



# St Brigid's School Newsletter

29 May 2018



[www.stbrigids.school.nz](http://www.stbrigids.school.nz)

Phone: 478 6516

Dear Parents/Caregivers

Winter seems to have arrived a little earlier this year and already we are seeing the impact of winter illnesses on our staff and students. A couple of weeks ago we received some sound advice and information from the Ministry of Health to try to manage and minimise the spread of colds and flu.

It is predicted that we could be in for one of the worst flu seasons in a long time so making sure everyone has good hygiene practices is really important.

## Influenza - What is the Flu?

The flu is another name for influenza and it can be a serious illness that is sometimes fatal. Those at greatest risk are the very young, elderly or those people with a suppressed immune system. It is caused by a virus and spreads through the air (droplets) when people sneeze, cough or touch with dirty hands.



The incubation period is 2-5 days and symptoms include, high fevers 38°C lasting several days, coughing and a sore chest, severe exhaustion and aches and pains. A cold is not the flu!

## Preventing the Flu is a community responsibility

- Stay at home if you are unwell.
- Hand washing especially after handling tissues, before preparing food, or eating.
- Cover your mouth and nose with a tissue when coughing and sneezing.
- Get the flu vaccine (The immunization will be available at your GP or ask your work place).

Eating plenty of fruit and vegetables, being outdoors in the sunshine (when possible), getting sufficient sleep and rest and trying to reduce stress are all ways of building up your immune system making it less likely to catch a cold or flu!

God Bless

*Linda Birch*



## **School Assembly** (Hui-a-kura)

Our school assembly will be held this week  
**on Friday 1 June at 2.15pm** at the  
Johnsonville Community Centre.

Assembly will be taken by **Room 5**.

Parents are most welcome to join us.

## Welcome

We warmly welcome new entrant student **Emily Irving** who started in Room 2 last week.

Emily joins her sister Sophia here at St Brigid's. We are sure Sophia is helping Emily to settle happily into school life.



## KEY DATES TO NOTE ON YOUR CALENDAR

Further details about these and other events can be found on the school calendar on the website

[http://www.stbrigids.school.nz/?page\\_id=420](http://www.stbrigids.school.nz/?page_id=420)

<b>Team Tahī</b>	<b>Thursday 5 July</b>	Team Tahī Dance	
<b>Team Rua</b>	<b>Thursday 5 July</b>	Team Rua Dance	
<b>Team Toru</b>	<b>Tuesday 12, 20, 26 June &amp; 3 July</b>	Year 7 & 8 ASB Sessions	
	<b>Thursday 28 June</b>	Team Toru Dance	
<b>Other Events</b>	<b>Wednesday 30 May</b>	Year 3 - 8 School Cross Country	
	<b>Monday 4 June</b>	Queen's Birthday Public Holiday - <b>School Closed</b>	
	<b>Thursday 7 June</b>	Northern Zone Cross Country	
	<b>Thursday 14 June</b>	St Mary's College Open Day	
	<b>Thursday 21 June</b>		Inter Zone Cross Country
			Curriculum Meeting for parents
	<b>Friday 22 June</b>	Year 4-8 Swimming Sports	
	<b>Tuesday 26 June</b>	Northern Zone Hockey Tournament	
	<b>Wednesday 27 June</b>	Teachers attending Union Meeting	
<b>Thursday 28 June</b>	Board of Trustees Meeting		



### Sacramental Programme

The second Confirmation lesson will be held at school on Sunday 10 June at 10.15am in Room 12.

### Parent Evening

Diary the date **Thursday June 21.**



*A parent evening to look at our curriculum and how we assess our children's progress against it.*

### PUMS (Paid Union Meetings)

A reminder that the majority of our teachers will be attending the paid union meeting on Wednesday June 27.

You can support us by collecting your child/children at lunchtime on that day.

We will have a small number of staff at school to supervise those who are unable to be collected.

*Strength of character and gentleness of heart*



Online safety is more important now than ever. As young people begin to spend more time online, it's important that parents start to teach them how to stay safe. Each week, we will share some ideas and links from **Netsafe** to help you have conversations with your child.

### **PARENT'S ROLE IN BUILDING DIGITAL CITIZENSHIP**

#### **TEACH THEM THE BASICS**

Once your knowledge is up to scratch, teach them the basics of online safety - here's four ideas of what to start with:

#### **Strong Passwords**

A strong password helps protect the information in your on online profiles or accounts.

Teach your child how to choose strong passwords, by [reading how to choose a good password](#).

#### **Information to protect online**

- Login details and passwords
- Bank account details
- Home address
- Phone numbers
- Birthdate
- Personal information that could be used to guess security questions for online accounts.

You should also talk about personal details they could share online, such as where they are and the school they attend. This includes sharing their location – some apps allow you to share your current location with friends, or publicly.

