

16 October 2020

Kia ora from Wellington

Thank you to the families who contributed to our recent working bee. The large turnout created a real buzz and a significant amount of work was completed.

This week I am in Wellington with the Year 8 students who will soon move on to high school. This camp is the culmination of their leadership programme and we visit Parliament, the Archives, Weta Workshop, the Zoo, Te Papa and many other landmarks in the capital.

### **Pause Breathe Smile programme**

Teachers had training in the Pause Breathe Smile programme at our recent teacher only day. The impact of our rapidly changing world and increasingly busy lives means that we need to learn how to regulate worries and switch off. This programme is easily integrated into the school day and provides everyone with the tools to attend more closely to our own needs and to care for each other.

Pause Breathe Smile teaches mindfulness as a life-skill for the purposes of:

- Improving focus and attention
- Increasing care for self and others
- Developing emotion regulation skills and the ability to self-calm
- Improving a child's ability to make wise choices about what supports wellbeing and what doesn't
- Developing emotional literacy and boosting resilience
- Cultivating a positive sense of connection to self, others and the natural world

This term we will begin exploring these ideas and learning mindfulness techniques that we will build into our school day. We are grateful to Southern Cross for providing the funding for this programme.

### **Addressing concerns**

Our partnership with families is the key to your child's success at school. We value parents letting us know when they have a query or concern so that we can address it, in the best interests of your child. The best way to begin is to approach your child's team teachers as they can answer most questions. We have a Concerns and Complaints Process that is outlined in this newsletter. You can see the suggested starting point and steps that can be taken to ensure we reach a solution.

Juliana Rae  
Principal

# Celebrating Achievement

We would like to hear if your child has a significant achievement to celebrate. By significant, we mean achieving at a very high level in something they are passionate about (eg representing Canterbury in a sports team). We'd love you to send a photo and a description of the achievement to Kathryn, [admin@clarkville.school.nz](mailto:admin@clarkville.school.nz) so that we can include it in the newsletter.

*Today we celebrate several students;*

*Congratulations to Ben P, who competed at the recent National BMX Competition and was placed in the top 10!*

*Also congatulation to the follwong students who placed extremely well in the ICAS & Otago Problem solving competitions*

## Otago Problem Solving

Merit :

