



Grant's Braes School

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Waverley
Dunedin 9013

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Newsletter No. 01

4 February 2021

**WELCOME TO THESE CHILDREN WHO
WHO ALL STARTED AT GRANT'S BRAES
ON TUESDAY**



KŌHANGA - Back Row : Hayley, Hamiora, Joshua, Tilly
Front Row : Chloe, Ottie, Harper, Tahli, Kate



Back Row - Brooklyn (Puk), Woodrow (Kowhai), Porter (Puk), Seth (Puk), Logan (Matai), Tama (Ruru) and Trinity (Rata)
Front Row - Sophia (Rata) and Danielle (Tawa)

PRINCIPALS' MESSAGE

Kia ora koutou

I hope you all have had a fantastic summer break and enjoyed the incredible weather we have experienced. It was so lovely to see all of their smiling faces on Tuesday morning. I hope you all had a fantastic break and look forward to seeing you all throughout the year.

Meet the Teacher Evening - Thursday 4 February 2021 (tonight)

The Meet the Teacher evening will be held tonight and this will give you all the opportunity to hear vital information about your child's class, The timetable is as follows:

5:45 pm - Kōhanga - in classes

6:00 pm - Te Ngahere - in classes

6:45pm - Kā Manu - in hall

Staff News

I shared in a letter emailed home earlier this week the news that Hugh Fry has been accepted to become a full-time Firefighter and therefore he will finish in Ruru on Friday, 12 March. We will be so sad to see him leave our school but equally so excited for him to follow this dream. A farewell will be organised and more information will be sent out in due course. Hugh's position was advertised over the school break and I would like to announce that Sharlene Goodwin was appointed to this position. Sharlene is a highly experienced teacher who has worked in a large array of positions within the education sector. Most recently she has been in a teaching position at Brockville School. Sharlene has a love for ICT, the Arts, P.E. and ensuring and maintaining strong positive connections with her students and their whānau. Sharlene will start on Monday 15 March and to ensure a smooth transition, she will be attending the Meet the Teacher evening tonight, and the What's the Buzz interviews on Wednesday 17 and Thursday 18 February.

I would like to congratulate Lewis Howell and Vijay Mowbray who were married during the school break. We wish you all the happiness for your future together.

Wellbeing

This term our school-wide focus is on Wellbeing. Last Monday the school staff were involved in professional development based on Mindfulness. Our teaching staff have been trained to deliver the evidence-based Pause, Breathe, Smile programme developed by the Mindfulness Education Group and supported by the Mental Health Foundation and Southern Cross. Research of Pause, Breathe, Smile shows that the programme: improves focus and attention; increases calmness; enhances self-awareness; improves conflict resolution skills; promotes pro-social behaviour; significantly increases wellbeing. Across the eight Pause, Breathe, Smile lessons, students will learn basic mindfulness practices, explore happiness, develop self-regulation skills, be introduced to basic neuroscience, foster kindness and empathy. Please talk to your child's teacher if you wish to know anything further regarding this programme. Detailed further on in this newsletter is information regarding a parent Mindfulness online programme that is available.

Secondhand Uniform Shop

I would like to publicly thank Andrea Luther for all her hard work organising the second-hand uniform as well as making herself available to parents to purchase uniform items on Thursday 28 January. Thank you so much Andrea, huge effort especially as you managed the day all on your own!!!

Hei kona mai i roto i kā mihi, Goodbye for now and thanks.

GARETH TAYLOR

Grant's Braes School 2021 WHĀNAU LEADERS



			
BELFORD WHĀNAU Captain: Eddin Vice-Captain: Eddin	DUNROBIN WHĀNAU Captain: Eddin Vice-Captain: Eddin	LARNACH WHĀNAU Captain: Eddin Vice-Captain: Eddin	MATHESON WHĀNAU Captain: Eddin Vice-Captain: Eddin

CLOSE OFF FOR SUMMER SPORTS REGISTRATIONS IS TODAY 3.00PM!!!!

If you have not yet registered your child for Rippa (Y3-6), Touch (Year 3-6) or Futsal (all ages) please do so before 3.00pm today. Late entries are problematic and we cannot guarantee a team for your child if the entry is received late. If you have any questions or considerations, please email Jen Stevenson ASAP before the registrations close.

Her email address is - jennies@grantsbraes.school.nz.