#### **Not everything is as it seems**

It can seem like common knowledge to adults, but sometimes kids don't understand that people are not always who they say they are online. Talk to them about friending or communicating with people they don't know offline. For young children especially, they shouldn't friend someone online that they don't know personally offline.

#### **Digital Footprint**

Teach your child that they need to think about what they post online, and that what they post online leaves a "digital footprint" about them. [Find out more about digital footprints](#).

### **WANTED - Junior School Kapa Haka Tutor**

We are looking for someone who is willing to help for 45 minutes a week with our junior Kapa Haka group. The day and time can be negotiated and a small koha would be given. If you know anyone who might like to do this, please ask them to contact the school. Thanks

#### **Year 7 Vision Screening - Information for parents**

Regional Public Health provides a vision screening programme for all Year 7 students.

- **Vision** – pupils will be advised of results at the time of screening. If further assessment is recommended you will be notified by mail.
- **Children who wear glasses** and/or are under professional care and have regular checks will not require a vision check from our service.

**Non-consent – please notify your school if you do not want your child being screened.**

*This screening is not a full assessment of your child's vision.*

*If you have any concerns, please see an optometrist.*

## SPORTS NOTICES

### Cross Country

Year 3-8 Cross Country will now be held tomorrow, **Wednesday 30 May** at Alex Moore Park. The event will begin at 11.15am and run until 12.30pm. If the weather is wet the park will be closed so it will be held in the school grounds.

For the children who make it into *Northern Zones Cross Country* (Years 4-8), this will take place on **Thursday 7 June** at Nairnville Park. The event begins at 10 am and will conclude at approximately 12.30pm.

We are also taking ten Year 3 children to the *Junior Cross Country* at Amesbury School on **Friday 8 June**. This event starts at 9.30am and will conclude about 11.00am.

A **reminder for all events**, that children should bring a change of clothes, including shoes and socks and plenty to eat and drink.

We are praying for fine weather. A notice will come home for all students who have made it past the School Cross Country event.

### Tabloid Sports - Practising the 3R'S!

Tomorrow afternoon from 1.45 - 2.45pm the Young Christian Leaders have organised an indoor tabloid sport event for the whole school. Classes have been cross-grouped and have opportunity to take part in games and activities to promote respect for self, others and the environment. We are looking forward to practising these values as we work together.

## Student Celebrations

This column is to acknowledge and congratulate any of our students who have achieved in other pursuits outside of school.

### **Congratulations to:**

**Audrey Chew** who participated in the North Island Synchronised Swimming Championships at Wellington Regional Aquatic Centre on 19 & 20 May. Audrey's group competed against another Dolphins group and won first place. They are currently training for the 2018 Nationals that will be held in Auckland in October.



### **Johnsonville Combined Churches Op Shop**

Thanks to the people who have volunteered to work in the shop and a big thanks to Linda Birch for working a Saturday with me (Yvette) to learn about how the shop works.

We are still in need of volunteers for Tuesdays. Plus anyone who would be happy to help with Monday morning clean-ups please contact Yvette on 021 605 754 or [ycelliston@gmail.com](mailto:ycelliston@gmail.com).

*Strength of character and gentleness of heart*



# St Brigid's School Friends & Family



# FUNDRAISING TEAM

## 2018/19 Entertainment Book

### Support St Brigid's School and you'll be rewarded!

We are raising funds and you can help. Order the NEW 2018 | 2019 Entertainment Book or Entertainment Digital Membership and you will receive hundreds of valuable offers for everything you love to do, and you will also be supporting us.

Click on the box below to place your order.

**SUPPORT US NOW**

**Please note** that this year we will not be sending a book home to every family - so you will need to use the link above if you would like to order a book.

## Community News

**ASB**

Supporting success in your school.

If you are a parent, staff member or member of the school community and you draw down a new ASB home loan of \$250,000 or more, ASB will donate to your chosen participating school:

**\$500**

ASB lending criteria and terms apply. Fees may apply. To be eligible for this donation your new home loan application must be received, approved and then documented in a facility agreement, along with the completion of a school donation voucher, between 1 July 2017 and 30 June 2018. A minimum of 20% equity is required in the security property provided to ASB. This home loan offer is only available on loans secured by an owner-occupied residential property. Only one donation will be given per customer. Donations will be made by ASB on behalf of the customer to the chosen school upon full draw down of the new home loan. This offer excludes loans for business purposes and bridging.

ASB Bank Limited 56290 12478A 0917

### Kelly Club - After School Care

Our Aftercare Programme is provided for the St Brigid's School community at the Uniting Church next to the School. Kelly Club is focused around various activities including cooking, games, sport, art and craft as well as structured 'free-time' after a busy day at school. These activities are incorporated into themes each week to give children the opportunity to extend their learning outside of the school classroom.

