

PB4L WEEKLY FOCUS

Our PB4L focus this week is:
Doing The Right Thing

Alert levels

All of New Zealand (except Auckland) is at **alert level 2**.

Alert level 3: Auckland

- Stay at home in your bubble
- Wear a mask and maintain social distancing of 2m if you do go outside
- You can leave your home to:
 - Shop for essential goods
 - Exercise in your neighbourhood
 - Receive necessary medical care
 - Get a Covid test

Alert level 2: Rest of NZ

- Get a Covid test if you experience cold or flu symptoms
- Face coverings mandatory inside indoor venues, on public transport and flights
- Indoor venues limited to 50 people
- Outdoor venues limited to 100 people
- Maintain social distancing of 2m in gyms, museums and libraries

Mandatory record-keeping came into effect from 11.59pm Wednesday, September 7

Source: [covid19.govt.nz](https://www.covid19.govt.nz). Herald Network graphic

**No
Assemblies at**

**COVID-19
DELTA
LEVEL 2**

Te Wiki Tuawhitu
Week 7

Kia ora koutou. We are now on the countdown to the end of term and our students are showing signs of tiredness after an interrupted year. Please encourage them to get lots of sleep to help them get through the next week and a half happily.

We have spent many hours deliberating about the end of term Leavers Assembly. Due to the number of Year 6 students we have leaving we are unable to do our usual final assembly as the numbers would be too large for alert level 2 gatherings.

We have decided to cancel the assembly due to Covid restrictions but will be putting together a digital record of the awards which we will present to our students in front of their peers.

We will be sending a link to whanau and all classes so they can see a digital version of our celebration for our leavers, hopefully on the final Friday, 10th December.

Ngā mihi nui
Anne Donald-Deputy Principal

MIS VISIT

Our Yr6s that are enrolled at MIS for next year will be going for a visit, by bus, on Tuesday 7th December. This replaces the orientation morning that was cancelled.

ABSENCES

Reminder:

It is very important for parents to inform the office when students are away. If students are late, they must come to the office to get a late stamp.

There are several ways for parents to let us know about absences.

- 1) Call the office 377 5297 and leave a message
- 2) Text 027 711 9021 stating child's name, room and reason for absence
- 3) Email (office@masterton.school.nz or keri@masterton.school.nz)
- 4) Send a message to your child's teacher via the class see saw app.
- 5) Send a private message through our Facebook Page.

If you have run out of credit, please keep your phone on and answer when we call. If we are unable to get hold of parents, the Ministry of Education requires us to inform Truancy Services.

Whakatauki

Ahakoā he iti,
he pouhāmu
Although
it's small,
It's precious

MPS Awards

The winners last week were:

Mere Room 11 for being on task, following instructions and making good choices. JoJo Room 11 for being motivated to learn and being kind and helpful. Elijah Room 9 for looking after property, making good choices and being kind and helpful.

Calendar of Events

Tue 30th Nov

Wed 1st Dec & Thurs 2nd Dec

Fri 3rd Dec

Mon 6th Dec

Tue 7th Dec

Tue 7th Dec

Thurs 9th Dec

Fri 10th Dec

Mon 13th Dec

Tue 8th Feb 2022

BOT Meeting

3 Way Learning Conferences - CANCELLED

Yr 6 MIS Orientation - CANCELLED

Parent Helpers Morning Tea - CANCELLED

Rooms 1/3/4/6/7 trip to park and pools

Room 12 trip Rimutaka Incline Walk

Trust Badge Morning Tea

Prize Giving Assembly 1.15pm - Alert Level Dependent

Term 4 Ends - 12.30pm finish

Term 1 2022 begins

Enviro Group Mufti Day

Thank you everybody for buying an ice-block and coming in mufti on Friday for Pukaha Mount Bruce. We raise \$350.00

We wanted to sponsor a kiwi for \$200 a hectare, but we have enough money to do a kiwi hectare, a kaka hectare and a tui hectare.

Pukaha are very happy.

It was such a hot day last Friday it was good to have an ice-block.

