

15 April 2016

Dear Parents/Caregivers



We certainly have had a busy and successful end to the term. We had some notable performances from the Kids Lit Quiz team, Levin exchange, our Ki-o-rahi teams, the Grand Traverse and the boys football team as well as a highly successful and a well-supported fun run.

It was terrific to see so many students, staff and family

members participate in the recent Grand Traverse Fun Run. Well done to all those who finished. We were fortunate enough to pick up \$500 as the largest team entered. Thank you!!

We have some student reports regarding these extra events to follow. Please enjoy reading them.

We now have road works outside the school on Ranui Terrace to repair damaged water mains. This will go into the holidays and possibly beyond. Access via McLellan Street onto Ranui Terrace is very limited at this stage. Please plan accordingly.

Term 1 school reports will come home today along with Board of Trustees election details and a booklet outlining uniform options, particularly for winter. Spec reports are also available to be viewed through the school portal as of this afternoon.

School will resume after the holidays on Monday 2 May. Thanks for your support this term. Take care and, whenever possible, enjoy your time together as a family.

Today Andrew Fuller looks at how to get your young person and dealing with grief.

Regards

BRENDON HENDERSON  
Principal



# CREATING RESILIENT FAMILIES

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## GRIEF AND YOUNG PEOPLE

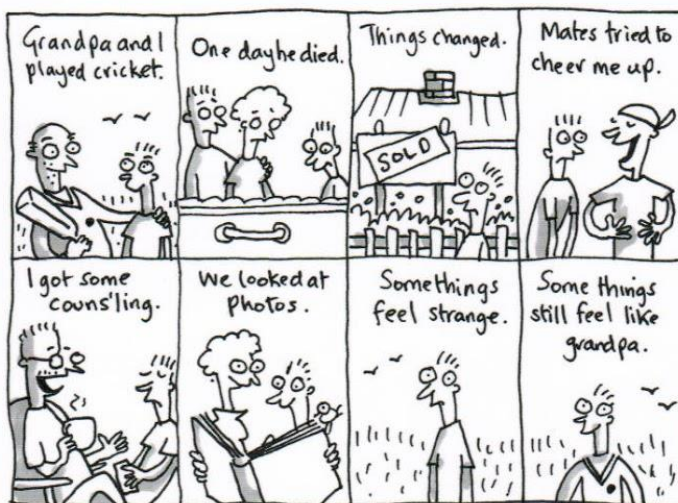
### SOME INFORMATION ON GRIEF AND YOUNG PEOPLE

Loss at any stage of life is sad. During adolescence, loss and grief can be especially troubling. When they are younger, children have a limited understanding of death. During the pre-school and early primary school years, they may think it is reversible and assume that - if they are good - death will not occur. As they age, children gain more understanding.

It is often assumed that teenagers have an adult understanding of death. However, this is often not the case. While they understand that people die, they may have a sense that it can't happen to them and that they are invulnerable regardless of the risks they take.

Others may romanticise death and fantasise about being with the dead person. It's as if they are mentally reviving the relationship so that it's as it was before the loss. The same jumbled thinking is often seen in suicidal adolescents. They realise that death is forever, but imagine themselves as witnesses at their own funerals. Following the loss of someone close, adolescents commonly go through a time of lowered functioning in which their school marks suffer and their diet and physical health may be poor. Some may become depressed and express their sadness through irritability and anger. Others feel guilty that they have survived or may develop hypochondriacal concerns, physical complaints, sleeping difficulties, excessive worries about the safety of loved ones, low levels of trust and refusing to go to school. The experience of loss may itself separate young people from their peers. As one young man said after the death of his parents, 'All the kids at school seem so dumb, so stupid. They don't realise that in a moment it could all disappear. I just don't fit in any more.'

This sense of separateness from peers may make them more reliant on family. Try to keep family routines as normal as possible. Keep doing as many everyday, usual activities as you can.



### WHAT PARENTS CAN DO

If you are directly affected by the death yourself, find someone you trust to speak to and for your teenager to speak to. Don't let your child get away with not grieving. If you are grieving yourself, don't give yourself the sole job of trying to help your teenager. It may be that they won't share their real feelings with you in order to protect you. People can grieve for people who are not dead but are effectively lost to them through disability, stroke, geographical shifts and loss of relationship.

