

IMPORTANT DATES TERM 1 2016

19/2/16	Meet & Greet Barbeque, 6.00pm at school
23/2/16	Basin Swimming Sports
26/2/16	Northern Swimming Sports
21/3/16	Life Education Van Visits Mararoa School
11/3/16	Basin Athletics
16/3/16	Child/Parent/Teacher Interviews
18/3/16	Northern Athletics pp date 21/3/16
22/3/16	Child/Parent/Teacher Interviews
25-29/3/16	Easter – Return to school Wednesday 30/3/16
1/4/16	Clubs Day
11-15/4/16	Yr 7 & 8 Routeburn Track Tramp
15/4/16	Term 1 Concludes

The new school year is well underway and we are working our way through a very busy timetable of term one sports events and outdoor activities. As well as daily athletics training to prepare for the Basin Sports at Te Anau School early in March, both classes have instructional swimming classes for 30 minutes every day. The year 4-8 students are looking forward to competing in the Te Anau Basin Swimming Sports at the Fiordland Pool next Tuesday 23 February.

Year 7 & 8 students are also working hard in order to increase their fitness levels with weekly tramping experiences as they get ready to walk the Routeburn Track at the end of the term.

As well as all these outdoor activities, the children also have very full, busy days in the classroom as they get

back into the routines of our daily curriculum programmes. Teachers have begun term one tests to assess each child's current literacy and numeracy levels and to plan next steps for learning. As you are no doubt aware, managing to fit everything into the school day continues to be a huge challenge for classroom teachers. It is crucial that all children arrive at school at least 5 minutes before the bell goes so they have time to be organised and ready to start the school day at 8.40am. It also helps them to develop good organisational skills and life-long work ethics.

Tomorrow evening we have our "Annual Meet & Greet Barbecue" and the staff are looking forward to meeting up everyone for a casual get-together.

Volunteer Helpers – PTA Fundraiser Mararoa School Trail Ride – Saturday 27 February

If you are able to help out on the day or leading up to the event please contact Paul Ruddenklau or Matt Canton.

This is the major fundraiser for the year for the PTA so all the help you can give would be appreciated.

Meet and Greet Barbecue at Mararoa School Friday 19 February 6pm onwards

We look forward to catching up with all our school families, pre-school families and friends of the school at our 'Meet and Greet Barbecue'.

Bring your own food and utensils. We have a barbeque for your use.

Te Anau Basin Swimming Sports

On **Tuesday 23 February** the Te Anau and and Mararoa Yr 4-8 children will be competing in the **Basin swimming sports** at the college pool.

Starting at **9.45am**. The fastest children from each length event will then go on to the Northern Southland competition, which is Friday 26 February 2015.

Each child needs to bring with them:

- ⌘ **2 towels**
- ⌘ **drink bottle**
- ⌘ **packed lunch with some energy nibbles**
- ⌘ **named clothing**

Please transport you child/ren to the community pool, Howden Street by 9.30am. If you have trouble with transport, please phone the school office. To be able to run a competition like this we need **parent help with time keeping**, as each lane requires 3 time keepers. **If you think you would be able to help please offer your services on the day.** We are predicting that the swimming sports will be **finished by early afternoon.**

Date: 23 February 2016

Venue: Fiordland Community Pool, Te Anau

Warm Up: 9.30am

Start: 9.45am

Ages: Ages as 26 February 2016 8yr, 9yr, 10, 11yr,12yr, 13yr

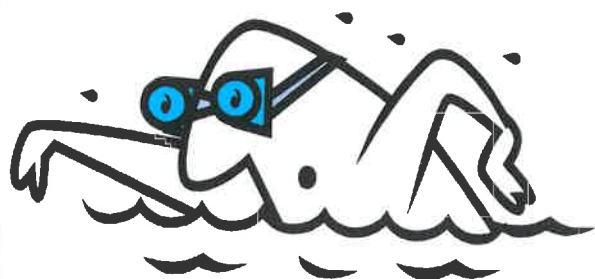
Changing: All students are to remove gear from changing rooms, and keep it with them in a suitable bag.

