of the Queenstown winter cold, remembering the people that fought for New Zealand so many years ago. I did not know it back then, why we reflect, why we remember. I now know that the idea of war and extreme conflict is so foreign to us, my generation, because of their sacrifice, loyalty and strength.*



<b>Upcoming Events:</b>	
<b>Tuesday, 2<sup>nd</sup> May</b>	Book Bus
<b>Thursday, 4<sup>th</sup> May</b>	John Parson's parent/caregiver workshop at Garton School. 6:30 start.
<b>Wednesday, 17<sup>th</sup> May</b>	BOT meeting at 7pm. All welcome.
<b>Friday, 19<sup>th</sup> May</b>	Board bye-election nominations close at Noon.
<b>Wednesday, 24<sup>th</sup> May</b>	Mid-Dome Cross-Country'
<b>Friday, 26<sup>th</sup> May</b>	Postponement day for Mid-Dome cross-country
<b>Thursday, 1<sup>st</sup> June</b>	Northern cross-country.
<b>Friday, 2<sup>nd</sup> June</b>	Postponement day for Northern cross-country.
<b>Monday, 5<sup>th</sup> June</b>	King's Birthday public holiday. No school.
<b>Tuesday, 6<sup>th</sup> June</b>	Book Bus
<b>Friday, 16<sup>th</sup> June</b>	Southland cross-country.
<b>Friday, 30<sup>th</sup> June</b>	Last day of term
<b>Monday, 17<sup>th</sup> July</b>	<b>Term 3 starts.</b>