



St Martins School | Te Kura o Hato Mātene
Newsletter 11 : 27 July 2023

BOARD UPDATE

Kia ora tātou,

What a wonderful start to the term with our Matariki hangi and celebration. It was great to see so many of you there, filling the hall properly for the first time since the revamp. Thanks so much to everyone involved in making it a success.

Our first board meeting of the term was on Tuesday. One point of discussion is our upcoming school values review. This happens every five years or so and is a great opportunity for the community to reflect on our values and consider if they are fit for purpose. Keep an eye out for more details over this term.

Later this term we will also be seeking nominations for new board members. It's a good way to make a really meaningful contribution to your school community. If you are considering joining the board or are just curious about how we work, please get in touch with me directly: bot@stmartins.school.nz (Kate Hodgins, Presiding member)

Ngā mihi nui

Kate

SCHOOL UPDATE

Kia ora koutou,

Welcome back to another exciting term of learning. We hope everyone enjoyed the holiday break, a mixed bag of weather to enjoy everyone's company both inside and outside.

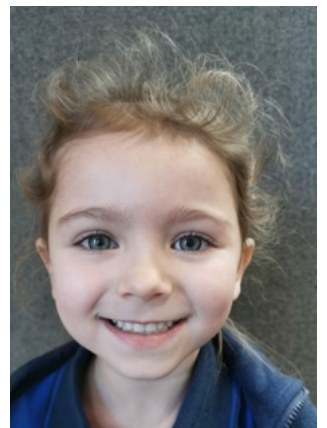
This week we welcome Alma, Leo, Freddie, Poledra, Isaac, Quinn and Jake to Toe Toe Rm4 with Charlotte Bates. We look forward to seeing you engaging in your learning and enjoying the experiences that St Martins | Hato Mātene has to offer.

We have certainly started the term off with a wide range of experiences. As mentioned by Kate and Ranui in their updates, thank you to the community members who were able to join us for the hangi and performance last Wednesday evening. It was fabulous to see so many family members and tamariki coming together to share kai and support our ākonga in their recent learning around Matariki. Having the hall at capacity was a fantastic way to celebrate the learning. Thank you to everyone involved in creating the event.

The Navigators (Y5 / 6) and Explorers (NE - Y2) followed up our Matariki event with trips to Rāpaki Marae this week. Although the weather didn't necessarily play its part for us to fully explore the marae environments, all ākonga enjoyed the experience. Thank you to Ben and Josh for speaking on behalf of the school.

Congratulations to the Hip Hop, EPRO8 and basketball teams who competed this week and last week. Wonderful to see so many children putting their hands up to be involved in the extra opportunities we had on offer. Good luck to the teams who are moving onto the next rounds of competition. Thank you to the kaiako, whānau and past students for their commitment and involvement in getting the children prepared for these events.

We hope everyone is looking forward to the disco tomorrow night. Refer to Emma's outline in the PTA section for times and costs. Should be another great event to kick off the beginning of the term.



We have a number of teachers and students unwell at the moment. As a reminder if your child is going to be absent due to illness or travel or simply away please email office@stmartins.school.nz or call 332 6121 to leave a message.

You may have noticed on your way through the park that like most parks across Christchurch there seems to be a lot of water sitting. We will keep our grounds closed to let them dry out and look to reopen next week.

Thanks for your support in the first couple of weeks, we look forward to seeing you in the school through the term. As always if you need to catch myself, Alice or Leanne, we are often at the Waharoa in the mornings before school, feel free to stop and have a chat.

Kia pai te wiki mutunga, have a great weekend.

Andrew

ST MARTINS SCHOOL PTA

Thank you! The Library Fundraiser has raised over \$2,100 – we will continue to accept donations directly to the PTA account: 12-3147-0420521-00 Reference “Surname / Library”

Disco This Friday:

Cash only event. Juniors: 5.30 – 7pm. Seniors: 7.30 – 9pm. \$5 entry, \$2 for food, drinks, glow products, photo booth and face painting. Thank you to the Student Council and all the volunteers and teachers, we cannot run this massively popular event without you. Special thanks to DJ James and also **AC Lighting** for your generous support once again.

