


UPOKONGARO SCHOOL

2024, Term 2, Week 3 Newsletter

HE TANGATA
ANGITU
AKORANGA

PEOPLE
ACHIEVEMENT
LEARNERS



 06 3456424

 office@upokongaro.net

On Tuesday, Sarn, Steph, Ceilidh (from the Ministry of Education) and I went to visit Henry Hill School in Napier. They practice as neurosequential model for education the helps them to understand human behaviour in a respectful manner and respond based on that knowledge. It was well worth the trip. Our whole staff will attend a conference there at the end of Term Three and I can't wait.

While I was there I was thinking about some of the things that we've noticed in the playground over the last two terms. The first is "SMACK TALK!" Smack talk is the art of putting someone else down, especially when playing a game, by putting them down and boasting about how skilled you are. Many of our students across all ages are displaying some degree of smack talk from time to time, but mostly this is happening in our Year 5, 6, 7 & 8 cohorts.

In response to this behaviour, staff are using the Healthy Active Learning model to address this type of language in class and the message is being sent out regularly to all students that "smack talk" does not belong at Upokongaro School. I wonder if you can help with this at home. I don't know how, but perhaps if you hear it, address it.

BUT WHY??? Well to be frank, smack talk often "pokes the bear," and by that I mean, it rattles the people around you. If smack talk is repeatedly directed at an individual it can cause stress. Stress responses can vary within an individual. So, if your child is smack talking someone and getting in their face, I cannot always guarantee that the child who is copping it will have a great stress response.

Stress response is a normal part of life. It's how our bodies react based on what we are experiencing, like exams, visiting a place we've never been, presenting something, death, or having difficult conversations. I'd love to hear how you respond to stress or even better how your child responds to stress. To do this, I've set up this [link](#) that will anonymously take your comments, experiences, and put them on a big board for us all to read. By understanding our own responses it may be easier to understand the responses of our tamariki as well.

Taking you on our learning journey.
Mrs Browne

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SCHOOL REMINDERS

Upokongaro School is joining the movement on Pink Shirt Day this Friday 17 May, by encouraging our staff and students to Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak up, Stand Together, Stop Bullying!

By taking part in Pink Shirt Day 2024, you will be doing your part to eliminate bullying by celebrating diversity and promoting kindness and inclusion.

This Friday, please wear pink and bring a gold coin donation to support the Mental Health Foundation of New Zealand. This kaupapa has been celebrated annually since 2007 when two students took a stand against bullying in Canada after a new student was harassed for wearing pink. Please join Upokongaro School in raising funds for this amazing kaupapa and to stop bullying.

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Our kura is a Water Only School. Water and low-fat plain milk are the only drink options. If your child arrives at school with a sugary drink, including an energy drink, fizzy, juice or electrolytes, the teacher will return it to them at the end of the day to consume at home. As we move into the winter season, it is important that your child has a named drink bottle at school, to keep up their hydration during Cross Country training, Winter sports training and to beat the winter illnesses.

Please ensure your child is ready and waiting for the school van in the morning. Please ensure you let the driver know early if your child is unwell or not attending school. Drivers are becoming frustrated when they go out of their way to a destination where the child is not ready or is not going to school on that day. It impacts teachers and students at school, as vans are arriving after the 8.50am bell. If your child is late to school, please ensure they check in at the office before heading to their class.

Uncle Al: 0279362056
Aunty Jaqui: 02102655518
Mr C (Roger): 027 4435771
Mr Wright (Ian): 027 5003660
Miss Gascoigne: 02108587622



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CLUSTER HOCKEY TOURNAMENT

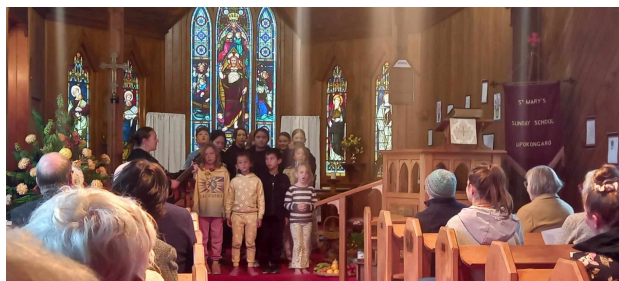


Congratulations to the Year 5-6 Cluster Hockey Team who represented Upokongaro School on Tuesday 14th May. They improved every game and had great success in the last two games. Thank you students for representing your school with pride and a huge mihi to Mrs Calman for coaching.

