

3 March 2016

Dear Parents/Caregivers

On Friday 19 February we formally opened our new administration block with a dawn blessing by Ngatitoa Kaumatua Taku Parai. We were delighted with the turnout of staff, former staff, our Board of Trustees, invited guests and student representatives from every class for the 6.30 am start.

We were also delighted to dedicate the block to the memory of Peter Jones who served as principal of TIS from 1991 to 2006. Peter unfortunately passed away last year. His wife Heather made the trip over from Australia to be part of the opening. The school presented Heather with a replica of the plaque we have displayed in our foyer noting Peter's service to our school.

At our last Board of Trustees meeting Jo Williams stepped down from her role as Board Chairperson. Jared Licht was appointed our new chairperson. Jo will remain on the Board until the next Board elections on 3 June. Eliz Douch also stood down as Finance sub-committee chair. David Tonks has taken on that role. Both Jo and Eliz have worked tirelessly for our school and we have benefitted from their expertise and decision making. We have been very fortunate in having them part of our school!!

I would encourage you to consider putting your name forward for our school Board of Trustees. Elections are in June and you are welcome to come and see me and have a coffee and a chat about being involved in our school that way.

Our school athletics day is next Tuesday (weather permitting). Please feel free to pop along. We will be based on the top field of Tawa College (across the other side of the motorway).

Today Andrew Fuller looks at how healthy families fight.

Regards

BRENDON HENDERSON
Principal

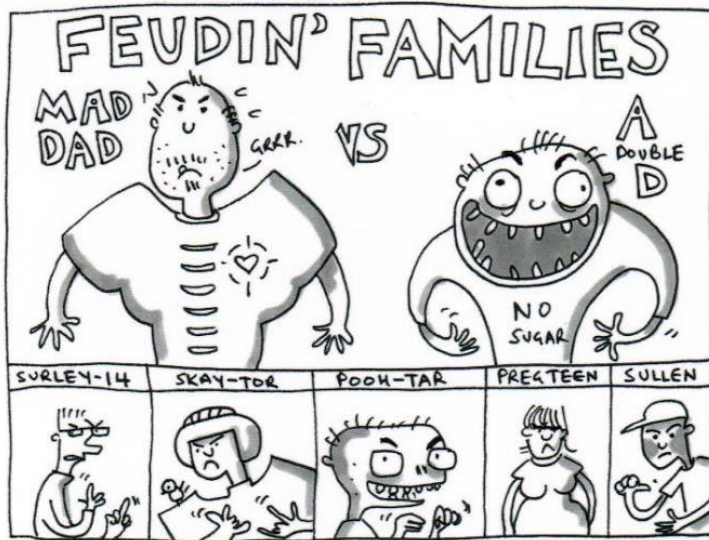


CREATING RESILIENT FAMILIES

13

FIGHTS - LET'S SPEND THIS FIGHT TOGETHER

HATS OFF TO MUDGE WUDGE DOO!



Mr and Mrs McGann of Mudgee Wudge Doo were tired of watching their family squabble and nigger the same old way. 'About as predictable and as exciting as a washing machine cycle', sighed a tired Mr McGann. Over several weeks, the McGanns embarked on a plan that would either see their children call the authorities to have their parents certified or would change the family forever. The so-called 'Mudgee Wudge Doo Plan' is as simple as it is cunning:

- 1 Draw a map of your house and place this on the refrigerator door.
- 2 For one week take note of every fight and make a note of where it took place on the map of the house. If possible, be seen rubbing your chin and muttering 'Ah, yes, another one'.
- 3 Under no circumstances explain your actions to your children.
- 4 Intervene in disputes as little as possible during this time.
- 5 After a week or so, note down your family's style of arguing. Some families are 'free-floating fighting families' who argue down the hallway, through the kitchen and out into the bathroom, while others like to argue just in one room.
- 6 Continue marking down fights on the map, but start following your arguing family members around with a tape recorder. Tell them you are doing a research project and ask them to speak more clearly into the tape recorder. (Your teenagers will hate this.)
- 7 Finally, announce that the family should have a fighting time and place and recommend that this be in front of the television when your children's favourite show is on.

