



WAIKŌWHAI
INTERMEDIATE

Waikōwhai Intermediate School

...developing life-long learners...

Issue: 3

Term: 1

1st March 2024

Greetings, Kia Ora, Fakaalofa 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

Ongoing professional learning and development is a critical part of the role of being a teacher.

We have a growing body of knowledge about how the brain works, an understanding about the progression of learning across the curriculum that is increasingly refined, an increasingly diverse student population and a rapidly changing world that we are preparing our students for, which means that teachers' knowledge and understanding needs to grow with these changes and developments.

Developing lifelong learners through our values is the vision for our school that fits for our students as well as our teachers.

This week, our staff have had some more Professional Learning and Development with our facilitator from Cognition Education for Mathematics, Julia Crawford. Through Ministry of Education Regional Professional Learning and Development Funding we have 50 hours with Julia Crawford that we have been using over the last 9 months. She has been working alongside our Leader of Mathematics, Jenni Rodan, to review our Mathematics Programme and identify areas where we can improve our practice. This has been a valuable process and ensures that our teaching of Mathematics is a strength at Waikōwhai Intermediate.

Five hours of Mathematics, Reading and Writing is something that primary and intermediate schools across the country have been doing for a long time. The publication of this policy has given schools an opportunity to review their practice and ensure that this is happening. This is a process we have been through at Waikōwhai Intermediate.

We are fortunate to have a settled staff at Waikōwhai Intermediate. To offer a wide variety of high quality opportunities for children, prepare for Three-Way Conferences and send Benchmarks home, while also improving teaching practice, means that our staff is kept extremely busy. I would like to therefore acknowledge our teachers' hard work to meet the needs of our students to such a high degree.

Kind regards,

David King
Principal

Reminder - Three-Way Conferences

On Wednesday 13 March and Thursday 14 March, we have Three-Way Conferences. Please book a conference time so that you can sit alongside your child's classroom teacher with your child, to discuss their learning. We know that when parents / caregivers, children and teachers are all working alongside each other, we get the best results for our children. Please log on to the website below and use the code to book a conference time with your child's teacher.

Website: <https://www.schoolinterviews.co.nz>
Code: y55fv

Waifest - Thursday 4 April, 4.30pm to 7.30pm

This is an opportunity for you to support our school and give something back, as this event not only brings our community together, but acts as our only major fundraiser.

Previously through generous donations from our community, we have run auctions of goods and services, and sold raffle tickets for goods donated from businesses and individuals in our community. If you are able to donate something, or have a connection to a business that could donate a good or service, please get in touch with our Associate Principal, Cathy Ioelu ioelu@wai-int.school.nz

Children are currently practicing for performances in cultural groups. Due to the size of our hall, we repeat the concert twice to give everyone a chance to see the groups perform. It is not a ticketed event. There will be seating on the floor at the front for children, seating for those that need it, and standing room at the back so that people can come and go. Food will be available from our classrooms so you are able to have some kai and connect with other parents and caregivers.

CZ Tennis Results

The first Central Zone tournament of 2024 was held last week and was the Girls Tennis. We were very happy to be able to give Paige Harris (Yr 8) and Odesza Gibson Panama (Yr 7) the opportunity to represent us as a doubles pairing on a bright, sunny Auckland summer's day! The girls played against opposition from 6 other central intermediate schools in a round-robin competition and then a play-off to decide their position. Our brave girls improved so much during the day - in all aspects of their play, and some of their matches were very closely contested. They met their most evenly matched opponents, Balmoral Intermediate, again in the play-offs and this time beat them. This gave them a taste of victory and also a chance of a final play-off for 5th/6th place. In this last game it was evident just how much they had improved since the start of the tournament and in such a short space of time, because they made Ponsonby Intermediate really battle for their win. Well done to Paige and Odesza for exemplifying the Wai Spirit by showing such Maia, Manaakitanga and Ako too.



Softball Girls

On Tuesday we were lucky to still take our girls to the CZ softball competition after some bad morning weather. Our girls played cheerfully and were clearly the loudest supporting team at the competition. The Year 8 girls had a great run in the rounds but unfortunately lost in the semi-finals. A huge congratulations to the Year 7 girls who made it to the finals and won! What a fantastic achievement. Great to see everyone's hard work pay off with some awesome results on the day.

