

31 March 2016

Dear Parents/Caregivers

Thanks to everyone who attended our parent interviews prior to the Easter break. We had an attendance rate of just over 83% which was pleasing. If you were unable to meet with your child's teacher feel free to contact them to arrange a time to sit down and talk. Our teachers felt humbled and fortunate in your active support of your young person. We really appreciated your time with the interview process.

It is hard to believe but we are closing in on the end of the term (15 April). Just before then you will receive a short written report from the school detailing your child's first term in 2016. We will notify you when these will come out but we anticipate it will be Thursday 14 April.

Our annual Fun Run will be held tomorrow at school. It is the culmination of a big fundraising effort at our school. The run itself is more of an obstacle course and survival challenge than a traditional run. Staff and students all participate in various forms and entertainment is guaranteed. Please feel free to pop along to school after lunch (1.15pm) to witness a pretty unique day in our school year. Thanks again for helping support our school with this. Thanks to James Smith and the sports team at school for all the work involved in this event.

Our Board of Trustees have set aside some funds to purchase new netball dresses for our teams in 2016. We expect to have them with our teams by mid-season. I would like to thank Pare Wiki-Cummings for her co-ordination of all things netball so far in 2016.

Congratulations to Ellena Gollings who recently attended the New Zealand Sprint Kayaking Nationals at Lake Karapiro and managed to get into the Under 14's 500m final.

Today Andrew Fuller looks at how to get your young person out of bed in the morning!!

Regards

BRENDON HENDERSON  
Principal



# CREATING RESILIENT FAMILIES

15

## GETTING YOUR TEENAGER OUT OF BED

### Theories Abound - Answers Are Rare!

Ever noticed that your teenager develops selective deafness whenever you call out 'Wake up!' to them in the morning? You are not alone!

Theories about why teenagers seem to sleep more in the mornings abound. At first glance this might seem like a small issue, but Australian parents rate it as one of their biggest and most frustrating.

A seasoned expert and parent, Mr Williams from Waratah, puts it down to all the growing they do. 'Maybe they just need more sleep, and since they are maturing they won't go to sleep earlier so they stay up later and sleep in later. Or maybe they just have better dreams than anyone else and can't bear to tear themselves away. Either way, it's a frightening thought', shrugged Mr Williams.



### Teenager Wakes Early - Experts Called to Investigate!

In stunning news to hand, a 15-year-old has been reported to have woken early. When questioned, the still-groggy teenager was heard to mumble, 'Don't know what came over me - I must have thought it was the weekend or something.'

### WEATHER

- The outlook for today is some early morning obstinacy in relation to getting out of bed.
- Storm clouds should pass, providing a calm and sunny day.
- A short thunderburst around homework time should be expected. Take shelter.

### 15 WAYS TO WAKE YOUR TEENAGER

- 1 Play your old records at full blast.
- 2 Invite their friends over for breakfast.
- 3 Get a dog to jump on their bed.
- 4 Get a larger and scarier animal to jump on their bed.
- 5 Scream 'get up' very loudly, record this over and over until you have a continuous tape. Place tape recorder outside their door and creep away.
- 6 Ice packs.
- 7 Tickling.
- 8 Turn up the radio.
- 9 Have the family breakfast in their bedroom.
- 10 Remove their bed and replace it with a hammock that can be lowered easily.
- 11 Sneak into their bedroom and change the time so that it appears as if they are hours late for school (a once-off thing).
- 12 Impose a fine for every minute you are running late.
- 13 Remove the blankets.
- 14 Come into the room and start an interesting conversation about anything and don't stop until they get up.
- 15 Just give up and let them face the consequences of not getting up.

### THE MAGIC COOKED BREAKFAST IN BED SHOW

Ms Fraser of Killiecrankie had tried everything. 'I was so frustrated. He wouldn't get up, we'd be late for school, and every morning it was the same old battle. The bond between my adolescent son and his mattress on a schoolday morning had the strength to rival super-glue. We would always start the day with me yelling "Get up!" and his response completely underwhelming me.

'Eventually I realised that only one of us felt that getting out of bed on time was important - and it wasn't him. So I started cooking great breakfasts and bringing them to him. It went against all of my principles, but it worked.'