Pippa T

Joseph S

Liam A

Ted R

Taine K

Brooke C

## ICAS

### **Mathematics**

Oskar A - Credit

Ted J - Credit

Clara-Jane L - Credit

Cooper P - Merit

Saskia F-K- Merit

Ted R - Merit



### **English**

Saskia F-K- Credit

### **Digital Technologies**

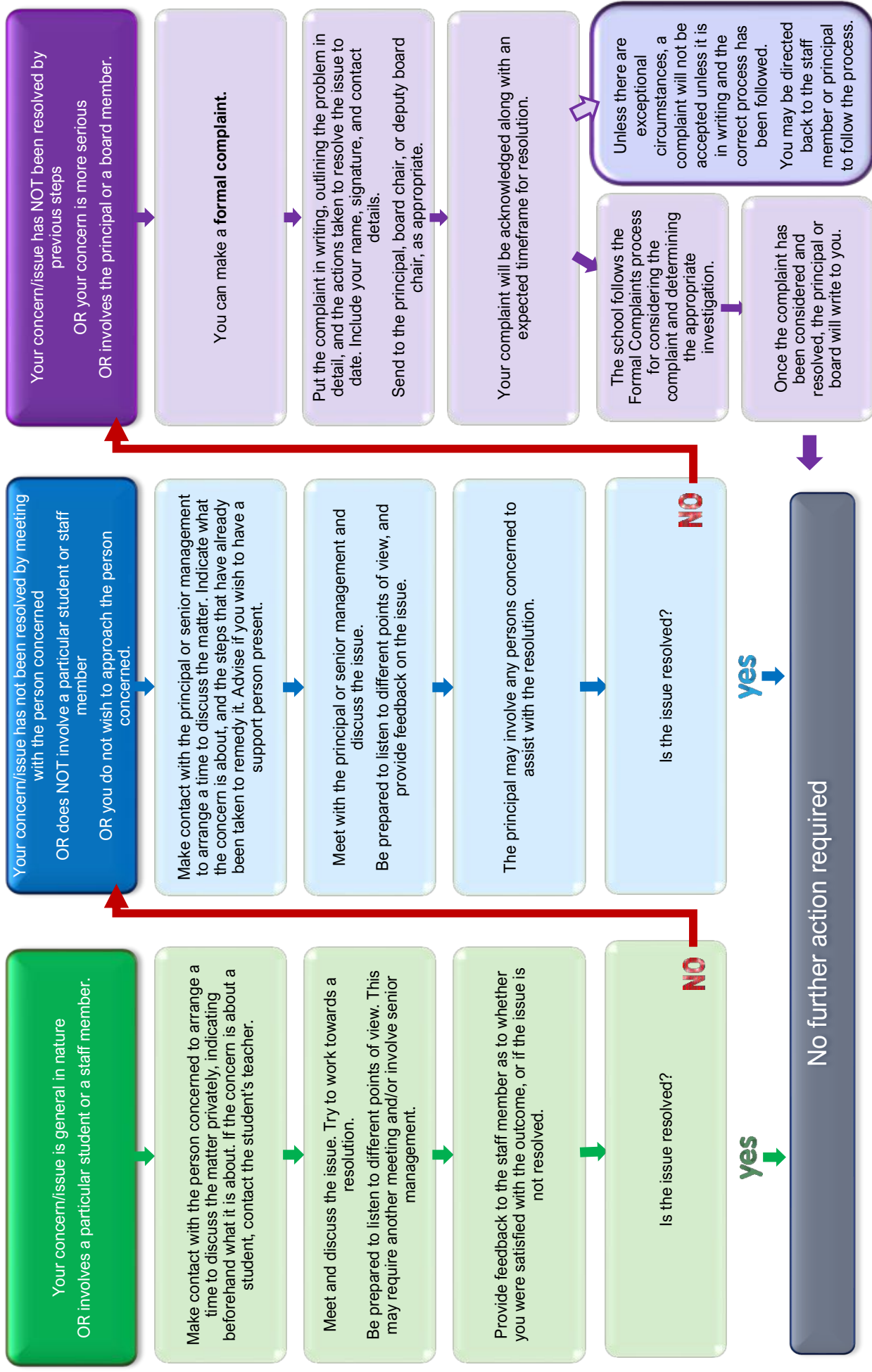
Saskia F-K- Distinction

Ted J - Credit

Clara-Jane L - Credit

# Concerns and Complaints Process

Most concerns can be resolved informally by discussions with the people concerned.



This flowchart aligns with the school's Concerns and Complaints policy and procedures.

# Calendar of Events

please note the dates in your diary

November	2 3 4 4 4 6 6 9 12 13 18 19 20 25 - 26  27 30	Mana Ake Drop in, from 1.00 -1.30pm Athletic, Zones Lamb, Calf & Pony Ag Club projects due in KHS testing Board meeting, 6.00pm Book Club orders close Assembly, 9.10am Rotary Speech Competition Red, Black & White Day Public Holiday Canterbury Anniversary Day Garden Projectas due (Ag Club) Aspire, Tech all day Assembly, 9.10am Ag Club – Animal judging Ag Club – garden judging Lunchtime Sausage Sizzle (order via Kindo) NC Kapahaka
December	2 2 3 4 4 7 10 11 11	Board meeting, 6.00pm Canterbury Athletics Production performance @ 6pm Subway for lunch (order via Kindo) Assembly, 9.10am Year 8 Leavers Dinner Year 7 & 8 Tech all day Prizegiving, 10am School finishes at 12.30, bus run @ 12.30

**Term 4: Tuesday 13 October - Friday 11 December (9 weeks)**

## Term Dates 2021

**Term 1: Wednesday 3 February - Friday 16 April**

Public holidays: Waitangi Day: Monday 8 February  
 Easter: 2 April – 6 April (includes Tues)

**Term 2: Monday 3 May - Friday 9 July**

Public holiday: Queen's Birthday: Monday 7 June

**Term 3: Monday 26 July - Friday 1 October**

**Term 4: Monday 18 October – Thursday 16 December**

Public holidays: Labour Day: Monday 25 October  
 Canterbury Show Day: Friday 12 November

### **Mana Ake drop-in service – Monday 2 November**

Katherine Broughton, a counsellor at Mana Ake, will be at school from 1.00 – 1.30pm if you would like to drop in for a chat. Parents with concerns about any aspect of their child's wellbeing or development are welcome to connect with her. This service is free and is confidential.