

# St Francis of Assisi School

St Francis of Assisi School Newsletter

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## Pausing to be Grateful

**"It is amazing isn't it, how we can miss so much of life?**

**The key to gratitude is surprise. When we lose our sensitivity to wonder and awe, when we simply trudge or zoom through the days, we can so easily miss the daily gifts of life. When we awaken to what is within us and around us, when we savor, relish, and taste life fresh each day, our heart holds much more gratitude for our blessings."**



What if today, we were just grateful for everything?

Gracious God, for your bountiful gifts to us, we are most grateful but also, unfortunately, often forgetful. Lead us to be ever attentive and appreciative of the blessings of each day- to the sights, the sounds, the smells, to those dear to us and the people we will meet today, to the experiences of each moment, and to the blessings of life itself. Let us not squander your abundance through neglect, but see and live each day anew with grateful hearts.  
Amen

## Kaupeka and Tumu Hubs Learning Showcase

Thank you so much to the Parents and Grandparents who were able to come and share in our Learning Showcase on Wednesday afternoon. Our students loved sharing their learning with you all. We have placed some of the photos on our facebook page.

## Ladies Night

What a fabulous night! Thanks so much to Tracey Bryce and Clare Bell for organising this event. We had a fabulous turnout and made \$4000 - which will go towards the installation of the playground and we are very, very grateful!

## Working Bee - Sunday 2 July 10am

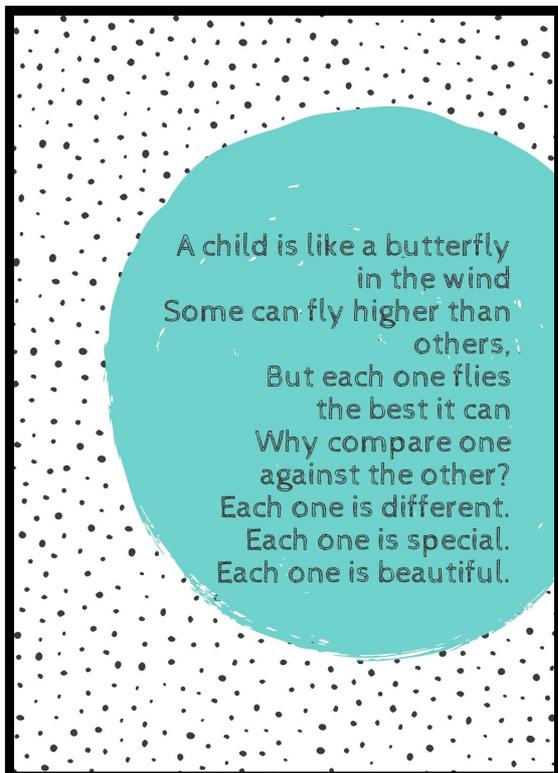
Bring shovels, wheelbarrows, rakes and come and join us to help prepare the area for the playground to be installed. Let us know if you are able to come by submitting this form <https://goo.gl/forms/DKekFf7rCcwSx24m2> Not sure of what the weather is promising for Sunday however we will put out an alert on the School app if our plans change.

**PLEASE NOTE: SCHOOL FINISHES EARLY (2PM) FOR ALL STUDENTS ON MONDAY 3 JULY AND TUESDAY 4 JULY.**

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## Reports (Year 4-8)

Today you should have received your child's mid-year report. On this mid-year report you are given a snapshot of where your child is right now, in relation to the standard they are striving to meet by the end of the year. This means that **it is acceptable** if they are not there **yet**. If the black box and the red arrow are in the same place - this does not mean that there is no progress, the students still have until the end of the year to reach the standard. It is



also important to remember that every child is an individual. **Children** develop differently, have **different** personalities, possess **different** strengths and require **different** kinds of support to meet their **individual** needs. **All children** develop at their own pace and in their own way and therefore we should be careful not to compare one child's achievements with another child's.

## Parent Teacher Interviews (Year 5 - 8)

Hopefully by now you have booked in to meet with your child's home base teacher on Monday or Tuesday next week. If you have not booked in please use this link and code to do so.