People often report that what is difficult in the first few weeks or months after a loss is likely to be different from the issues that create difficulty in the next few months. It is often helpful to concentrate on those things just in front of you. This is not a time for making big plans. Don't expect people to be over it quickly. Young people particularly grieve in bursts. Don't let them get away with not grieving but, at the same time, let them know that people who are grieving are allowed to feel good some of the time too. One of the best times to talk to young people about loss is when they are engaged with you in an activity of remembrance about the lost person. Ask them about their best memories, holidays and favourite times. If you are grieving yourself, it can be important to share some of your own sadness rather than feeling you have to be the super-coping parent at all times.

#### Some Rough Guidelines

- Involve young people as much as possible in the processes around the death or loss and also the arrangements to observe and mourn the loss.
- People can show signs of grief, sadness and loss for a long time afterwards.
- Young people can be affected by the loss of people they don't know directly, such as students at their school, rock stars and royalty.
- Chronic illness of siblings can cause grief.

ACER © 2004 Andrew Fuller

Join a forum to discuss these issues on [www.andrewfuller.com.au](http://www.andrewfuller.com.au)



# SCHOOL NOTICES

## Boys Ki-o-Rahi Team



Tawa Intermediate School competed in a ki-o-rahi tournament during week 9. Our first game was against Naenae Intermediate School and they were really competitive. We pulled together to beat them 16-12.

Straight after that we played against our nemesis team, Brandon Intermediate and we soon found ourselves down by a few points. After a stern talk by our coaches we managed to win that game by 2 points, but we knew we would meet them again later. We then went on to defeat Titahi Bay Intermediate School. This meant that we had to play Brandon Intermediate again in the final. We played a lot better and won it convincingly which meant we won the tournament for the second year in a row.

By Tek and Ashton

## Girls Ki-o-Rahi Team

First off the Ki-O-Rahi Girls team played Titahi Bay Intermediate. We managed to keep on scoring tries and also did well with hitting the tupu to gain points, which made the score jump up to 20-4 for us. The next two rounds we sat and watched Naenae Intermediate and Brandon Intermediate play so we could find what their strengths and weaknesses were. After the two rounds went by, it was now time to play Brandon Intermediate. We had a slow start which cost us in the end, the score was 8-14 to Brandon Intermediate. We shook it off and straight after that game we played Naenae Intermediate. That school played hard but we didn't think about it and kept on playing our game. With lots of good combinations and smart plays we were able to come out with a win. The end score was 22-5. We then went around and supported the mixed team and the boys' team. It was finally time to play in the finals. With nerves rushing, we said a quick karakia to give us some more confidence and make sure we were able to do well. Knowing that Brandon Intermediate beat us in the previous round made us want to work even harder. Four of the hardest quarters were played in that game. Unfortunately, we lost 10-9. At the end of the day we came 2nd. Thank you to Mr Goosen for training us throughout the term and also to Miss Marlow for being there and believing in us. He pai rawa atu te mahi o te roopu Ki o Rahi!

By Torren

## Mixed Team

At this year's tournament we played exceptionally well. We all knew it was going to be a hard whakataetae because there were many schools involved. I was very proud to be selected as the captain of the Ki-o-rahi mixed team. We played against Te Ara Whanui 2 and sadly lost 9-18 (they were the mix winners at the end of the day) and then we had a break. We then played Naenae Intermediate and we were in the lead but they came back and we just lost 12-13. We had another break to recover some of our energy. Our third game was against Tairangi School and we played really well beating them 17-5. So we made it to the playoffs against Te Ara Whanui 1 when we scored our highest total 35-4 and we came fifth out of all the schools. We were really happy with our results, but at the same time we were all pretty gutted that we didn't come first.

By Patariki

# Cricket Report

On the crisp, chilly morning of Wednesday 6 April our T.I.S girls' cricket team was feeling pretty excited that we had the opportunity to play our first game of cricket at the Basin Reserve. Jemima, Kate and Amelia from the college were coming along to help us.

When we arrived we were thrilled to see we had our own changing rooms, but we were gutted to then find out we had the Visitors' Room and Raroa (our opposition) had the Home Room, which was far, far better.

Outside on the field we were all a bit surprised when we found out that we were playing on a full sized pitch, but that didn't stop us from getting straight into our warm up. We threw the ball around for a while, went for a jog, and then we started to warm up our starting batswomen.

Georgia was the captain and she did the toss. Sadly we lost so we were batting first. Iris and Caitlin opened the batting. Iris stayed in for a while but Caitlin was soon out. Georgia came in and hit the ball hard. But Iris and Georgia did not last long. The rest of the team batted with Ella being the only one who stayed in for some time. After everyone was out we had the half-time break. Our final score was 37.