Start date for sports are:

Rippa : Monday 15th February

Futsal : Tuesday Comp Begins: 16th February; Wednesday Comp Begins: 17th February

Girls Smash Cricket : Monday 15th February

Touch : Thursday 11th February

Tee ball (Teams have rolled over from 2020) :TBA

SCHOOL CONTRIBUTIONS 2020

The Board has agreed to keep the total amount requested from families the same as previous years (\$200 per child, with a \$10 reduction per additional sibling). The total amount will be notated as a "donation" and will cover swimming, school trips, visiting performers, and also assistance towards the many aspects that make our school 'tick', all of which provide such a great learning environment for the children. We will also be requesting contributions towards camps. Invoices/Statements are being sent home over the next few days.

The good news for families is that upon receiving a receipt for payment, you are able to claim one third of this donation back in tax, therefore receiving approx \$66 back from IRD, per child.

Please note that payments made via KINDO will access their receipt from the KINDO system. Payments made via internet banking, EFTPOS or cash will receive their receipts from the office.



DATES TO REMEMBER

Thurs 4 Feb - 'Meet the Teacher' Evening

Mon 8 Feb - Waitangi Day Observance

Tues 16 Feb - PTA AGM, 7pm

Wed 17 and Thurs 18 Feb -

'What's the Buzz' Parent/Teacher Interviews

Mon 22 Feb - BOT Meeting, 7pm

Mon 22 Mar - Otago Anniversary Day

Fri 2nd, Mon 5th and Tues 6th April - Easter

Fri 16 April - Term 1 finishes

Mon 3 May - Term 2 begins

****IMPORTANT****

School Drop Offs and Pick Ups

It is important that children are at school and settled in **before 9am each day**. Also - especially for our younger children, please be **at school by 3.00pm** to collect them. Our teachers often have to be away to meetings shortly after the bell rings, and are unable to supervise children in their classes, so it is important that parents/caregivers are at school on time for pick-up.

School Absences

If your child is away from school due to being unwell, for an appointment, or you are out of town, **please always ring and leave a message on the school phone, or send an email to your class teacher with the office@grantsbraes.school.nz email included** also (in case the class teacher is sick, on a course etc and not at school).

Change of Contact Details

At any time throughout the year, if **addresses or phone numbers change** for family members or your emergency contact people, please let us know ASAP so that we always have the most up to date information available. This also applies in regards to the diagnosis of **new medical conditions** etc too.

Thank you.

SCHOLASTIC BOOK CLUB ISSUE 1

brochures have gone home with all children today. Final date for orders to be in is **9am, Friday, 19 February.**

LUNCH OPTIONS THIS YEAR

Mondays and Fridays - Heat'n'Eats (provided from home, wrapped in tinfoil, with your child's name and room name clearly written using Black Vivid pen). Children are to drop their lunches into the bins, outside the office windows before 9am on Mondays and Fridays. Kohanga and Te Ngahere children have their lunches delivered to their rooms by our Year 6 lunch monitors, and Kā Manu children meet me in the hall to collect theirs. Starting Friday 5th February.

Tuesdays - online lunch ordering - a variety of yummy food options, through www.lunchorders.co.nz. Ordering to be done by 9am on a Tuesday and food delivered to school just before 12.30pm. Children are to come to the office to collect. Starting next Tuesday 9th February.

Wednesdays - Subway - order through Subway Express - www.subwayexpress.co.nz - School Lunch Programme prior to 9am on a Wednesday and food is delivered to school just before 12.30pm. Children are to come to the office to collect.

Thursdays - Sushi - order through www.lunchonline.co.nz prior to 9am on a Thursday, and food is delivered to school just before 12.30pm. Children are to come to the office to collect.

YELLOW 'HEALTH INFORMATION FORM'

Please ensure you return this form ASAP so that we can have the most up to date information on our system (especially in case of emergency). This form needs to be returned for every child as it also includes permissions for this school year. (Please note - our new children didn't receive this 'yellow form' as all relevant information was included in your enrolment papers).

MINDFULNESS
EDUCATION GROUP



LEARNING TO PAUSE, BREATHE, SMILE

New Zealand's locally developed, researched
mindfulness programme for children

READY TO LEARN

We are supporting the wellbeing of our students and providing them with mental skills that they can utilise throughout their lives.

School teaching staff have recently been trained to deliver the evidence-based Pause, Breathe, Smile programme developed by the Mindfulness Education Group and supported by the Mental Health Foundation.

Research of *Pause, Breathe, Smile* shows that the programme:

- Improves focus and attention
- Increases calmness
- Enhances self-awareness
- Improves conflict resolution skills
- Promotes pro-social behaviour
- Significantly increases wellbeing

Across the eight *Pause, Breathe, Smile* lessons students will learn basic mindfulness practices, explore happiness, develop self-regulation skills, be introduced to basic neuroscience, foster kindness and empathy.



