

# RiwakaNews

#1 - 28 February 2025



RIWAKA

is cool!

**Riwaka School** 

The place to

be!

Kia ora e te whānau - hello to all of our school families! Woohoo it is SO great to be back!

I hope you all had a fabulous time over the summer holiday time. It is hard to believe that today is officially the last meteorological day of summer for New Zealand, and that we are officially into Autumn as of tomorrow! Wow! How did that happen so fast? We are still taking advantage of every last bit of the beautiful sunshine here at school; utilising our outside areas and of course the pool. Swimming will continue for a few more weeks as we can turn on our solar support system and cover the pool to stop losing too many degrees overnight.

It was great to connect with so many of you at our school whānau picnic, the recent swimming celebration event and at our weekly learning celebration assemblies. We love having you partner with us to ensure your child has a real sense of belonging (whānaungatanga) to Our Place here at Riwaka School. Our goal setting conversations this afternoon/evening also set the scene to grow and develop these partnerships further.

I am so proud of the work our staff - the Dream Team 2025 - have put in to ensure our children have the very best start to their 2025 school year. We had two fantastic staff days at Kimi Ora, developing our Emotional Culture (what we want our school to feel like) and Leading with our Strengths, facilitated by Tui Fleming. These days are always so worthwhile as we grow together as a team, as well as driving forward with the strategic vision for our school.

I am super excited for our year ahead together and look forward to sharing your child's learning and life journey with you.

Mauri ora - Be well!

Adele Lidgard **Tumuaki - Principal** Riuwaka te puna wai, whakatipu nga tamariki The flowing waters nurture our future generations















### SOME UPCOMING DATES

#### Make sure you have these on your calendar

3-7 March	Week 5	Te Awa - Year 4, 5 & 6 - Mārahau Camps
Tues, 11 March	9-11am 6:30-8:30pm	Our Kids Online Please RSVP to office@riwaka.school.nz
Wed, 19 March	10am	Whole School trip to Te Puna o Riuwaka
24-28 March	Week 8	Te Pūaha - Year 7 & 8 - Christchurch Camp
Mon, 31 March	All Day	School Closed - Teacher Only Day
Wed, 02 April	All Day	School Photos today
Fri, 11 April	9:10am 2:50pm	Learning Celebration Assembly Term One ends today
Mon, 28 April	8:50am	Term Two commences

#### **Upcoming Teacher Only Days**

This year the Government has provided professional learning days for teaching staff to attend workshops during the school term. Riwaka School will be closed on **Monday 31 March** and **Tuesday 3 June** so our teachers can attend maths sessions. Thank you for your support and understanding.



We are no longer collecting cans for recycling! Please do not leave cans by the boiler shed.











It's not too late to register for the upcoming • Weetbix Kids TRYathlon being held in Nelson on Sunday 7th March. Riwaka School have registered and our marquee will be up. All you have to do is register online and select our school from the drop down menu. This event is for children 6 years + with the littlies having a Splash & Dash option. Give it a TRY!

#### **<u>Register Here</u>**



## Our Kids Online 2025 Term 1 sessions

We want our school and our community to be a safe place for all children. Our tomariki are growing up in rapidly changing times, and the risk, frequency and severity of online harm are increasing. We need to tackle this as a community. As such, we have organised Filmmaker, Author and Speaker Rob Cope, Producer of the documentary "Our Kids Online" to present a humorous and eye-opening session to our parent community.

His talk will cover:

- Cyberbullying
- How bullies can reach our kids 24/7 Social media
- How social media is affecting the mental health in 3 out of 5 children.
- FOMO, depression, anxiety
- Gaming and the developing brain An oversupply of dopamine leading to dopamine deficiency, synaptic pruning, and the underdevelopment of social skills and empathy
- Naked Selfies The pressure to send nudes from intermediate up through high school
- Online predators The methods they use, how to spot them Online porn vs healthy sexuality How consuming online pornography as a child or teen can create a sexual template where violence, aggression, and dominance are seen as normal and consent can become very blurry.

Solutions:

- Filters Which filters are best and how to install them Smartphones -
- How to lock down a smartphone to make it a safe phone
- Boundaries How to put good boundaries in place around device use 3 golden rules -
- The 3 golden rules that will keep your kids safe
- Taking to your kids How to have difficult conversations with your kids
- Challenging our own phone and device usage -
- Reconnecting as a family.

#### The event will be held here at school on

#### Tuesday 11 March at 9am - 11am and again in the evening from 6:30pm - 8:30pm.

Light snacks will be available. Please note this talk is for adults only and is not suitable for children or teens to attend.