HARVEST FESTIVAL AT ST MARY'S CHURCH, UPOKONGARO

Thank you to the Harvest Festival singers, who did a wonderful job on Sunday 12th May at St Mary's Church in Upokongaro. They sang with pride and had a lot of compliments from the church congregation. Thank you parents for supporting our school and community. The artwork from students at our kura was outstanding and also received much praise.

A huge thank you to Valor, Huia, Mackenzie, Violet, Leslee, Taylor, Kylah, Rhylee, Floyd, Shelby, Paiton, Harmony and Riley for their superb voices.



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HEALTHY ACTIVE LEARNING WITH WHAEA JEN

Our three senior classes have been fortunate to have Whaea Jen from Sport Whanganui helping us with Healthy Active Learning (HAL) every week.

We have been learning about participating in fun activities through our values, including inclusiveness, co-operation, gracious winning and losing.



NETBALL WITH WHAEA NATALE

All classes had the opportunity this week to learn netball skills with Whaea Natale at school. They learnt a range of warm-up drills and games, passing and catching techniques and played some netball-like games.

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NEW HOME FOR STUDENTS!

Puanga and Te Ao Mārama had a bet to see how many students they could fit into our new container. We still had room for more with over 50 students easily packed in there. Thank you Mrs Browne for purchasing a container to store all the teacher resources in. Not the students!



PALS - PHYSICAL ACTIVITY LEADERS

Thank you to our PALs - Laken-Honor, Mikaere, Bianca, Anya, Glenn, Louis and Brylee who completed the PAL's training at the start of the year. These wonderful students have started taking lunchtime game sessions to promote healthy activities and to increase their leadership abilities.

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WHATEVER WHANGANUI RAFFLE

Please support Whatever Whanganui (formally Youth Services Trust) with this amazing raffle. With every ticket sold, you're not only getting a shot at these fantastic rewards but also making a positive impact on our community.

So, how can you get in on the action? It's simple!

Whatever Whanganui: 03-0791-0464767-00

Please use your name, cell phone number and raffle number as the reference.



Raffle 1 - "IT'S A LIVE GAME, I CAN'T EXIT" Valued at over \$400.00, this impressive raffle includes one Nintendo Switch Lite, two games and Whatever Merch!

Raffle 2 - "HOTLINE BLING" Valued at over \$250.00, thanks to our amazing sponsors you could be winning a Samsung phone, a Velo Ronny's voucher, a Recycle the label voucher and Whatever Merch

Raffle 3 - "ARTY FARTY" Valued at over \$300.00, Our Arty Farty raffle could have you going home with Art work created by the amazing Mike Marsh, a Glassworks voucher, a Bed, bath & Beyond voucher, a recycle the label voucher and some Whatever merch

Raffle 4 - "WHEN I GROW UP I WANT TO BE A POPSTAR" Valued at over \$125. What is better than going to a concert? Attending a free one performed by yourself or your children! Raffle four includes a Ukulele, Vinyl room voucher, a Bed Bath & Beyond voucher and some Whatever merch

Raffle 5 - "DATE NIGHT" Valued at over \$175. Have you been struggling to plan the perfect date night? Well we have dinner and dessert sorted for you, with a Mint voucher, Kebabaholic voucher, Frosty Moons voucher, Sour Bro's voucher, Lollies and some hair products!

Raffle 6 - "LOOK MUM NO HANDS" Valued at over \$300. Something to get that adrenaline pumping!!! We have a Backdoor voucher, Velo Ronny's Voucher, a bike and helmet and a signed black ferns shirt!!

