



WAIKOWHAI  
INTERMEDIATE

# Waikowhai Intermediate School

...developing life-long learners...

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Issue: 3

Term 1

11<sup>th</sup> March, 2022

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Greetings, Kia Ora, Fakalofa lahi atu, Malo e lelei, Talofa lava, Taloha, Kia Orana, Ni Hao, Buenos Dias, Chao, Malo ni Habari, Dobar dan, Bula Vinaka, Apa Khabar.

Dear Parents and Caregivers

Our staff have been very professional in the way they have adapted to our adjusted timetable and the changes that we need to make to accommodate absences and staffing issues. Children have also been great at adapting to any necessary changes and we are now well settled into the rhythm of Term One.

This has allowed us to start some of the many groups and extra-curricular activities that we offer at Waikōwhai Intermediate. At lunchtimes we have chess players enjoying chess outside Room 2, Wai-Runners doing the 1 kilometre loop around Keith Hay Park and rugby sign-ups happening, 10 minutes of Mindfulness in the library, Waterpolo sign-ups, Netball sign-ups and sign-ups for School Band tryouts. There is a Friday Treasure Hunt Roopu Activity and very soon Year 8 students will be asked to nominate themselves for Student Council or Roopu Leader Roles. It is all of these activities, and others that will be taking place over the term and coming year, that make Waikowhai Intermediate a very special time. For children to keep in touch with all that is happening they need to check in with the Daily Notices.

Roopu (group) are the way we organise the school into four groups for some friendly competition and rivalry. The four Roopu are Waipuna, Waimarie, Waihanga and Wairua and they have the colours green, yellow, orange and purple assigned to them respectively. Each week a winning Roopu is announced based on points accumulated throughout the week for student's activities and actions and the winning Roopu flag is flown from the flagpole. Our Roopu have been a very successful way for us to grow some school spirit, have some fun and reinforce our school values of Māia, Manaakitanga and Ako.

Ngā mihi nui,

David King  
Principal

## Three Way Conferences reminder

If you have not done so already, please sign up for Three Way Conferences so that you can meet your child's classroom teacher and discuss their learning. A reminder that these will take place online through Google Meets. Your child's classroom teacher will send a link to the email we have on file for you. Please only click into the meeting link invitation when it is time for your interview. If your family is currently unwell, please be in touch with your child's classroom teacher by email to set up an alternative time in the morning or after school. If you need any assistance in booking an appointment, please contact reception.

School will close on Wednesday 16 March at 12pm and on Thursday 17 March at 2pm. The Auckland Transport buses will run on their normal timetable, so children who catch the 511 and 568 will need to make alternative arrangements. The Kiwi Coach bus to Mangere Bridge will run at the earlier time of 12pm on Wednesday and 2pm on Thursday.

Here is the website and code for making a conference booking.

Website: [www.schoolinterviews.co.nz](http://www.schoolinterviews.co.nz)

Code: **va26x**

## Last day of Term 1

The last day of Term 1 is Thursday 14 April and school will close at 2pm on this day. The Mangere Bridge Bus will run at the earlier time, the Auckland Transport Buses will not alter their timetable for us and children who catch the 511 and 568 will need to make alternative arrangements.



## Donations of prizes for Roopu

We would like to thank Helen and Leatua Tupa'i Lavea (Paige Rm 12) for their awesome donation of cooler bags to our school. Miss Poliko and Miss Kumar are very excited as they will use them for prizes for our Roopu challenges.

## Year 8 Beach Education

Thank you to our Year 8 teachers, especially Thanh Hoang for his organisation, so that our children could participate in Beach Education this year at Muriwai Beach. A **big** thank you also to the parent support that made these trips possible. Auckland is blessed with some beautiful beaches and it is great to be able to give our students the opportunity to engage in, and enjoy the wider environment safely. The Surf Lifeguards at Muriwai offer a great day for the kids, with some land based lessons and activities, before engaging with the surf and having some fun in the water.



# Wellbeing Workshop

Our classes recently completed a workshop with our school counsellor, Kirsten Malcolm. We covered what happens in our brains and bodies when we get anxious, scared, angry, if our feelings are hurt, or when we are feeling stressed and overwhelmed. Students explored a range of ways to calm the Fight/Flight/Freeze response down, so that the thinking parts of our brains can get back on line and we can solve the issue using our creativity and strategic skills instead of attacking, avoiding or freezing up.

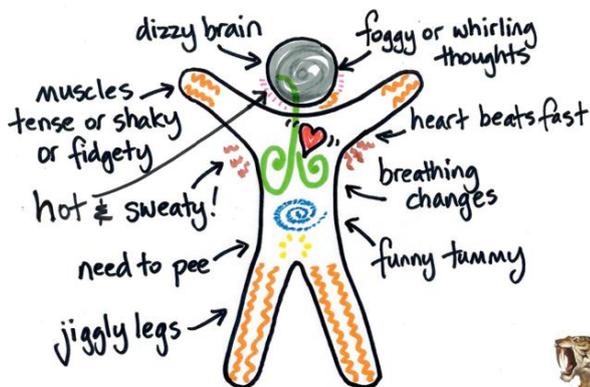
The following is a summary of what was covered in the workshop here, so that you can support your child to put these ideas into action at home as well as at school. Ask your child what they notice in their body when their 'Danger Alert Alarm' goes off, and what they have in their 'Calm Plan' – they may like to show you the recording sheet they completed in the workshop.

