

18 February 2016

Dear Parents/Caregivers

Thank you to the parents and families who attended the school picnic last Thursday evening. The fine weather was a bonus and it was great to see relationships between families and teachers being established and, in some cases, re-established. We appreciated the effort made by our families.

We have a number of start of year activities on at the moment. It has been great to see classes involved in team building and class bonding activities in order to develop relationships. We are currently working our way through our start of year testing cycle. The data from this will be made available to you via the parent portal. It will also be part of the end of Term 1 report.

A number of sporting teams are having trials at school over the next month or so. Please encourage your child to read the daily notices prior to coming to school in order to be prepared.

Learning routines and the school timetable are now being established at school. Our students learn best when these are consistent and relationships are positive. As a school we endeavour to get these right. Inevitably everyone has their ups and downs with school and developing resilience goes some way to helping when things don't always go right. The ability to talk about what is wrong is something that we try and foster at our school. As a school we adhere to using restorative practices when addressing issues. This requires active listening and a willingness to fix things. We work hard at this and appreciate the support we get from families.

Today Andrew Fuller looks at how we can mend friendships.

Regards

BRENDON HENDERSON
Principal

How to Mend a Friendship

All friendships go through some rough times. Generally people seem to know more about how to make friends than they do about how to mend a friendship. This means that if you are going to fix up a friendship you will have to do it- you can't rely on other people knowing how to do it.

Nix it or Fix it

The first thing to decide is whether to nix the friendship and leave it or fix it. Generally it is good to keep as many of your friendships as you can but there are always exceptions. Some friendships just wear out. Others are with people you thought you could be friends with but they end up wanting to control, tease, bully or intimidate you. Not everyone is designed to be your closest friend.

But! Before you just say, "why should I be the one to fix it?" think long and hard about what you want. Good friends aren't easy to come by and shouldn't be treated as expendable.

Forgive

One of the easiest ways to be forgiving towards your friends is to stop and consider how often people may have had to forgive you in order to stay friends with you. We all make mistakes and we all do things that have unintentionally upset or hurt someone else. When you forgive someone, the person who benefits most is – you.

Apologise

Making an apology can fix a friendship. If you feel you have hurt or upset someone even if you didn't mean to do it, apologies. An apology starts with "I" and does not include the word "but". Even if your apology doesn't fix the friendship you will feel better.

Be true to yourself

Don't let the meanness of others run your life. If you feel hurt or insulted by someone, you can either choose to act in mean ways towards that person or you can think about the sort of person you are and keep acting in the way you want to be. If you think you are a kind, caring, understanding, funny and trustworthy person keep being yourself.

When you need to change a friendship

If you have a friend who demands that you do everything that they say there may come a time when you want to change the relationship.

It is not a good idea to let other friends tell you who you can hang out with or what you should or shouldn't do.

Standing up for yourself and doing the things that you think are important is part of being true to yourself. This may come as a shock to your friend who is used to you agreeing with everything they say. At first they may threaten to end the friendship.

Even if they do end the friendship, you may want to ask yourself was it really much of a friendship if it relied on one person doing exactly what the other person other said.

Bullying

Finally don't be a bully and don't hang around with people think it is ok who bully others. Be kind to yourself by being friends with people who are prepared to see the best in other people- you'll have a happier life.

Andrew's most recent book is "*Unlocking Your Child's Genius*" (Finch, 2015)

SCHOOL NOTICES

Absence Text – New Number

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

Tired of making school lunches?

- lunchonline - the perfect solution
- Healthy and Affordable
- Easy internet ordering
- Delivered direct to your child’s school
- Register online today!



lunchonline
making lunch easy

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

Also available starting 23 February Sushi lunches from Chia Sushi in Tawa. These can also be ordered at lunchonline at the above website.

Tawa Intermediate School, 11th 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 style="text-align: center; color: #2980b9;">Premium Pack(A) plus You get The File</p> 	<p style="text-align: center; color: #2980b9;">Value Pack(B) plus You get The File</p>  <p style="text-align: center; font-weight: bold;">Packs include:</p> <p><small>Premium Pack: 10x8, 2x5x7, 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.</small></p>	<p style="text-align: center; color: #2980b9;">Single Pack (C) plus You get The File</p>  <p style="text-align: center; color: #2980b9;">Portraits only (D)</p>  <p style="text-align: center; color: #2980b9;">Class only(E)</p> 
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Pack prices (do not pay now) A = 35.00, B = 29.50 C = 28.00, D = 18.00, E = 14.00

What's Happening

24 February	Strike Performance
8 March	Athletics Day
11 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



*Don't just play the games, come learn to write your own! Code Club is a nationwide network of **free** volunteer-led after-school coding clubs for kiwi kids. Come along and join in the fun on Tuesday nights at Greenacres primary, 6-7pm, Room 4. Our first club night for 2016 will be on 16th Feb. Year 5,6,7 and 8 students welcome. No experience necessary to come in and join in the Fun. To register*

interest or find out more contact Merridy 027-270-1663 or merridy.marshall@assurity.co.nz



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.



Inverlochy Art School - Art Classes After School

Inverlochy has Children's Art Classes including **Young Artist's** 6-10 years old, **Intermediate Artist's** 10-12 years & **Cartooning for Kids**. We also have Creative Sewing classes for 12 years old and up. Please see our Website www.inverlochy.org.nz. or email: manager@inverlochy.org.nz Telephone: 04 9392177. Late starts possible, please call.



**Handy
with a
brush?**

**Your community
needs YOU!**

Blank It Out is a volunteer-based graffiti removal programme with the Wellington City Council.

Become a community guardian and help keep your neighbourhood graffiti free. You can join us as an individual or be part of a team removing graffiti when it appears.

Sounds like you? Get in touch now!

Phone: (04) 499 4444
Email: graffiti@wcc.govt.nz
Text: 3400
App: FixIT



**Absolutely Positively
Wellington City Council**
Me Heke Ki Pōneke