

Kiaora to families and friends of Lower Moutere School –

8 March 2024

We are enjoying the sunny days, being able to still get out and about, and seeing the students coming into school each day, brimming with smiles! The fresh snow on our Mount Arthur is a sure reminder that winter is heading our way – perhaps a bit earlier than expected!

HAPPENINGS AROUND OUR SCHOOL!

You will have seen Harold and the team from Life Education parked outside the school this week. Harold and presenter, Ingrid, are working alongside our teaching team to support the learning for this term – “Looking after me!” So, why are we learning this? This is from our staff planning for the term ... ***Our aim is to provide students with information, so they are empowered to make informed choices - from a holistic approach. The community consultation gave the school a very clear direction that the parents would like students to have a very clear understanding of what makes for a healthy person - holistically, the food, sleep, mental health and physically active. We also need to equip students with the knowledge of how to be a safe and healthy person, which includes personal safety.***

One theme that has emerged from our focus so far is the number of students who are potentially not getting enough sleep. This is being covered in all classes at present, so we felt it important to share with you, this great chart from Te Whatu Ora about sleep and developing a good sleep habit!

HEALTHY SLEEP HABITS

Here's some great tips to ensure our tamariki get enough sleep:

- Tamariki aged 5-13 years need 9-11 hours of sleep each night to help their body and brain develop
- Encourage exercise during the day
- Create a routine of going to bed at the same time each evening
- If you can, keep the bedroom for sleeping only
- Keep cell phones, computers, TV's and video games out of the bedroom
- Replace screen time 1 hour before bedtime with calming activities such as bathing, music, and reading
- Keep the bedroom dark, quiet, and comfortable



For more information:
healthify.nz/hauora-wellbeing/s/sleep-and-children/

Te Whatu Ora
Health New Zealand

MESSAGE FROM LIFE EDUCATION & HAROLD!

The senior students went on a learning inquiry yesterday afternoon, and started a discussion about sugar and the content in each drink. It was surprising to hear that a number of our students are regular drinkers of high sugar drinks such as Red Bull, etc. Here is a good chart to reflect on in the hope that some of these early habits could potentially be reconsidered, due to the extremely high amount of sugar and other chemicals that can make a significant impact on the health of our young people!



SCHOOL TRY-ATHLON

Well done to all our students for participating so positively in the school try-athlon! We had so many students actively engaged in this event and they can all proudly say that they have completed a try-athlon! We wish those students who are competing in the WeetBix Try-athlon this weekend, all the very best!



SCHOOL SWIMMING CHAMPS!

Thanks to our parent community for coming along and supporting our students and school for the champs on Wednesday! Our school will proudly send to the district champs, just over 40 students to represent our school! Congratulations to all competitors and to those who are heading on to represent us next Wednesday!



School swimming pool

Our school swimming pool will CLOSE for the season next Friday 15th March. If you have a pool key, could this please be returned to the school office! Many thanks!

Coming to school really matters!

You will no doubt be hearing through the media and from us at school too, about the importance of coming to school. This message given to us weekly from the Ministry of Education, to our school Board and all those who work in the school. At interviews, it may have been raised, and on school reports, we write it there too.

We love seeing your child(ren) coming to school each day – and when they are here, we do great things with them – every day. So many studies give strong correlations between high attendance and high success – whether it be academic, social, physical or otherwise. I ask that you keep this in mind when considering leaving your child at home for the day. If they have a 'snuffle' or a cough, they are still ok to come to school. If they are really unwell, such as vomiting for example, then they do need to stay at home.

This year, we have a target for students to reach 92% attendance throughout the year. To date, 90% of our students are attending for more than 85% of this current term. This is great ... many thanks to you all!

	18 OR MORE DAYS <ul style="list-style-type: none">Excused and unexcused absences represent lost time in the classroom and lost opportunities to learn.Missing just one day every two weeks can add up to 18 days in a year. Absences add up before you even know it.
	10 TO 17 DAYS <ul style="list-style-type: none">Students who are absent an average of 15 days a year miss a year's worth of school before their senior year.When students miss a day of school it actually puts them two days behind their classmates.
	9 OR FEWER ABSENCES <ul style="list-style-type: none">Students with good attendance generally achieve higher grades and enjoy school more.Children benefit and make the most of their educational opportunities if they attend school regularly and on time.

Whanau connections - why they matter...