When we bowled, Iris started and then Georgia. Georgia took a nice catch and then Iris took a wicket. We had some brilliant fielding but that was the end of the game for us. Raroa easily caught up and reached their target of 38 runs, making them the winners.

We decided that since we still had plenty of time before we had to be back at school, we would carry on fielding. Raroa got some more runs and we got a few more wickets. After our fun game we said goodbye to Raroa then went back to our changing room, got our bags and headed back to school.

It was a super fun day out playing cricket, even though we lost.

Thanks to Mr Henderson and Mr Smith for organising and letting us go on the trip and thanks Amelia, Jemima and Kate for training us and to all the parents who drove us there and back.

By Charlotte and Iris



3 2 1 Nurrerr Off we race down the beach being careful to start at a good pace and not to exhaust ourselves too soon. The churning water encouraged us on our way past. Up the hill and round the corner, marshals in fluoro vests marking the track. Sweat dripped from our foreheads as we pump our arms up the hill, whoosh my hat flies off in the raging wind. I retrieve it and look up towards the top with its purple flags taunting me. I reach the top only to jog down the other side to a water station. I chug down a glass and carry on down the uneven path.

This was the Porirua Grand Traverse, held on Sunday 3 April 2016. 43 students and a whopping 5 staff from our school participated in this event. A 7.2km run/walk starting at Titahi Bay beach by the surf club and ending at the Whitireia Polytechnic. Our school won a prize of \$500 for having the most students from our school running. All in all it was a great event that brought lots of people together. This run is held every year and it never gets old. If you haven't done it yet, it's a great challenge so give it a shot in 2017.

By Casper – Room 1

## Kids Lit 2016

by Casper, Chelsea, Kailey and Cassie

Kids Lit 2016 was held at Papakowhai School on Monday 11 April. There were 53 teams all stuck into one tiny school hall. Times that by 4 and well, you get the picture. We were cramped! Thankfully our place was right by the door - we just walked right in and there it was!

There were ten categories: Legends, Princesses, Rivers, Romance, Sports, Secrets, Superheroes, Who Is This, Wings, and Wolves. We got to choose one category to double our points on before we started. We chose Princesses (Casper's Idea), which was fortunate as we scored well on it. This meant that instead of getting 9/10 we got 18.

The scores for the other categories were Legends 6.5/10, Princesses 9/10, Rivers 7/10, Romance 6/10, Secrets 8/10, Sport 4/10, Superheroes 8/10, Who is it 8/10, Wings 9/10 and Wolves 9/10. We got the most correct

answers out of all the teams on the Secrets category with 8/10. For this each member of our team won a \$5 Whitcoull's voucher.

First place in the competition was Wellesley A team with 91 points  
Second place was Raroa with 87, third was Wellesley B team with 84 points, and we came forth equal with 83.5 points, tying with Discovery School. We were very surprised and pleased with our result. It is the best result our school has ever got in the history of Kids Lit.

Our team was Casper, Cassie, Chelsea, Kailey and our faithful reserve and coach, Julianna.

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## Levin Exchange

On Thursday 7 April, five of our school rep teams headed out to Levin Intermediate. We were welcomed with a powhiri and morning tea before heading off to play our games.

First, our Touch Team played and lost 8-3, then our Softball Team won 13-4. Later on, the Football Team won 7-1 and the Year 7 Netball Team won 10-9. We rounded up the exchange with our Year 8 Netball Team winning 19-16. We had a delicious barbeque lunch while listening to some of our host's school bands. We ended the day with waiata, farewells and the bus trip back to school. We all had an awesome day!

Thank you to all the teachers who organised this event and those who coached teams and supervised us while we were there. Thank you & congratulations to all the students who came and represented our school at this event and finally, thank you to Levin Intermediate for hosting this marvellous event! We all thoroughly enjoyed this day and we can't wait for next year!