UMPIRES RULES QUESTIONED

Pandemonium broke out in the Sibling Rivalry Cup yesterday when the umpire (known as 'Mum' to her nearest and dearest) invoked an offside rule and sent both players to their bedrooms for the duration of the second half. Intense questioning regarding the visual abilities of the umpire to 'See what she did to me!' and counterclaims of 'He did it first!' resulted in a suspension of play. We can only await the tribunal hearing as video evidence has not been made available.

TEEN SHOCK: PARENTS POPULAR

In a report issued today, it has been found that 88% of teenagers actually say that they like their parents. They are less sure that their friends like their parents, but they are sure about their own. What this seems to indicate is that on the quiet they quite like you but they are not going to tell their friends. In fact, it's pretty likely that they are

going to bitch about you behind your back. There is, however, no reason that you should feel alone in this.

Most say they expect their parents to nag them about homework and school, and over 60% expect that their parents will set rules that they disagree with.

Teenagers say the main positive aspects of being in a family include: support, love, security, belonging, company and fun.

The negative aspects of families are: fights and rivalry, lack of freedom, discipline and rules, pressures and expectations. Ten per cent of teenagers say there is nothing bad about being in a family.

WARNING! Healthy Families Fight!

It may seem surprising, but healthy families have arguments. In fact, if there is no conflict there is no growth. It is the way they fight rather than the fighting itself that makes the difference. Keep in mind the following points when family arguments arise:

- 1 It's better out than in - it is better to have a disagreement about an issue than to leave it smouldering away where it can go underground and form into resentment or sabotage.
- 2 Fight fair - arguments are often hot issues but rarely are they do-or-die (even if it seems so at the time). Argue to win by all means but keep an eye out for your long-term interests. Your relationship is more important.
- 3 The resolution must be seen by all to be just (if not agreeable).
- 4 Violence is never acceptable.
- 5 Parents have the final say.

ACER

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Join a forum to discuss these issues on www.andrewfuller.com.au

SCHOOL NOTICES

Be
Quick!!

Jazz for Young People - 11 March

As part of Wellington's 'Kick up the Arts' Festival, Tawa Intermediate School students have the opportunity to attend a world class Jazz performance by *Wynton Marsalis and the Lincoln Center Orchestra*. The Chicago Tribune has said that they are "the greatest Jazz ensemble working today", and so this is an incredible opportunity. We still have tickets available! The cost (including return train tickets) is \$23 per student. Please contact the school office before next Wednesday if you would like your child to attend.

Y8 Girls Self-Defence

Every year (funding pending), Year 8 girls are invited to take part in a self-defence course run by the Girls' Self Defence Project Aotearoa.

The self-defence teacher, Taniya Smith, is a qualified and experienced teacher of self-defence for women and girls. She helps girls learn ways of dealing with unsafe situations and threats to their safety. This includes how to deal with acquaintance and stranger attacks including being followed, obscene phone calls, and safety issues relating to text and internet. The course also covers distinguishing between good and bad touching and strategies to deal with inappropriate touching. These skills are reinforced through discussion and the development of verbal and physical skills to help girls keep themselves and others safe.

Although the girls learn physical techniques, the course emphasises how they "think" their way out of a threatening situation, and how important it is to tell a safe adult if something happens.

The course runs for eight hours, comprising a full day and a morning. The dates for this year are:

- Group 1 - Monday 14 March/Thursday 17 March (Pouakai)
- Group 2 - Tuesday 15 March/Tuesday 22 March (Piwakawaka and Rm10)
- Group 3 - Thursday 31 March/Thursday 7 April (Tui)
- Group 4 - Friday 8 April/Friday 15 April (Torua and Rooms 11 & 12)
- Group 5 - Monday 9 May/Monday 16 May (Huia)

There is no cost for the course and the lessons take place at school. The girls will need an exercise book and pen to write with, P.E. gear, their lunch and a drink. The self-defence teacher will be sending you further information during the course and will be available after each session, should there be any questions or concerns.

