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LEADING ME TO LEAD MY LEARNING



WHĀIA TE PAE TAWHITI

Taihape Area School

Monday 2nd March, 2020

Term 1 – Newsletter Number 6

Important Dates

This Week	Next Week
Friday 6 th Junior Swimming Sports	Friday 13 th Year 4-8 Interschool Swimming
Saturday 7 th Gumboot Day	Room 1 Trip to FOXTON “Clash of the Colleges” – Rural Games (Palmerston North)
	Saturday/Sunday NZ RURAL GAMES

Principal's Corner

Tena koutou katoa

Welcome back to another busy week. On Friday the Junior School (Year 4-8) are holding their Swimming Sports, while Saturday is the Annual Gumboot Day.

The issue of **bullying** is seldom far from the headlines, and is particularly topical now that Donald Trump is President of the United States. There is no denying that bullies are present in all Schools, in fact in many sectors of our Society.

It is also undeniable that adults are often the worst bullies of all, in terms of the way they speak to others, treat others, and can be abuse towards others.

The problem of course is that children, and young people, are very impressionable and

IS IT BULLYING?

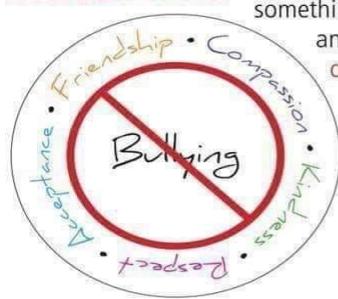
NOT NICE

When someone says or does something **unintentionally** hurtful and they only do it **once**...
That is **Not Nice**

MEAN

When someone says or does something **intentionally** hurtful and they do it **once**...
That is **Mean**

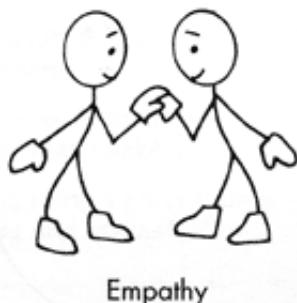
BULLYING



When someone says or does something **intentionally** hurtful and they **keep doing it, over a period of time**, even when you tell them to stop or show them that you are upset...
That is **Bullying**

tend to imitate the actions of the important adults in their lives, as they seek their place in society.

Unfortunately, Schools can become the meat in the sandwich as they endeavour to enforce and develop socially acceptable norms of behaviour, attitudes, and values. Sometimes it seems like an uphill battle as we correct students for behaviour's they often regard as being normal in their lives outside School. Similarly, in regard to the situation with swearing and bad language - we don't teach children these things at School.



A huge blight on the modern technological age is cyber-bullying. This is a massive problem for society generally, and highlights the need to now, more than ever before, promote and develop empathy in our young people. Empathy is the ability to think about how another person is feeling, and should be the foundation upon which we educate children on matters of judgment whether in the Home, in the School, or in the Community.

Empathy is a gift children (and people generally) share between themselves every day, so when we see it we should acknowledge it, and when possible, reward it. Empathic people are less likely to be involved in bullying, on any platform.

We do our level best to teach children to respect each other, to look after each other, to care for each other, and to accept and celebrate individual differences and attributes. This is core to the PB4L Philosophy.

In other words to live our **School Values** of: -

- **Manaakitanga** – we are respectful
- **Rangatiratanga** – we are learners
- **Wairuatanga** – we are reflective
- **Whanaungatanga** – we are caring



We work extremely hard to instil these values in our students. We endeavour to always treat our students with respect, sensitivity, and compassion even when things turn to custard, and they are angry, upset, or bewildered.

All students are encouraged to speak to an adult about anything they are worried about, or have concerns. Most are quite content to do this, and even happily report their friend/s for inappropriate behaviour. They need to know that this isn't "narking", but a positive way in which they are able to retain their power, to stand up for themselves, to protect themselves, and that by doing so they may be helping prevent others from developing anti-social behaviours.

As someone who has taught for a considerable period – beginning in 1977 (10 Years before the first World Rugby Cup!!) – I am certain the level of bullying in most schools is now less than in former times. In a previous era natural justice often prevailed, and

physical fights were quite frequent. Cyber-bullying, however, has added another dimension.

The involvement of our students, during intervals and lunchtimes, in a wide range of physical activities (including the age-old favourite's bull-rush and tree climbing) definitely has some impact on channelling their energy in a positive way.

Have a great week.

Nga mihi nui
Richard McMillan



The TAS School Wide Behaviour Expectations

Rangatiratanga:

We are Learners
We show Rangatiratanga

Wairuatanga:

We are Reflective
We show Wairuatangaa

Whanaungatanga:

We are Caring
We show Whanaungatanga

Manaakitanga:

We are Respectful
We show Manaakitanga



Tall Poppies

The following Taihape Area School students rose above the crowd last week as outstanding achievers, and members of our Learning Community:

Elijah Cashell and Rone Temara (Room 1) -for enthusiasm and progress in reading;



Alice Tweeddale (Room 2) - for completing all her work this week.

