



Principal's Pen

When my older daughter was a toddler, we were at the beach, climbing over some rocks. She had been happily clambering about without mishap. She came to a bigish rock pool and I said to her (because I am a great Mum!) "Don't fall". What immediately happened? She fell!

This incident came back to me earlier this week as I read an article about managing behaviour by stating what you want, not what you don't want. The brain thinks in pictures, not words so the brain does not envision the word 'don't'. When I said 'don't fall' my daughter's brain only heard the word fall, and over she went! Try this: Don't think of the colour blue. What colour did you envision? Yes, you saw blue, even though I instructed you not to.

When we are managing our children's behaviour, issuing edicts such as 'don't fight with your sister', 'don't spill your drink', 'don't run' usually has no impact, they go ahead and do it anyway because you have put the thought into their brain.

Far better for us to say what we want in positive terms 'we walk in the corridor at school' or 'put your drink on the bench'.

We can't change anyone's behaviour, ever. We might control it momentarily but long term the only person who can make a change is themselves. By saying what we want in positive terms, the person reflects on what we are asking and chooses to do it, therefore taking personal responsibility rather than being coerced.

I try to practice this, but I still hear myself saying 'don't.....'!

SCHOOL DONATIONS REFUND

Pay your donations by
31 March
and go into the draw
to get a refund!!



If you pay your school donation by March 31st 2010, you will be entered into the draw to have your school donation refunded.

For your convenience we also take Eftpos, Auto Payment, and Direct Credit:
ASB Bank, St Heliers
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Years 7, 8 Eastern Zone Sports

This year, the sports organisation for Years 7, 8 has changed. Following a big reorganisation across Auckland of intermediate sports tournaments, they are no longer part of the Bay Suburbs cluster. They are now in the Eastern zone. This zone now includes Bailey Rd, Churchill Park, Dilworth Junior School, Glendowie, Kaitoke (Barrier), Kohi, Mt Hobson Middle School, Panmure District, Sacred Heart, Sylvia Park, Waiheke School and College, Baradene, St Kents Prep, St Kents-Corran, Ellerslie, Glen Taylor, Kings, Michael Park, Orakei, Parnell, St Heliers, Stanhope Rd, Tamaki Intermediate.

As this is a new zone, a coordinator has only just been appointed and the dates for events were sent to us this week:

Softball girls 9 March
Softball boys 11 March

Swimming sports still to be advised.

There is a clash between our Years 6, 7, 8 swimming sports and boys' softball.

Unfortunately we are unable to change the date as we are using the Sacred Heart Pool. Boys who are in the softball team will not be able to participate in the swimming.

Assembly

Thanks to Room 12 and Jemma Christini for their fashion parade which showcased all their mathematical knowledge. Loved the red carpet!

Congratulations to the following children for receiving a Principal's Award at today's Assembly: Joshua Mun, Daniel Bohinc, Ana Silva, Vanessa Evans, Sean Weitekamp, William Bilitaki, Min Hui Chuah, Julie Xu, Scott Simmons, Kurt Hartshorne, Shawn Watts, Ruby O'Brien, Cleo Kirton, Kate Harland, Eda Ye, Hannah Comrie, Carys Meek, George Wyeth, Hannah Cavanagh, Adam Davies, Thomas Costello, Madee Morrow, Damian McGuire, Cameron McKinley, Piper Finn, Samuel Chan, Joseph Chan, Stefen Sparrow, Martha Macnab.

Board Of Trustees

I thought I would celebrate the great work the incumbent Board members have undertaken. Malcolm Johns has been on Property Committee and is now Board Chair. He brings his wealth of experience as a CEO to the role of Chair. Ewen Skinner is also on Property Committee where his civil engineering and project management background is invaluable. Newton Chan, a Financial Controller, has been outstanding as Finance Spokesperson. The two newly co-opted Board members Chris Parke and Nicola Marsh are very rapidly learning the governance role of a Board.

