



Blockhouse Bay

Primary School

We Seek - We Strive - We Soar

Thursday 12th March 2020

Dear Parents and Whanau,

With only one week to go until the school's Centenary, we have been ramping up our preparations both within and outside the classrooms. Next Friday the school is open for visitors to come and see how we operate and parents are very welcome to join us for this. If you do wish to come along, please come to the Te Whau (PAC) foyer between 1.45-3.30pm on Friday 20th March to view the displays there and then go and see what your own children have been up to, in their class(es).

We have three groups of children who are performing for the Centenary attendees on Saturday 21st March and we thank all of the parents who are taking the time to make sure their children are at school for this occasion. Family members are very welcome to come along to Te Whau to be part of this event if they wish and we ask that you are seated by 12.20pm if you are joining us.

I recently met with people from the Blockhouse Bay Community Library who are very concerned about the safety of children being left alone in or around the Library after school during the week. The library staff are not able to supervise unattended children and cannot be expected to make sure these children do not just wander off. They have asked me to remind parents that it is unlawful to leave children under the age of 14 unattended and that there are after school programmes available in the area if parents cannot find someone to look after their children.

Have a great week everyone

Neil Robinson

Principal



100 years!

Come and visit school and see our display in the Te Whau foyer. Visit your child's class so they can show you their Family stories, Artwork or '100 years' learning.

Friday 20th March: 1.45-3.30pm

TERM ONE CALENDAR OF EVENTS 2020

Further dates will be published in the First Newsletter next year. Please check the calendar weekly as dates and times may change.

Fri 13th March	2.15pm -Rimu-Kete Whanau Assembly
Mon 16th March	2.15pm Kauri Assembly
Tues 17th March	2.30pm Pohutukawa Assembly
Wed 18th March	Y5/6 Cricket Field Day
Fri 20th-Sat 21st March	School Centenary
Tues 24th March	2.30pm - Kowhai Assembly
Fri 27th March	2.15pm -Rimu-Kete Whanau Assembly
Mon 30th March	2.15pm Kauri Assembly
Fri 3rd April	FAB Sausage Sizzle and Mufti Day
Fri 3rd April	2.15pm -Combined Rimu Assembly
Tues 7th April	2.30pm - Kowhai Assembly
Wed 8th April	2.00pm - Whole School Assembly
Thurs 9th April	3.00pm -Term One Ends



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Blockhouse Bay

SCHOOL CENTENARY 100 years! - ONE WEEK TO GO!

The programme is:

Friday 20th March

10.00am – 2pm: Registered Guests: Visitors are asked to go straight to Te Whau- Foyer (school Performing Arts Centre/hall) on arrival as Student Ambassadors will lead tours around the school

1.45-3.30 pm: Parents and Whānau: Open afternoon to view Te Whau Foyer Display and Family Stories in classrooms

Saturday 21st March 11.00-4.30pm: Official Ceremony, school tours, mix and mingle

Please go straight to Te Whau (school Performing Arts Centre/hall) on arrival.

11.00-12.20pm Walking tours of the school, Sculpture Trail Visits

12.20-1.30pm – Ceremony: Venue - Te Whau (Performing Arts Centre/ Hall)

1.30-2.30pm Meet with others from your time at the school – different eras in different parts of the school

2.00pm onwards Afternoon tea served in the Te Manawa (Library and Makerspace)

LYNFIELD COLLEGE KAPA HAKA PERFORMANCE AND BBQ

This group are preparing for their ASB Polyfest and whanau/members of the community are invited to come to their dress rehearsal being held from 5.00pm at the Lynfield College Marae on Friday 13th March. Koha entry

FAB NEWS

We need more FAB members so we can organise amazing events for the kids at school so would love if you could consider volunteering your time to join us. We are a friendly group that meet monthly to do our planning. Our next meeting on **Thursday 2nd April**, 7pm in the Staffroom.

If you have any questions about the FAB and what we do and how you might be able to contribute, you can contact Jasmine by emailing fab@blockhousebay.school.nz.

FAB Date of Events:

Thursday 19th March (after school) - Ice Block Pup Up Stall - \$1 ice blocks

Thursday 2nd April - FAB Meeting 7pm Staffroom

Friday 3rd April - Sausage Sizzle & Mufti Day

Friday 8th May - School Disco

SCHOOL UNIFORM

Many thanks to all the parents and families who have purchased new uniform items.

A reminder with Winter approaching that students may only wear black items underneath the uniform. (e.g. black leggings and black long-sleeved tops)

Please remember to clearly name all uniform items as this does help us to return these items to your child should they get lost or misplaced.

PARENTING ADVICE

From time to time, we publish advice regarding one of the most rewarding (and challenging) things that we do in life – parenting. As always, please feel free to take all, some or none of this advice.

5 mental health habits to promote in kids

Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result, they learn better and have more friends as well.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits?

After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Having good mental health doesn't mean that kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. Sleep: Sleep is the one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids' ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. Exercise: When my mum told me all those years ago to turn the television off and go outside and play she didn't know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. *How much exercise does your child receive?*

3. Help others: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition. Team sports or other events can really help with this.

4. Talk: A problem shared is a problem halved! Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem, let them know that their concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling. Talking in the car can often be a great way of getting children to talk, especially teenagers.

5. Relaxation: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they'll relax quite naturally.

These five habits are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits don't get overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child's mental health.

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