Due to the popularity of this course in the past, the school has provisioned for every Year 8 girl to take part, however, if you do not wish your daughter to participate please inform their classroom teacher as soon as possible.



EVENT OPTIONS

ARENA FITNESS FUN RUN/WALK - 7.5 KM
A stunning and achievable run or walk around the Titahi Bay headlands. It's fun, scenic and for a good cause. And a great excuse to dress up to make it more FUN than run! The new School Challenge section offers kids and their schools a chance to win great prizes and cash for their school.

MULTISPORT / DUATHLON
Muster up the courage to take on the challenge of the iconic solo Grand Traverse (Kayak, Mtn Bike, Mtn Run) or Duathlon (Mtn Bike/Mtn Run) - or team up with your mates.

PADDLE ONLY - 10 KM
A new paddle-only option open to kayaks, surf skis, waka-ama and paddle boards. The route, from Whitireia Polytechnic across Porirua Harbour into Pauatahanui Inlet and back is scenic, safe and serene.

NEW MOUNTAIN BIKE COURSE - 24 KM
We've got an exciting new mtn bike route on Colonial Knob's new mtn bike trails. Think forest clad single track and a climb to the Porirua's highest point for the region's best view, followed by a big thrills downhill. Think challenging but achievable.

MOUNTAIN RUN ONLY - 10 KM
One of NZ's most spectacular, demanding runs through native bush, open farmland and rocky coastlines with amazing views over Cook Strait to the South Island. A great chance to explore some of Porirua's hidden treasures on land not normally open to the public. A run with true X factor.

ALL AGES. ALL ABILITIES. ALL AMAZING.
Find out more and register online at www.pgt.org.nz

The **Porirua Grand Traverse** once again invites schools to enter the 7.5km family fun run/walk. Race day is Sunday April 3rd, and there are prizes for the first boy and girl in every school year, as well as team prizes for the fastest school, the school with most entrants and fancy dress prizes for the zaniest costumes.

For schools that have traditionally had large entries, such as **Tawa Intermediate**, we have offer a **\$5 discount off the normal entry fee**.

Parents can enter their kids normally at <http://poriruagrandtraverse.co.nz/enter/>

Online entries must be completed by 26 March.

BREAKFAST CLUB

We are looking for volunteers to help with Breakfast Club any morning from 8:00am to 9:00am. Even if you are able to help with tidying up towards the end of breakfast, we would happy to have your help. If you can help please email helen.moran@tawaint.school.nz, or ring the office on 04 232 5201 and leave your name and phone number.

Absence Text – New Number

If you would like to report your child's absence, you can now text us on **027 420 1575**.

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


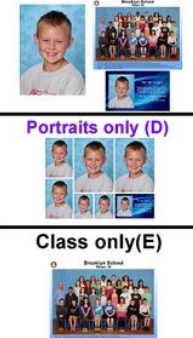


www.lunchonline.co.nz
0800 LOL LOL
0800 565 565

Tawa Intermediate School change to 18th March, 2016

We will photograph portraits of all students as well as class photos.

You do not order your child's portraits or class photos until AFTER PHOTODAY.