Kelly Club is an OSCAR approved service provider and our objective is to give children the opportunities to do things they enjoy in a supportive and encouraging environment.

For more information email [stbrigids@kellyclub.co.nz](mailto:stbrigids@kellyclub.co.nz) or text 022 010 9984.

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### **St Patrick's College Wellington Open Day**

Our official Open Day is on Sunday 10 June from 1.30 to 4pm. Prospective pupils and parents are invited to visit the College. The Rector will address visitors in the Hall at 1.30pm. Tours of the College will follow. 581 Evans Bay Parade, Kilbirnie.

### **St Mary's College Open Day**

Guildford Terrace, Wellington. All Welcome. Thursday 14 June 2018 - 9am or 11.30am.  
We'd love to see you there!

### **Stellar Fitness Ladies Only Boxing Classes**

ATTENTION: Local Mums!

I am a fully-qualified Personal Trainer (17 years experience), have been running classes in Newlands for the community since 2011 and this Boxing class since 2013 (I've been teaching Group Fitness classes in gyms for 25 years).

Every Tuesday, 9:10am, \$10 per person.

Drop the big kids off at school, bring the smaller kids along with you.

If you like to:

- ✔ Get fit in a relaxed atmosphere
- ✔ Have fun and make new friends with other like-minded mums
- ✔ Don't want the stress or extra cost of finding a babysitter

then I invite you to join my community of awesome ladies in this class. This class is for ALL fitness levels and abilities. Bookings are required, to do so or for more information please email Kat [www.stellar.fitness.solutions@gmail.com](mailto:www.stellar.fitness.solutions@gmail.com) or visit my website [www.stellarfitness.co.nz](http://www.stellarfitness.co.nz).

### **Onslow College Year 12 Business Studies group - Photos In A Flash OC**

Do you want high-quality photos for a competitive price? We are coming to Johnsonville Mall on 14 June from 5-7 pm. At our setup you can expect a fun yet professional environment, organised employees, an assortment of props for our fun photo booth and an appropriate setting for photos that reflect professionalism. Come along and get your photos as a file for your Facebook photo, LinkedIn headshot or printed to cherish as a quintessential memory. Keep up to date with our Facebook and Instagram pages: @photosinaflashOC. Everyone and every group welcome!

### **Kula Yoga for Kids and Teens**

Yoga and Mindfulness support a child's well-being with healthy movement and techniques to improve concentration and reduce anxiety and stress. Kula Kids Yoga makes it fun with classes near you in Johnsonville. Check timetables at <http://kula-yoga.co.nz/kula-kids/> for children ages 5-9, 9-13 and Teens or come to a Family Class on Saturday 23 June <http://kula-yoga.co.nz/events-retreats/>

### **Near Misses with School Children on Train Tracks**

There have been some near misses recently involving children crossing train tracks before and after school. They all have one thing in common: children aren't expecting a "second train". In all of these recent near misses, bells and lights have still been operating, but because the first train has passed, students make the mistake of thinking it's safe to cross. This can be extremely dangerous as the track crossings in areas with double tracks always have the potential for a second train to pass. As well as looking and listening before crossing, please make it clear to children that if bells and lights are going, it's because a second train could be coming and it's **not safe to cross**. Thank you for your support in



getting this safety message out to children. *For more information about safe behaviour around tracks and trains, see [www.Tracksafe.co.nz](http://www.Tracksafe.co.nz).*

### **Children's Mandarin classes**

Due to demand, Ni Hao Children's Community Charitable Trust is providing Beginners Mandarin classes (Level 1) from Term 2 onwards, on Tuesdays 3:30-4:40pm at The Village Church, Khandallah. This is open to children in Years 1 to 8. Your child will learn Mandarin Chinese as a Foreign/ Additional Conversational Language in a fun and engaging way, in a full immersion environment with their peers. Our programme is for those from non-Chinese backgrounds and Chinese heritage families who do not use Mandarin. Please email us at [info@nihaocc.org.nz](mailto:info@nihaocc.org.nz) or visit [www.nihaocc.org.nz](http://www.nihaocc.org.nz) for more info, view the schedule and to sign up for a trial!

### **Blended Family Success**

Discover how to help children adjust to step family life and create a united, supportive home atmosphere. Overcome common challenges and learn practical strategies that really work from New Zealand's leading stepfamily presenter. Live happily ever after in your stepfamily! Only ONE Wellington workshop this year. Numbers limited. You must register to secure your place. When: Saturday 23<sup>rd</sup> June, 9am – 4pm. For more information go to [www.blendedfamilysuccess.nz/events](http://www.blendedfamilysuccess.nz/events) email: [adele@stepfamilyhelp.info](mailto:adele@stepfamilyhelp.info) or phone/txt: 021 404 742.

