


UPOKONGARO SCHOOL

2024, Term 2, Week 1 Newsletter

HE TANGATA
ANGITU
AKORANGA

PEOPLE
ACHIEVEMENT
LEARNERS



 06 3456424

 office@upokongaro.net

I'd like to start this term off by acknowledging a wonderful staff member, Uncle Al. Uncle Al is an important part of our whānau here at Upokongaro School. Apart from driving our students to and from school, Uncle Al is on call for anything and everything we need at kura from him. Today, I'd like to acknowledge him as a learner and example of what self improvement looks like at any age and stage of life. This term Uncle Al enrolled into a te reo course online. Thank you Uncle Alistair for showing us the way forward for life learning.



Whānau Voice

One of the ways we want to improve our curriculum and learning is to get whānau and community voice about some of the priorities for school. This term we will be holding two whānau and community voice nights hosted by myself, to introduce some topics for discussion and talk about what the next steps for feedback and decision making are. The first topic is about the Health curriculum at Upokongaro School. I will give you some information about what this currently looks like, what some of our requirements for teaching are, and how we can inform the learning for our children at Upokongaro School. If you would like to be a part of this hui, we will be having the first one online on Thursday the 16th of May at 7:30pm. A zoom link for the hui will be sent out to the school Facebook page, the Skool Loop page and our website.

Attuning Ourselves to our Students

For sometime now I have wanted to share information about an inquiry a team of us are engaged in at school to understand more about stress responses for ourselves and how to respond to students under stress. This inquiry will eventually require your input as we discover what research informed best practices will suit tamariki at Upokongaro School. One of the experts our team is following is Jase Williams. Jase's research and expertise in trauma informed practices saw the school he was formerly principal at raise achievement and progress and increase whānau engagement with student learning. Our team will visit Henry Hill School next month to observe in practice what we have been researching.

In coming newsletters we will include snippets of our learning with you. One thing that Jase shared recently with me was this...

"Social media is full of reels and videos of 'perfect parents.' We can get really down on ourselves trying to measure up to the lofty standards of what we scroll through on our phones. These videos are mostly manufactured for social media and don't depict 'real life'.

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There is no parenting manual. We largely parent the way we were parented. The things we remember that were positive about our childhood we choose to add to our own parenting toolkit. The bits we didn't like, we will probably still do subconsciously anyway. Until we're aware, and then we can choose to break those cycles.

But, what do our children really need from us?

Presence, connection, and unconditional love.

In a society that means we spend most of our time at work and disconnected from the people we love the most, we need to find ways to be as present as possible when we are together. And it's the little things that matter most. Putting the phones away and connecting face to face. Phones can come back out when the kids go to bed. Eating together, reading bed time stories together, playing board games, etc.

The real privilege in society now is: having parents that are present, connected, attuned, predictable, and who love their children unconditionally."

I want to echo Jase's words by saying, you're doing a great job. Parenting is indeed a journey that we navigate the best we can with the best we have. Keep going. Your child is great and we here at Upokongaro School know that.

Ka nui te aroha

Mrs Browne



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



18TH MAY
2024

THE SALVATION
ARMY
Te Ope Whakaora

**\$5 FILL A BAG
GARAGE SALE**

Clothes
Books
Bric a Brac

**SATURDAY
8AM - 12PM**


The Salvation Army Centre
6 Indus Street, Whanganui
345 2343

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SCHOOL REMINDERS

All of the Photolife "Keycodes" have been emailed to you so you can view & order your photos online. If you didn't receive one, please let the office know & they can give it to you.

All van payments should have been paid by now, please check that yours has gone through. If only half term has been purchased, please remember to do another payment in Week 4-5 of the term for the remainder.

All overdue items are regularly emailed via Kindo, if you have anything overdue, please pay it asap or you will receive a follow up phone call from the office.

Sports fees will be allocated to you from the office via your Kindo account. Should these not be paid half way through the season, your child will be unable to continue playing their sport.

Any issues, please give the office a call. Thank you for your support and have a great term!



SPORTS FOR TERM 3

Netball for Year 7-8 starts this Saturday 4th May. Our Year 5-6 team will start the following week, on Saturday 11th May.

Hockey for Year 7-8 starts next Monday 6th May. Year 5-6 starts next Thursday 9th May.

We have tamariki joining various Rugby, Rugby League, Basketball and Football Club teams. If you need support, please contact our Sports Coordinators, Whaea Cath and Mrs Calman.

All the best for the season!



NETBALL ACADEMY

6 WEEK PROGRAMME

When: Mondays 6 May - 17 June (no session King's Birthday)
Time: 3.45 - 4.45pm
Where: Springvale Stadium
Who: School Years 5-8 (senior primary and intermediate levels)
Cost: \$70 pp (returning players)
\$90 pp (new players - includes a t-shirt)

Led by experienced coaches, each session will consist of a NetballSmart warm up, skills and drills, and game play.

Each player will receive a CATCH t-shirt as part of their registration.

Email: CatchNetballNZ@gmail.com to register by Friday 19 April.

Put your best foot forward for the 2024 season, learn new skills and have fun!

Follow us at  CatchNetball

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IMPORTANT DATES

APRIL

Monday 29th - School starts for Term 2, 8.50am

MAY

Saturday 3rd - Year 7-8 Netball starts, Laird Park

Monday 6th - Dental van arrives at Upokongaro School

Sunday 12th - Harvest Festival at St Mary's Church, Upokongaro. 11am service - all welcome

Thursday 16th - Whānau Hui via Zoom, 7.30pm

Fri 17th - Pink Shirt Day - eliminate bullying by celebrating diversity and promoting kindness and inclusion.

Monday 20th May - Road Safety Week starts

Tuesday 21st May - Cullinane College Open Evening - See Below

JUNE

Monday 3rd - King's Birthday, No School

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

Monday 10th - Upokongaro School Cross Country

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

Friday 28th - Matariki Public Holiday - No School

JULY

Friday 5th - School ends Term 2



Youth on DREWS

PRESENTED BY **what ever**

SKATEBOARD SCHOOL | BMX DISPLAYS
SMASH THERAPY TENT
ART STANDS | CHILL ZONE
MINI PUTT | BASKET BALL COMP
BANDS & LIVE MUSIC
FACE PAINTING | MAD HAIR STALL
TATTOOS | THINGS TO BUY
EPIC RAFFLE
INCLUDING NINTENDO SWITCH & SKATEBOARDS

SATURDAY 4TH MAY 11AM-3PM

what ever | WHANGAREI DISTRICT COUNCIL | PKF Doyley | SPEED 5 | O'Donnell | NATIONAL INSURANCE