Softball Boys

We had an awesome day out with the boys at CZ Softball on Thursday held at the War Memorial Park. Both teams played with sportsmanship and played hard. Our Year 8 boys had five straight wins but went down in the semi-finals. Our Year 7 boys had a strong start but unfortunately didn't make the playoffs. Overall it was a fantastic day out with the boys learning new skills, taking risks on the diamond and showing Manaakitanga to their opponents.



Swimming Results

<u>Event</u>	<u>Division</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
Freestyle	Yr 7 Girls	Anya Smith 14	Violet 14	Mila 14	Millie Hill 12
Freestyle	Yr 7 Boys	Jayden 12	Cole Duncan 15	Marcus Lowe 13	Bruno 15
Freestyle	Yr 8 Girls	Aley M 2	Jacqueline S 7	Olive 4	Paige 8
Freestyle	Yr 8 Boys	Kevin 2	Louie 6	Liam 5	Noah 2
Backstroke	Yr 7 Girls	Violet 14	Veronica 14	Millie 12	Vamika 15
Backstroke	Yr 7 Boys	Bruno 15	Cole 15	Lorenzo 15	-
Backstroke	Yr 8 Girls	Olive 4	-	-	-
Backstroke	Yr 8 Boys	Louie 6	Liam 5	Noah 2	Caleb 2
Breaststroke	Yr 7 Girls	Violet 14	Mila 14	Anya 14	Millie Hill 12
Breaststroke	Yr 7 Boys	Bruno 15	Cole 15	Kuba 12	-
Breaststroke	Yr 8 Girls	Jacqueline 7	Vivian 3	-	-
Breaststroke	Yr 8 Boys	Liam 5	George 8	Finley 8	Noah 2
Butterfly	Yr 7 Girls	Millie Hill 12	Indie 15	-	-
Butterfly	Yr 7 Boys	Bruno 15	-	-	-
Butterfly	Yr 8 Girls	-	-	-	-
Butterfly	Yr 8 Boys	Kevin 2	Louie 6	Liam 5	Caleb 2

Hello Mums!

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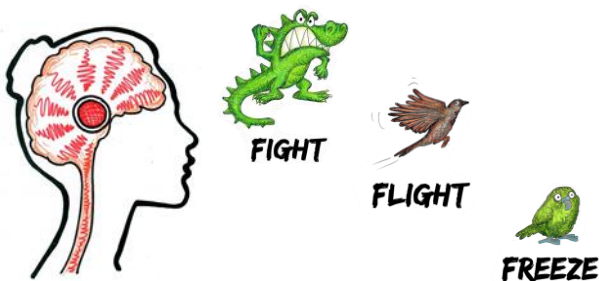
Wellbeing Workshop

Our classes all have Wellbeing Workshops with our school counsellor, Kirsten Malcolm. We cover what happens in our brains and bodies when we get anxious, scared, angry, if our feelings are hurt, or when we're 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.

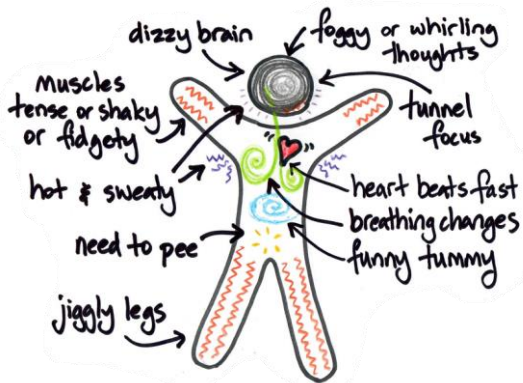
We're sharing a summary of what was covered in the workshop here, so that you can support your child to put these ideas into action at home as well as at school. Ask your child what they notice in their body when their 'Danger Alert Alarm' goes off, and what they have in their Calm Plan.

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 clever way of keeping us safe from physical danger.



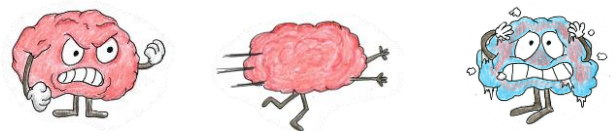
However, our body automatically reacts the same way to emotional danger as it would to a sabretoothed cat, even if the danger is quite different – say, an argument with a friend or a social situation where we're feeling anxious.