Coming Up Next Week

Tues Years 7, 8 girls' Eastern Zone softball tournament
Thurs Years 7, 8 boys' Eastern Zone softball tournament
Years 6 – 8 swimming sports

Uniform

As the weather gets cooler parents will be buying winter shoes and socks. The Uniform policy for footwear is:

Plain shoes, sandals

black, brown, navy

Running shoes

white, dark grey, brown, dark navy with very little or no other colour evident

Socks and tights

plain, white, black or dark blue socks only, ankle or knee length. Navy or black tights.

The Uniform shop has the full range of winter items. Our St Thomas's socks look very smart and are at very competitive prices. We also stock good quality tights at competitive prices. The complete Uniform Policy is on the website.

Schoolwide Testing

This continues next week. The way you can help your children prepare for these tests is to ensure they get sufficient sleep each night, have a good breakfast and get to school well before the bell goes. We have also found that well hydrated children are generally more alert, so a water bottle is a good idea. The results will be shared with parents at the parent interviews coming up on 30, 31st March.

Family Picnic

What a wonderful evening! I so enjoy seeing families and friends enjoying each other's company. The children love coming up to school after hours and having a picnic tea. Huge thanks to the PTA for organising this lovely family event, and a special thanks to all the wonderful dads for their magnificent efforts with the BBQ!

Janice Adamson

jadamson@stthomas.school.nz

PTA UPDATES

Top Schools

Good luck to all our St Thomas's teams taking part on Sunday! Please make sure you are dressed in either a St Thomas's sports uniform or school t-shirt and navy shorts. Don't forget to bring water, togs (optional), sunscreen, your school hat and some snacks! It's a fun day for the family so do come down and cheer our teams on! The event runs from 10am—3pm at Glover Park in St Heliers. Any queries to Lisa Nelson lisa@nelsons.co.nz or 027 444 5552.

Soapbox Derby Sunday 28th March

The countdown is on—3 weeks to go before the big day! The soapbox presentation created huge interest—we ended up with over 40 children wanting to join the team. Unfortunately we only had limited places available—our crew are Alexander McDonald, Jacob Borland-Lye, Scott Simmons, Nikesh Lala, Liam Fisher, Josh Downey, Niamh Johnson, Oliver Pocock, Sophie Nelson and Michelle Cameron. The team met over the weekend and the construction of the car has begun. Notices have been sent to children who put their names down for the cheerleading squad—we're hoping to start practising the routine this weekend. Any questions regarding the Soapbox email Bernard/Anita downeyclan@xtra.co.nz

Bookfair

St Thomas's School
SATURDAY 27 MARCH
9am to 5pm



First fundraiser of the year.

If you wish to donate good used books
ESPECIALLY children's books
please drop off at the school office
8.30 to 9.30am or 2.45 to 3.15pm
Monday to Friday

INLINE ROLLER HOCKEY

Learn to play at

Skateland

66 Mountain Rd, Panmure
All gear provided!
Only \$7
Fridays 4.30—6.00pm
Call Richard 021 2527600

Zumba
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JOIN THE
party

St Thomas's School Hall
Fridays @ 6pm
Starts 12th March
Enquiries to: Claudia 021 183 1946

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Friday 5th March 2010

Newsletter

Term 1 Week 5

Camp Carey

On the 17th of February, year 6 and year 8 went to Camp Carey. We stayed there for 3 days. On the 1st day, we arrived there about 3:30 and we ate our afternoon tea. It was yum! After that we did our first activity, mine was orienteering. We only found 11 pieces. Then we ate delicious food that the teachers and parents prepared for us, it was good.

On the 2nd day we did lots and lots of activities. The Water hole was the best. There were a few eels in the river! I liked it so much. We went for a long time but it felt very short. Soon it was lunch time, the meal was also delicious.

In the afternoon we carried on with our activities.

After dinner, we washed ourselves and went to our cabins. We had a party! It was fun until the teachers came!

On the last day, we had free time, and we played soccer. When it was lunch time, we played on the playground and ate pies. It was the best day that I ever had outdoors.

By Joshua Mun
Room 8