

# THE FRIDAY FLIER

(Published fortnightly)

KOTAHITANGA

Waikato Waldorf School, Kindergartens and Playcircle



No: 10

5 June 2020

*Kia ora koutou*

*This week it has been delightful walking around the classrooms seeing the children actively engaged with their fun practical tasks, crafting, painting, singing, recorder and violin playing, storytelling, drama, writing, math tasks, problem solving, main lessons, gardening. This has been truly heart warming seeing students and adults involved in these rich and meaningful activities. Staff continue to focus on nurturing close relationships with all the children to ensure we support their needs and build resilience.*

*We eagerly await to see when we can move to Alert Level 1 and with that we will take advice from the Ministry of Education and Ministry Of Health before we can review our new procedures. We will, of course, keep you informed of any changes as soon as they have been confirmed. I would like to say a big thank you to everyone who have supported our new protocols around drop off/pickups, social distancing and contact tracing. Your calm response has translated into the students adapting quickly and sensibly to the new way of doing things. We have also found that with less people on site the children have transitioned quickly into the beginning of day routines. Many of you have missed coming on to the school grounds and I know how important it is for our community to have time to connect and network as we come from far and wide. Let's think about more ways we can get together to rebuild our parent community connections. I have also heard that a lot of people are pleased with both entrances being used as there is far less congestion and students have enjoyed a bit of independence and a short walk to school.*

*Let's not forget some of those important learnings from lockdown. How important it is to slow down and make life less complicated. Spending time as a family talking, walking, biking, playing games, crafting, cooking and eating together.*

*Getting that balance right in our lives is essential to healthy and happy living. So enjoy this weekend and make sure you have time to slowly breathe in and out again.*

*Ngā mihi*

*Sue*



## Term Dates 2020

**Term 1 30 January - 9 April 2020**

**Class 1 31 January - 9 April**  
*06 February Waitangi Day*  
*06 April Teacher Only Day – school closed*

**Term 2 28 April - 2 July 2020**

*29 May Teacher Only Day – school closed*  
*01 June Queens Birthday*

**Term 3 20 July - 24 September 2020**

**Term 4 12 October - 15 December 2020**

*26 October Labour Day*

# CRAFTY IDEAS FOR THIS WEEKEND!

Why not try and make a pine cone bird feeder. You can use peanut butter, coconut oil or fat to stick the seeds on and just a piece of string to hang the cone up with. Quick, simple and great fun!



**Mindfulness practice** has helped millions of adults learn a more resourceful response to the stresses inherent in being human. Children too, who are under great pressure from peers, social conditioning, media and the internet, can learn to protect themselves by using these well-researched tools, when those mindfulness tools are adapted to younger age groups.

When children learn how to be mindful, taking a few moments before responding to stressful situations, they become more resilient, more thoughtful and more empathic. They also learn to understand the relationship between thinking and feelings in the body.

We all know mindfulness is good for us. Mindfulness allows us to be present in our parenting, choosing a skilful response, instead of succumbing to our visceral reactions. Mindfulness is also good for our children. There is an emerging body of research, including some exciting new NZ research, which shows mindfulness helps children improve their ability to pay attention, to calm down when they are upset and to make better decisions. In short, it helps with emotional regulation and cognitive focus. Doesn't everyone want that for their children?

A simple practice is to have the child sitting relaxed and breathing in their favourite colour in through their nose down to their belly button then breath out through their mouth gently and slowly- if they are feeling anxious they can also imaging blowing out through their mouth a rainbow. This simple exercise practiced *before* pressures rise, can be quickly instigated to actively help a child re-establish their equilibrium.

*Maree Smith RN, Anthroposophical RN 021 150 9443*



# Year 7 / Class 6 Vision Screening Waikato Waldorf School

**The Technician will be visiting our school on Thursday 18th June at 9am**

## Information

### on Vision and Hearing Checks in School

Vision Hearing Technicians from Community and Southern Rural Health will be visiting our school. The objective of the test is to identify previously undetected vision and hearing defects.

If any parents/caregivers **do not** want their child to be checked, or their child is currently under specialist care for a vision or hearing defect, they should let the school know.

### Which children are routinely checked?

Children who have not completed vision and hearing checks as part of their B4 School Check  
Children absent from previous visit, require retests or follow up  
In special circumstances, parents, teachers or others may request a vision or hearing check

### What tests are carried out?

#### Ears

Audiometry (hearing test)

Tympanometry – middle ear function test (only carried out when hearing test is not within a normal range)

#### Eyes

Long distance vision tests – not a complete visual examination, but a simple screening test

*NB All of these checks are non-invasive, safe and should cause no discomfort.*

### The Vision Hearing Technician will:

Notify parents of all test results

Enter results on Ministry of Education database (Enrol)

The Vision Hearing Technician will obtain personal details from the school ie; names, date of birth.

If the technician needs to contact parents or caregivers following the visit, addresses and phone numbers will also be required.

Our Service may share this information with other health professionals involved in the children's care.

## COMMUNITY NOTICES

*These notices are published as a service to the school community. Publication is at the discretion of the Editor, and does not necessarily reflect the opinion of the Faculty.*



### We're back!

Come and play to learn and learn to play with:

**MUSIQHUB**  
PLAY SMART

Just contact **Carl** for more info

[carl.watkins@musiqhub.co.nz](mailto:carl.watkins@musiqhub.co.nz)

027 388 9558

### LOST

Anton from Class 4 has lost his reading glasses.

They are Oakley brand, charcoal colour with bright blue arms.

If found please hand in to the school office. Thank you.

### It's School Holiday Time!!

 **KELLY SPORTS** 6<sup>th</sup> to 17<sup>th</sup> July 2020

Bring the kids along to have a fun filled time with our awesome staff. We have loads of fantastic activities planned.

Hamilton Girls' High, Southwell, Te Totara, and Leamington Schools

We are OSCAR/WINZ Approved



Programme and bookings [www.kellysports.co.nz](http://www.kellysports.co.nz)

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