Having a great relationship with your child's teacher fosters open communication, enabling you to stay informed about your child's progress and any concerns that may arise. It creates a supportive environment where you and the teacher can work together to address any challenges your child may face academically or

socially. A positive relationship with the teacher also demonstrates to your child the value that you place on their education – and learning journey.

A HUGE thanks to our families for coming to our whanau connects this week and sharing between us, the successes and next steps for the rest of the year ahead. In term 2, a written report will be written for all students followed by another whanau connect early term 3. We all look forward to seeing the amazing growth that all our students make, this year!

Bikes in the bike racks thanks!

To help keep our school grounds safe with people moving around, can we please make sure that the bikes go in the racks, in the space between the hall and Room 5. The racks have been shifted there, and we are in the process of getting racks that accommodate the wider tyres too. Many thanks!

5 things to ask your kids
instead of "How was
school?"

1. What made you smile today?
2. Who did you sit with at lunch?
3. If you could change one thing about today what would that be?
4. What was the hardest rule to follow today?
5. Tell me something you know today that you didn't know yesterday.

Thanks for your support for Lower Moutere School!

Chris Bascand (JP)

Principal

Absentee Messages - Please notify the school of your child's absence before the start of school each day.

Please note: When texting the school cellphone please include your name, so that we know who the message is from, as we do not have contacts stored on this phone.

Ph: 526 7775 or **Txt:** 027 339 8801

Please provide the following details: Your child's name, room number and reason for absence – thanks!



Upcoming Events

Motueka Swim champs	Wednesday 13 March	Motueka High	Swim finalists
Year 7 / 8 Immunisation	Thursday 21 March	School	All Y7 / 8
Board meeting	Thursday 28 March	Staffroom	-
Easter break	Thursday 29 March – 2 April	-	School closed
Last day term 1	Friday 12 April		
First day term 2	Monday 29 April		
TEACHER ONLY DAY	TUESDAY 4 JUNE		All schools – Motueka district

GOLDEN APIARIES

Golden Apiaries is a small family-owned business servicing Tasman, Golden Bay and Marlborough. They supply raw honey, pollination services and queens. The closest stockists of Tasman Gold Honey are Potters Patch in Motueka, which has their full range, Toad Hall, BeetRoot and Connings. You can also purchase directly through Choose or by emailing info@goldenapiaries.co.nz

tasman school

MUDDY BUDDY

Adventure Fun Run

SUNDAY 17 MARCH 2024
TASMAN SCHOOL



FOOD | COFFEE | SILENT AUCTION | WHITE ELEPHANT STALL & MORE!

GREAT SPOT PRIZES!

Incl. 2 BIKES from MY RIDE RICHMOND

PRIZES FOR THE BEST ECO DRESS-UP!

ENTER ONLINE | \$15 per person | \$40 family
ENTER ON THE DAY | \$20 per person | \$50 family
SIGN IN 9.30-11am | RACE STARTS 11.30am

EACH LAP APPROX 1KM | 1 LAP - Kids, Family Fun, Open | 2 LAPS - Open | 3 LAPS - Open

www.tasman.school.nz



AIRROLL
ramps

Party Hire



Only \$100 per day

You Get:

- 2 Quarter Pipes
- 1 Kicker Ramp
- 1 Table Top
- 1 Manual Pad
- 2 Small Launch Ramps
- 1 Large Launch Ramp
- 1 Grind Rail
- Free Delivery in Nelson & Richmond

Add a 3 foot quarter and a 2 foot spine for an extra \$50








For ramp hire or sales enquiries
Phone 021 847 337 or email airrollramps@littlereds.co.nz

WIN!

Tickets
\$50

A Yaris Cross Limited
Hybrid with Two Tone Paint
Valued at \$45,390



Bowater
Toyota

www.cancernelson.org.nz/win



For just \$50, you're not just
entering to WIN; you're
supporting those affected by
cancer in our community.
Let's drive change together.



Licence approval number LT090000491

See full terms & conditions on website www.cancernelson.org.nz/win

Can you help?



are collecting cans to sell for some much
needed cash

Just collect your aluminium cans
and drop them off to us at
452 Lower Queen Street, Richmond



Shop with us!



school
fundraising shop



10% is
Donated to
**Lower Moutere
School**

Paying it Forward,
Together!

www.schoolfundraisingshop.org.nz