



15 March 2018

Tēnā koutou katoa ngā mihi ki Te whānau o te Kura o Rimu – greetings to all families of Rimu School.

We are so very fortunate to be centred in a supportive community who are engaged in enhancing learning for our students. Judith Cillekens and Djeffrey Schouten did an impressive job of hosting the whole school in 3 different groups last Thursday. I know that the students, staff and parents who attended learnt a lot about dairy farming. The children's wonderings that have emerged as a result of our visit are centred around how cows produce the milk, water management and what happens to milk beyond the dairy farm. Our teachers have planned an exciting introduction to our inquiries through our drama technique - Mantle of the Expert.



As a Board of Trustees and staff we are proud that our tamariki learn within a strong, well rounded learning environment, with great opportunities to participate in sports, cultural, and other extracurricular activities. Our tamariki are fortunate to receive the positive advantages associated with attending a country school - whilst still being able to participate in many activities like town kids. Over the last 6 months the Board of Trustees have been reviewing our invoicing of activity costs and how we manage increasing expenses, including increased administration costs. While the Board of Trustees provides many rich learning opportunities out of our operational funding such as African Drummers, Polyfest, the Outreach programme, \$2500 for swimming pool hire, etc, we do need to charge for extra activity fees to enable us to provide the variety of learning opportunities for our tamariki. We have analysed the activity fees that have been charged to school accounts for extra trips and activities over the last 3 years and have decided to move to a standard activity fee of \$45 per year to cover these extra curricular activities. This will be invoiced in quarterly lots with the school donation. This activity fee does not include costs associated with our Year 7/8 Programme, out of school sports fees and school camps and will be carefully reviewed at the end of the year.

Each week we are going to focus on what our values look like, sound like and feel like in our school. This week we have been focusing on demonstrating aroha (care and empathy for others). Our tamariki have been noticing who is showing aroha around our school and these are some of the examples they spotted:

Aroha

Care and Empathy.

TANYA VISITING RILEB

Your lovely group of Year 7/8s opened the gate and welcomed me to Rimu School

RANI

RUBY HAS BEEN KIND AND CARING AND HELPS OUT A LOT IN CLASS BY TAKING CARE OF OUR STUFF.

IHOREI

Daniel is kind to me

ADDISON

Lucy, Connie and Maia have been giving boys turns on the swing when they would like a go

MITCHELL

Cassia always offers to help other learners and Pip, and still manages her time so that she gets her work done

BENJI

BRYCE HAS BEEN TAKING CARE OF KAYDAN AND BRAXTON

JACKSON

Tupufia always plays with me in the playground and I don't have anyone to play with

CHARLIE WJ

SOPHIE C HELPED ME DOWN THE CLIMBING WALL

MACY

Jacob P helped me get down from a part of the hedge that I couldn't get down from.

JODI

Aaliyah showed manaakitanga by showing me how to unload the dishwasher

SLADE

When Sam M was hurt, Maddie checked he was ok and asked if he needed an ice pack

By now you should have received a paper copy of a letter from Mr Wakelin with details about our Zone Athletics. Our students always look so smart in their school uniform when we are out and about, it supports our sense of whanaungatanga (sense of belonging). Please ensure your child is in their Rimu polo shirt with **plain black** shorts or track pants and if possible our Rimu School Hoodie.

SPOTLIGHT ON HEALTH AND WELLBEING

Recently we have had an increasing number of children who appear to be tired at school and parents have commented that their child / children are not good sleepers. As we all know sleep directly impacts on children's learning and behaviour, so I have included some practical tips from the Ministry of Health about supporting your child/children to sleep well that you might find useful?

How much sleep your child needs in 24 hours

The table below shows the recommended total hours of sleep per day for children and young people. Some children naturally sleep slightly less or more than these recommended hours.

	Recommended (hours)
School age (5-13 years)	9-11
Teenagers (14-17 years)	8-10

It is not just the amount of sleep that is important but also the quality of that sleep. The tips below may be helpful.