Pause, Breathe, Smile aligns with
the NZ Curriculum and incorporates
Te Whare Tapa Whā as a key element of the programme

Pause, Breathe, Smile is supported by

 **Mental Health Foundation**
meuri tū, mauri ere

CALMER KINDER PARENTING



Mindfulness Education Group encourages whanau to get alongside their kids and their school and join the mindful learning journey.

The online course Breathe, is for parents and caregivers to help you learn to slow down, stay present and experience a less stressed out life.

Have a go with your child through the Free Resources page on our website and begin the Breathe Online course using the PARENT coupon code.

Guided
mindfulness
practices

BREATHE

An easy to follow
online introduction
to mindfulness for
adults

Self-paced
learning

24/7
access

Six
short
videos



*'Breathe' is expertly taught by Grant Rix,
creator of the Pause, Breathe, Smile
mindfulness in schools programme now
running in over 300
New Zealand schools*

**Special
Parent's Price
\$39**

Enter the Coupon Code:

PARENT
and click 'Apply Coupon'



mindfulnesseducation.nz



@mindfulnesseducationgroup



info@mindfulnesseducation.nz

DENISE HENDERSON

STUDIO OF TAP, JAZZ & MUSICAL THEATRE

- JAZZ (8-11yrs)
- MINI MUSICAL THEATRE STARS (5-7yrs)
- PRIMARY MUSICAL THEATRE (8-11yrs)

**ENROLMENTS
OPEN!**



20 Murano Street, Waverly
DENISE: 021 269 1924

Enquire today: www.denisehenderson.co.nz



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**experience
is everything**

**FREE LIVE ONLINE
INFORMATION EVENING**

Start your adventure today!

Meet our staff - Ask questions

WHEN:

Tuesday 9th February, 9.30pm

Wednesday 17th February, 7.30pm

REGISTER ONLINE:

studentexchange.org.au/info-sessions

**NEXT SCHOLARSHIP &
DISCOUNT DEADLINE**

31st MARCH 2021

For October - March programs



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**ARE YOUR KIDS AGED 4-5 YEARS OLD ?
ARE THEY KEEN TO TRY BEAUTIFUL
GAME ?
WE HAVE EXACTLY WHAT THEY NEED !
GRANTS BRAES AFC SKILLS PROGRAM
SUNDAYS 11AM - 12PM**

FREE FOR THE SEASON!!

Contact us for more information!



Email: grantsbraesafc@gmail.com



www.grantsbraesafc.com



Our Kidz fit program has been designed to help the children at your school to be happier and healthier through movement and exercise.

We are currently taking registrations for Kidz Fit Term 1, 2021. We have limited spaces available and bookings are essential! At Air Fitness we run a Kidz Fit Program for 8-13 year olds, every Monday 4pm. Focusing on fun, agility, cardio, balance and coordination with equipment, games and our unique aerial silks!

Parents / caregivers may use our gym facilities while the sessions are running for a casual fee of \$10.

The program for Term 1 will begin on Monday 15th February, with registrations taking place from 1st Feb.

If you would like further information about the Kids Fit program, or know someone that would, please feel free to contact us with any questions or queries.

We have videos and links available that you can look at on our social media sites – Instagram & Facebook, as well as our website, www.airfitness.co.nz

Ph: 03 479 2825

Email: Info@airfitness.co.nz



WOULD YOU LIKE TO HAVE A GO AT DIVING?

Want to try before you sign up for a term of lessons?

Register for one of our **FREE, NO OBLIGATION** Have a Go days:

Children - Wednesdays 4pm - 5pm

Children - Saturdays 1pm - 2pm

Adults - Wednesdays 6pm - 7pm

If you can swim in deep water, you can have a go - give it a try!

Where? Moana Pool, diving well



COME DIVE WITH US at Diving Ōtākou

Register now with Coach Aimée:

Txt: 022 406 4865

Email : divingotakou@gmail.com

Web: divingotakou.org.nz



NOW ACCEPTING NEW ENROLLMENTS AT

QUEEN'S AEROBICS

contact: queensaerobics@gmail.com

join our team

At Queen's Aerobics we have a huge emphasis on fitness and strength training! We work hard to ensure that all athletes are fit enough to perform the choreography with intensity and can execute the skills required.

LESSON INFORMATION AVAILABLE ON REQUEST






SPECIALISING IN BOTH NZCAF AND FISAF FEDERATIONS