



St Martins School

*Kia Maiangi awe ake te mātauranga* Inspiring a passion for learning



Newsletter 1

1 February 2018

## Inspiring a passion for Learning

### Kia ora Whānau - Greetings everyone

Once again welcome back to the new school year at St Martins School. The first few days have flown by and the routines in classes are already well established. We are ready for another very strong year of learning at St Martins School. We expect to hear this term about exactly when our new build will start. I apologise for the fact that this seems to be a moving line but this is something beyond our control. We are fully expecting, and preparing for this to begin as this Term finishes.

As with any major building project there will be challenges during the process that we will work hard to minimise. We plan to use a number of strategies to support learning and well-being during this process. The first of these that you will notice is the change to how we are organising break times. We have been following, and working with, the research of Canterbury University researcher, Kathleen Liberty. Kathleen's work has identified some specific and very simple strategies that help regulate children's emotional stability when there are challenges that may cause anxiety or stress for them.

The first of these that we are implementing is the "Play-Eat-Learn" philosophy. This simply turns around the 'order' of eating and playing time. The research has shown that the benefits of this simple change are quite remarkable both from a physiological and from a social connection point of view. So rather than eating first, then playing and returning to learning at the end of the break, the children will play first, and return to the classroom to eat their snack or lunch in the communal setting of the classroom. Some of the things that this simple change eliminates include, high speed eating, neglecting to eat, (for fear of missing out on playtime) and the social impact of being a slow eater. The benefits include an increase in appetite, children eating more of their food in a relaxed manner. This also provides opportunity for appropriate social interactions shared while eating together. These changes act to re regulate children making them more ready to learn once class time resumes. Another side benefit is that of being out of the sun and inside during some of the peak sunshine hours.

We have been communicating with a number of Christchurch schools that have already implemented these strategies and their experiences have matched the research. One piece of anecdotal feedback that has been passed on is that they have noticed that their children are eating more, so be prepared to pack a little extra food. The advice that Kathleen's research has also promoted is the types of foods that students eat are important, as is the need to drink more water during the day. Some of the foods that have been identified are complex carbohydrates, (Wholegrain, multigrain bread, and popcorn for gluten intolerant children), spreads such as marmite, vegemite or just plain butter.

Maureen Allen, Director of the RTLB cluster, will be booked to deliver a parent evening that will provide additional information about how we can support the well-being of our students in general but particularly during the rebuild phase.

Kind regards  
Rob Callaghan  
Principal

# School News

## Blanket Permission forms

A reminder about permissions - Most students have a blanket permission form on their file. This gives permission for them to attend **Level 1** and **Level 2** events without obtaining a signed permission form each time there is one of these events. As new families enrol at school, blanket permission is sought at this time. **Level 1 activities** are at school or in the immediate local area and cover such events as sports, fun days, nature studies etc. **Level 2 activities** are off-site occurring in school time and finish no later than 4pm. For example zone sports, team sports, museum trips. Parents are advised if the event will finish later than 3pm. Parents will also be advised of all Level 1 and 2 events, however they will not need to provide written consent each time as the blanket permission form covers this. If you have not signed a blanket permission form we need your signed consent each time.

**Level 3 activities** such as water activities (excluding swimming sports), rock climbing etc and **Level 4 activities** (overnight such as camp) will always require a signed permission form for each event. If you have any questions about this please talk to your class teacher or office staff.

## Important dates to note down

Here is a list of important dates that may affect you during Term One.

**Waitangi Day** - Tuesday 6th February. School closed for the day.

**Orientation (Meet the Teacher)** - this is being held on **Wednesday 7th February from 6.30pm to 8pm** starting in the hall. Full information was sent out via email on Tuesday 30th January.

**Year 3 to 8 Goal Setting Conferences** - the first round of conferences is **Wednesday 28th February** from 12.30pm to 8pm. More information and booking code will be sent once this is set up.

**Early School closure** - due to the Year 3 to 8 conferences being held on **Wednesday 28th February, school will close for ALL students at 12.30pm** on this day. Please ensure you arrange for your child to be collected from school at this time.

**Year 3 to 8 Goal Setting Conferences** - the second round of conferences is Thursday 1st March from 3.30pm to 8pm. School closes at the usual time of 3pm.

**Year 0 to 2 Reporting Conferences** - the first round of conferences is **Tuesday 27th March from 3.30pm to 6.30pm**. School closes at the usual time of 3pm. More information and booking code will be sent once this is set up.

**Year 0 to 2 Reporting Conferences** - the second round of conferences is **Thursday 5th April from 3.30pm to 6.30pm**.

**Easter holidays** - Good Friday 30th March, Easter Monday 2nd April, Easter Tuesday 3rd April - school closed on these days.

# School News



**From the library** - We hope you have enjoyed your summer reading. Books can be returned by the end of next week or can be renewed if wanted again. If you have any questions about your children's borrowing please have a chat with our friendly School Librarian, Bridget Hayes.