By Amelia



# Boys Football Report 2016

By Fraser Brown



On Monday we travelled to Wakefield Park to compete in the WRISSA Football Tournament, which included teams from 14 different intermediate schools from the greater Wellington region. We took a squad of 16 boys who have been training together on Tuesday and Friday lunchtimes since the beginning of the year. We played good attacking football throughout the day and played well as a team together. We played six games in total and achieved the following results:

Tawa Int 3 - 0 Naenae Int  
Tawa Int 1 - 0 Maidstone Int  
Tawa Int 6 - 0 Avalon Int  
Tawa Int 7 - 0 Titahi Bay Int  
Tawa Int 3 - 0 Masterton Int (Semi-Final)  
Tawa Int 2 - 0 Raroa Int (Final)

Our victory against Raroa in the final meant that Tawa Intermediate won the WRISSA trophy for the first time since the tournament was changed to include the greater Wellington area over 10 years ago.

It was a good day, and finished off a good term, as we beat Levin Intermediate 7 - 1 at the Levin Intermediate Exchange last week. We are looking forward to our fixtures for the rest of the year.





## Student achievement

Jacob Waikari-Jones recently competed in the Junior Nationals for track and field as part of the Wellington squad. He placed 2<sup>nd</sup> in 100m heat, 3<sup>rd</sup> overall for 12 boys age group nationally, 1<sup>st</sup> in 200m heat, 4<sup>th</sup> overall for 12 boys age group nationally, 1<sup>st</sup> in long jump, 1<sup>st</sup> overall for 12 boys age group nationally and 1<sup>st</sup> in 4x100m relay, 1<sup>st</sup> overall. A superb effort.



## Can you help?

I am looking for some acrylic paint - bright colours – red, blue, green, orange etc. I am wondering if any parents out there may have little bits of paint in the bottom of tins if they would like to donate. Please email me on [buncks@tawaint.school.nz](mailto:buncks@tawaint.school.nz) or ring the school on 04 232 5201 if you are able to help.

## WE'RE FUNDRAISING WITH ENTERTAINMENT™

The NEW 2016|2017 Entertainment™ Books are here!

For every Entertainment™ Book and Entertainment™ Digital Membership we sell, \$12 contributes to our fundraising!

Pre-purchase before 6 April to receive early bird bonus offers worth up to \$160!

The new Entertainment™ Memberships are packed with thousands of up to 50% OFF and 2-for-1 offers that you can use through to 1 June 2017.

<https://www.entertainmentbook.co.nz/orderbooks/10q5488>



The more Memberships we sell, the more we raise! Please tell your family and friends. Thank you for your support!

For enquiries, please contact: Robyn Appleby  
Phone: 04 2325201  
Email: [robyn.appleby@tawaint.school.nz](mailto:robyn.appleby@tawaint.school.nz)  
Group name: Tawa Intermediate School

## UNIFORM GUIDELINES



Uniform is available from [Argyle Schoolwear](#)



### Daily Uniform

- Monogrammed jade polo shirt
- Monogrammed navy unisex shorts
- Navy uniform skirt (girls only)
- Navy Jersey
- Plain navy or black socks
- Black lace-up shoes
- Peaked/sun hat (Terms 1 and 4 only)

Please note: 2016 is the last year the sweatshirt can be worn. From 2017 only the jersey will be worn.



### Seasonal Options

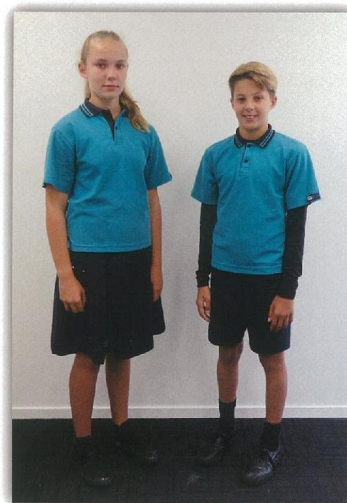
- Black sandals (Terms 1 and 4 only)
- Plain navy or black polypropylene undershirt
- Plain navy trackpants (Terms 2 and 3 only)
- Plain navy or black jacket
- Plain navy or black scarves/gloves/beanie
- Plain navy or black tights (girls only)

### General

- The only jewellery to be worn is a wristwatch and one or two small plain studs in each ear
- Hair accessories must be discreet and tidy
- No nail polish or unnatural hair colours
- No make-up
- Students need permission if they wish to wear a culturally significant necklace. This should be worn underneath the school uniform.

