

*Inspiring a love of learning through an education that values the development of the whole child*

13 October 2020

Week 1, Term 4

## Kia ora koutou

Nau mai hoki mai e te whānau, welcome back to our final term of the year. As usual it is an event filled term!

Welcome to 5 new students and their whānau:

Pirirangi Huriwai-Nathu (Kōwhai)	Hannah Smart (Kākano)
Paul Rimene (Kererū)	Kyra Glancy (Tōtara)
Theodore Bull (Pōhutukawa)	



Hats are compulsory for children in terms 1 and 4. We have some bucket hats for sale from the office, \$12 each. Caps are not acceptable.

**Please stay off the field until further notice** - Artificial Turf is being laid on the school field over the next few weeks. Barriers have been put up and everyone is keep off the prepared area.



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**Western Zone Hockey** - Reminder for those Year 5-8 children involved in Western Zone Hockey this Thursday, that the bus leaves school at 8.45am and all children need a mouth guard or they will not be able to play. Shin guards are optional but useful. Also, we still need a couple of parents to help supervise a team on the day. There is no need to umpire any games. If you are available would you please email [sacha@otari.school.nz](mailto:sacha@otari.school.nz).

**NZ Playhouse** are presenting 'Chilled' to the whole school on Thursday. **The cost is \$5 per child.**

*NZ Playhouse is going Antarctic! The ice is melting, the icebergs are cracking up, and Nataliya finds herself in the thick of it. Encountering local wildlife along the way, the team must work together to brave the elements and fulfil their mission: saving the world from climate change. But chances are... they might learn something about Antarctica as they go! From the play's hilarious beginning to its satisfying and upbeat ending, this audience-interactive story will have your whole audience from age 5 to 13 laughing so hard that they won't even notice they're learning.*

*This play will provide 45 minutes of the high quality theatre, exciting adventure narratives and fascinating characters New Zealand Playhouse is known for, and, as usual, will include clear links to the literacy and arts areas of the curriculum.*





**NZ Shake Out** – We will be participating in the NZ Shake out on Thursday morning.

**Pink Shirt Day** is on this Friday. Celebrated annually around the globe, Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying, after a peer was bullied for wearing a pink shirt. In Aotearoa, Pink Shirt Day works to create schools, workplaces, communities and whānau where everyone feels safe, valued and respected. This October people across Aotearoa will come together to take action against bullying and fundraise to support the kaupapa. We hope you'll join us as we



Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying!

Wear a pink shirt on Friday and bring a gold coin donation. Your donation will be put towards free information, activities, resources and merchandise for schools, workplaces, communities and whānau to make Aotearoa a kinder, safer place for everyone.



**No School** on Friday 23 and Monday 26 October – A reminder that there is a 'Staff Only Day' next Friday, so an extra long weekend for whānau.

**School Athletics Day** is next Wednesday (21 October), held at Wilton Park (usually from 9.30-1pm). Whānau are welcome to attend. Child will be advised what team they are in and it would be great if they could wear clothing to match the team colour.



**Online Safety Information Evening** – 26 November 6:30 to 8pm.

Rob and Zareen Cope, parents, and filmmakers of "Our Kids Online" will be presenting an interactive information evening "designed to help any adults with children in their lives to gain a better understanding of some of the harms our children face in the online world". Advice and resources will also be a part of this evening. A flyer with details accompanies this newsletter.

There is a cost to the school which covers the presenter's fees and gives the school the rights to the film. We would like to recover some of this cost by charging a \$5.00 entry fee. The evening is for parents/caregivers only and there is limited numbers. Please send the attached form back to school to reserve a seat for this event.



**Calendar Orders** – Individualised order forms for calendars with your child's artwork have been sent home today. If you don't get a form home in the next few days, let Jillian know ([office@otari.school.nz](mailto:office@otari.school.nz)) and she can provide you with the code for your child. All orders are done online at [kidsartworks.com](http://kidsartworks.com).