Wanganui Harrier Club
CATERING FOR RUNNERS AND WALKERS OF ALL AGES

UPCOMING EVENTS

- 11 May 2024: Vaoga Cup Cross Country Race
1km-6km walk and run races, at Landon Park. Cash/cliff at 1:30pm. \$3 Adult, \$2 U18. Spot prizes. All welcome.
- 20 July 2024: AMW Centre Cross Country Champs
1km-10km walk and run races, at Landon Park. Cash/cliff at 1:30pm. All welcome. Non centre registered athletes \$10 Adult, \$5 U20.
- 21 Sept 2024: Hopper Bros Shield Round the Bridges Relay
5km (approx) walk and run relays - 1 or 2km Children's relay. Register at 1:00pm at Kowhai Park. Free entry. All welcome.
- 1 Dec 2024: PAK'nSAVE Whanganui 3BM
42.2km, 21.1km, 10.55km, 5km and Kids 12km runs and walks. All welcome. Various entry fees apply. Entries open early June. Enter at whanganuiharrierclub.org.nz

See our website or facebook page for more details.
www.wanganuiharrierclub.co.nz
Wanganui Harrier Club
wanganuiharrierclub@gmail.com
Victoria Park, Parsons St, Whanganui

WANGANUI HARRIER CLUB PRESENTS

FIT KIDS XC PREP

FOR KIDS AGED 8-13 YEARS OLD
4:00 - 4:45PM | VICTORIA PARK

RUNNING TECHNIQUE | FITNESS GAMES | SPEED

DATES

TUES 7 MAY	WED 8 MAY
TUES 14 MAY	WED 15 MAY
TUES 21 MAY	WED 22 MAY
TUES 28 MAY	WED 29 MAY

MORE INFORMATION
WANGANUIHARRIERCLUB@GMAIL.COM



WANGANUI HARRIER CLUB PRESENTS

2024 RUN CLUB

ALL ABILITIES | AGES 13 YEARS +
RUN OR WALK | INCREASE FITNESS
TRAINING FOR AN EVENT OR MARATHON
ALL WELCOME

VICTORIA PARK EVERY TUESDAY
MEET 5:15PM | LEAVE 5:30PM

MORE INFORMATION
WANGANUIHARRIERCLUB@GMAIL.COM



HAKEKE COMMUNITY CENTRE

Kids PLAYLAB

Drop In Session


Get Active • Build Confidence
Learn New Skills • Have Fun!

Active Play For Tamariki
Parents and Caregivers
65 Hakeke St, W. East

Tuesday's 3:15 - 4:15pm
Thursday 3:15 - 4:15pm

ONLY 20 placements available for Term 2
Register with Playlab Facilitator on the day

Come along and see if Playlab is for you!
www.hakekest.org.nz



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IMPORTANT DATES

MAY

Thursday 16th - Whānau Hui via Zoom, 7.30pm

Fri 17th - Pink Shirt Day - eliminate bullying by celebrating diversity and promoting kindness and inclusion. Please wear pink and bring a gold coin donation to support Mental Health NZ

Monday 20th May - Road Safety Week starts

Tuesday 21st May - Cullinane College Open Evening, 5.50pm

JUNE

Monday 3rd - King's Birthday, No School

Tuesday 4th - Teacher's Only Day, No School

Friday 7th/14th - Upokongaro School hosts Y7-8 Ki-o-rahi and Tapuwae

Monday 10th - Upokongaro School Cross Country

Wednesday 12th - City College Open Evening, 6pm

Wednesday 19th to Wednesday 3rd July - Whanganui High School tours. Twice daily

Friday 21st - Cluster Cross Country at Whangaehu for selected students

Thursday 27th - Matariki Brunch - more info to come

Friday 28th - Matariki Public Holiday - No School

JULY

Friday 5th - School ends Term 2



Open Evening
Whanganui City College

Open Evening
Wednesday 12th June, 6pm
WCC School Hall

Come and see our school in action during a school day
Book a Tour
Phone 0800 922 463
or email office@wcc.school.nz

Website
www.wcc.school.nz

Instagram

Use the QR code to go to our website or social media



CULLINANE COLLEGE
OPEN NIGHT
Tuesday 21st May, 2024
Starting at 5.50pm in the Performing Arts Centre

WE LOOK FORWARD TO WELCOMING ALL
YEAR 8 PUPILS AND THEIR PARENTS

BE PART OF OUR CONTINUING SUCCESS
SERVICE OPTIMISE UNITY LOVE



Tour Dates - twice a day from Wednesday
19th June through to Wednesday 3 July.
A booking system will be available in early
June at

<https://www.whanganuihigh.school.nz/>