

12 March 2021

## Back After Lockdown and Out Playing Sports on a Sunny Afternoon



It was a relief to be able to return to school and to some sort of normality this week. The majority of our students had regular attendance however there was an increasing level of anxiety among our young people which showed up in different ways with different children. Some were reluctant to leave home, some reluctant to enter the school and some did not want to leave parents at the gate. In general teachers noticed it took until Wednesday for students to settle down into expected routines and engage in learning properly.

For very young children the concept of Covid-19 is difficult to understand. One 5 year old was scared to come into school because he thought the virus was in the school and in a 5 year olds mind this was like a monster waiting in the school for him. After we explained to him that the school was a safe place and spending time reassuring him that he would be safe he entered school and had great day with his classmates.

These are very uncertain times for all of us, adults and children and children in particular pick up on how adults are reacting to events. It is easy to forget what our little people are exposed to, whether images of people getting tested or vaccinated for Covid-19 on the news or conversations they overhear among adults. If the messages are negative it feeds into their anxiety around the safety of their own family members, the wider environment, such as parks and schools and fears for their own safety. With our return to Level 1, it is a good time to reengage with what used to be the normal stuff of our children's lives, such as spending time in the park or school playgrounds or again playing in team sports etc. The more normality and routines our children have in their lives the less anxiety they are likely to feel.

Enjoy your weekend.  
Michael Maher  
Principal

Coping with Worry & Anxiety About COVID-19 | KidsHealth NZ  
Anxiety and Coping With the Coronavirus | Child Mind Institute



To All our Students, Staff  
and Parents for working so  
well through another  
lockdown.

### Upcoming Events

#### March

- 16 Board of Trustees Meeting (6.30pm Staffroom)
- 17-19 Y1 Safe Walking with Constable Gordon
- 22-24 Y2 Safe Walking with Constable Gordon
- 22 Y7/8 Eastern Zone Swimming
- 26 Whānau Pōwhiri – 9.00am in the Hall
- 29 Y6-8 Cybersafety Talks with Constable Gordon

#### April

- 2-6 Easter Break  
(NB School is not open on Tuesday 6<sup>th</sup> April)
- 7 PTA Meeting (7.00pm Staffroom)
- 13 Board of Trustees Meeting (6.30pm Staffroom)
- 14-15 Student Led Conferences
- 16 Term 1 Pizza Lunch Day
- 16 Last Day of Term 1

### Principal's Awards

**Leadership**  
Akihito Tsutaki

**Passion**  
Adam Wheeler J12  
Mikaela Ng J6



**What could be going on down there???**

## **Positive Behaviour for Learning School Wide (PB4L)**

PB4L is a new initiative at St Thomas's School. We are joining the hundreds of other New Zealand schools taking this approach to improve the wellbeing, behaviour, and educational achievements of students. We want to create a positive and supportive school culture for our whole school community where everyone can thrive. This includes students, staff, and all of our whanau.

The process of PB4L School Wide will be a long-term journey. We have a PB4L team comprising of a broad range of teachers and other staff from across the school who are being supported and guided by a PB4L Practitioner from the Ministry of Education. The whole process is data driven so we'll start by gathering data before decisions are made about the direction St Thomas's will take as each school has a different journey because of this. We take what we already have, such as our STS Values and Learner Attributes, and make them even better. We look at how we can improve our current environment, structures, and systems for our students, staff and community. The culture we will create will be one where positive behaviour and learning will become the St Thomas's way. It will be unique to our community and who we are.

If you wish to read further about PB4L School Wide you can look at <https://pb4l.tki.org.nz/>



## STS News 2021

Every Friday, a select group of year 8 students called 'The Film Crew', goes to the brand-new STEAM centre where we meet Ms Gwyn for our special film making session. During these sessions, we plan, write, and film the STS News, an exclusive show broadcasting the main events happening around the school.

Our group is divided into a couple of smaller groups, all working on a different segment of the episode to get it done quicker. Some of the segments include, the opening segment, which introduces the main points of the episode, Mr Fox and Mr Maher, with their weekly message, as well as a special challenge for other students, and other news on what is happening around the school.