Pasta Fundraiser:

Only 10 days left to order your Pasta Vera gnocchi, lasagna, tortellini and mac’n cheese. Tasty offerings including dairy free, vegetarian, GF and vegan options. Please go to our fundraising website to order: www.stmartinspta fundraiser.com

Quiz Night:

Another great quiz night is in the planning, with a touch of humour this year. Saturday 9th September, doors open 6pm, quizzing from 7pm. Registration opens next week so gather your team of six. Limited tables available. A huge variety of auction items will be on offer, something for everyone. Donations of non-perishable grocery items for raffles would be appreciated and can be left at the school office.

Next Meeting: Monday 14th August, 7.30pm, Staff Room

Contact Us: info@stmartinsschoolpta.org.nz



WHĀNAU GROUP UPDATE

Kia ora e te whānau

Thank you all so much for a wonderful Matariki event last week. It was fantastic to see so many from our community sharing kai together and watching our amazing tamariki perform waiata. The hall looked great with all the fabulous artwork. Thanks to the Board for the financial support to allow us to keep the hāngī price down and to senior students, Adrian, the PTA and whānau group members who helped out on the day. He mihi nui ki ngā kaiako. He mihi hoki ki a Tania rāua ko Willie.

SCHOOLDOCS POLICY REVIEW - Term 2

SchoolDocs – what is it?

All NZ schools are governed by a school board and a range of policies and procedures. Our policies are hosted by SchoolDocs Ltd, an online policy and procedure service for New Zealand primary and intermediate schools. If you would like to know more about how Schooldocs works and your involvement as a caregiver please visit the [Parents and Whānau section](#) of the SchoolDocs website.

The Policies and Procedures under review this term are:

- Learning Support Coordination
- Identify Learning Support

- Gifted Learners

To read policies and place a review

1. Go to the <https://stmartins.schooldocs.co.nz/>
2. Enter the username & password
 - Username: stmartins
 - Password: huntsbury
3. Click on the **Current Review tab**, select the policy you wish to review
4. To provide feedback click on the **Start your Review tab**

The closing date to provide feedback is

TERM 3 COSTS

[Term 3 donations and activity costs have been updated in Hero.](#)

Thank you to everyone who has already made payments.

If your child/ren are participating in Hagley Winter Sport, the Hip Hop Groups, EPro8, Koru Games, and this terms William Pike activity - these are all non donation activities and payment is required before your child attends. Please contact Megan - accounts@stmartins.school.nz if you have any questions.

COMMUNITY NOTICES

The Good, Bad and the Ugly of Social Media - REGISTER NOW

<https://www.eventbrite.co.nz/.../the-good-bad-and-the-...>

Date: Tuesday 22nd August 7pm - 8.30pm.

Venue: Cashmere High School, Performing Arts Centre (PAC)

(Note: This event is for a parent/guardian in the community).

Are you worried about social media and how it affects your Whanau? The big topic we are all talking about. Young people are spending an enormous amount of time on their devices, much of which is on social media, and it is impacting them in ways they don't even understand. It affects us all and is a huge struggle to navigate the challenges this brings as parents. Addiction, online bullying, gaming and social media apps - During this talk we will hone in on the most difficult topics and conversations we can have with our Whanau to understand, communicate, support them and still keep it positive.

Cashmere Parents Group

E cpg@cashmere.school.nz

Greater Christchurch public transport

On 1 July the fares on Greater Christchurch public transport, buses and ferry, changed. The 50% fare discount funded by the government has now ceased. Environment Canterbury have now implemented a new fare structure with some exciting changes.

- Single zone - all metro buses are a single zone. The same fare is now charged wherever you board or disembark in Greater Christchurch.
- Cash fares are \$4/adult and \$2/child (under 19)
- **Metrocard bus concessions are \$1.** These apply for people under 25yrs as well as people with a Community Services card, a Total Mobility card or who attended a partnering Tertiary provider. For more information see - <https://www.metroinfo.co.nz/travel-and-fares-info/new-fares-from-1-july-2023/>

What do your students need to know?

- Your date of birth on your Metrocard activates the 'Under 25' concession. If a student paid child fares on their Metrocard pre-July, they will receive this concession automatically.
- All other Metrocard benefits such as free transfers and capping remain

Free Dental Care for Children - including special information regarding Year 8 students

One of our Community Dental Service vans will be making a visit to your school soon.

