

Aumāngā / Resilience

Whakāute / Respect

Takohanga / Responsibility

23 February 2024

Principal's Message



It was wonderful to see so many families enjoying our school picnic last Friday. Our Parent Teacher Association (PTA) put a great programme of food and entertainment together for our community and the beautiful weather added to the occasion. On behalf of our Board of Trustees I would like to thank all the parents on the PTA who helped make this evening such a success and who, without their effort, these events could not take place. Particular thanks to Alex Titchener, Nicolette Rattenbury, Josie Tait, Angela Lieskounig, Katie Lee, Melissa Martin and Kathryn White.

Cyclist Accident

Recently a high school cyclist was involved in an accident with a car at the corner of Allum St and Kohimarama Rd. Fortunately, the student was not seriously injured and our staff were on duty at the traffic lights and helped control traffic and lend assistance to the student and driver. The student was wearing a bike helmet which cracked on impact but prevented head injury.

This is a timely reminder of the importance of your child wearing a helmet when riding a bike or scooter to or from school. We encourage students to walk or ride to school and we teach students to wear helmets when using bikes or scooters on our school bike tracks.

The responsibility of whether students leave home wearing a helmet or not lies with each family. We strongly encourage parents to insist their child wears one.

Michael Maher
Principal



**Thank you to
Alex Titchener and the PTA
for organising the School
Picnic.**

Upcoming Dates

February

29 Pizza Lunch / Mufti Day

March

01 Y4 Zoo Trip

05 Eastern Zone Softball

05 Y3&4 Ripa Rugby

05 Y7&8 Immunisations

07 Y5-8 Swimming Sports
(Sacred Heart College)

08 Junior Assembly (J5&J6 hosting)
9.45am – 10.30am (school hall)
Senior Assembly (S9&S10 hosting)
11.45am – 12.30pm (school hall)

12 Y7&8 Immunisations (catch ups)

13 Eastern Zone Swimming

15 Bay Suburbs Swimming

19 Board of Trustees Meeting
(6.30pm staffroom)

20 Bay Suburbs Softball

21 Footsteps PE Programme

25 Eastern Zone and Bay Suburbs
Orienteering

28 Junior Assembly (M3 hosting)
9.45am – 10.30am (school hall)
Senior Assembly (S7&S8 hosting)
11.45am – 12.30pm (school hall)

28 Last Day before Easter Holiday

April

02 School closed for Easter Holiday

03 School reopens after Easter

2024 House Captains

Kia ora! The 2024 House Captains welcome you back to a new year of learning and fun! We are all very excited to have this opportunity to make our school an extra positive and fun place! It is our goal to make you eager to come to school every day with a smile on your face. We are going to do this by introducing you to more upcoming events and workshops throughout the year. In the meantime, here's a bit of information about us. If you ever see us around, please feel free to say hello! We hope you have a great time at our school!

McQuade Ingram - Hauraki House Captain

Kia Orana, I'm McQuade, your Hauraki house captain for 2024.

I am a Cook Islander and I love Basketball and Rugby. You might have seen me saying hello outside the front gate in the first week of school. I have been at this school since Year 1 and I will be looking forward to seeing you all throughout 2024.



Senuki Rehansa - Kohimarama House Captain

Kia Ora, I'm Senuki, your Kohimarama House Captain for 2024! I have been at this school since Year 4 and I love it here. I have always wanted to become a house captain and have looked up to them. They made this school a better place over the years, making it an exciting place for everyone. As a house captain, I want to follow the footsteps of the previous house captains and make St Thomas's School a fun and enjoyable place for everybody.



Anastasia Prins - Pohutukawa House Captain

Kia ora! I'm Anastasia, your Pohutukawa house captain for 2024! I've been in this school since Year 0 and I've always looked up to the previous house captains who would always come into my class. You might have seen me at the gates in the morning, I might have even welcomed you to school. This school is great and I have seen so many natural born leaders in this school. They might have left big shoes for me to fill but I am so happy to be your house captain this year. I'm excited to make everyone's school year fun and enjoyable and to see everyone this year, so if you see me walking by don't be shy to say hi.



Christian Colebourne - Rangitoto House Captain

Hi, I'm Christian, I'm your Rangitoto house captain this year. I always wanted to be that one person that got a badge in Year 0. I didn't know that you had to wait till Year 8 to get one though, and back then I didn't know what a responsibility this was till the end of Year 7. Through that long time, I learned that we were called house captains and that they were the ones to look up to. You might see me around the school, if you do say hello, I'm always happy to have a chat.



