



# St Brigid's School Newsletter

7 August 2018



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

Phone: 478 6516

Dear Parents/Caregivers

Yesterday I read an article in the latest Education Gazette called "four challenges for a good life". It was written by the MOE's Chief Education Health and Nutrition Advisor, Grant Schofield, and gave some sound and sensible suggestions promoting a healthy lifestyle.

Whilst people are living longer than previously, the quality of life is diminishing with people having more health problems than in previous years. Nutrition, exercise and sleep are the key areas that promote better health. Below are his four challenges

**Mobile Devices** – High device use disrupts sleep quantity and quality, reduces activity and has the potential to disrupt genuine experiences with friends and can promote bullying. Teaching children and young people to use mobile devices effectively and sensibly is one of our challenges.



**Getting Outside** – Getting outdoors and moving is effective in improving mood, reducing depression, improving academic performance, forming friendships and improving sleep.



**Free Range Kids** – Risk and adventure on your own terms is part of growing healthy kids. The frontal lobe development (self-control and risk management) develops when you engage in 'unstable outdoor activity'. This helps children learn about risk and how to manage it before they enter teenage years.

**Food** – Highly processed and packaged food is not great for young brains and bodies. Whole unprocessed food is far better. A simple test when buying food is: "was this plant/animal recently alive?" If the answer is yes then eat it! The less processed it is the better it is for you.



These are just some simple ways we can support our children to be healthy and to make good lifestyle choices as they grow up.

God Bless

*Linda Birch*

## Sacramental Programme - First Holy Communion



The **Parent Meeting** is being held **tomorrow night, Wednesday 8 August** at 7.30pm in the church, where you will be given important information regarding the photos, clothes, food and lesson sheets.

The First Holy Communion **children's lessons** start **this Sunday 12 August** in Room 12 at 10.15am.

## Important Message to Last Year's First Communion Parents

On 9 September the First Holy Communion will take place at St Peter & Paul's Church at 2.00pm. We require at least four parents from last year's First Holy Communion group to assist with setting up, serving afternoon tea and clearing up afterwards. Could you please let Marie Eastwood know if you can help - [marietherese@outlook.co.nz](mailto:marietherese@outlook.co.nz).

*Strength of character and gentleness of heart*





## School Assembly (Hui-a-kura)

Our school assembly will be held this week **on Friday 10 August at 2.15pm** at the Johnsonville Community Centre.

Assembly will be taken by **Room 3**.

Parents are most welcome to join us.

# Welcome

We warmly welcome new students to our school  
**Julia Farenas** into Room 14 (Year 8), **Jumela Farenas** into Room 13 (Year 7),  
**Manuelle Farenas** into Room 6 (Year 5), **Ashley Coroza** into Room 5 (Year 5),  
**Kurt Coroza** into Room 11 (Year 3) and **Min Kim** into Room 3 (Year 1).

We also welcome new entrant students **John Isaac, Fletcher Brown and Abigail Robins** who have all joined Room 2. John joins his sister Angelina, Fletcher joins his sister Isla and Abigail joins her sisters Holly and Grayce here at St Brigid's.

We hope you will all 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>Team Rua</b>	<b>Tuesday 14 and 21 August</b>	Gymnastics	
<b>Team Toru</b>	<b>Wednesday 22 &amp; Thursday 23 August</b>	Rooms 5, 6 and 7 Field Trips to Mt Kaukau	
	<b>Wednesday 22 August</b>	Yr 7/8 Mathswell Competition	
	<b>Wednesday 29 August</b>	Year 6/6 Mathswell Competition	
	<b>Wednesday 5 &amp; Friday 7 September</b>	Rooms 5, 6 and 7 Porirua Stream Field Trips	
<b>Other Events</b>	<b>Tuesday 7 &amp; Thursday 9 August</b>	Year 3 - 8 Parent Interviews	
	<b>Friday 10 August</b>	Sausage Sizzle Fundraiser	
	<b>Thursday 16 August</b>	Board of Trustees Meeting	
	<b>Friday 17 August</b>	Cans for Good Mufti Day	
	<b>Friday 31 August</b>		Northern Zone Swimming
			Cupcakes Fundraiser
	<b>Tuesday 4 September</b>		School Class Photos
<b>Thursday 6 September</b>		School Sports Team Photos	



## Board of Trustees

Our Board of Trustees meeting will be held next week on Thursday 16 August at 7.00pm in the staffroom. Parents are always welcome to attend.

## Teacher Strike

As you will be aware teachers and principals are taking strike action across New Zealand **next Wednesday August 15**. This means that St Brigid's School **will not be open** this day.

The Board has made the decision to close the school for health and safety reasons, as there will not be adequate supervision for children.

There is huge concern about the decreasing number of people entering the teaching profession and the large number leaving after only a few years resulting in teacher shortages. Negotiations to get a more attractive package for teachers, which includes, addressing workload, stress, funding for diverse learners and salary have stalled, resulting in the one day strike.

Thank you for your support and understanding

Carol Winter - Board Chairperson



## BeeHealthy – Regional Dental Service

Earlier this year we had the dental van visit the school.