**School photos** - both class and individual will be taken on **Tuesday 20th February**. If you would like to have a photo of your children together please email Diane at [dianem@stmartins.school.nz](mailto:dianem@stmartins.school.nz) or come and see her in the school office. This needs to be booked in advance - we cannot have siblings coming to us on the day saying they want a photo together as the photographer's time is limited.

**We are looking for coaches for the Y5-8 Basketball teams** for Terms 2 and 3. If you are interested or are considering helping, there is a coaching course coming up that you may like to go to. Wednesday 14th February 2018 6pm - 7:30pm Pioneer Stadium (upstairs lounge for first 45mins, on court last 45mins)

Please email Mrs Dalley by Friday if you would like to attend. [catherined@stmartins.school.nz](mailto:catherined@stmartins.school.nz)

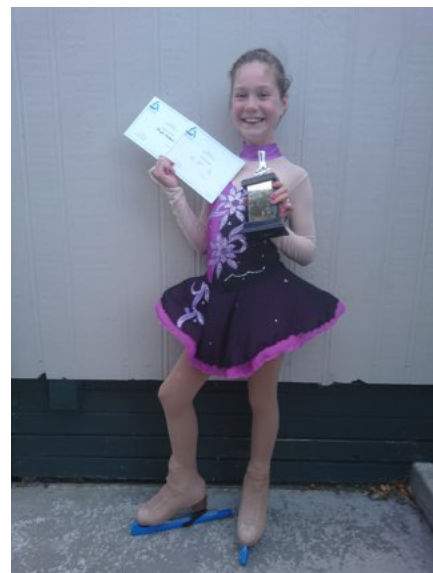


The annual St Martins **Back to School Family Picnic** is on **Friday 9th February from 4.30pm to 7pm**. Bring your picnic and enjoy catching up with other families and friends. There will be some food and drink for sale. A water/slippy slide will be set up for the kids so bring togs and towels and we will also have a bouncy castle. Postponement date due to inclement weather will be Friday 16th February.

## Student Achievement

We love to hear about all the wonderful achievements of our students for their 'out of school' activities. Too late for the last newsletter in 2017 we heard that **Bryah, a Year 4 student this year in Room 3** won Division 1 figure skating for Kiwi Ice skating at Alpine Ice Skating. That is a fantastic achievement Bryah, you deserve to be very proud of yourself!

If your child has a great achievement to celebrate with us, whether it be sports, the arts, raising funds for a charity or for anything amazing please email Michele with all the details with a photo if possible to [micheles@stmartins.school.nz](mailto:micheles@stmartins.school.nz)



# Community Notices



**La Petite Académie**  
It's French for Fun!

Fun French Beginners' Classes Years 2-6: An 8 session taster French course is being offered again at St Martins this term,

and beyond. The major emphasis is on communicating orally through the interactive use of fun games, song, role-play and 'real life' activities. For more information, please email [admin@Lpa.co.nz](mailto:admin@Lpa.co.nz) or contact us on 022 358 2211. C'est si bon!

**Yvonne Tikal (ATCL) has vacancies for piano/keyboard/theory students this year, Lessons are one on one for 30 minutes weekly. A range of styles is taught and there is the opportunity to sit exams and perform for others. All ages and stages welcome. For more information please contact Yvonne on 0273 566 462 to 388 3360 email: [yvonne.tikao@xtra.co.nz](mailto:yvonne.tikao@xtra.co.nz)**

**For guitar lessons at St Martins School** as well as Bass and Ukulele, contact Peter Fleming on 021 135 4343. Space is limited so get in quick! All ages, styles and abilities welcome.

**Babysitting** - Hey I'm Eilish Dalley and I'm an ex-pupil of St Martins School, I am offering to babysit evenings and weekends if you are interested please don't hesitate to text or give me a call on 022 036 5469. Thanks



**Global Football festival 2018** - A celebration of Christchurch's diverse cultural communities, coming together through the global game of football. **Saturday 17th February 12noon to 4pm** at Linfield Park. Ages 5 to 12 years. Juniors fun football festival plus global food, fun activities and entertainment for all ages. Free entry. Go to [www.eventfinda.co.nz/2018/global-football-festival/christchurch-district](http://www.eventfinda.co.nz/2018/global-football-festival/christchurch-district) for more information and registration details.

**Children's Aikido Class for 7 to 12 year olds.** Co-operative approach to conflict resolution, physical and fun. Thursdays from 4.30pm to 5.20pm starting 15th February. For more details see [www.aikido.gen.nz](http://www.aikido.gen.nz) Limited numbers so registration essential. Run by Otautahi Aikido, a not-for-profit community organisation.

## 6th February

Waitangi Day - school closed

## 7th February

Orientation - Meet the Teacher day 6.30pm to 8pm

## 28th February

School closed from lunchtime 12.30pm for all students due to Goal Setting conferences.

## 28th February and 1st March

Goal Setting conferences for Year 3 to 8 students from 1.30pm to 8pm

## 27th March and 5th April

Reporting Conferences for Year 0 to 2 students from 3.30pm to 6.30pm