### PE Uniform

- Monogrammed navy PE Shirt
- Monogrammed navy PE shorts
- Sports socks
- Lace-up Sports shoes
- Plain navy or black polypropylene undershirt (optional)





2 May	Term 2 begins
18 May	Inter-Intermediate Rugby Sevens
25 May	Cross Country
26 May	Otago Problem Solving
31 May	ICAS Science
3 June	Teacher Only Day
6 June	Queens Birthday Monday
8 June	Inter-Intermediate Cross Country
13 June	Gardasil Dose 2

## lunchonline

UPDATE

- 🍱 Chia Sushi now delivering to Tawa Intermediate every Tuesday
- 🍱 Nada Bakery orders delivered Mondays, Tuesdays and Thursdays
- 🍱 Easy internet ordering
- 🍱 Healthy menu options
- 🍱 Parents register online today!



 lunchonline  
making lunch easy

[www.lunchonline.co.nz](http://www.lunchonline.co.nz)  
0800 LOL LOL  
0800 565 565



# PUBLIC NOTICES

Supporting success in your school.

For new ASB home loans over \$150,000 drawn down before 31 December 2015, ASB will donate:

**\$500** cash to participating schools.

To take up this offer you must be a parent, staff or member of the participating school. ASB's lending criteria, terms and conditions apply. 20% equity is required in the security property. Other terms apply. Fees may apply. For Ts & Cs and to download the voucher visit [asb.co.nz/schoolbanking](http://asb.co.nz/schoolbanking). Offer ends 31 December 2015.

ASB Bank Limited PPU49035

**ASB**

## SCHOOL HOLIDAY ACTIVITIES



### Robot Rumpus! April School Holiday Programme

When and Where	What's On
Tuesday, April 19, 10.30AM, Porirua Library	Robotic Stories and Craft
Wednesday, April 20, 1.30PM, Cannons Creek Library	Read Like a Robot – stories and craft
Thursday, April 21, 10.30AM, Porirua Library 1.30PM, Cannons Creek Library	Robotic Stories and Craft Read Like a Robot – stories and craft
Friday, April 22, 10.30AM, Whitby Library	Robot-themed Toddler Time
Tuesday, April 26, 10.30AM, Porirua Library	Robotic Stories and Craft
Wednesday, April 27, 1.30PM, Cannons Creek Library	Read Like a Robot – stories and craft
Thursday, April 28, 10.30AM, Porirua Library 1.30PM, Cannons Creek Library	Robotic Stories and Craft Read Like a Robot – stories and craft
Friday, April 29, 10.30AM, Whitby Library	Toddler Time
All holidays, Whitby Library	Something's Fishy activities



**Zendoodle & Colouring Holiday Workshop** is back for the April holidays!  
Have a break, pop into the gym, get some quiet shopping done or meet up with a friend while your children are having fun being creative! Includes take home cool framed art piece!

**Tuesday 19 April, 10-12** at the **Churton Park** Community Centre.

**Wednesday 20 April, 10-12** at the **Tawa** Community Centre Boardroom

\$15. Includes workbook, all materials, framed art piece and healthy snack & drink! Suitable for children age 7+. Register to secure your spot as places are limited: Call or txt Monique at 021 134 7541, or email [monique@easynowmindfulness.com](mailto:monique@easynowmindfulness.com). Find me on Facebook, Twitter & Instagram, and <http://easynowmindfulness.com>.

Also running 8-week mindfulness stress reduction training, 4-week mindfulness for parents' class, and a monthly colouring for adults meetup in the Wellington region.



The poster has a red background. At the top left is a large yellow star with 'The MOVIES' written in a stylized font. At the top right is a silver film reel with a strip of film. In the bottom left corner is another silver film reel with a strip of film. The text is centered and reads: 'Roller Disco' in large yellow letters, followed by 'Come dressed as your favourite movie character' and 'Prizes for best movie costume' in smaller yellow letters. Below this, the date and time 'Saturday 14 May 2016 6.30pm to 8.30pm' are in bold black letters. Then 'Entry \$7' and 'Blade/Skate Hire \$3' are in white letters. At the bottom right, the venue and contact information are listed in white letters.

**The MOVIES**

**Roller Disco**

**Come dressed as your favourite movie character**

**Prizes for best movie costume**

**Saturday 14 May 2016**  
**6.30pm to 8.30pm**

**Entry \$7**  
**Blade/Skate Hire \$3**

Upper Hutt Rollerskating Club  
4A Railway Ave, Upper Hutt  
(opposite Orongomai Marae)  
Phone 04 939 0507  
[www.skatewellington.org.nz](http://www.skatewellington.org.nz)



Bigair Gyms popular Holiday Programme is open for bookings NOW! We run gym circuits, challenges, competitions, free play, structured games and talent quests. Children that love gym will love practicing and extending their skills during these sessions. Call the office on 04 232

3508 to book half or full day sessions.