Kohatu-Paul Hansen (Room 4) - for your impressive reading this week and teaching us all about sign language and how to sign;

Tremaine Temara (Room 4) - for your amazing reading and writing this week. You completed all of your tasks to a high level. Ka pa!!;

Naylene Hahn (Room 5) - for always having a positive attitude in all her learning areas;

Nile-Khalila Saifudin (Room 5) - for showing support to her peers, and being a wonderful role model in class;

Cruz Wirori (Room 6) - for demonstrating great sportsmanship, and for making good choices;

Heidi Tweeddale (Room 6) - for being a focussed learner, and always demonstrating TAS values;

Rooms 7 and 8 - for awesome behaviour from all Students during their Sleepover (Thursday night) at School.



Tall Poppies from Learning Street - Week 5

How Parents Can Help Students in the Senior Years of School - By Andrew Fuller

When you have a Student completing the Senior Years of School, everyone in the Family is doing Year 11 or 12. Here are a few ideas for coming through these years flourishing, and having everyone's dignity intact.

Parents have a vital role in helping students:-

- Manage time;
- Manage energy;
- Manage stress;
- Manage to get everything in at the right time, and in the right place.

In addition to this you have to manage yourself.

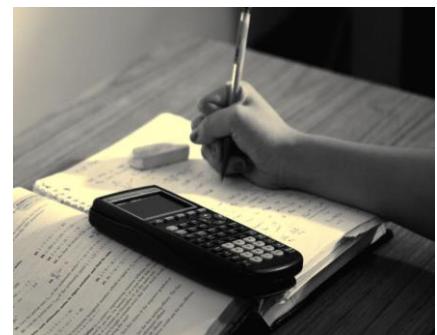
Developing the System

Regular planned times for study throughout the year creates better results. Short regular sprints of learning are more effective than long study marathons. To create this you need to work out a system.

Sit down with your child and map out an ideal week including:

- *Times for sleeping (at least 8 hours a night);*

- Times for unwinding and relaxing;
- Best breakfast foods;
- The best times for study;
- The best time of the week for consolidating notes and extending memory;
- Time to catch up with friends;
- Required School Hours;
- Time for part time work (less than 10 Hours a week);
- How to handle invitations around exam times.



Without a plan, you are simply left with doing what you like, when you feel like it. and often feeling like studying is not the most likely emotion in teenagers' lives.



Study sprints should be ideally 20 minutes long, and never longer than 50 minutes, with a ten-minute break between study sessions.

Usually on the weekend, have some time set aside for organising information, and testing memory of new information.

Patiently, talk through the system until you all feel that you have the best plan. Ask them how often you should remind them of the system, when they don't seem to be following it.

You may also need to discuss minimizing distractions - excessive social media use, listening to music while studying, multi-tasking, or chatting with friends online, is not compatible with studying. Multi-tasking is just splitting your attention, and means you'll need to study four times longer than you need to.



As a parent of a Senior School Student, keep yourself informed. Come to information sessions and Parent-Teacher Meetings yourself. Stressed students don't always store detailed information well so take notes of key dates and requirements.

A Spoonful of Sugar

Would you let your child stand at the sugar bowl and eat 6 teaspoons of sugar at a time? Do you know how much sugar is in the drinks they are consuming? Are you aware that many students go to New World in the mornings and buy two cans of V, or three bottles of



E2? Are you aware of the long term damage that drinking sugary drinks does to students teeth? Sugar content of selected drinks: -

<u>Beverage</u>	<u>Teaspoons of Sugar per average serving size</u>
Ribena	9 (250ml)
Fanta	20 (600ml)
Lift plus	7 (250ml)
V	7 (250ml)
Fresh up	11 (400ml)
Coke	16 (600 ml)
Just Juice	7 (250ml)
G Force	10 (400ml)
E2	10 (400ml)
Calci yum	6 (250ml)
Powerade	9 (600ml)
Flavoured Water	4 (750ml)



Why Is Too Much Sugar Bad for You

From marinara sauce to peanut butter, added sugar can be found in even the most unexpected products. Many people rely on quick, processed foods for meals and snacks. Since these products often contain added sugar, it makes up a large proportion of their daily calorie intake.



In the US, added sugars account for up to 17% of the total calorie intake of adults, and up to 14% for children. Dietary guidelines suggest limiting calories from added sugar to less than 10% per day. Experts believe that sugar consumption is a major cause of obesity and many chronic diseases, such as diabetes.

Here are some reasons why eating too much sugar is bad for your health:-

1. Can Cause Weight Gain
2. May Increase Your Risk of Heart Disease
3. Has Been Linked to Acne
4. Increases Your Risk of Diabetes
5. May Increase Your Risk of Cancer
6. May Increase Your Risk of Depression



8. Can Increase Cellular Aging

9. Drains Your Energy

10. Can Lead to Fatty Liver

Other Health Risks:-

Increase kidney disease risk: Having consistently high blood sugar levels can cause damage to the delicate blood vessels in your kidneys. This can lead to an increased risk of kidney disease.