Only the children who currently require a check-up will be seen at this visit. Please do not be concerned if your child is not called for a check-up this time. The dental therapist will provide a regular check-up and preventative care which may include:

- Cleaning / Scaling (to remove plaque from teeth)
- Dental x-rays (to check for decay in teeth, or presence and position of teeth)
- Fluoride Varnish (painted on teeth to help prevent decay)
- Fissure Sealants (coating put on teeth to prevent decay) if required.

If your child requires any other dental care, they will bring home a 'Care Plan' which will explain what dental care and appointment times are required.

When you receive the 'Care Plan' please contact our **Call Centre as soon as possible** as you will need to arrange a time to bring your child to one of our Community Clinics for this dental care.

Please contact our Call Centre if you want further information on the Community Dental Service, to enrol your child or if you have any specific questions about your child's dental care (a dental therapist will call you back)

Year 8 students: all year 8 students enrolled with the Community Dental Service are transferred from the Community Dental Service to a FREE private dentist from year 9 until their 18th birthday. To help with this transition please ensure you have informed your child of their family dentist (not orthodontist). This will enable us to transfer your child onto the correct dentist for year 9 onwards. More information will be sent home after their year 8 check-up.

To contact our Call Centre: phone 0800 846 983 / email commdental@cdhb.health.nz


ECZEMA & DERMATITIS


WHAT IS ECZEMA?
 Dermatitis (Eczema) describes skin irritations and rashes that show up as inflammation of the skin.

Many different skin conditions can cause dermatitis, and symptoms can range from mild to severe. It is not contagious, and does not mean that your skin is unclean. Atopic Dermatitis is commonly referred to as eczema. This ongoing form of dermatitis typically begins in childhood, and flare-ups may continue into adulthood.

WHAT CAUSES ECZEMA?
 There is not a single cause for eczema. Typically, there is a family history of eczema, asthma and hay-fever in people with the condition.

People with eczema tend to have dry itchy skin that is more vulnerable to the entry of irritants, allergens, and therefore more prone to the development of rashes.

Eczema can be triggered or made worse by a range of possible causes.

- Extended hot showers or baths.	- Wool and synthetic fabrics.
- Hotter or colder weather.	- Chemical irritants (soaps).
- Sweating due to physical activity.	- Scratching and resulting infection.
- Allergens (pollen, dust, etc).	- Food intolerances and allergies.



SYMPTOMS OF ECZEMA
 The symptoms of eczema can vary significantly depending on what has caused the flare up, skin tone, and severity.

- Dry, cracked, flaky skin.	- Raised bumps and blisters.
- Intense itchesness.	- Weeping or oozing sores.
- Discoloured rashes.	- Crusts or scabs.
- Thickened skin.	

Eczema can present in many different ways, a common sign is a discoloured rash.

SELF CARE TIPS
 While there is no cure for eczema, it can be managed at home and over time will often improve. Most babies and children with eczema will 'grow out' of the condition.

Symptoms of eczema can be controlled with appropriate treatment and self-care:

- avoid irritants, allergens and other triggers
- clean your skin in lukewarm water, and with soap-free washes
- moisturise at least twice daily
- creams like hydrocortisone 1% can be used following pharmacist advice to treat redness, swelling, itching, and discomfort.

TREATMENT OPTIONS

1. **Hydrocortisone 1% Cream** – can help alleviate the symptoms of redness, swelling, itching and discomfort.
2. **Moisturising Cream** – helps skin retain moisture, reducing the appearance of dry, flaky skin and providing soothing relief.
3. **Antiseptic Ointment & Solutions** – can help control infections, helping the skin barrier maintain its protective qualities.

Always read the label, use medicines as directed and if symptoms persist, be sure to consult a healthcare professional.

ZOOM Pharmacy can offer free treatments for Eczema and Dermatitis, delivered for free to your door.

