



St Martins School | Te Kura o Hato Mātene

Newsletter 5

Date 7 April 2022

BOT UPDATE

Kiaora tātou, I know some of you have been interested in progress on the school traffic plan and safety improvements around the school route. Just to let you know that we are continuing to work on the traffic plan and hope to have it finalised early next term. We are also working with the council on improvements to the roundabout and other areas. We hope to see some progress on this before the start of Term 2 as it is their stated intention to complete the proposed works this year.

All the best for the last couple of weeks of Term 1.

Ngā mihi nui

Kate Hodgins, BoT Chair

SCHOOL UPDATE

We head into the last week of school for term one. It certainly has been an unusual term with the ebb and flow of Covid cases in the school. We have been able to offer normality and a calm approach in the classroom settings. A number of MoE hard copies have been delivered directly to homes. As we come into the end of the term our numbers do seem to be reducing with 30 positive cases and 23 household cases (compared to 90+ we reported in the last newsletter). Although the numbers are slowing there are still cases in the community, we appreciate that parents continue to drop off and pick up outside the school gates / top of the path rather than coming onsite and into classrooms. We will continue with this next week and the first week of next term. We will look at the numbers in week one and reassess the situation. Please be aware that even though the guidelines may change we continue to follow the Moe expectations and will also be required to undertake risk assessment of our own as each school will have different contexts they are working in.

We are continuing to offer end of term one learning conversations. These will be held online as Google Meets. This year we are offering different times throughout the week, next week. If your child has had an IEP (individual education plan) meeting you will not need to book in a learning conversation meeting. If your child has settled in well for the term and you do not have any questions for the teacher, we will be offering another learning conference at the end of Term two - you may want to wait for this session.

School will close on Thursday 14th April at 12.30pm.



If you want to book a meeting with your child's teacher please book in as usual through the school interviews website

- Go to www.schoolinterviews.co.nz
- Enter code bcsna
 - or click on the link
 - <https://www.schoolinterviews.co.nz/code/bcsna>
- Enter your name, child's name, room
- Select your child's teacher
- Select the time you would like to meet
- When you book in your time you will be sent a Google Meet link to use

If you are unable to meet online we are also offering a phone catch up. If this is your preference please send a note to your child's teacher with your preferred contact details and contact times.

Thanks for your continued support through the term, have a wonderful holiday break, stay safe and well.

Andrew

COVID UPDATE

We have had a number of whānau impacted by Covid during the term. Today we are sharing information based on research to date about Long COVID which is thought to affect 10 to 20 percent of people. The WHO definition of Long COVID is symptoms after 3 months. Fatigue is a common symptom of many viral illnesses and a feature of both acute COVID-19 infection and long COVID.

If you have fatigue, muscle weakness, etc, do not 'push through'. Do not think that you can exercise your way out of this. Commencing exercise too early may increase the risk of long COVID. If you do have symptoms of Long COVID (ongoing, or newly developing symptoms), please seek help.

The main advice for recovering from Long COVID appears to be:

- Don't overdo it – if you feel you need rest, rest.
- Begin with a very low level of activity, and very slowly increase – interspersed with regular planned breaks throughout the day.
- Begin with some fun things, and things that won't matter if you stop for a break.
- Maintain a healthy diet.
- Ask for help from friends and family.
- The current consensus is that exercise should not be undertaken until the individual has been completely symptom-free for at least seven days.
- When exercise is restarted it is advisable to ease back into it slowly.
- Adequate sleep, good nutrition, hydration, and social connection are also vital to help you recover well.

It is likely that with further research in NZ and overseas that measures to reduce the impact of Long COVID will become available.



PROPERTY UPDATE

During the holidays the floor in the hall will be sanded with new basketball, netball, korfbal, indoor football lines being added. Thank you to the SMART Community group for agreeing to update the kitchen facilities. We hope to also have the new blinds installed.

The new classroom block continues to push ahead. The walls and roof have been put on, the door and window frames have been installed. During the holidays as part of this work the stairs to the top court will be widened, this may take 5 - 6 weeks to complete. We will simply use the driveway for access.

STUDENTS CORNER

On Friday 1st April **The Heathcote Cricket Club** had their end of season junior prize giving.

St Martins School was well represented with the following students taking away trophies and certificates for outstanding sporting achievements:

Nicolas Capaldi - Top Bowler for 'The Heathcote Tigers' & Primary School Bowler of the Year

Maddox Pettigrew - Most Improved award for 'The Heathcote Tigers'

Tor Prince - Top Batsman for 'The Heathcote Magic'

Jack Thomson - Top Batsman for 'The Heathcote Hot Shots'

Naomi Nyahando started trampolining in Term 4 2021 and hasn't had a lot of practice this term due to covid. Despite this she managed to place 1st in the double mini trampoline and 4th in trampoline over the weekend in Rangiora.

Well done and congratulations to you all on your great achievements!

SCHOOL NOTICES

Orchestra

Orchestra has now started up for 2022 and is being led by Jennie Gough. If you think your child may be interested in joining then please let Diane know in the office. Students probably need to be Year 5 and up and know how to read music. We have some very enthusiastic students so it's looking like 2022 will be a great year for orchestra. Orchestra will be every Tuesday morning from 11.30- 12.30.

