

NEWSLETTER

TO ENABLE OUR LEARNERS TO BE LIFELONG
ACHIEVERS WHO CAN THINK CREATIVELY
AND CRITICALLY AS PART OF A CARING
GLOBAL COMMUNITY.



TARADALE PRIMARY SCHOOL

10 Church Road

PO Box 7155

Taradale

Phone: 06 8442 626

Absences: 027 353 0514 (text only)

Email: office@taraprim.school.nz

Website: taraprim.school.nz

PTA Facebook: [facebook.com/
ptataradaleprimaryschool](https://facebook.com/ptataradaleprimaryschool)

PRINCIPAL'S PRATTLE

Kia ora koutou,

We have recently written a great deal about anxiety and, luckily for us all, there has been a great many courses available for both families and for teachers. Without any doubt at all, if you are anxious about what it is that you are doing then this will affect what you do! For those of us that wake in the middle of the night worrying, for those of us that can't get back to sleep because we've got a real 'load' on our mind, you will know what I mean. Most of us have experienced something just like this I'd imagine and for many it is a very regular thing.

Anxiety, that feeling of worry, nervousness or unease is becoming more and more prevalent. In a recent New York Times study, 41% of high school students reported experiencing overwhelming anxiety. Just one sample of what is also occurring in Aotearoa. Sometimes when we worry there may not be logic or sense to it, especially when we wake up in the cold light of day ... but at the time? Only too real! The fact that we understand that there may not be much logic to it doesn't necessarily mean that this will stop worrying. One of the things that consistently arises with that anxiety is the feeling that we can't control something that could (or in our minds) will happen. We often worry about the future.

So do our tamariki, despite the fact that being a kid is a really cool thing to be.... after all, the smiles and infectious energy we see in our learners each and every day is so brilliant....they still have so many worries too. Life is also a great deal more fast-paced and full-on than ever before for all of us, and I wonder whether this also leads to higher levels of anxiety. I know of no magic answers to this other than to suggest that it might be an idea to focus on the here and now - staying in the present. We can logically think a little sharper in the present! We still have to set achievable future goals; don't get me wrong! However let's do so within reason and focus on what's in front of our noses...focus on what needs to be done. Were you ever one of those learners that used to leave the task until the last minute because you couldn't organise the task into smaller chunks? Then worry about it? If so, then you'll know what I mean!

Let's take a little anxiety away - focus on the now!

Marty Hantz

*Raise your words, not your voice, it is rain
that grows flowers, not thunder"*

*You're
Invited!*

The PTA would like to invite you along for a "Drink at the Duke" Monday
21st May, 7pm. Look forward to seeing you there!

SIGN LANGUAGE WEEK...

Last week was Sign Language Week and did you know that Sign Language is one of the three official New Zealand Languages? Of course you did! Just as you know that the other two are English and Māori.

I'd like to thank Viola Trotman for giving up her time to teach our Year 5 learners some of the basics of NZSL. We hope that this might springboard one or two (at least!).

To support the Sign Language Week we've included a poster with this newsletter in the hope that your whanau might practice some together as a family!

HOORAY FOR SUPPORT STAFF!

And a great big hooray it should be too! At TPS we are ever so fortunate to have such strong support staff – all of whom play an integral part in growing that awesome TPS learning culture. From our Teacher Aides to the staff in the office, a task for all and each done with professionalism.

Would we be the team we are without them? The answer is no! So, many thanks to each and every one of them.

TRAFFIC SAFETY

Please mums and dads, when you drop me off at school on Church Road, can you remember to help me out of the car on the footpath side? If I hop out on the road side I am a bit vulnerable to the cars that are driving and as I swing by bag around to put on my back, then I become a bit more likely to go close to those cars. Please keep me safe!

LUNCH ORDERS AT TPS!

Thank you for the positive feedback received on the launch of our new 'lunch-orders on-line'. We too felt it went really well with over 150 orders on the day!

This week we will continue with Pita Pit for Lunch Orders (normal pricing will apply). We will also look at introducing another provider soon.

Here is what you need to know:

- Fridays (only) will be 'lunch order day' at TPS
- You need to set up an account and load it into credit prior to placing an order.
- A 'member' is the person receiving the lunch order
- Orders are placed on-line by the parent
- Delivery of the lunch order is direct to the school
- Orders can be made up to 8.30am on the day of delivery (we would suggest you set up your account and place your order before this time/day)
- For more information and frequently asked questions, visit www.lunchonline.co.nz



Our super friendly Presbyterian Support Charity store in Taradale requires additional volunteers to keep up with the influx of quality donations we receive from the community. Timeslots are 9.30am - 1pm or 1pm - 4.30pm so the morning shifts could suit busy caregivers. Please call or text Ngaia on 027 655 3571 for more information - it is a great way to meet new people, you choose the day and the shift and all proceeds go to the elderly, disabled and HB's most vulnerable children".

LIBRARY CORNER...

The library has a new competition beginning this week called 'We read too, can you guess who?' Staff have provided photos of themselves reading and it is a big guessing game as to who is who. All whanau, children and staff are welcome to pop into the library and enter the competition. There will be some awesome prizes. Competition ends Friday 1st June.



During the past week we have also had our very own Taradale Primary School author. Jayden Danvers has a huge passion for rocks, gems and crystals and has spent many hours studying the books we have here in our library.

Jayden then decided to write his very own book for us and display his rock collection. It was great to see Jayden sharing his knowledge and enthusiasm with his peers. All the children were very impressed and interested in Jayden's book and collection. Ka pai Jayden, thank you for your contribution to our library.

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