✉ mas@zoompharmacy.co.nz
☎ 0508 966 622
🌐 zoompharmacy.co.nz/mas

Are you needing a bit of help and support?
 If so, check out our website for more information



Have a chat to a qualified Paediatric Sleep Consultant today

- Sleep training
- Sleep chats
- Parenting chats
- Ebooks
- Free sleep resources

Face to face, online, phone and text packages available

sleepharmony.co.nz



TERM THREE

2	Mon 24 July	Tues 25 July	Wed 26 July	Thurs 27 July	Fri 28 July
					8.30am Yr 7/8 technology 9am Assembly Y0-4 11.30 Te Reo Enrichment Group School Disco
3	Mon 31 July	Tues 1st Aug	Wed 2 Aug	Thurs 3 Aug	Fri 4 Aug
		Epro 8 Yr 7&8 semi finals School Duathlon	8am Epro 8 semis Yr 5 & 6 Canterbury basketball/volleyball Yr 7/ 8 Garden to Table Rm 15 / 16	Wintersport Yr 5 - 8	8.30am Yr 7 & 8 technology 11.30 Te Reo Enrichment Group
4	Mon 7 Aug	Tues 8 Aug	Wed 9 Aug	Wed 10 Aug	Wed 11 Aug
		School Duathlon pp	Canterbury basketball Yr 5 & 6 Garden to Table Rm 13 & 14	Wintersport Yr 5-8	8.30am Year 7 & 8 technology 9.00am Y0-4 Assembly 11.30 Te Reo Enrichment Group 2.15 Yr 5 - 8 Assembly
5	Mon 14 Aug	Tues 15 Aug	Wed 16 Aug	Thurs 17 Aug	Fri 18 Aug
	Book Week Book Swap 7.30pm PTA meeting(staffroom)	Book Week Dress Up Epro 8 finals Yr 7 & 8	EPro 8 Finals Yr 5 & 6 Garden to Table Rm 15 & 16 William Pike Outdoor Activity LRRT	Wintersport Y 5 - 8	8.30am Year 7 & 8 technology
6	Mon 21 Aug	Tues 22 Aug	Wed 23 Aug	Thurs 24 Aug	Fri 25 Aug
	Year 7 & 8 Syndicate Speech Comp 6.00pm Whanau Group Hui (staffroom)	6.30pm Board Meeting(staffroom)	Cantamaths Competition Garden to Table Rm 13 & 14	Wintersport Yr 5-8	8.30am Yr7 & 8 technology 9.00am Yr 0 - 4 Assembly 11.30 Te Reo Enrichment Group 2.15pm Yr 5 - 8 Assembly
7	Mon 28 Aug	Tues 29 Aug	Wed 30 Aug	Thurs 31 Aug	Fri 1st Sept
			Garden to Table Rm 15 & 16	Court Theatre Performance Yr 5 -8 morning Y0 - 4 afternoon Last Wintersport Yr 5 - 8	8.30am Yr 7 & 8 technology 11.30am Te Reo Enrichment Group
8	Mon 4 Sept	Tues 5 Sept	Wed 6 Sept	Thurs 7 Sept	Fri 8 Sept
	Canterbury Duathlon Navigators Camp Hanmer Springs	Navigators Camp Hanmer Springs	Navigators Camp Hanmer Springs	Sports Exchange Hokitika Navigators Camp Hanmer Springs	Navigators Camp Hanmer Springs 8.30am Yr 7 & 8 technology 9.00am Yr 0 -4 Assembly Sports Exchange Hokitika 11.30 Te Reo Enrichment Group 2.15 Yr 5 - 8 Assembly Saturday 9 September Quiz Night
9	Mon 11 Sept	Tues 12 Sept	Wed 13 Sept	Thurs 14 Sept	Fri 16 Sept
	Te wiki o te reo Maori Rapaki Visit & r 7 & 8	Te wiki o te reo Maori	Te wiki o te reo Maori Korfbal tournament Yr	Te wiki o te reo Maori Canterbury Winter	Te wiki o te reo Maori 8.30am Yr 7 & 8

	Korfball tournament Yr 5 - 8 6.00pm Whanau Group Hui (staffroom)		5 - 8 Mihi Competition	Tournament Yr 8 Cashmere Testing Morning	technology 11.30 Te Reo Enrichment Group
10	Mon 18 Sept	Tues 19 Sept	Wed 20 Sept	Thurs 21 Sept	Fri 22 Sept
	Rapaki Visit Yr 3& 4 7.30pm PTA meeting (staffroom)	Koru Games Yr 8 Cashmere Testing Catchup 6.30pm Board Meeting (staffroom)	Koru Games	Koru Games	8.30 Year 7 7 8 technology 9.00am Yr 0 -4 11.30 Te Reo Enrichment Group 2.15pm Yr 5 - 8 Assembly Term 3 ENDS