**Taonga Horomata:** This term our Taonga horomata kaupapa is "Communicating With Others". We are focusing on fostering virtues that will help children relate to adults and the wider community.



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## Generosity – Hūmariki

*“Generosity is the key to all relationships. To friendships and bands. That’s the golden rule.”*

*“Never get tired of doing little things for others, sometimes those little things occupy the biggest parts of their hearts.” – Unknown*

*“You will discover that you have two hands. One is for helping yourself and the other is for helping others.”  
– Audrey Hepburn*

**“Wisdom from the Māori World”**- Last term the school was gifted a beautiful book from Anna Wood upon completing her placement as a student teacher in Ngaio class. The book is “Mauri Ora – Wisdom From the Māori World” by Alsop and Kupenga. It features quotes of Maori wisdom related to specific taonga horomata (virtues.) Some of these quotes will be shared each week in our newsletter.

## Pono – Sincerity

*“Ka rongō i te ia o te aroha, he ngākau māhaki”*

*“To feel genuine intentions is to understand a charitable heart”*

**UPCOMING  
EVENTS**



**What's  
Happening**

Activity	Who's Involved	Date & Time	Cost
Swimming Lessons	Pōhutukawa/Kākano/Kākārīki/Tui/Kererū	Term 4 -Tuesdays	\$20
Lit Quiz	Selected Students	Thurs 14 Oct	
NZ Playhouse	All students	Thurs 15 Oct	\$5
WZ Hockey	Selected Students	Thurs 15 Oct	
School Athletics	All students	Wed 21 Oct. pp 28 Oct	
Trip to Space Place	Pohutukawa	Thurs 22 Oct	
Staff Only Day		Fri 23 Oct	
School Disco	Everyone	Fri 6 Nov	TBC
Immunisations	Yr 7/8s	Tues 24 Nov	
Info Evening	Parents/Caregivers	Thurs 26 Nov	\$5

Ngā mihi  
Clifford

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## Online Safety Information Evening

Thursday 26 November 6:30 - 8pm, Otari School Hall

Entry \$5.00 per person

Name:

Number attending:

\$ enclosed or \$ direct credited into the school account (060561 0017355 00)

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# Upcoming COMMUNITY EVENTS

**Summer Soccer players needed** - Any 7-8 year old boys who are keen to play summer soccer on Friday afternoons, please contact Philip on 021-1645-341.

**A Samuel Marsden Collegiate School education for your daughter in Year 9, 2021.** Open Morning (tour the school, ask questions and find out about Marsden's Visible Wellbeing approach and programmes): Friday 23 October, 8.45am-12pm. Principal Narelle Umbers will be speaking briefly at 9am. Please register [here](#). 2021 enrolments are due now and places are limited in Year 9. Please contact Marsden Enrolment Registrar Leigh McCathie on 476 8707 if you have any questions [marsden.school.nz](http://marsden.school.nz)

**Ezlunch - ezlunch orders are made online through your myKindo account.** You can order lunch by simply going to [www.mykindo.co.nz](http://www.mykindo.co.nz). Order anytime before cut-off or schedule in advance. Lunch will be delivered to school at lunchtime. Click [here](#) to view the menu. Help? Visit [support.mykindo.co.nz](http://support.mykindo.co.nz) or tel. 09-869 5200 Mon-Fri 8 am to 4 pm.

**Kelly Sports** will be back in Term 4 with their fun and exciting classes. Kelly Sports encourages children to have fun, build confidence and to give sport a go. We believe that sport and physical activity has so much to offer young people; it improves fitness, develops communication skills, team work and gives them a place to channel their energy.

**Back to School Sports! (Yrs 0-4) – Wednesday's Lunchtimes!** - Come and try the following sports: **Football, Basketball, Cricket, Ultimate Frisbee and Fun Games!**

It's a great way to try new sports, learn new skills and improve ability. We use games & drills to teach game sense and team play. Your child will learn the fundamental skills for all sports – throwing, running, jumping, striking, balance and many more – all while having a great time!