By Ellie, Yas and Honor (Enviro Club)



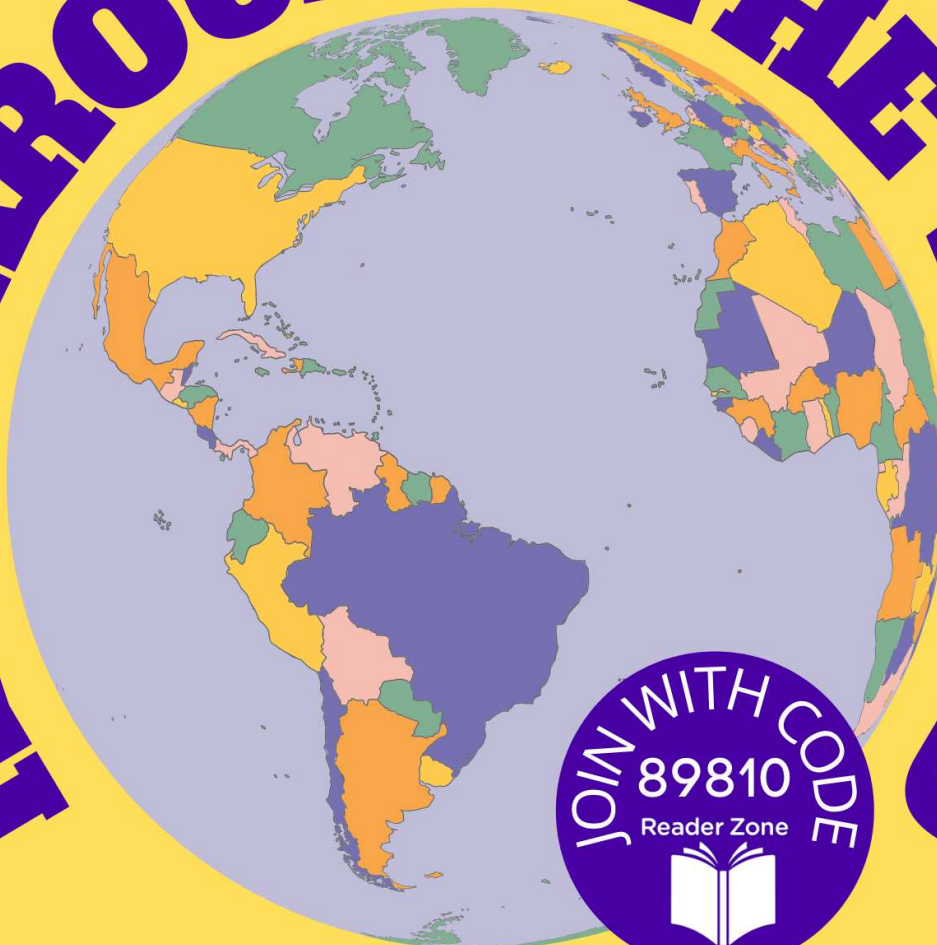


SUMMER READING CHALLENGE 2021-22

1 December- 30 January



READ AROUND THE WORLD



- Open to children aged 0-13 years of age
- Every child who completes at least one challenge will receive a a free book of their choice (*available after January 24.*)
- Spot prizes to be won!



Download the app
to get started



Top tips for building resilience in children during lockdown and life!

<https://impact-mentalhealth.com/top-tips-for-building-resilience-in-children-during-lockdown-and-life/>

Parenting is challenging at the best of times. Still, lockdowns, sudden changes of circumstances, balancing work and children in the home, financial strain and social isolation bring a new dimension to the equation.

At ImpACT-Mental Health, we advocate that RESILIENCE is the one quality we could all do with during times of uncertainty, change, and upheaval. And the great news – Resilience is a skill that can be learned, nurtured and developed.

Resilience is the ability to bounce back from adversity, tragedy, setbacks, threats, failure, and challenges. When we learn to walk, we show signs of tenacity and resilience; when we fall down, we don't stay down; we get back up and try again – that is being resilient.