So far this term, we have made one episode, and we are working on episode 2, with the hope that it will come out in the next week or so. Our goal is to be able to release regular new episodes, increase our digital technology and editing skills. We have a dedicated space in the STEAM centre that we're looking forward to developing into a film studio.

You never know, one of us could be the next Hilary Barrie, Simon Dallow or Patrick Gower!



## Kia ora whānau

We have a new date for our **New Whānau Pōwhiri on Friday 26th March from 9.00am**. If your child is new to the school, you will receive an invitation by email to attend. We are very much looking forward to welcoming you into our wonderful school community.

Ngā mihi mahana

## Walk to School Day, Wednesday 24<sup>th</sup> March 2021

Watch this space as more information will be coming out soon via Hero!!!





## **Message from the House and Vice Captains:**

It was great to see everyone at the junior and senior assemblies a few weeks ago, we saw some great behaviour during assembly and gave those students stickers. We are looking forward to seeing everyone get into their house spirit and house colours later in the year, as we would like to host regular house dress up days and want to see your best costumes!

Next week we will see you all at the picnic where we are doing our fundraising for Year 8 camp. We will be doing a lolly jar, gumboot throw, face painting and hamper. Time to bring your spare change, see you there.



**Lachlan**



**Leonardo**



**William**



**Universe**



**Roxy**



**Mia**



**Jack**



**Zoe**

## **Chickenpox**

We have had a number of cases of chickenpox in the junior area of the school over the last few weeks.

### **CHICKENPOX**

Chickenpox is a very contagious (catching) disease. It causes small itchy blisters on your skin.

#### **Summary**

Sometimes children scratch the blisters and they can become infected. If this happens, you'll need to take them to the doctor.

Very occasionally chickenpox can lead to serious complications, such as pneumonia, problems with the kidneys, heart, joints or nervous system. Chickenpox is also serious for pregnant women.

If there are no complications, chickenpox usually clears up within 3–7 days for adults, and 5–10 days for children.

#### **How is it spread?**

The virus is spread through the air by infected people when they sneeze or cough, and by touching the chickenpox blisters then touching objects or other people.

The illness starts 10–21 days after being exposed.

#### **Stop chickenpox spreading**

Chickenpox is contagious from 1–2 days before the blisters appear. Avoid close contact with other people, stay home from work and keep children home from school and early childhood education centres for 1 week from the appearance of the rash until all blisters have dried.

Remember: chickenpox is serious for pregnant women and people who have a reduced immune response (eg, children with cancer).

The chickenpox virus is spread through the air by infected people when they sneeze or cough.

- Always turn away from others and use tissues when you cough or sneeze.
- Always wash your hands after coughing, sneezing or blowing your nose.

Chickenpox can also spread through touching the blisters and then touching objects or other people.

- Wash your hands often, especially if you're the caregiver of a child with chickenpox – and make sure they do the same.
- Discourage children from scratching the blisters.

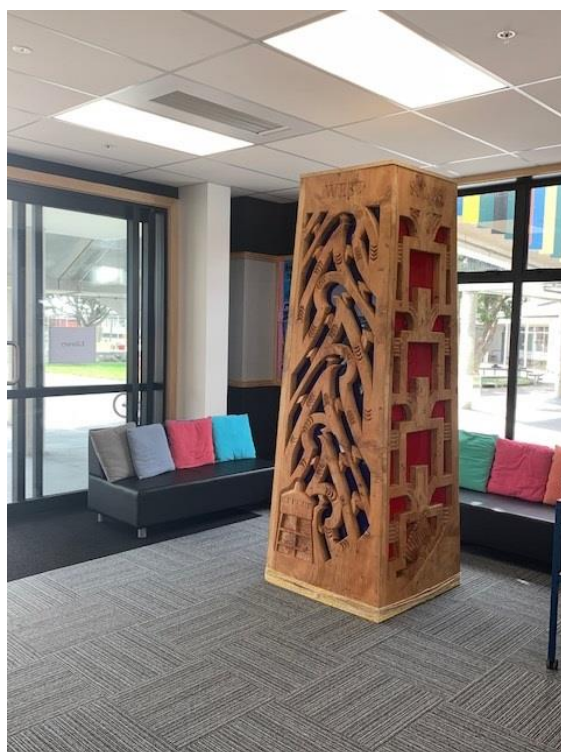
For more information please go to <http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/chickenpox>



