



4 May 2023

Term 2 Week 2

From the Desk of Ms. 'O'

F.I.T.

Frequency

(how often?)

Intensity

(how much?)

Time

(How much time?)

School cross-country events prompt a range of reactions (both positive and negative) from students, their family and teachers.

Our teachers are trying to be creative with how we engage our students in a cross-country context that will allow them to develop: a broad range of physical skills; character qualities (including perseverance and resilience); social skills (buddy coaching, sportsmanship); their self-worth.

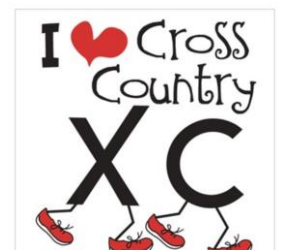
Most particular we would like our tamariki to be engaged and excited about participating in physical activity. By applying the F.I.T. principal they can set an individual goal related to their abilities and aspirations and thereby experience success through their cross-country performance.

A child who aims to compete at the higher level of competition would probably focus on intensity of their training. However another child, who generally finds it challenging during training/practices, may find it more beneficial to focus on gradually improving the time they are able to run.

After each fitness session the Room 1 students reflect on how hard they have tried rather than how far or fast they have run. The good news is that each runner now realises that their increased effort and positive attitude results in them achieving personal success.



We hope they continue to be proud of their personal efforts. It is good to see the senior children supporting the younger ones during their fitness time, in the spirit of tuakana teina.



Garston School Newsletter

REMINDERS

* **Tonight at Garston School starting at 6:30.**

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

* **Lucky Book Club.**

You will find the latest catalogue in child's school bag.

Garston School Board Parent By Election 2023 – Nomination round

If you haven't received your nomination papers, 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, 19th May so the school can send them to CES for processing prior to the close off time. **Nominations close on Friday 19th May at 12 noon.**



Join NZ's environmental superhero Waste Free Wanda, for a fun and interactive stage show performance at the Lumsden Memorial Hall Library.

Help Wanda save her town, and learn simple ways to help our planet.

WHERE: Lumsden Memorial Hall

WHEN: Friday, 16th June

TIME: 5.30pm

Learn more at www.wastefreewanda.com



Garston School Newsletter

Heron Futter, Active Southland School Facilitator, visited last Friday 28th April.

Working alongside Miss Willmot, Heron introduced a selection of new team games from the Move Well programme to the children of Room 2. Games, such as InchWorm and PSR (paper, scissors, rock), were the class' favourite activities. Both games focused on increasing movement, healthy competition and developing stamina. The Move Well programme is used across New Zealand supporting children's learning and enjoyment of movement.



Just in case you were missing my one-liners. Enjoy.

- I ate a clock yesterday, it was very time-consuming.
- I wrote a song about a tortilla. Well actually, it's more of a wrap.
- When I lost my rifle, the Army charged me \$85. That's why in the Navy, the captain goes down with the ship.
- Q: What happened to the guy who sued over his missing luggage? A: He lost his case
- What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle? Attire.
- Last night, I dreamed I was swimming in an ocean of orange soda. But it was just a Fanta sea.
- I told my mom I was going to make a bike out of spaghetti, you should have seen her face when I rode straight pasta.