Negatively impact dental health: Eating too much sugar can cause cavities. Bacteria in your mouth feed on sugar, and release acid by products, which cause tooth demineralization.



Increase the risk of developing gout: Gout is an inflammatory condition characterized by pain in the joints. Added sugars raise uric acid levels in the blood, increasing the risk of developing, or worsening gout.

Accelerate cognitive decline: High-sugar diets can lead to impaired memory, and have been linked to an increased risk of dementia.

Research on the impact of added sugar on health is ongoing, and new discoveries are constantly being made. Detailed information can be found @:-

<https://www.healthline.com/nutrition/too-much-sugar#section11>

2020 Term Dates

Term	Start Date	Finish Date
1	Monday 27th January	Thursday 9th April
2	Tuesday 28th April	Friday 3rd July
3	Monday 20th July	Friday 25th September
4	Monday 12th October	Thursday 3rd December

Weetbix Tryathlon 2020

The **Annual Weetbix Tryathlon** is to be held @ Ongley Park, Palmerston North on Wednesday, 18th March, 2020. Last year we had a large number of participants in this fantastic event.

The regular price of entry is \$40-\$45 for early birds, but there are team/group concession rates as well.



<https://tryathlon.co.nz/locations/palmerston-north/>

EVENT DISTANCES

Individual

Age Group	Swim	Cycle	Run
6 years:	50m	–	1.5km
7 years:	50m	4km	1.5km
8-10 years	100m	4km	1.5km
11-15 years	150m	8km	1.5km

Teams

Age Group	Swim	Cycle	Run
Junior Team of Two (7 years):	50m	4km	1.5km
Junior Team of Two (8-10 years):	100m	4km	1.5km
Senior Team of Two (11-15 years):	150m	8km	1.5km

	Early Bird <small>(ends 3 weeks from event date)</small>	Online <small>(valid 20 days from event date until online entries close)</small>	On the Day <small>(available on the day of the event)</small>
TRYathlon - Individual Individual	\$45	\$50	\$60
TRYathlon - Team Price per participant	\$45	\$50	\$60
Splash & Dash Individual	\$40	\$45	\$55

All prices incl GST

Wood Raffles

We have 2 Wood Raffles on the go at the moment. One is to help cover the cost of the Year 10 Camp, the other to assist with the Cost of 2 Students to attend the Rotary Rypen Camp in Inglewood.

RYPEN is the Rotary Youth Program of Enrichment is hosted by Rotary Inglewood at the Horizons Vertical Adventure Camp (10km from Inglewood).

RYPEN is aimed at young people in the 15 –17 age group who are still at school and who possess qualities of decency, persistence and application, and who deserve further encouragement.

The young people will be presented with a series of ideas, challenges and social experiences, which will hopefully assist them in broadening their horizons socially, culturally and physically.

Tickets are available from the School Office.



Quote of the Week

"Quality is not an act, it is a habit" - Aristotle

Online Safety

The link below has suggestions for ensuring the safety of your children in the online environment:

https://nationalonlinesafety.com/resources/platform-guides/?fbclid=IwAR3hF9YkWFUvPQXom7oPhcZgEH8lpLZbJ_7UL1SxJbNeZK1Ucztq5mj_o

KEEP YOUR KIDS
SAFE Online



New Zealand Rural Games

The Ford Ranger New Zealand Rural Games is New Zealand's premier celebration of rural sports.

A great family weekend of traditional sports, entertainment and heaps of opportunities to have a go.



**The Square, Palmerston North
14 & 15 March 2020**

Entry is FREE!

'Sports that built the nation. Ngā tākaro whakatipu i tō tātou whenua.

At the heart of the Games are a series of traditional sports attracting top competitors from throughout New Zealand and Australia. You can expect to see several national and world champions battling for the prestigious New Zealand Rural Games titles. Together with Sport New Zealand and Rural Sports Associations around NZ we've developed exciting new formats for sheep shearing, speed fencing, speed tree climbing and other traditional sports. We'll also be hosting the ANZAXE Wood Chopping Championship, Harness Racing Gearing Up Championship and the Southern Hemisphere Highlander Champion.

Kids 'n Country features a host of fun events over both days to keep under12s active and entertained. And there are some great spot prizes.

As well as the competitive element, the Games will feature a fun-packed festival programme with delicious local food offerings and heaps of fun Fonterra Have a Go events like olive stone spitting, gumboot throwing and cowpat tossing!

Year 9 Art Trip to Kai Iwi Beach





TAS Behaviour Expectation

Whanaungatanga

We are inclusive. This looks like:-

- We actively participate in learning;
- We play fair;
- We are supported in our learning;

Year 9-13 Athletics Championships

The Senior School Athletics were held in extreme conditions last Wednesday. This was a very successful day, despite the heat. The full results will be in the next Newsletter.