Have food and drink with them. There will be no lunch break.

Races: Races will be run with the fastest 3 times over all the heats recorded.

Starting Commands: Whistle, (Step up), take you marks, clapper.

Northern Swimming – Friday 26 February



Due to the quick turn-around from our basin sports to the Northern Sports, please be aware that we need parent transport to get to Lumsden. The fastest 3 children in each event will qualify. Please keep this date aside to help with our transport. A letter will be sent home on Wednesday to confirm children who qualified and for what events as well as a request for transport.

We are year 7 & 8 Mararoa School students fundraising for camp.

We are willing to help do the jobs you don't want to do, that you want help with.

Rock picking

Shifting sheep

Shifting cattle

Cleaning troughs

Washing the cattle yards

Cleaning farm vehicles

Gardening

Possuming

Cleaning the office

Fencing

Phone 03 249 5816 in school hours

TE ANAU COMPUTING FOR BEGINNERS

- *The Next Step Te Anau*

9.30am - 3.30pm Saturday 27 FEBRUARY 2016

Fiordland College, 5 Howden Street @ \$60.00 per person

Learn the next step of basic computing skills to increase your confidence using a computer.

Modifying images in Paint, Word Document Basics, Excel Basics

TE ANAU PROFESSIONAL DEVELOPMENT SESSION – TEACHERS & EARLY CHILDHOOD EDUCATORS & PARENTS

7.00pm - 9pm Tuesday 8 MARCH 2016

Lakeside Church Centre, Te Anau @ \$20.00 per person

Sharon Holt presents her 5 step learning method to help teachers, parents & parents to know how to pronounce any word in Te Reo Maori. During the workshop, participants will also learn an easy sentence structure game, to help bring more Te Reo into everyday conversation.

TE ANAU COMPUTING CONFIDENCE - For Beginners Te Anau

9.30am - 3.30pm Saturday 19 MARCH 2016

Fiordland College, 5 Howden Street @ \$60.00 per person

If you can already use basic key functions.. take the next step and increase your confidence using a computer

Logging-In and Logging-Out of your computer correctly and safely, Utilising the different Internet Browsers, How to Email, Managing Photos, Connecting External Devices

TE ANAU KOROWAI WEAVING WANANGA with Robin Hill

7.00pm - 9.00pm Friday 24 - Sunday 26 JUNE 2016

Lakeside Church Centre, Te Anau @ \$65.00 per person

Learn the basics of weaving korowai with Robin Hill, taking home your own small korowai after this weekend workshop.

Wanted: Size 44 (11) hiking boots as soon as possible for Year 8 boy walking the Routeburn Track early April.

Phone: Robyn 249 4224 (evenings) or leave a message on 02108800056.



MARAROA SCHOOL TRAIL RIDE

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SAT 27TH FEBRUARY

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8:30am
till 10:30am SHARP
Tracks close 3:30pm

Tasty barbeque lunch with COLD CHILLED drinks available, bring some cash! Rugby fundraiser

\$45 for seniors
\$20 juniors (under 16)

Entries on the day but please note the 10:30 registration deadline



Find out more information on our Facebook page or call us
Gareth MacRae 021 303 840
Paul Ruddenklau 027 241 6360



Please note this is an alcohol-free event

Supported by Ewan Allen Honda Gore High Country Helicopters

facebook find us on facebook: mararoa school trail ride





Are you crazy about craft?
Come along to Te Anau Library
Every Friday between 3pm - 4.30pm term-time only

Enjoy FREE and FUN craft activities organised by your friendly librarians.