For full details and to enrol into our programmes visit [www.kellysports.co.nz](http://www.kellysports.co.nz) email [adminwqtn@kellysports.co.nz](mailto:adminwqtn@kellysports.co.nz) or call 04 972 7201.

**Zumba Fitness in Wilton** - Would you like to try out a Zumba Fitness class? Zumba classes are held at the Otari School Hall, 166 Wilton Road, Wilton. Come along and experience the benefits of Zumba Fitness. Classes are suitable for beginners and all levels of fitness. Options will be given to suit your fitness needs. **WHEN:** Wednesday. 7.00pm – 8.00pm Friday 6.15pm – 7.15pm. \$11 per class, students \$7. **FIRST CLASS FREE.** 5 and 10 trip tickets are available. **Contact:** Annick 021 462 042 or email [zumbawithannick@gmail.com](mailto:zumbawithannick@gmail.com).

**Local Parenting Course 1 Nov- 6 Dec.** Interested in attending a local parenting course, being run at St Anne's Hall Sundays 4-6pm starting 1 November? It's a popular 5 week course that's run worldwide and will be facilitated by local parents. It's a chance to share the struggles and joys of parenting, get some great tips from child experts, and develop or strengthen links with other parents in the Northland-Wilton community. There is a small cost for workshop materials. Childcare and dinner will be provided. Please email **Heather** at [parentingnorthland@gmail.com](mailto:parentingnorthland@gmail.com) if you are interested in enrolling or want to know more details.

**Northland Scouts** - We are looking for new members. Coming out of lockdown we have an exciting programme for the rest of the year, with the opportunity to get outside and have an adventure or two. We have spaces available for Keas (age 5-7), Cubs (age 8-10) or Scouts (age 11-14). Interested in developing your leadership skills, we are looking for new leaders for keas and cubs. Full training and support are available. Like to know more? Check us out at [www.facebook.com/NorthlandScouts](http://www.facebook.com/NorthlandScouts) or email [Northland.Scouts@gmail.com](mailto:Northland.Scouts@gmail.com) for more information.

**Kiaora all! :) Experienced singing/performance teacher avail for individual lessons. 35min \$35 60min \$50.** Casual for fun or competitive training, great for confidence/self esteem/personality development. Based in Te Aro in a lovely comfortable space. Weekdays or Weekend slots avail. Jazz/pop/musical theatre. All

ages but specialises in youth. Check out vocal and performance lessons with Jacquie Fee on Facebook for further info and videos! Free consultation - whanau welcome to observe :) Open to have a korero about payment options. 0220976101-jacquiefee@gmail.com <https://www.facebook.com/Jacquiefeesinging>



## Contact us:

(0800)4Wellkiwi (0800)493555 or [wellkiwis@esr.cri.nz](mailto:wellkiwis@esr.cri.nz)  
Or text Kayla (Wellkiwis participant recruitment): (027) 212 4643  
Or Tineke Jennings (Nurse Coordinator): (027)3829702  
Wellkiwis on Facebook <https://www.facebook.com/wellkiwis/>  
Dr Sue Huang is the lead researcher/ Primary investigator

We are looking for Pregnant Mums volunteers to be part of an International study happening in the Wellington region (Hutt Valley/Porirua/Wellington)

We will follow 600 babies once they are born until 7 years of age, to see how a child's first exposure to flu or flu vaccine impacts/influences their ongoing immune response to subsequent exposure. We also offer the whanau living in the same home to be part of the study reporting when they are unwell also.