## **New Library**

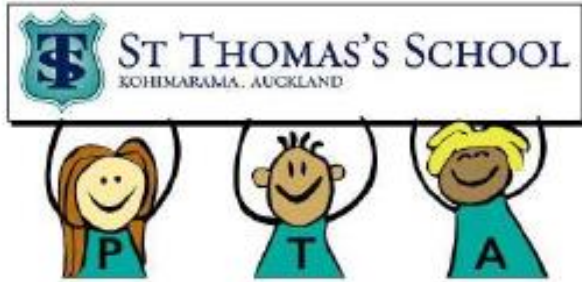
Our new library is now up and running for 2021 with new seating and shelving. The students have been enjoyed choosing from our large collection of books during their class library times each week. The library is open during lunch times and is being well used by our students for reading and playing games.

A group of Year 8 students are in the process of creating lunchtime activities for our students e.g. magic, card games, board games etc. So watch this space as more information will follow.





# PTA News Issue #3 2021



We're looking forward to seeing you at the Picnic next week!  
Remember to drop off any pre-loved Books, Toys and any St Thomas's School uniforms that we can sell at the Picnic. Boxes are set up in the office foyer.

We'll have all the usual food & beverage options for you to purchase, including:  
*Sausage Sizzle / Pizza / Hotdogs & hot chips / Candy Floss / Crepes / Chips & more!*

**Please bring Cash with you, limited EFTPOS is available.**

### **RIDES, RIDES, RIDES!**

Little Bo Peeps mobile farm &  
Pony rides /  
Laughing Clowns /  
Inflatables / Kelly Club games

### **PTA BAKE SALE**

Bring along your home baked (or store bought) baked goods to the PTA stall on the night – please label all items

With thanks to.....



## Drawing Creative Characters and Settings!

This class is perfect for students interested in creating their own **unique characters** and **building exciting worlds!**

Drawing inspiration from contemporary animated films and TV shows, your child will learn how to bring their ideas to life on paper. We will cover the fundamental skills of character creation, drawing movement and facial expressions, illustrating interesting and imaginative worlds, and telling a story through art.

The class will be run by Veronica, a talented and creative teacher who is a graduate of the Yoobee School of Animation in Wellington.

**When:** The classes will start on **Thursday the 4th of March**, and will run for **seven Thursday sessions, 3-5pm.**

**Where:** Pohutukawa Building, St. Thomas's School

**Age:** This class is suitable for children aged 8+

**Price:** \$195 for seven sessions, including all materials

Please contact Yulia for more information. **Phone: 021 308 207; Email: [artyulianz@outlook.com](mailto:artyulianz@outlook.com)**

## GTEC Junior Rugby Club Registrations Open

Grammar TEC Rugby is a growing rugby club in Orakei, providing rugby training and games for players from 3 years old up to intermediate age.

We have a growing number of St Thomas's School families joining the club, and we would love to welcome more.

As our club Juniors get older, we'd love to have some more Year 7 & 8 players enrol, and we are always looking for more girls from all age groups! We have a friendly inclusive atmosphere and provide lots of social events, friendly games and opportunities to be coached and play with our senior members.

Our training starts Wednesday 7th April and we'd love for you to come and have a go - you don't need to have played rugby before!

Email [juniors@grammartec.co.nz](mailto:juniors@grammartec.co.nz) for more details or register on our website

<http://www.grammartec.co.nz/Junior-Rugby/GTEC-Junior-Registration>



**GTEC**  
Juniors