Ways to improve your child's sleep:

Bedtime routine

- Have a regular bedtime routine: this might include your child having a shower, brushing their teeth, then going to bed. Quiet activities, like reading, are good before bed.
- Have a regular bedtime and wake up time. This will help your child understand when it is time to sleep.
- If your child is going to bed too late, gradually change this by having them go to bed 30 minutes earlier and get up 30 minutes earlier.
- Avoid active games, playing outside, and screen use (eg, TV, internet, computer games, etc) in the hour before bedtime. Try dimming the lights earlier.

Sleeping environment

- Arrange a comfortable sleeping environment for your child. The place where they sleep should be quiet, warm and dark (although a night light is OK).
- Don't have any distractions within sight or hearing of the area where children sleep, including TV or any kind of computer screen.

Food

- Avoid having your child eat a meal within 1 or 2 hours of going to sleep. However, a light snack or a milky drink may help some children.
- Avoid giving your child food and any drinks that contain caffeine (especially in the afternoon/evening) as this can affect their sleep.

Keeping active

- It is important for children to be active throughout the day. Activity can also help your child sleep. Time spent in bright sunlight, such as being active outside, can also help children to sleep, but don't forget to be SunSmart!

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/sleeping/helping-children-sleep-better>

16th March

School Assembly - Rata

23rd March

Zone Athletics (Drop off at Surrey Park from 8.30-9pm and Juniors are to be collected at 12pm and Seniors by 2pm)

27th March

Zone Athletics Postponement Day

29th March

Zone Swimming Sports (Competitive swimmers only)

30th March

Good Friday

2nd April

Easter Monday - school is closed for instruction

3rd April

Easter Tuesday - school is closed for instruction

6th April

House Athletics - a fun whanau day

13th April

Last Day of Term 1

Whole School Assembly

From Monday 19th March until Wednesday 21st March I am attending a conference run by leading educational researcher John Hattie, focused on student agency and making learning visible. In my absence Whaea Katherine is happy to answer your questions and I will be available via email.

Nāku noa nā – yours sincerely,

KATE

From the Home and School Committee:

The AGM of the Rimu Home and School Committee (RHSC) was held on Monday 12 March. The election of officers ran smoothly and most people retained their roles: Vice president - Tom Prosch, Secretary - Katherine Cambridge, Purchasing officer - Brenda Gray. The president role has been handed over to me after 5 years of being treasurer and I am excited to take this role. Thank you Kendall for the work you've done in the previous 2 years. Currently the position of treasurer hasn't been filled yet, but I am confident that someone will take on this role.

The RHSC is a registered charity, which means we are on the national register and you can find us on the DIA website by searching under the charities tab. There you can find information about us and recently we have completed a performance report which outlines what we do and what financially happens. So any money donated to us is tax deductible as well.

Our main goal is fundraising for the school to be able to supply useful resources to enhance the learning of our children. Further we try to bring the community together by organizing social events, e.g. last year Rimu Night at the Races and Pet Day, which are also fundraisers.

The Hot Cross Buns fundraiser was a huge success with over 1000 packs sold which means we raised over \$1000.00! Thank you to everyone who supported this. Part of this will go towards a new sound system for in the hall.

Another exciting fundraiser will be our very own cookbook. We will start working together with the children in Term 3 and hopefully have some talented parents on board to put it all together. Please email our secretary at secretary.rhsc@gmail.com if you are interested. A flyer with information has been sent out by email.

Our next meeting will be in Term 2, Monday 7 May at 7.30 pm after the BOT meeting. We always welcome new members and if you think you could take on the role of treasurer or know somebody who might, please get in contact.

Judith Cillekens



From the Admin team:

School Accounts

Term 1 accounts will be emailed out within the next few days in the new format of Pupil Donation and Activity fees. We apologise for these being sent out so late but if these could be paid as soon as possible it would be much appreciated.