You will receive an order envelope featuring a photo of your child after photoday. (Packs available below)

<p>Premium Pack(A) plus You get The File</p> 	<p>Value Pack(B) plus You get The File</p> 	<p>Single Pack (C) plus You get The File</p> 
<p>Packs include: Premium Pack: 10x8, 2x 5x7, Postcards, Wallets, Calendar, The File voucher and a Class photo Value Pack: 2x 5x7, Postcards, Wallets, The File voucher and a Class photo Single Pack: 1x 5x7 portrait, The File voucher and a Class photo Class Photo: All class photos in portrait packs and Class only are 8x10 and laminated "The File voucher" includes the code to redeem the 2MB file of your child's portrait.</p>		
<p>Portraits only (D)</p> 		
<p>Class only(E)</p> 		

Pack prices (do not pay now) A = 35.00, B = 29.50 C = 28.00, D = 18.00, E = 14.00

What's Happening

8 March	Athletics Day
18 March	School Photos
21 March	Inter-Intermediate Athletics
22 March	Parent Teacher Interviews
25 March	Good Friday
28 March	Easter Monday
29 March	Easter School holiday – school closed
11 April	Inter-Intermediate Boys Football
12 April	Inter-Intermediate Girls Football
15 April	Term 1 ends
2 May	Term 2 begins

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. Offer ends 31 December 2015.

ASB Bank Limited PPU49035

ASB



Mana Coaches

The Facebook link is below or alternatively by searching Mana/Newlands Coach Services.

<https://www.facebook.com/ManaNewlands-Coach-Services-1545024695823707/?ref=hl>

Keep in touch with the latest information on school services



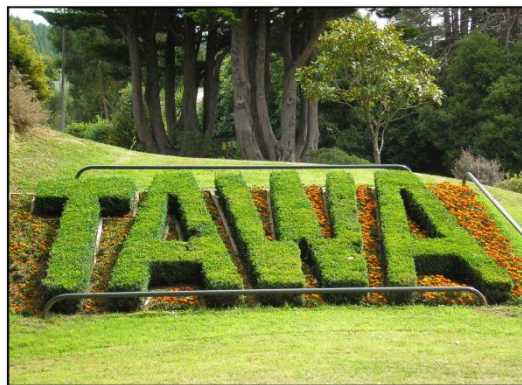
Free Back Pack Checks

Improper backpack use has been linked to back pain in children. It is important to have a back pack with two shoulder straps that are padded and about 4cm wide. Children should always use both shoulder straps and pull them tight to keep backpack firmly against their back. Ideally backpacks would have a waist strap and have good padding to stop things sticking into their back. The weight of the school bag should be no more than 10% of their body weight and should never be so heavy that it forces the child to lean forward for balance. Ensure your child always knows to tell a parent if they have back pain or discomfort.

Dr David Kelly (at Kelly Chiropractic, 12 Moorefield Road, Johnsonville) is offering free back pack checks for Northern Suburbs school children. They are also offering a free postural and scoliosis check at the same time. Call within the next week on 4786194 to book in for a free backpack check for your child.

TAWA COMMUNITY WALK

A community walk will be taking place on Sunday 13 March, leaving the Tawa Community Centre in Cambridge St at 2pm. The Tawa Historical Society in conjunction with Tawa Rotary will be hosting the walk which will follow the Southern Trail along the Main Road southwards to Willowbank. The return leg will be via the Tawa Valley Pathway - Ara Tawa to Tawa Railway Station. Refreshments will be available at the conclusion. Bring along the family. Cost \$2 adult, \$1 per child.



Tawa Junior Hockey - Winter Registrations 2016

For all players from Years 5-8 who are interested in playing Club Hockey please register on line at

https://docs.google.com/forms/d/1_qSigyn3ubITeXaQ-mE0hl4JocVcBIFseS5IlleWW2U/viewform

Please note that this is different to players in school teams involved in the Kiwi Hockey league that plays at Linden Park.

More information can be found at our facebook page <https://www.facebook.com/groups/1470174213194801/> or email us at tawajuniorhockey@xtra.co.nz



School Holiday Programme

During the April School Holidays Porirua Basketball will be conducting a School Holiday Programme at Te Rauparaha Arena. All school ages welcome. Registrations can be made through hypebasketball1@gmail.com.

Date: Monday 18 Apr.

Cost \$20pp

Time: Registration Desk will open from 9am and the programme will run from 9.30am – 2.15pm