



St Martins School

Kia Maia awe ake te mātauranga Inspiring a passion for learning



Newsletter 11

8th August 2019

Inspiring a passion for Learning

Kia ora koutou family, whānau and tamariki

I cannot believe how fast the term is moving. I am enjoying watching learning unfold within the various Pods and the creative talent coming through within the Wearable Arts Inquiry.

I am very excited about our new 'Parent Hub'. An initiative I have grown through our wellbeing programme. Thank you to all parents that responded to the recent parent survey. The survey was our first step in the future development of the 'Hub'. The concept behind this initiative is to provide support workshops on wellbeing learning and topical subjects. Your input means the workshops can be targeted to meet our communities needs better. The big ideas that come through strongly in the survey are as follows:

- Managing big emotions and self-regulation
- Anxiety and how to help your kid
- Managing worry with daily life
- Self esteem
- Resilience
- Healthy eating and healthy lunchboxes
- Screen time
- Social media
- Safety on devices

The workshops will be facilitated by key experienced workers from Christchurch Methodist Mission and our Mana Ake Team.

The aim is to have at least 10-12 hands on workshops per year. The first 6 workshops will run over the next two terms. They are as follows:

- Anxiety - Learn about managing worry in your whānau - **24th September**
- Big emotions - Learn tips and tricks to help your child manage big emotions - **8th October**
- Self esteem - Ways we can feel good about ourselves using a Growth Mindset - **22nd October**
- Resilience - Bounce Back! Encouraging kids to be problem solvers - **5th November**
- Screen time - How to keep your child/children safe in the digital world - **12th November**
- Healthy Eating - **TBD**

All dates are on the school calendar found on the school website. As dates approach, we will be sending specific information out around how you can sign up to the workshops of interest.

We have a range of interesting and fun activities happening around the school this term, remember to ask your children about them!

Nga Mihi
Bernadette May

Student Achievement

The Cashmere Technical Football Club, 12th Grade Girls team made the final of their tournament (the Alan Fraser Memorial Tournament) and lost by penalty shoot out. What a game that must have been! St Martins School students in this team were Maisy, Minah, Savannah and Thelma. Savannah got the Golden Boot award for the tournament. Well done to these amazing athletes for getting to the finals.



Josh who is a Year 8 student in Room 18 rode in the South Island Schools Road Cycling races and placed 3rd in his Individual time trial, Under 13 years boys race. Fantastic effort Josh!

We are very keen to celebrate student achievement whether it be in sports, arts, humanitarian efforts etc. But we can't do this if you don't tell us. So send details and a photo if possible to admin@stmartins.school.nz The school newsletter comes out once a fortnight on a Thursday.

School Notices



Room 25 are wanting a few things for their art project. They need old silver, white and blue Christmas decorations and milk bottle tops (or similar tops that come from salad dressing bottles etc) Black, white and blue are the colours they would love, but will be happy to take your green milk bottle tops too. They have a collection box just inside Room 25, or you can drop them off to the office.

Student Poetry from Year 5 and 6 students in Navigators 2

The Caged Bird

A bird with wings has the wind to ride on
And a bird with wings has the sky to soar in
A bird with wings has a tree to nest in
As he flies across the horizon unaware of
the disdainful eye trained on him.

A bird with clipped wings has only a cage
to live in

And a bird with clipped wings has no sky
in which to soar

A bird with clipped wings can only sit and
wait for the grim reaper to greet him
So he throws back his head and sings

He sings of another life
Of hope and love
He sings of liberty and sings of loss
His trill voice goes never unheard
For the caged bird sings of freedom.

The free bird's voice was left behind
His world with nothing to mourn for
But the caged bird has a mighty voice
And so much loss to speak of
So he throws back his head and sings

He sings of another life
Of hope and love
He sings of liberty and sings of loss
His trill voice goes never unheard
For the caged bird sings of freedom.

Ben Coughlan



Hope of the caged bird

Birds of hope lie not in flight
But encased in cages woven of nightmares
And still he dares to sing

A song of untold joys
Out of reach
But hope has no boundaries

The free bird's song tells not of hope
But the winds of smooth sailing
Nothing to gain
All to lose
As entrapment lies on the horizon

Caged birds songs tell nothing of prison
But of wonderful life.

A song of untold joys
Out of reach
But hope has no boundaries.

AJ Williams

I know why caged birds sing

As I glide upon liberty
The wind chants my name
Currents guide me to a place I call home
Darkness is long lost as I claim the sky
my own.

A fog of darkness envelopes my
mournful cries
I taste the salt of forlorn tears on the tip
of my tongue
As I sing for liberty

As light casts shadows on the forest floor
I stretch my wings to the sky
Looking over my home
Peace can be heard
As happiness overcomes me

Leah Jones

School Notices



We have some good quality old stock that we just do not have the space for. **Adult sized medium navy fully lined track pants** with zipped pockets and zipped at the ankles. We are letting these go for \$5.00 - please bring cash (correct change appreciated) to the school office if you would like to buy a pair or two!



We are very thankful for the hard working students and staff who brave the cold to provide road patrols in the morning and afternoon at Albert Terrace and Centaurus Road. Please remember that Road Patrol finishes in the morning at 8.40am to give the staff and students on patrol time to get to class for 8.45am.

Community Notices



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Community Notices



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Kahurangi Showcase
Ōtautahi 2019

When: Wednesday the 28th of August 2019 @ 7pm
Where: 83 Lyttelton St, Spreydon, Christchurch 8024

Join the Kahurangi team as we share our stories, experiences and how you can make your love for Māori performing arts a career.



Hello parents, My name is Melissa and I am currently an au pair in Christchurch in the Huntsbury area. I have my own transport and I am looking for extra work as a babysitter or dog walker.

I am available full time between August 16th to 25th and from October 4th onwards. I am also free during the day outside those dates from 10am to 2pm, and most nights from 6/7 pm. My cell number is 027 307 2906.

20th August

Board of Trustees meeting at 6.30pm in the school staffroom.

9 to 11 September

Camp at Hanmer Springs for Navigators 1.

16 to 18 September

Camp at Hanmer Springs for Navigators 3

18 to 20 September

Camp at Hanmer Springs for Navigators 2