## OUR DANGER ALERT SYSTEM

When your 'Danger Alert Alarm' amygdala senses danger, it sends messages to your body to get ready to fight the danger, or to run away from the danger, or to freeze and try to be invisible to hide from the danger.



Your body reacts to be on high alert:



These are all normal and automatic reactions! They are our body's way of keeping us safe from physical danger.

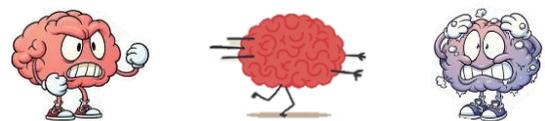
However, our brains and bodies automatically react the same way as they would to a sabre-toothed cat, even if the danger is quite different – say, an argument with a friend or a social situation where we're feeling anxious.



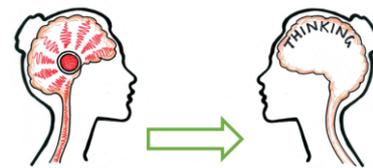
And sometimes our Danger Alert Alarm can go off and make us all tense and shaky, or give us a sore tummy or headache, but it's really just a false alarm.

## Getting our thinking brain back online

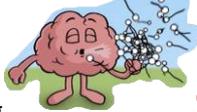
Fighting, running away/avoiding or freezing don't help us in many situations. We need our thinking brain, but when we are in Danger Alert Mode, our thinking doesn't work at all well.



Our brain needs to know that we are safe so it can calm down and the thinking parts can get back online. But when our brain is in **danger alert mode** it only understands **body language**, not logical words.



Here are some ways that science shows us calms down our Fight/Flight/Freeze response so that we can get our strategic and creative thinking brain back on-line to solve the problem:

- Take some space 
- Deep, slow belly-breathing 
- Moving your body: walk, run, play sport, dance, jump.. 
- A hug 
- Having a good cry 
- Doing something creative that expresses your emotions – music, drawing, writing, dancing... 
- Mindfulness 

In the workshop, Kirsten shared more than 20 calm-down ideas, and students chose some to create their own Calm Plan. Ask your child to share theirs with you! You can see more calm down ideas here: <https://tinyurl.com/jsv2hrwu> and the workshop recording sheet here: <https://tinyurl.com/ycy559mc>

## COVID-19 update

The last update we sent through we shared that we had over 50 cases that had affected all levels of staff and students. We have now had over 70 cases. We continue to follow all public health guidelines and school remains the best place for children during this time. From this Friday isolation time is being reduced to 7 days, which should further support children to be at school, and school to remain staffed.

A reminder that if your child needs to isolate at home they should log onto their Class Learning Site. If your child returns a positive test and therefore will be home for an extended period of time, Glenn Lambert-Vickers is our Home Learning Teacher and is available to support your child. Contact details for Mr Lambert-Vickers are on your child's Home Learning site.

Thank you too, for supporting your child through home learning - having to juggle all of your children, your own work, and any illness within your home. It is a massive undertaking and we are grateful for all that you are doing.

Please continue to inform the school if your child is positive for COVID-19. Please pass on their name and Room number, and the date they had the test. We are continuing to pass this information onto the Ministry of Education for their records.

Please continue to send your children to school while they are healthy and symptom free. However, if they do develop symptoms, they need to stay at home.

As statistics in the media have supported, a key way to keep our family and close ones safe from COVID-19 is vaccination, and all adults who are eligible should receive their booster. Our neighbours at Hay Park School are having a vaccination event to support this.

From **11:59pm tonight Friday 11 March** isolation requirements for positive cases of COVID-19 and their household contacts will be reduced from 10 to **seven days**.

Day 0 is the day symptoms began or the day the test was taken (whichever came first). Cases will isolate for a full seven days and are free to return to normal activities on Day 8, if they are not symptomatic.

### Household contacts

Household contacts are required to isolate for the same seven days as the case.

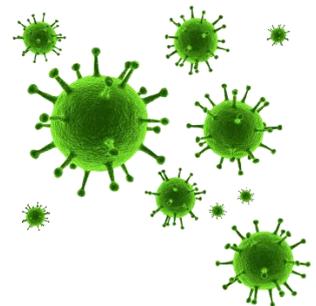
They can return to their normal activities on the same day as the first case in their household, so long as all test results have been negative, and they are not symptomatic.

Household contacts should continue to self-monitor for symptoms up to Day 10.

Household contacts will be required to take a self-administered rapid antigen test (RAT) on Day 3 and Day 7 of the case's isolation period.

As always, undertake a rapid antigen test (RAT) if symptomatic. If the RAT is negative and symptoms persist or worsen, you should test again 48 hours after the negative test. If symptoms resolve, there is no need for a further test.

People who test positive for COVID-19 are not required to self-isolate past seven days under public health regulations, but they should **not return to school if they are still feeling unwell**.



# GOT YA DOT?



**Hay Park School**  
670 Richardson Road, Mount Roskill  
17th & 18th March, 2pm-5pm



The Shot Doy team are coming to Hay Park School! Both Boosters and Tamariki Dots will be available.

**'Parents must be present, tamariki will not be vaccinated without parental consent.'**