Toolbox – Parenting Course for 0-6 years (The Parenting Place)

- Facilitated by Sandra Soper and Joy Crouchley
- Monday afternoons 1pm-2.45
- 34 Piopio St
- Runs for 7 weeks
- Starts 22 Feb (provided we have a minimum of 6 people interested.)
- Cost - \$67 per person or \$90 per couple (includes course manual, 2 "Parenting" magazines, afternoon tea, supervised crèche)

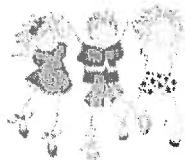
If you are interested please contact Joy Crouchley
249 7572, 021 2266 164, crouchleyfamily@gmail.com

WELL CHILD SERVICE NEWSLETTER

Term One

Issue 52

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Happy Families

All families that inhabit the real world have flaws, quirks and issues, with very few of us able to say we have a totally happy family always. However, according to family coach Andrea Stringer of the Parenting Place, when families do report that things are going well, the following elements are usually in place.

Everything in its place - A hierarchy of power, with the parents at the top, sometimes seems like a terribly old-fashioned idea. But, in a happy family everyone knows exactly where they stand and they're comfortable with it. Whilst most parents prefer that children have some say over family matters, they sometimes lose their footing as they scramble to make sure the kids are getting the respect they deserve.

Parents have got to be willing to wear a kind but a firm authority. When we get too focused on the goal of short-term happiness (e.g. giving in or backing down) then the issue of who is really in charge will be repeatedly tested. We don't need to apologise for taking charge, we don't need the continual wrestle for control that can seriously compromise a family's happiness.

A put-down free zone - a fair amount of name-calling and unkind behaviour can sometimes be allowed to go on in families, mostly between siblings but also between parents and children. Parents could be forgiven for thinking that family is a safe place for a bit of ribbing and learning to cope with jibes, which is true to some extent, but recent research conducted in New Zealand indicates that the teasing that hurts the most comes from the ones we're closest to - our family.

Families who are unhappy have often let this one slip away on them without even realising. Often in the face of bigger interpersonal issues, words such as 'stupid' or 'idiot' can fly under the radar. You don't like hearing it, but you let it go because it's the least of your worries. How we talk to one another, is so worth the effort to make your family a put-down free zone. It takes vigilance and consistency. Sometimes it will feel as though you're making a big deal about something that might not matter much, but creating a family environment where people feel safe from emotional harm really does matter.

Invest in fun and adventure - When everyone is too busy, or too focused on simply getting through the day, it seems that one of the first things we drop is the family sense of humour. It's such a shame that we tend to treat fun,



laughter, and adventure as luxuries which we'd get around to if only we could. The truth is that all of these things keep body, soul and spirit healthy. If you haven't had a good laugh together lately, ask yourself why, and what you can do about it. Watch a silly movie, go somewhere you've never been before even in your neighbourhood. Of course, it's usually much easier to stay serious and grumpy. That's why you have to decide to make an investment in the happiness bank of your family.

Mistakes are OK - In a happy family, people are allowed to make mistakes. We might say all the right things, but what is the emotional atmosphere like when someone gets it wrong? Body language and facial expression will say so much more than the words. There is a fine balance to be struck between having high expectations and encouraging children to do their best, and a level of perfectionism that attracts shame and guilt when expected standards aren't met. The most powerful way to send a healthy message is in how we treat ourselves and our partners when we stuff up. Is forgiveness and acceptance of human error regularly practised?

Take an interest in one another - All families probably struggle to connect at times due to the pressures of time, work, and activity overload. Happy families build in an atmosphere of mutual support for everyone by making a deliberate choice to be actively interested in each other. Saturday morning soccer might bore you rigid but you need to be there at least some of the time. And if you can't be there, ask questions afterwards that show your child a curiosity for their world. At the very least, family mealtimes can be used to reconnect, ask questions, and catch up on everything you've missed. By taking an interest in your child's world, you teach them to take an interest in yours, building a sense of mutual care and concern that keeps both kids and parents happy.

Despite this evidence based advice though, in the end we do the best we can. And that's often good enough for a happy family. Reference: Andrea Stringer of the Parenting Place (<http://www.theparentingplace.com>)

We are a Southland Wide Professional Community Based Well Child Service whose function is to empower children and their families/whanau to realise their full potential in health. Our aim is to promote and maintain well health by providing a quality client centred service that is accessible and culturally acceptable to all.

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