



Garston School Newsletter

Thursday, 9th March 2023



From the desk of Ms. 'O'

All Part of One Whole

It is commonly known that we need the whole village to raise our children. So we need our village, the wisdom of our leaders, the aroha of our communities to help us meet these challenges.

Each of us has a part to play. School boards are directly responsible for creating the conditions in which the principal and staff can work as effectively as is possible. Principals and staff are responsible for ensuring that they get the best results from the resources available to the school. Parents and whanau are responsible for supporting schools to ensure their children are given the best opportunities to learn and that the community is responsible for supporting parents and whanau and their local schools

Everybody has a stake in education and it really matters. It goes to the heart of what we want for our children, what kind of world and what kind of society we want them to grow up in and the adult we want them to be.

Thanks to those who attended the parent/teacher interviews. It is good to catch up at the start of the year so we can all work together for the benefit of our tamariki.



To:

Andrew Sellens for the lone of his beautiful sounding marimba. This magnificent instrument displays his artisanship and innovation in reusing wood from the old hall piano for its base and bicycle inner tubes for the ends of the mallets.

He has also gifted our school 4 handcrafted small xylophones to complement our music resources. We are truly grateful to him for his generosity.



Friday, 17th March

Every year the children get into the spirit of the occasion by dressing in green and/or bringing along a rehearsed suitable joke to share with everyone. They are once again invited to join in. It's a happy day for everyone with some even choosing to wear kooky ties and glasses and others spraying their hair to really look the part.

The Great Southern Race

Last year 50 kids from 10 Southland Schools took part in the inaugural Great Southern Race on Rakiura/Stewart Island. This year we're doing all again! The 2023 **Great Southern Race** is scheduled for Monday 20th March, entries are limited to 60 (off Island competitors) so make sure you register your interest ASAP to secure your place.

Contact Heron Futter at heron@activesouthland.co.nz for more information.



We have 4 free family passes for this event on Sunday on a 'first in - first served basis'. Please call the office if you would like one.

REMINDERS:

Monday, 13th March	Life Education - Harold the Giraffe visits in his mobile truck to give a health lesson.
Wednesday, 15th March	Board of Trustees Meeting at 7pm. All welcome. The agenda is available to view in the staffroom and you can also contact the office to request a copy to be emailed to you.
Monday, 20th - Friday, 24th March	Swimming at Mossburn.
Monday, 27th March	Home & School meeting at 7pm.
Thursday, 6th April	Last day of term.

Dangerous Decibels

Earlier in the term we had Bev Manihera, an educator from Hearing Southland to talk to the Room 1 children about their hearing and the dangers of loud sounds. The students were engaged with some interesting vibration experiments with tuning forks and ping-pong balls. They modelled the hairs inside their ears (with pipe cleaners) being damaged by loud sounds. It was fascinating and a great start to the term's topic The Science of Sound.

So what are these dangerous sounds which might require us to wear ear defenders?

Tractor with cab	85 decibels	Damage after 8 hrs	Ear defenders - yes
Shot gun	140-165 decibels	Immediate damage	Ear defenders - yes
Lawn mower	91 decibels	Damage after 2 hrs	Ear defenders - yes
Tractor without cab	100 decibels	Damage after 15 minutes	Ear defenders - yes
ATV	105 decibels	Damage after 5 mins	Ear defenders - yes
Washing machine	80 decibels	No damage	Ear defenders - no
Squealing piglets	115 decibels	Damage after 30 seconds	Ear defenders - yes
Normal conversation	65 decibels	No damage	Ear defenders - no
Chain saw	120 decibels	Damage after 2 minutes	Ear defenders - yes
Headphones with loud music	100 decibels	Damage after 15 minutes	Turn the volume down!

Wow – some of those were surprising! With lots of our children and community exposed to many of these rural and domestic sounds, Bev recommends to take some action to protect our hearing. Tiny hairs in the cochlea can never recover once damaged and hearing aids don't solve all the problems. WEAR EAR DEFENDERS!

Swim Week: 20th - 24th March 2023 (provisional plan)

This year the whole school will travel to Mossburn by bus for 5 consecutive days to take part in their swimming programme. This is a part of their school curriculum and all children are expected to participate unless they have a valid reason for not doing so. There is no cost for this.

The lessons will be from 10:00 - 1pm. We need to arrive at the pool no later than 9:40am and will probably leave for the trip home around 1:20pm. Teachers will travel with the children on the school bus to and from Mossburn.

The Kingston morning bus children will be picked up 30 minutes earlier than their usual times. The Athol bus will run later to pick up children from McMillan Road, Athol and Parawa.

The following are approximate times:

Allandale Road - 7:45, Kingston Fire Station 8:00, Kingston Flyer Cafe - 8:10, Mackie & Tayler - 8:25,
School - 8:35, McMillan Road - 8:45, Athol - 9:00, Parawa - 9:10.

All children will be brought back to school to continue with the usual bus time unless Parawa, Athol and McMillan Road children request to be dropped off at an earlier time along the way.

Please indicate on the form below if for any reason you do not intend for your child(ren) to travel by bus and what other arrangements you have made to provide for their transport on any particular day. This is to ensure all children are accounted for and the bus is not waiting needlessly.

The children will be put into groups for two 30 minute lessons with a gap between each.

The children will need:

- A lunch and drink bottle (Graham has very kindly agreed to allow the children to eat after swimming on the way back to school **AS LONG AS THEY DON'T LEAVE RUBBISH ON THE BUS**).
- To have a big breakfast.
- A strong swimming bag with at least one fresh and dry towel as well as togs **every day**. Goggles are preferable.

The programme is as follows:

Monday - Testing/Grouping and Freestyle. Tuesday - Freestyle, Floating, Front flipper work.

Wednesday - Backstroke. Thursday - Boat safety. Friday - Testing, Backstroke.

Important information:

- If your child suffers from car/bus sickness, please let me know so we can make them comfortable during their travels.
- Hair should be tied back so it doesn't interfere with breathing while swimming or alternatively, children need to wear a bathing cap.
- Please do not pack school reading books with their swimming gear. There will not be a school library session this week.

Any queries then please ring to discuss.

Thank you,

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This notice must be returned to school by 14th March.

* I give permission for my child(ren) to travel by school bus to the Mossburn Pool from 20th - 24th March to participate in the swimming programme. **YES / NO**

Name: _____

Signed: _____ Date: _____

* Please add any useful information (e.g. different to school's planned transport, planned absence, travel sickness).

