

Explore your limits



JUNIOR SCHOOL NEWSLETTER

TERM 1

Dear Parents and Whānau,

Welcome back to the start of the new school year! We trust you had a fantastic holiday break, spending quality time with your loved ones.

Seeing our tamariki return to school has been an absolute delight. During this period, our students have been happily settling into their new classes, forming connections with their teachers, and enjoying spending time catching up with friends.

A heartfelt and warm welcome goes out to our new students and their families. Those new to Hautapu School, both students and staff, were formally welcomed into the Hautapu School community during our mihi whakatau last week. This holds special significance for our youngest learners as they embark on their educational journey at Hautapu School, and for all new students joining us across the school.

We are looking forward to getting to know our students and their whānau throughout the year. Families, you are more than welcome to visit our junior classes. Please feel free to drop in to meet your child's teacher and explore the wonderful learning space and catch up on the mahi your child has been doing.

This year, the Junior team comprises of Jana Gaigher, Belinda Hoebergen, Suzy Reilly, Lisa Harvey, and Brooke Phelan.

We look forward to a rewarding and successful year together.

Ngā mihi nui,

Belinda, Jana, Suzy, Brooke and Lisa



JUNIOR SCHOOL TEACHERS



JANA GAIGHER

Mānuka Class- New Entrant/Year 1
gaigherj@hautapu.school.nz



BELINDA HOEBERGEN

Kōwhai Class - Year 1/2
hoebergenb@hautapu.school.nz



SUZY REILLY

Rimu Class - Year 2
reillys@hautapu.school.nz



LISA HARVEY

Tawa Class - Year 3/4
harveyl@hautapu.school.nz



BROOKE PHELAN

Nīkau Class - Year 3/4
phelanb@hautapu.school.nz

FOCUS AREAS FOR TERM 4

HAUTAPU VALUES

At Hautapu School, our values of Challenge, Courage, Explore, Community, and Growth serve as the foundation for all our learning and actions. Whether within the classroom or out on the playground, these values guide our behaviour and decisions.

Throughout the year, we will take the time to understand the Hautapu Values with our students and how these link to learning and help contribute to a positive and supportive learning environment for all.





SCIENCE

This term, our focus is on exploring the living world, with our big idea being plants grow from seeds.

We aim to help students recognise that all living organisms, including plants, have specific requirements essential for their survival.

Through hands-on activities and observation, we will delve into the various needs of plants and how they are met in different environments.

This understanding will deepen our appreciation and understanding plants in our environment and the importance of nurturing our natural world.

Our key areas we will focus on will be:

Flowers, Fruits & Seeds

1. Plants have special structures that contribute to their reproductive success.

- Plants grow from seeds.
- Flowers produce seeds before they die.
- When seeds reach the ground, new plants have a chance to grow.

2. Success in reproduction helps plant species to keep adapting as the environment changes.

- Each kind of plant has the same type of flower, fruit and seed.
- The plant that grows from a seed will have the same type of flower and fruit as the plant that produced the seed.
- Animals that eat fruit help to spread a plant's seeds further away.
- Recognise that all living things have certain requirements so they can stay alive.



LITERACY AND NUMERACY

Your child will participate in daily numeracy and literacy lessons appropriate to their stage of learning. Please contact your child's class teacher if you have any questions or queries in regards to your child's learning.

Please remember to bring book bags to school in order to keep our books safe and in good condition.

TE REO MAORI

To start the term we will learn about Waitangi Day as it marks the significance of the initial signing of Te Tiriti o Waitangi | The Treaty of Waitangi.

This term we will be also focusing on how to greet, farewell and thank people in te reo Māori. Students will also learn how to introduce themselves and others and respond to introductions.

We will work towards writing and presenting a pepeha. This is a formal way for the tamariki to communicate personal information, such as their name, parents names, iwi, hapū, mountain, and river, or home town and place of family origin.



PHYSICAL EDUCATION

Daily Fitness

This term our daily fitness focus will be based on the needs of each individual class and we will be incorporating the MoveWell programme which uses an enjoyable, games-centred approach to develop children's knowledge, attitudes and movement skills.

The skills which teachers will focus on are targeted and taught through the following areas; invasion games, net/wall games, striking and fielding games, target games, cooperative games and challenge games.

Physical Education

This term our Physical Education focus will be on swimming, in particular developing water confidence, skill development and safety in and around the water.

Please bring named togs and a towel everyday in a bag. Goggles are not compulsory but are recommended, especially for those children who are beginning to put their face and head in the water.

When getting dressed after swimming, please ensure that your child can dry themselves and get changed independently.

To showcase our learning in the pool we will have our Junior School Swimming Display on the morning of Wednesday 13th March. More information will follow nearer to this date.

If there are any change to swimming days, your child's teacher will notify families via email and Seesaw.

Monday: Nīkau, Tōtara, Rimu and Kōwhai classes.

Tuesday: Rimu and Tawa classes.

Wednesday: Kōwhai class.

Thursday: Tawa, Nīkau and Tōtara classes.

Friday: Nīkau, Tawa, Tōtara, Rimu and Kōwhai classes.