Helmets

It is parent's responsibility to ensure students leave home in the morning wearing a standards-approved helmet if they are cycling or scootering to school. Many students are arriving to school in the mornings without a helmet or with their helmet attached to the handlebars rather than on their head. Please ensure your child has their correctly fitted helmet and that they are wearing it correctly for their journey to school. See Consumer guide to bike helmets attached later in this newsletter.

School Donations Payment Reminder

We are very grateful to the majority of our community who are able to pay their school donations. Every single donation counts to help minimise how much of the school's financial reserves are used to ensure we continue to offer your children all the extras we provide at St Thomas's and to keep the class sizes as small as possible.

Your school donations go towards paying for things such as sporting equipment, extra learning support and resources, our courts and equipment in the grounds, plus importantly they allow us to provide staff for the STEAM Centre, a school counsellor, special education teacher, an occupational therapist, ESOL, Gifted and Talented Education, literacy support and teacher aides for all year levels across the school.

To pay your school donation for 2024, please log in to our Online Shop (accessible via our school website or your Hero app). If you would like to spread the cost of the donation over the year, you can make partial payments at a schedule that suits you. Please contact our school office if you have any difficulties with this on (09) 528-3938.

Dental Service

The Auckland Regional Dental Service (ARDS) is a Te Whatu Ora operated service, which provides free dental care to children across greater Auckland. To prevent any eligible children missing out on receiving free dental care, ARDS is cross-checking their own records with school rolls. For our children's better oral health and wellbeing, our school roll will be shared with the service as required. To find out more information about ARDS, please visit ards.co.nz or call 0800 TALK TEETH (0800 825 583).

Table Tennis Sessions

This year's Monday lunchtime table tennis sessions start on **Monday 6 May**, in the school hall. The sessions are open to all Year 5, 6, 7 and 8 students. It is free for St. Thomas's students to attend the table tennis development coaching sessions.

Eastern Table Tennis Club will resume play in the school hall on **Monday 4 March**. Eastern Table Tennis Club runs from 7.30pm – 9.30pm on Monday evenings. It is free for St. Thomas's students to attend the Eastern Table Tennis Club.



Shine Speech and Drama Lessons

Shine Speech & Drama courses empower and inspire children through spoken excellence. We are excited to be offering in school and after school lessons at St Thomas's.

Our lessons help children learn effective speaking, reading aloud, public speaking, speech writing, poetry recital, vocal skills, body language and personal presentation.

Led by Nina Burchett, the courses are taught by Shine's team of successful industry professionals, each with years of experience studying, performing and teaching around the world.

Nina Burchett is one of the best children's speech & drama teachers working in New Zealand today."

— NZ Herald

Lessons are offered on **Thursdays** from 12.35am - 1.20pm and 3.05pm - 3.55pm. To enrol please visit <https://www.shine.school.nz/enrol-st-thomas>. For more information please see our website <https://www.shine.school.nz/>. For questions email shine@shine.school.nz or call Nina on 021 160 9197.

Gymnastic Lessons

Crocodiles Gymnastics invite Y1-3 students to a free gymnastics class at St Thomas's. It's a common belief that doing gymnastics is about learning skills. However, here at Crocodiles Gymnastics we focus on children's overall development including following instructions, resilience, focusing, self-esteem and confidence. Why don't you come and try?

Venue: St Thomas's School Hall

Time: **Sunday 2 March** at 11.00am

Booking by email is essential: crockogym@gmail.com



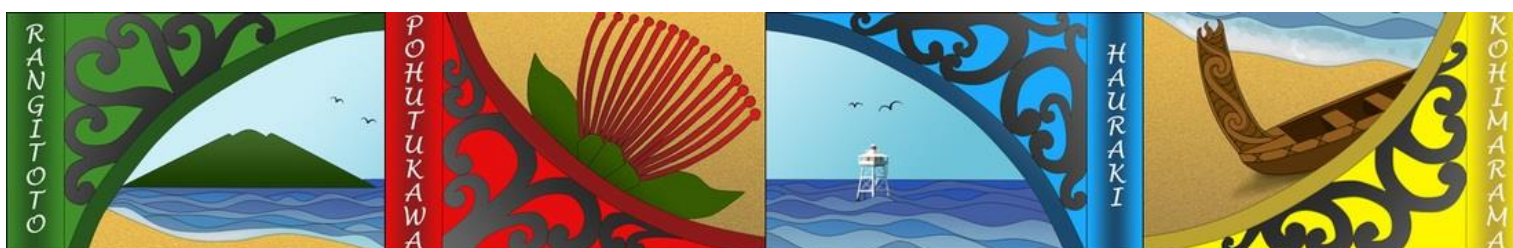
Auckland University Hockey Club

Registrations are open for the 2024 winter season

Email juniors@auhc.org for more information

www.auhc.org







Thank you for coming to our Picnic

What a great turn out at our annual Family Fun Day Picnic. The sun was shining, and it was so lovely to see such a great turnout.