Lost Property

We have lots of school polar fleeces in our lost property, in the school office. If your child is missing a fleece, please visit us in the office to check the lost property. The coming school holidays would also be a great time to make sure your children's school uniform is properly named for the start of Term 3

Precious Labels-Iron on Labels

The Smart Community provide an ongoing School Fundraiser through the company '**Precious Labels**' for all your child's school item labeling needs.

- Easy iron on labels and stickies!! (for fabric & hard surfaces)
- Prevent loss of school uniform with washable name labels



- No more lunchbox/drink bottle Mix-Ups
- Earn Fundraiser Commissions for the school

Items available are:

- Washable Lunch Box and Bottle Labels From Just \$6.99
- Laundry Safe Iron On Clothing Labels From Just \$6.99
- Specials On School & Daycare Packs

Visit [Precious Labels School Fundraiser](https://mherc.arlo.co/w/events/538-supporting-anxious-children/1730) for more information and to purchase items.

MHERC parent workshops

Supporting Anxious Children

Thursday 31 March, 7.00pm - 9.00pm

- Learn different strategies and skills to help your child manage anxiety and stress
- help them build resiliency
- Understand how anxiety works in the body and mind
- Feel more confident to manage anxiety in your child
- Understand resilience and how to build in your children
- Learn parenting strategies and skills to support children

<https://mherc.arlo.co/w/events/538-supporting-anxious-children/1730>

Please register online and advertise this to your schools.

Supporting Young People and Children through Change

Tue 5 April 2022 - 7:00 PM – 9:00 PM

- Understand the changes that children and young people may face
- Understand what makes certain changes more difficult for some people, especially in the context of modern life
- Learn strategies to support children and young people through change
- Explore the important role adults play in supporting and managing change

<https://mherc.arlo.co/w/events/619-supporting-children-and-young-people-around-change/1731>

COMMUNITY NOTICES

St Martins Scouts - Snow Gear Sale

This winter St Martins Scouts are having a second hand snow gear sale to fundraise for our Scout group. **Saturday 7th May 9am-3pm @ St Martins Scout Den, 297 Centaurus Road**

Come and grab some bargains on skis, snowboards, boots, jackets, pants, gloves, goggles and any other winter gear. If you have gear to sell, bring it along Friday 6th May, 2pm to 6pm. Either donate it to the group or we'll sell on your behalf for 30% of the sale price.

<https://www.smartscouts.co.nz/snow/> or [Click here to go to the Facebook Event](#)

Art Classes for Children

Is your child passionate about art? Would they like to extend their creativity through learning a range of new art skills and techniques?

Kat's Art Studio is located at 171 Waltham Rd. Art tutor Katrina is a professional artist and tutor who has over 10yrs experience teaching children art. For more details, please visit www.katsartstudio.co.nz

ST MARTINS SCOUTS
SNOW SALE

7TH MAY
9AM-3PM

DROP GEAR
OFF 6TH MAY
2PM-6PM

www.smartscouts.co.nz/snow
297 CENTAURUS ROAD ST MARTINS SCOUT DEN

Learn Squash these school Holidays

Christchurch Squash Club, 50 Colombo Street is offering two junior squash sessions these April holidays for both the beginner and developing player. Friday 22nd April 10am - 12pm, Tuesday 26th April 10am - 12pm. Suitable for ages 10+. Cost \$20. All equipment provided.

Numbers are limited so text or email Tim to register on 027 688 0574 or tmcvie@hotmail.com

CodeCamp

CodeCamp allows kids from the ages of 7-12 to develop 21st century skills in a fun and action packed environment.

- Develop confidence & initiative through design, creativity, solving problems, presenting & collaboration.
- Create games and apps.
- 3:15 - 4:15 Tuesdays, 3rd May - 5th July
- Book Now at <https://codecamp.co.nz>

Korfball MIXX Youth Academy & Holiday Programme

Have you been playing Korfball in school, and do you want to become a better Korfball player joining a fun & vibrant community? MIXX Youth Academy runs a koftball academy from 4pm-7pm form various locations in Christchurch. For more information visit: <https://www.mixx.nz/academytraining> They will also be running a Koftball **holiday programme** between 9am-3pm during the April school holidays at the following locations:

Christchurch West: Thursday 21st & 28th @ Action indoor sports

Christchurch East: Wednesday 20th & 27th at Avon Hub

Waimakariri: Tuesday 19th & 26th at ainpower Stadium

To find out more information and signup visit www.mixx.nz/shop

ON THE CALENDAR

	Mon 4 Apr	Tue 5 Apr	Wed 6 Apr	Thu 7 Apr	Fri 8 Apr
10		Yr 7&8 rugby	GTT Rm 23/24	Newsletter	Y7 / 8 Tech
11	Mon 11 Apr	Tues 12 Apr	Wed 13 Apr	Thurs 14 Apr	Fri 15 Apr
			Yr 7&8 Korfball	Last day of T1 Early closing 12.30pm	Good Friday
	Learning Conversations online				