PAUSE, BREATHE, SMILE PROGRAMME

Pause, Breathe, Smile Programme Information

Pause Breathe Smile is a mind health programme that helps tamariki regulate emotions, pay attention and build positive relationships. Students develop resilience, increase self-awareness and improve overall happiness.

We do mind health



We're pleased to share that it's working

Along with hundreds of other schools throughout New Zealand, our teachers have trained to deliver Pause Breathe Smile, a wellbeing programme designed to help kids navigate the ups and downs of life and set them up for a healthy future.

The latest independent study had more than 1,000 responses received from educators around the country and the results showed that:

- Positive behaviour increased by 12.4%
- Negative behaviour reduced by 10.1%
- General student wellbeing was up by 16.6% (one year later)

Find out more about this research and things to try at home at www.pausebreathesmile.nz

"We've seen significant improvements in how teachers describe their students' wellbeing and behaviour. They describe learners as more focused, considerate, self-motivated, perseverant, supportive, hopeful, interested, and engaged, and less anxious, pessimistic, upset, and withdrawn."

Dr. Rusk, Independent Researcher, Mindquip

Pause Breathe Smile



Brought to schools by Southern Cross

Delivered under licence from
Mental Health Foundation
mauri tu, mauri ora
www.mentalhealth.org.nz

Evidence-based with an ongoing commitment to research

Research studies were conducted during the development of Pause Breathe Smile, in collaboration with research teams from AUT and The University of Auckland. Results were published in peer-reviewed academic journals^{1,2,3}. Since then, further evaluations of the programme have been regularly conducted⁴.

Since the start of Southern Cross funding, all schools taking part in Pause Breathe Smile have been surveyed by the New Zealand Institute of Resilience and Wellbeing & Mindquip. Data is collected at three time points: prior to the start of the programme, at four months follow-up, and at one year follow-up.

The first independent analysis of this wellbeing survey data at 18 months showed positive impacts⁵ on children and teachers following implementation of Pause Breathe Smile.

Research findings

- **Increases calmness**
- **Improves focus & attention**
- **Enhances self-awareness**
- **Improves conflict resolution skills**
- **Develops positive relationships**
- **Reduces teacher stress**
- **Statistically significant increases in childhood wellbeing**
- **Improves focus, perseverance, helpfulness and selfmotivation**
- **Reduces apprehension, anxiety and pessimism**



“I have seen kids using the Pause Breathe Smile Programme first hand, and it was amazing. It gave me hope that maybe we really could do something to turn the tide.”

- Nigel Latta

1. Rix, G. & Bernay, R. (2014). A study of the effects of mindfulness in five primary schools in New Zealand. *New Zealand Journal of Teachers' Work*, 11(2), 201-220.

2. Bernay, R., Graham, E., Devcich, D. A., Rix, G., & Rubie-Davies, C. M. (2016). Pause, breathe, smile: A mixed-methods study of student wellbeing following participation in an eight-week, locally developed mindfulness program in three New Zealand schools. *Advances in School Mental Health Promotion*, 9(2), 90-106.

3. Devcich, D. A., Rix, G., Bernay, R., & Graham, E. (2017). Effectiveness of a mindfulness-based program on school children's self-reported well-being: A pilot study comparing effects with an emotional literacy program. *Journal of Applied School Psychology*, 33(4), 309-330.

4. Hynds, A., Hindle, R., Kus-Harbord, L., & Savage, C. (2020). Impact evaluation for the Pause, Breathe, Smile programme. Christchurch: Ihi Research.

5. Rusk, R. (2022). Impact evaluation for the Pause Breathe Smile programme. Mindquip & New Zealand Institute of Resilience and Wellbeing

Contact coordinator@pausebreathesmile.nz to book!



[pausebreathesmile.nz](https://www.pausebreathesmile.nz)



[/pausebreathesmile](https://www.facebook.com/pausebreathesmile)



coordinator@pausebreathesmile.nz



JUNIOR TEAM INFORMATION

Reporting to Whānau:

Our reporting of student progress will be in the form of Whānau Learning Conversations held later this term, further information will follow closer to the time.

Please contact your child's teacher if you would like to discuss your child's progress throughout the year.

Sun Safety:

Please ensure your child brings a wide brimmed sun hat to school every day. Children who do not have a hat will have to play under shaded areas.

We encourage students to come to school wearing sunblock. Classrooms are supplied with sunblock, which they are encouraged to use. If your child brings their own sunblock, please make sure it is clearly named and they can apply it independently.

Please make sure your child brings a drink bottle filled with water to help them keep hydrated during the day.

Lost Property:

We encourage children to be independent and accountable for their belongings by ensuring they put clothing away in their bags. However items can become misplaced, so please name all clothing.

Gear left unclaimed at the end of the day is taken to the lost property area outside the office.

Any remaining clothing at the end of the term is donated to charity.

Daily Routines:

In the mornings, to encourage independence, please get your child to carry their own bag to the classroom and hang it up on the hook by themselves.

Please also get your child to take their own book bag out of their school bag and place it in the box in the classroom.