- Once consented the first sample is a cord blood taken at birth (this has no impact on where you can birth, or the process, the placenta is left untouched)
- During the flu season (May-October) the parents are sent a simple survey which monitors symptoms and looks for influenza like illness (this can be answered on cell phones/laptops/iPad etc)
- If influenza like illness is reported the nursing staff (RN's/RM PHN background) will make a call to parents, will offer support and information, and will offer to swab baby/whanau if necessary
- A Registered Nurse will visit the home when child is unwell to take a nasal swab which is tested for influenza, covid and non-flu respiratory viruses this means we can give results to inform you what your child has been unwell with, these results also go to your GP.
- At the end of the flu season we also take a blood test from baby/child- we have expert paediatric phlebotomists including team of Neonatal nurse practitioners' oversight.
- There are no medications given, baby does not have to be vaccinated to be part of the study

Benefits of being part of the study:

- A gift card is given for every sample that is taken (swabs, bloods)
- On the birth of your baby you receive a birthday present
- You will have a Registered nurse visit when your baby/child is unwell and will have a Registered nurse team on the end of the phone if you have concerns about your infant
- When your child is unwell with a flu like illness we will test and find out what virus is present, and this information will be shared with your GP which can help with treatment plans
- You will be contributing towards local and International scientific research and knowledge which will help to go towards the understanding and goal of a universal flu vaccine which can protect against many strains and have longer effectiveness which will in term reduce illness, time off work, deaths etc
- We keep our participants informed of the virus's we are finding present in our local community through our participant newsletter
- Our Registered Nurses work for Regional Public Health and can discuss and refer whanau for other health initiatives such as Well Homes, smoking cessation supports.



Our team are happy to come and speak at community events, workplaces or hui about our mahi, if you are interested in this please contact Tineke Jennings (Shivers/Wellkiwis nurse coordinator) on Ph: (027)3824498 or [Tineke.Jennings@huttvalleydhb.org.nz](mailto:Tineke.Jennings@huttvalleydhb.org.nz)

Check out what some Wellkiwis whanau have to say about our study here: <https://youtu.be/KcGA6uuRSyg>

Hear from our Experts about the study here: [https://youtu.be/\\_ygyd8K4gmc](https://youtu.be/_ygyd8K4gmc)

# PARENTING COURSE

## *INITIATING INDEPENDENCE – Parenting 6 to 12-year olds*

Course starting 28 October to 2 December 2020. 2 hours per week for 6 weeks. Wednesday 7 pm – 9 pm. Small group classes (max. 12 people) in Parent Help offices: **Level 4, 175 Victoria Street, Wellington.**

- Learn skills to communicate with and support your child
- Understand your child's behaviour
- Feel empowered to solve behavioural issues

Register here <https://www.parenthelp.org.nz/register-for-parenting-course/>

### Initiating Independence

Children aged 6-12-year-old are developing their sense of self. They are learning about rules and the need for them, and how responsibilities and freedoms work. They are learning and practising a wide range of new and essential practical, social, and emotional skills.

The purpose of the “Initiating Independence” parenting course is to provide information and build skills to help create improved family relationships. The six sessions are designed to empower parents to solve behavioural issues and to understand how to communicate with and support their child through the middle years.

### Course sessions

1. The Parent's Job, The Child's Job - An introduction to effective parenting and discipline
2. Different Ages - Different Stages - Understanding what to expect
3. Parenting Styles - Being on the same page
4. Secure Children, Confident Adults - What does attachment mean?
5. Speaking their Language - Communicating effectively
6. Pushing the Boundaries - Discipline and the growing child

### Approach

Group discussions. Practical tasks. Sharing ideas with other parents.

The facilitators initiate helpful changes through using a positive and empathetic engagement with the participants. This helps to create a safe and relaxed space in which parents can share their family dynamics and issues.

### Cost of course

1 Participant \$50, 2 Participants \$70

Register here <https://www.parenthelp.org.nz/register-for-parenting-course/>



# FREE HOME FIRE SAFETY VISITS

Fire and Emergency New Zealand offers these visits to help people make their homes fire safe for them and their families.

We are available to provide free information, can help install and test smoke alarms, or provide a free smoke alarm to those who are eligible.

Please let your networks know about this service.

**For more information or to book a free visit, contact your local fire station or email:**

**[FENZwellington@fireandemergency.nz](mailto:FENZwellington@fireandemergency.nz)**

**[WWW.FIREANDEMERGENCY.NZ](http://WWW.FIREANDEMERGENCY.NZ)**