Kelly Club put on a guess the jellybeans and water pistol the cups down. Swimtastic provided an inflatable obstacle course and many prizes were won from the Laughing clowns.

The giant slide was a hit as well as Sammy the little Steam Train.

We would especially like to thank the Seniors who used their creativity in painting many fabulous faces.

There was something for everyone to participate in. It's great to see the community come together and have a wonderful time.

We encourage all feedback and if there is anything you would like to see next year, then please email us on: stthomasschoolpta@gmail.com or come to one of our monthly meetings and share your ideas. We would love to see and hear from you.



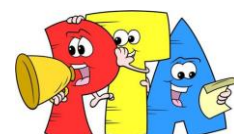
WATCH OUT FOR UPCOMING EVENTS IN TERM 1:

- **Ice Block Fridays** - every Friday (weather permitting) \$2 each or 3 for \$5. Under the tree by the office.
- **Colour Run** - Date to be confirmed



REMINDERS

- **Second Hand Uniforms:**
Donate your preloved uniform for us to on-sell. Please drop off at the office.



Why not consider joining the PTA in 2024? It's fun, rewarding and most of all, benefits the school and our Tamariki. Contact us on the email below or come along to our next monthly meeting to find out what we do. Next meeting **Wednesday 6th March.**

We encourage you to contact us with your thoughts & suggestions any time at stthomasschoolpta@gmail.com and don't forget to Like us on Facebook!

Bike helmets

Wearing a good quality, well-fitted bike helmet can save you from serious injury or even death. By law, only helmets that meet the appropriate standards can be used on the road here. That means all helmets will pass a minimum safety test, and any helmet will do its job as long as it is undamaged and fits properly.

The most important thing is the **FIT**. Unless your helmet is fitted and worn properly, it won't give you good protection and may even do more harm than good in a crash.



6 Things you should NEVER DO!

How to get the **RIGHT** fit



Most helmets have the size range they will fit (in centimetres) on the box

or the label. Get someone to **measure your head** with a tape measure and then try on a few helmets in your size. Everyone has different-shaped heads, and you'll probably find one brand or model of helmet fits better than the others.



To see if a helmet fits properly, put it on and adjust the fitting at the back so that it is snug on your head. **It should sit flat and two finger widths above your eyebrows**, and shouldn't have any areas that dig into your head or are uncomfortable.



Before you do up the straps, try to tip it and rotate it on your head. **Your scalp should move as you move the helmet.** If the helmet tips sideways, backwards or forwards, it's not a good fit.



Sizing pads are for fine tuning and comfort, not to make a big helmet smaller.



Next make sure the straps fit properly. The straps should **run in straight lines from the rim**, with the rear strap and front strap meeting just below and to the front of the earlobe. Adjust the buckle so that the strap is **firm but not tight** under your chin, and not sitting over your jawbone.



1 Never wear a cap under your helmet. This ruins the proper fit. In an accident, the helmet may not stay on. If you want sun protection, buy a helmet with a visor.

2 Never buy a helmet to "grow into". The accident won't wait till the helmet fits.

3 Never wear a helmet with the straps loose. It won't stay in place, and it could catch and strangle you.

4 Never wear the helmet on the back of your head. A helmet worn like this exposes your forehead and face to the road, and also means you risk being strangled by the straps in a crash.

5 Never wear a helmet after it has been in an accident or has been bashed around. Cracks in the cover, cracked or crushed foam and frayed straps all indicate it's time for a new helmet. Even if you can't see any damage, a really good whack will ruin a helmet's protective qualities. That's why kids' helmets should be replaced every couple of years.

6 Never buy a second-hand helmet. It might look OK, but you have no idea if it has been damaged.

The **right** labelling

For a bike helmet to be legal to wear on the road it must comply with one of the following standards:



A label stating that the helmet meets the **US Consumer Product Safety Commission's bicycle helmet safety standard** means the helmet is also approved.



For more information visit: www.consumer.org.nz



**KELLY
CLUB**

ST THOMAS'S SCHOOL

WE'RE HIRING!

Get paid to have fun!

WE'D LOVE TO HAVE YOU ON OUR TEAM!

We are looking for fun, friendly staff who love to work with kids for our before and after school care and holiday programmes! Training provided.

For more information, chat to our coordinator or visit kellyclub.co.nz/jobs

Send your CV and cover letter to
stthomas@kellyclub.co.nz