Bigair Gym offers classes in Trampoline, Toddler Gym, Preschool and School Aged Gymnastics, Parkour, Cheer and Tumbling classes, plus Open Gym Teen/Adults Sessions. Bookings are open for Term 2 NOW! Classes fill up fast so call Bigair today! Call 232 3508 or email [office@bigairgym.co.nz](mailto:office@bigairgym.co.nz)

**Holiday Funclub:** Baking and Craft Holiday Programmes for children aged from 4 - 10 are being offered by Hayley Balmer, a teacher, in Redwood, Tawa on 19, 21 & 22 April. Each 3 hour session is different and children can come for as many sessions as they like. E-mail [hayley.balmer@xtra.co.nz](mailto:hayley.balmer@xtra.co.nz) for further details.

## It's time to sign up for Junior Rangers

It's almost school holidays so it's time to get your Junior Rangers signed up for Ranger duty! Pukaha can help keep the kids busy with our hands on, interactive school holiday programme.

Junior Rangers can report for duty these school holidays -Monday to Friday (except for ANZAC Monday) from 11-3. Get in behind the scenes with our Rangers and learn about caring for our birds and our forest. We will look at our insects, plants and eco-systems. On your first Junior Ranger duty you will collect your Junior Ranger conservation action booklet. Completed conservation actions can earn rewards. You might even become a Pukaha Conservation leader.

Our ranger guides are great at coming up with fun activities to suit the conditions but a Junior Rangers motto is " Be prepared" as we go rain or shine! Come and help make a difference with us.

\$25 per child (age 6 - 12 years old) includes a packed lunch from Wild Cafe (filled roll, fruit, homemade biscuit) plus water. We prefer the Junior Rangers join our programme without their adult however when you bring your Junior Rangers to Pukaha you can enjoy a FREE coffee in our Wild Café and go and enjoy a walk around the park for half-price while waiting for the Junior Rangers to come off duty.

Spaces are limited and bookings are essential. Book now at [info@pukaha.org.nz](mailto:info@pukaha.org.nz) or give us a call on 06 375 8004

# FRANCIS GLOVER, TENNIS INC.

in conjunction with  
Marc Paulik and Andy Wheeler

## Professional Tennis Coaching Course in the April School Holidays!

Sunday 17 April – Wednesday 20 April 2016  
*TAWA/LYNTHURST Tennis Club, TAYLOR PARK*

Francis Glover, Marc Paulik and Andy Wheeler offer Kapi Mana juniors a professional tennis coaching course aimed at achieving big improvements during week one of the April school holidays. Enrolments are now open!

### **Foundation Coaching** **Beginner & Non-Interclub juniors** **9am-12pm**

- Ages 6-12 years
- Coaching with professional tennis coaches
- Lessons are designed to improve fundamental technical skills, and teach game strategy

### **Competitor Coaching** **Tournament & Interclub juniors** **1:30pm – 4:30pm**

- Lessons focus on improving technical skills and match strategy
- Drills, games and competitions
- Excellent opportunity to prepare for the Wellington Tier 2 tournament

### **Enrolment information**

Coaching fees are \$140 for the full 4 day course: Sunday 17 April – Wednesday 20 April. Or you can select the day or days you would like to enrol for: chose days from 17, 18, 19 or 20 April at \$40 per day.

To enrol email Marc Paulik – [marcpaulik@hotmail.com](mailto:marcpaulik@hotmail.com). Please include your cell phone number, child's name and age, and the sessions you would like to enrol in. Marc will email you payment information, enrolment confirmation, and details about our wet weather back up plan (coaching on rain or shine).

Francis, Marc and Andy are experienced tennis coaches who currently coach some of New Zealand's best emerging talent. They are fully committed to developing keen juniors for interclub, tournament and high performance level competition, and endeavour to identify new talent at club and beginner level.



# Holiday Programmes



**9.00 am - 4.00 pm**  
(doors open from 8.30 am)

April Holiday Programme will be three days of activities based on Drama Games, Mime and Improvisation.

**Monday 18th April 2016 -  
Drama Games**

**Tuesday 19th April 2016 -  
Art of Mime**

**Wednesday 20th April 2016 -  
Improvisation**

**\$100 per child for the 3 day workshop  
15% discount for 2 or more siblings**