A summary was recently sent to the school:

Number of Children	Number of children with tooth decay	Percentage of children examined with tooth decay
280	135	48%

Research has shown that children with oral health problems are more likely to have lower academic achievement and school attendance. One of the simplest and effective ways to reduce rates of tooth decay is to replace sugary drinks such as fizzy drinks, energy drinks, sports drinks, fruit drinks and juices with **water or plain milk**.

**Thank you** to all our wonderful parents who continue to support our school by volunteering for Road Patrol, accompanying classes on trips, organising the Hot Cross Bun and Roti fundraisers and working with sports groups as coaches and managers.

Your help is valued and appreciated.



## **Sausage Sizzle - Year 6 Camp Fundraiser**

We will be having a sausage sizzle **this Friday 10 August** to help raise money for the Year 6 camp. The money will go towards paying for the adults attending camp and a swimming pool session for students on the last day. Please support the Year 6 students by buying a **\$2.00 sausage**.



### **How to order your sausage:**

1. write the student's name, class number on the outside of the envelope
2. put how many sausages are being bought
3. put money in an envelope
4. hand the envelope to the class teacher

Sauce will be provided and students can choose on the day to have this or not.

Thank you - Paul, Mike, Phil and Year 6 Students.



## **Friday 17 August - Mufti Day Bring A Can**

Wattie's are once again holding their Cans for Good fundraiser for the Salvation Army foodbanks. We have decided to help them again this year by wearing mufti, and are asking each student in the school to bring a can of food on **Friday 17 August**.

Sometime during the day the cans will be collected from all the classrooms, to make a school can structure created by the Young Christian Leadership Team.

All the cans will help contribute toward food parcels that go to Kiwis who need food assistance.

## **Team 2 Music Concert**

The children did a fantastic job performing their musical pieces in the concert at the end of Term 2. We were all so proud of them. Here is the link to the video made during the concert - <https://youtu.be/TC-APXm5LDQ>.



### Halfway house

On 3 August Room 13 got picked up by Challenge 2000 to go to the Halfway house in Glenside.

Room 13 all helped out by moving a gigantic pile of mulch from the carpark to the different gardens.



We moved mulch for one and a half hours and had great fun. We are hoping to do some more service around the community.

A special thank you to Mrs Webb for organising and the Challenge 2000 guys for all the help that they gave us.

*Elie and Emma*

## SPORTS NOTICES

Information regarding the **Northern Zone Swimming Sports** will be sent home on Friday with the students that are participating in this event.

## Student Celebrations

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

### **Congratulations to:**

The following students who recently participated in a Kata competition at Marist Kyokushin Karate Club, and were awarded:

**Edric Botuyan** (Junior Yellow Belt) - Gold Medal

**Adrian Cruz** (Junior Red Belt Black Stripe) - Gold Medal

**Marcus Gorospe** (Junior Yellow Belt) - Silver Medal

**Angelo Cruz** (Junior Yellow Belt) - Silver Medal

**Mira Gorospe** (Yellow Belt Black Stripe) - Silver Medal



St Brigid's School Friends & Family  
 FUNDRAISING  
TEAM

### Roti Fundraiser

Thank you to all the families that supported the recent Roti Fundraiser. This is always a popular fundraiser, so we will look to run this again next term. **If anyone would like to volunteer to coordinate this on behalf of the Friends and Family team, please contact Linda - [linda@stbrigids.school.nz](mailto:linda@stbrigids.school.nz).**

### Community News

#### Archdiocesan Boys' Choir

Do you know a boy who loves music or loves to sing? We are looking for new voices to join the Archdiocesan Boys' Choir. There is no requirement for previous experience of singing in choirs or prior musical training. We look for boys who are happy and friendly, can sing in tune and enjoy music. If that sounds like your son, or someone you know, then encourage them to audition.

Over their time in the choir, boys will learn sound vocal technique, music theory, life-skills, teamwork, as well as grow in confidence and discipline. Teachers and parents see the boys' language skills, reading comprehension skills, maths skills and confidence improve greatly by being a part of the choir. The life of chorister provides the ability to develop spiritual, as well as musical, intellectual and personal gifts.

If you'd like to arrange a time for an audition please contact Michael Fletcher, Director of Music, Metropolitan Cathedral or email [m.fletcher@wn.catholic.org.nz](mailto:m.fletcher@wn.catholic.org.nz) or phone 04 496 1780.

#### Bigair Gymsports Tawa

If you have a child who loves doing handstands, cartwheels, walkovers, flips, barrel rolls, kongs or cheerleading, then they will love Bigair Gym! At Bigair Gymsports, kids love **Gymnastics, Trampolining, Tumbling, Parkour, and Cheerleading!** As children learn new gym skills they will increase their flexibility, balance, coordination, strength, and fitness. The benefits are incredible and include; increased self-confidence, self-reflection, listening skills, persistence, self-pride and so much more! It is highly recommended that children start gymnastics from 3yrs, as it provides excellent preparation for starting school. Once children are at school, gym is beneficial as it replicates the fundamental learning processes, which supports children's learning at school, so the advantages and rewards are substantial. Did you know that Bigair Gym also offer Birthday Parties? To find out more, please call our Bigair Gym Tawa on 2323508 or email [office@bigairgym.co.nz](mailto:office@bigairgym.co.nz).