<https://www.schoolinterviews.co.nz>

code **u7rwe**

[Link to new timetable](#)

<https://goo.gl/QTYxoa>

## Cybersmart and Blogging Parent Education Evening

Last Monday we held a session for parents focused on What It Means to be Cybersmart and also on The Use of Blogging in Our School and how parents can get involved in this. Thanks so much to everyone who came along - and thanks to our E-Learning Team who ran the session. We have had a lot of good feedback - we will look at repeating this session at some stage in Term 3. We will also sign out the link to the presentation for the evening as soon as it is ready.

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## **Te Ara Tuhuru Learning Cluster - Raising Wellbeing Intervention**

St Francis of Assisi Catholic School has recently joined the Te Ara Tuhuru Learning Cluster which is a group of schools, kindergartens and Early Childhood Centres all on this side of Christchurch.

A major focus for this cluster is Raising Wellbeing. In 2017 and carrying on into 2018 Schools, Kindergartens and Early Childhood Centres in this cluster will be introducing up to five calming and coping strategies to support all students and teachers within their educational settings.

These evidence-based strategies recommended by Doctor Kathleen Liberty, who is an Associate Professor at Canterbury University, will help children to be calmer, less aroused and anxious, sleep well and better ready to settle into class and learn each day, especially after break times. This project has arisen following the Christchurch earthquakes and aims to assist schools to provide calm and settled environments for children to learn effectively.

The strategies will be introduced over time at St Francis however we will begin on Day one of Term 3 with the first two of them.

### **Strategy One: Play, Eat, Learn**

To help children to focus on their learning, we will be reversing times for morning tea, lunch and play so that children will return to class, eat and then be calmer and ready to learn. This means some changes to our timetable for next term. We have included this term's timetable and our new timetable below showing the changes. Comparisons show that we are not losing any learning time - and in fact the learning time that we do have is better positioned.

The biggest change is that the children will go straight out to morning break and straight out to the break at lunch time to play. At the end of these breaks they will come inside and sit as a whanau to eat. The aim of this is to decrease arousal levels prior to learning, so the quality of the learning and the ability to focus and concentrate improves. Research shows the body physiologically responds differently to the two activities – Playing and Eating.

**Play** – the body response is more aroused and heightened.

**Eat** – the body response is to naturally calm.

The aim is to provide a time to focus on eating in a calm, settled way.

Where possible, eating inside allows for less distraction and a smoother transition to learning.

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At morning tea time the children will go straight out to play and after 20 mins will come inside to sit and eat their snack that you have provided.

The lunch eating bell will go at 12.50 after the children have had thirty minutes outside playing. This allows children time to transition from the playground, return PE shed equipment, go to the toilet etc., before settling to eat.

Teachers can choose to eat with the children, use it as a time for a story, or as a time that they can sit, eat and talk with friends. We imagine that it will be a mix of these things.

There will also be an opportunity to have a piece of fruit during the afternoon learning time slot - this is only a fruit break - no other snacks at this time. Teachers will manage this to fit with their timetables

## **Strategy 2: Complex Carbohydrates**

Research shows that children should in fact eat every 90 minutes. We intend to introduce a complex carbohydrate break between 9 and 9.30am each morning as a trial for Term 3.

For Term 3 this will be funded by the Cluster. Children will be offered a piece of **wholemeal** bread with butter, marmite or peanut butter. These will be the only options. If children do not want to eat this snack that is absolutely fine however there will be no other options at this time. The bread must be wholemeal, not white, not whole grain. If your child has special dietary requirements - you are more than welcome to provide gluten free bread as the snack. Please let your child's Hub teacher know if this is the case. We are aware that we have a couple of students with Nut allergies and we will manage this carefully in the Hubs.



### **Complex Carbohydrates - Slow Burn Carbs**

*Complex carbohydrates are often referred to as 'slow burn' carbs. This is because, unlike simple carbs that immediately convert into glucose, complex carbohydrates break down much slower and as a result, release energy to the body in a steady flow. Simple carbohydrates convert instantly to glucose so you get spikes in the bloodstream. However, those sugar levels also fall just as rapidly as they rise which leads to crash and burn.*

*Complex carbs benefit your health on several levels among which are sustainable levels of energy, increased digestion and immunity, heart health and can help you maintain a healthy weight.*

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## **Other Strategies**

### **Calming the Spaces**

All of our classes will be moving towards having no hanging displays to allow as much light as possible into the room. All teaching/learning areas in the classroom will be placed as near to good light sources as we can and children with learning difficulties will be encouraged to be seated near the best light source. We will also be ventilating the rooms as much as possible.