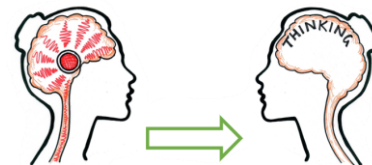
And sometimes our Danger Alert Alarm can be triggered like a false alarm when there isn't any physical danger, but we may be worried about something → an anxiety-sore-tummy or a panic attack.

Getting our thinking brain back online

Fighting, running away/avoiding or freezing don't help us in situations of emotional danger. We need to be creative and strategic to solve those sorts of problems, but when we are in Danger Alert Mode, our thinking doesn't work at all well.

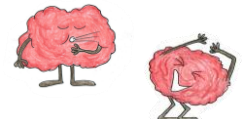


Our brain needs to know that we are safe so it can calm down and use its thinking capacity well. But when our brain is in **danger alert mode** it only understands **body language**, not logical words like "calm down, it's okay".



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...



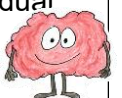
- A hug or kind touch
- Having a good old cry
- Doing something creative that expresses your emotions – music, drawing, writing, dancing...



- Mindfulness



Kirsten shared a range of calm-down ideas, and students chose some to create their own individual Calm Plan. The ideas are on the next page.



Ideas to calm your Danger Alert System

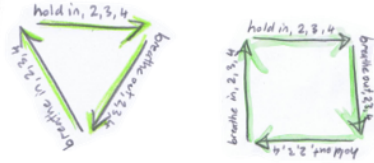
Our brain needs to know that it is safe, using "body language". Here are ideas for things you can do to turn off Danger Alert Mode, so your brain and body can calm down, and your thinking brain can be strategic and creative again.

Slow, deep, gentle belly-breathing

Try to make your out-breath longer than your in-breath



Triangle or Box Breathing



Take 5



7-11 Breath

7-11

3 Belly Breaths



Put one hand on your belly.
Do three slow, gentle breaths in and out.
Notice your hand move in and out with each breath.

Grounding Breath



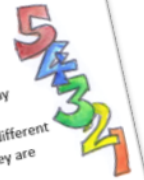
You can do this one either sitting or standing.
Put your feet flat on the floor. Feel them connecting to the ground.
Breathe in and out, slowly, gently and deeply.
Imagine that you are drawing in peaceful energy from the Earth through your feet.
With each breath, notice your connection to the Earth, holding you, safe and stable.

5 Sounds 5 Sensations



Breathe slowly and gently.
Close your eyes, if you would like to.
See if you can notice and name five sounds in this room.
See if you can notice and name five sensations in your body.

5 4 3 2 1



Breathe slowly and gently.
Stay sitting, but look around the room.
See if you can find...
5 things that you can see that you haven't really noticed yet today
4 sounds that you can hear
3 things that you can touch that feel different from each other - notice whether they are warm, cool, soft, rough...
2 things that you can smell
And then imagine 1 thing that you enjoy eating.

K Malcolm, Waikōwhai Intermediate School

Moving your body

- walking fast
- running
- basketball
- press-ups
- dancing
- jumping up and down
- trampoline
- shaking your arms and legs
- tensing and releasing your muscles
- stretching
- yoga



Kind touch

- Ask for a hug
- Cuddle a pet, or a soft toy or pillow
- Give yourself a hug or a kind pat on the arm

A good old cry



A good laugh



Watery Ideas

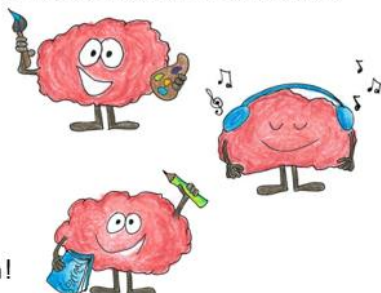
- Run cold water over your wrists
- Hold an ice pack or a cold, wet cloth to your forehead, eyes, cheeks and the back of your neck
- Hold your breath and put your face in a bowl or sink of cold water
- Splash your face with water
- Drink of water
- Bath or shower



Using your creativity

Do something creative that expresses your feelings:

- music – listening or playing, singing, drumming...
- drawing
- writing, journaling
- dancing
- making something
- cooking
- Lego



...use your imagination!

Self-care ideas

- A snack or drink of water
- Nap or early night
- Shower or bath
- Clean or tidy something vigorously
- Try some Mindfulness – Smiling Mind is a useful app
- Connect with nature – trees, sky, beach, sun, a view...



Kirsten Malcolm, Waikōwhai Intermediate School

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