When the bell rings for the end of the day (2:30pm), teachers will take their classes to the front of the school. Whānau are welcome to collect their child from their classroom if they wish, this is a great opportunity for your child to share their learning with you.

**Absences:**

If your child is going to be absent from school, please notify your child's teacher or the office on 07 8277466, admin@hautapu.school.nz or via our school app.

If your child should arrive late to school, please ensure they report to the office.

Kai:

Please pack a healthy snack (such as a piece of fruit or vegetable) for your child to enjoy during our 'brain food break' which we have at approximately 9.30am (approximately an hour before the morning tea break).

At lunchtimes we are encouraging the children to eat their sandwiches first. Children place any uneaten food back in their lunchboxes so that you are able to monitor what they are eating.

Each Friday we have lunch orders available which can be ordered through Kindo. Items available are sausage rolls, mince pies and potato top pies.

<https://shop.tgcl.co.nz/shop/index.html>

We also have the Your Lunchbox lunch delivery service which is available everyday. Go to the following link to order online: <https://www.yourlunchbox.co.nz/>

Food Allergies:

Due to food allergies which some children have and the potential number of cakes which we can possibly receive through the year, we kindly ask that birthday cakes for the class not be brought to school.

Stationery:

Please Visit the OfficeMax website to obtain a list of your child's stationery requirements. Ordering and delivery is also available through this site.

Please ensure all stationery is named prior to bringing to school:

<https://www.myschool.co.nz/>

**Library:**

Your child's class visits the library once a week and can issue two books during their visit. To take out new books they need to bring back their previous books and have their book bag with them. Any overdue books mean they cannot have a new book.

The library is also open every lunchtime from Monday - Thursday. Your child is welcome to come and read in the library and they can also return and choose a new book to take home.

Library visits:

Thursday: Tōtara

Tuesday: Kōwhai

Wednesday: Rimu

Monday: Tawa

Thursday: Nīkau



Arts and Craft Supplies:

We are always in need of craft materials such as buttons, wool, glitter, fabric, gift wrap, ribbons, timber off cuts, pvc pipes etc. We also welcome donations of egg cartons, cardboard tubes, cardboard boxes etc.

Spare Clothing:

Please keep a spare set of clothing in your child's bag.

After School Care - Hautapu Kelly Club:

We offer after school care through the Kelly Club which is held daily in the school hall. Please notify your child's teacher or the office if your child attends after school care, outlining dates and if they attend on a casual or regular basis. This helps us keep children safe.

If you would like further information or to enrol your child in after school care please refer to the Kelly Club website: <https://kellyclub.co.nz/hautapu>

Kindo:

We use the Kindo online payment service for all payments within the school such as school donations, lunch orders, sports fees etc. <https://shop.tgcl.co.nz/shop/index.html>



FORMS OF COMMUNICATION

We have various forms of communication throughout the school to keep you informed of your child's learning and upcoming school events.

As always your child's teacher is the first point of contact if you have any questions around your child's learning.

Please make an appointment time with the classroom teacher if you wish to discuss your child's learning. Teachers often have duties as well as meetings before and after school to fulfil. By making an appointment this gives quality time for the teacher and whānau to discuss any questions or queries.

Please update your phone or email details with your child's teacher and Geraldine at the office if these have changed.

Seesaw:

If you are not connected to Seesaw please contact your child's teacher. This is a great way of keeping up to date with your child's learning.

School App:

We have a school app where you can receive news, updates or reminders. You are also able to report absentees through the app. Search **SchoolAppsNZ** on your mobile app store to sign up.

Hautapu School Facebook page:

<https://www.facebook.com/hautapuschool/>

Pānui/Newsletter:

You can also find information and dates for upcoming school events in the Pānui/Newsletter which is emailed out to whānau fortnightly.

Upcoming and Important Dates:

Please refer to the School Calendar on our website for upcoming and important dates:

https://www.hautapu.school.nz/1/embedded_items/1-school-calendar



Important Dates for Term 1

Monday, February 12

Meet The Teacher & Picnic 5:30pm

Thursday, February 29

Structured Literacy Information afternoon 3pm-4pm

Wednesday, March 13

Junior School Swimming Display 9am-12pm

Friday, March 15

Bingo Evening

Thursday, March 21

School Photos

Sunday, March 24

Hautapu Colour Run

Friday, March 29

No School - Good Friday

Monday, April 1

No School - Easter Monday

Tuesday, April 2

No School - Easter Tuesday

Friday, April 12

Last Day of Term 1

All important dates regarding upcoming events can be found on our school calendar on the Hautapu School website.
https://www.hautapu.school.nz/1/embedded_items/1-school-calendar



PLEASE JOIN US FOR OUR

Meet the Teacher and Whānau Picnic Evening.

MONDAY 12TH FEBRUARY

5.30PM - TEACHER INTRODUCTIONS IN THE HALL.

5.45PM - 6.15PM CLASSROOMS OPEN FOR
WHĀNAU TO MEET THEIR CHILD'S TEACHER.

6.15PM - 7.30PM WHĀNAU PICNIC ON THE FIELD

*Bring along a blanket and
picnic dinner!*

*Fun games on the
field run by our
Sports Leaders*