Resilience helps our children navigate stresses of life that they will encounter to some degree – stresses such as divorce, bullying, moving to a new area, taking tests, loss of friendships, coping with grief, war, famine, and global pandemics. When kids learn the skills and have the confidence to confront problems and work through situations, the more they develop the mindset that they are capable and able.

With us all living in very uncertain and unsettled times, there is no better time to build our resilience muscle. Here are our top tips for building resilience in your family.

1. Encourage connection: We all need love, support and connection. Encourage your child to call or video chat with their peers, grandparents, extended family etc. Listen to your child when they want to talk about topics that interest them, ask questions, and be curious. When possible, spend some one on one time with each child; take the time to nurture your connection as this lays the foundation for your child's personality, life choices and overall behaviour.

2. Have daily routines: Routines are comforting, keep us on track and help younger children feel safe and secure. Scheduling time for schoolwork, mealtimes and fun will help the day run smoothly. Do leave room for some flexibility. Routines help form good daily habits and help lower stress levels; we usually feel more focused and productive.

3. Practice healthy coping mechanisms: When things feel stressful and heavy, try one of the following. Meditate, exercise, listen to music, dance and sing, go for a walk, head outside for fresh air, take a bath, read, call a friend, hug a tree, laugh, watch a movie, address the situation, talk it out with someone, stay calm.

4. Own up to mistakes: Everyone makes mistakes; when you make a mistake, admit to it, take responsibility for it, then apologise authentically or try to right the situation. Then encourage your children to do the same. Learning from our mistakes builds resilience, shows us how to recover from setbacks and learn and grow from our mistakes.

5. Give children age-appropriate responsibilities: We don't do our kids any favours if we do everything for them. Research shows that children who participate in household chores are more responsible, have higher self-esteem, are better able to manage feelings of frustration, and are more likely to succeed in school, careers, and personal relationships. So no guilt need to be involved when handing over the kitchen cloth, vacuum, mop or duster.

6. Practice and teach self-care: Stress is just as much physical as it is emotional. Take time to recharge your batteries, look after your overall health – body, mind and spirit, and teach your kids the same. Don't underestimate the effects a wholesome, balanced diet, exercise, drinking enough water, quality sleep, doing something that fills your soul, and a good injection of fun can have on your mental health. All of these things help the body to adapt to stress.

7. Have fun and find joy in the ordinary: Joy is necessary to help stay semi-sane in rocky times. Don't wait for joy to find you, don't wait for the weekend, a holiday or a special occasion to have fun. Inject fun and enjoy as much light-hearted joy as you can. Do silly things, sing at the top of your voice, watch comedy, search for pictures in the clouds, observe the sunset, wish upon a star, smell the roses, laugh till your belly aches. Make time to prioritise the things that make you happy and encourage all your household to do the same. When we experience positive emotions, we can become more open-minded, creative, and more able to problem-solve.

8. Be grateful: Find things in your life to be thankful for; clean running water, food in the cupboards, clothes, sunrises, walks in nature, and hugs are a few examples. Try making it part of a daily ritual with your family; maybe during a family meal, ask everyone to name one thing that they were grateful for that day. In positive psychology research, gratitude has been shown to help people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

9. Embrace healthy thoughts: The saying goes that life is 10% what it throws at us and 90% how we react; that is empowering when you absorb it. You are in control of how you choose to respond to any situation. So rather than catastrophise or ask questions like “why did this happen?” instead try to keep things in perspective, accept change, accept where you are right now. Asking questions like, “what can I do now?”, “what is in my control” are far more empowering. When you answer them, you can then work towards doing what you can. When your child hits an obstacle, they can use the same process to encourage them to problem-solve.

10. Make a to-do list each day for the household to complete: You can make it fun – ‘let’s get all these ticked off by lunchtime’, and tick off each task as you do them. As you do this, your brain releases a little pop of dopamine, giving feelings of pleasure and motivation. Also, try helping others, volunteering, asking a neighbour if they need groceries, and doing a random act of kindness. Researchers say that acts of kindness are often accompanied by emotional warmth and even healthier hearts. Let’s face it; we feel good when we do something kind for someone else, so let’s all be kind and pass it around the neighbourhood!