ACER

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

# SCHOOL NOTICES

## Inter Intermediate Athletics

On Monday 21 March our school participated in the Inter-Intermediate Athletics competition at Newtown Park.

We had a team of 24 students who had all met the qualification standards for their events as well as being one of the top 2 students on our schools athletics day.

Twelve schools from around Wellington participated and the competition was very strong. Our students were absolutely fantastic. Their behaviour both on the track and in the stands was exemplary. They competed hard and displayed positive sportsmanship throughout the day, proving to be very good representatives of Tawa Intermediate.

Of the 12 schools we finished 2nd equal with Hutt Intermediate. Our students who did particularly well include:

Liam Wright - 1st in Senior Boys 1500m

Zech Kingi - 1st in Junior Boys 100m

Jacob Waikari-Jones - 1st Senior Boys Long Jump, 1st Senior Boys 100m, 1st Senior Boys 200m

James Smith  
Head of Sport



## 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 be happy to have your help. If you can help please email [helen.moran@tawaint.school.nz](mailto:helen.moran@tawaint.school.nz), or ring the office on 04 232 5201 and leave your name and phone number.

## 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



1 April

4 April

11 April

12 April

15 April

2 May

Fun Run

Gardasil immunisation – Year 8 girls – Dose 1

Inter-Intermediate Boys Football

Inter-Intermediate Girls Football

Term 1 ends – **school closes at 3.00pm**

Term 2 begins



# 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!



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*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**

## Elements Rhythmic Gymnastics - FREE 'give it a go' class

Rhythmic Gymnastics is a mix of dance and gymnastics. It develops hand-eye co-ordination through the use of apparatus – rope, hoop, ball, clubs and ribbon.



If your daughter loves to dance and is looking for something a little different to try, then come along and try out a free class.

**10.30 am to 11.30 am, Saturday 9<sup>th</sup> April**

Anglican Chinese Mission, 30 – 50 Glenmore St, Thorndon (opposite the Botanical Gardens). For more information about Elements and our classes, visit [www.rhythmicgym.nz](http://www.rhythmicgym.nz) or email [info@rhythmicgym.nz](mailto:info@rhythmicgym.nz)



For the next three Fridays there are basketball sessions for U13 Girls interested in playing for Porirua later in the year. These are taster sessions, for girls to see if they may be interested over term 2 and 3.

Where: Windley School Hall  
When: Fridays, 1st/8th/15th April.  
Time: 3:30-5:00pm  
Who: Girls born in 2004, 2005



Award winning Arts a Go Go! Performing Arts School for Kids. Tawa classes have limited spaces available for students to begin in term 2. Please enquire about our Drama, Dance and Singing Combo classes on Saturday afternoons for students aged from 6 years old to teens. For information, please see [www.artsagogo.co.nz](http://www.artsagogo.co.nz), email [Rachel@artsagogo.co.nz](mailto:Rachel@artsagogo.co.nz) or phone 021 144 1641. You can also find us on facebook [www.facebook.com/artsagogo](https://www.facebook.com/artsagogo)

## CASHMERE AVENUE SCHOOL (KHANDALLAH) FAIR AND JUMBLE

Sunday 10th April from 11 am to 3 pm, rain or shine. Fun and games for the whole family, quality jumble, kids clothes, toys, an incredible auction and lots of delicious food!



**Get your yoga fix!**

*Come relax & work out,  
Leave energised.*

**POWER  
YOGA**

TAWA COMMUNITY CENTRE

From Wed 6th of April  
9:00 to 9:45am

all levels welcomed  
bring your mat!

**\$10/class**

Introductory rate (first two classes)  
then \$12/class or  
\$110 for 10 trip card  
25% off on community cards

hello@holistic-fix.com  
[www.facebook.com/holisticfix](https://www.facebook.com/holisticfix)



# *Kapi-Mana Music Festival*

**Enter the festival (non-competitive)  
or the competitions**

**Classes for school students at all  
levels on all instruments and vocal**

**Queen's Birthday weekend 3–6 June 2016**

with the showcase concert on  
Monday evening 6 June

Performing Arts Studio  
Pataka Art+Museum, Norrie Street, Porirua

**GREAT  
PRIZES**

**Entries close  
Friday 13 May 2016**

For full details visit  
[www.kapimanamusic.org.nz](http://www.kapimanamusic.org.nz)