If you are a new to our school or have not already been along to one of these sessions, we csk that at least one representative from each family attends one of the sessions offered, and hope you are able to prioritise this within your busy lives.

This topic is too big for us not to pay attention.

Included in your ticket is a one-year complimentary subscription to "Parenting in an Online World 101" from Rob and team at Our Kids Online. This is a cybersafety parenting course, designed specifically for NZ families. It usually costs \$99 per family. So show up and get it for free!

Please **RSVP to office@riwaka.school.nz** to secure your seat and for catering purposes.

#### V<u>iew a trailer from Rob</u>















#### Lyn Campbell School Chaplain

Lyn Campbell is our Riwaka School Lifewalk Chaplain. Lyn is contracted to provide pastoral care for students, staff and the wider school community. Ways that Lyn works with our school:

- supporting students through 1:1 mentoring
- connecting with parents, carers and wider whanau to bring support in a variety of ways
- facilitating small group programmes eg working through the impacts of loss to help children manage change, stress, isolation and build resilience
- Links parents and whanau into wider community supports.

Chaplain Lyn is an experienced former primary and secondary school teacher who has worked in various senior leadership positions, served on national Boards and school boards.

Lyn can be contacted through the school office.

### A **HUGE** shoutout and **THANK YOU** to **Zespri** for their generous contribution to our school of \$2500.

ZÉŚPRI

This money was received to go towards sports equipment, some funding towards our court markings (which should be happening VERY soon!) and some new picnic tables for our lunch eating area.

Also many many thanks to Louise Fry who completed the paperwork and put the application in on behalf of the school - fabulous outcome for our tamariki!













### Update from the FORS

We have some aspirational plans for our school to enhance the outdoor environment for our students. This is part of the school's Strategic Goal - enhancing the outdoor environment to reflect our school learner attributes. This year we are focusing ALL of our fundraising to these three initiatives:

30.00

- New junior playground incorporating a sandpit
- Development of the shade area on the back field into a 'play space' and
- Resurfacing of the pump track and extension to include a bike/scooter track

We will be seeking funding for these projects from community grants and other charities, but we do need to contribute \$30000 ourselves.

With this in mind the Friends of Riwaka School (FORS) have planned out the year to raise funds, in the hope we can achieve this lofty goal by the end of this year and get these projects completed!

Here is the outline for the year:

- Monthly Fundraisers:
  - April: Hot Cross Bun sales we receive \$1 per packet sold
  - 24 June: Matariki (proposed event is an evening celebration with hangi)
  - 27 July: Duck Race and mid-winter polar plunge (10 August postponement date)
  - September: Book Fair (funds raised from the Book Fair go back into books for the Library)
  - 14 October: Quiz Night at the Sprig & Fern
  - November: Student Council Disco
  - December: Christmas Hamper raffle
  - 15 February 2026: Riwaka School Harvest Festival
- Hot Lunches on Fridays (Hotdogs, Sausage Sizzle, etc.) We require a roster of parents for this.
- Bake Sale (One per team, per term) This will start in Term 2.

In order for this to be successful we need our community to pull together and support where they can. There will be a survey coming out soon for you to say when and what you can help us with. With our two BIG events - the Duck Race and new Riwaka School Harvest Festival - we hope to gain interest and attendance from further afield e.g. not families who attend our school. So we will start advertising these events well in advance to begin to hype interest.

Please respond to the survey so that we know we can rely on you for some or all of these events.

#### Thanks in advance - Riwaka School students and Friends of Riwaka School FORS

EGRIT

# **COMMUNITY NOTICES**





Supporting you to be the parent you want to be



#### MOTUEKA TENNIS CLUB

2025 Junior Coaching term 1 Wednesdays, 12 February to 26 March There will be SEVEN sessions in total.

> 5-8-year-olds: 3.15 - 4pm Term fee: \$80

9-11-year-olds: 4 5pm Term fee: \$100

Please contact Kath to register for coaching programmes. An email will be sent upon registration with payment details.

Please ensure that payments for coaching are made prior to the start of term as spaces are limited.

> Contact Kath: ph 0275800108 motuekatennisclubinc@gmail.com

#### Piano and Violin lessons in Motueka

Suzuki method music lessons for complete beginners aged 3 yrs+ with a parent/support person

www.katiesuzukimusic.com/ Do a 1-week-free website registration so you can book a free chat to meet me



Child-friendly lessons Children learn by ear then learn to read music

Flexible lesson booking

Pre-recorded videos on the website to use

Qualified Suzuki ethod teache



between lessons