### **Drink to Think - Think to Drink**

WATER throughout the day is also a key aspect of this strategy. As part of the project, all our students will be supplied with water bottles to use during in-class learning time, so they can keep well hydrated. They will also be educated as to the benefits of this strategy and the teachers will have some professional development on monitoring this. This strategy won't start until a bit later in the term - we will inform you closer to the time so that you can support us at home.

We will keep you informed with updates in on these strategies as we move through the term. We know you will have many questions. We will be holding a Parent Education Session on Wednesday 5 July at 9am and Friday 7 July at 9am (straight after the Mid Winter Breakfast) to talk through the strategies and answer any questions you may have. Here is a link to an article written by [Sally Ormandy](#), [Principal of Opawa School](#). They have implemented the strategies at Opawa with success and this article was published in Health Promoting Schools Magazine earlier this year.

### **School Swimming Lessons**

Swimming Lessons have been going really well this week. We have received some very positive feedback from swimming staff and members of the public regarding our students' behaviour. This feedback makes us feel proud.

Just a reminder that we continue with the same timetable (as below) next week. Please remember to ensure all clothing and swimwear items are named for this. Thank you to those who have paid for the lessons. If you have not already done so please pay (or make weekly arrangements to pay) the fee of \$57.50 before the end of the holidays if possible.

Swimming Timetable:

[https://docs.google.com/document/d/1ezaKeGnc0t059m8R5kKVk4hWrYHbnSlje\\_sRYeJ7BXg/edit?usp=sharing](https://docs.google.com/document/d/1ezaKeGnc0t059m8R5kKVk4hWrYHbnSlje_sRYeJ7BXg/edit?usp=sharing)

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## Mid Winter Breaky & Mufti day!!

**Breakfast: Gold Coin Donation  
Pancakes, Sausages and Milo**

**Friday 7th July  
7.30am - 8.30am**

**You can wear mufti with crazy winter accessories - hats, scarves, gloves, socks.  
There will be spot prizes for the most interesting accessories.**



**Thanks  
Student Leaders**



### **Mid Winter Breakfast - Friday 7 July 7.30am**

Everyone is welcome to join us for a mid winter breakfast of pancakes and sausages at school on the last Friday of the term. Children are encouraged to dress up in warm mufti with winter accessories, eg hat, scarf, socks etc. Please also bring along a cup for milo!! The coffee van will be there too. This is a great opportunity for our community to come together and enjoy some good food, coffee and company.

### **Kaupeka's Cultural Identity Day**

Next Friday Kaupeka are running food stalls as part of their PBL (Project Based Learning) they have been completing on different cultures within the hub. A order form will come out next week if your are keen to buy from their stalls. The students have worked hard on planning, pricing, and delivery. Any support you could provide would be appreciated.

The food option are:

United States of America - American Hot Dogs - \$3

Mexico - Beef Nachos

Australia - Spiders - Huntsman, Whitetail, or Redback

Italy - Pizza - Pepperoni, or Ham and Cheese

New Zealand - Pavlova, Fruit Salad, or Sausage Sizzle

Ireland - Rainbow Doughnuts

Ireland/NZ - Chocolate Crunchie Slice, or Caramel Squares

China/Singapore/Scotland - Shortbread, or Chicken Crispy Spring Rolls

Phillipines/Poland - Juice, or Sweet Buns

A complete list of prices will be available early next week.

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### **Cultural Festival**

Those of you who have students in the senior Kapa haka group should have received an email this week with ticketing information. Please contact Whitney Hansen or Jo Earl if you have not received this. If you are ordering tickets through school they must be ordered and paid for by 30th June. If you miss this date you will still be able to order them through ticketek.

### **Board of Trustees News**

Last week Jo Earl and Maire Bowler attended the Catholic Primary Principals Conference in Wellington. Jo and Maire were asked to present at the Conference about the journey so far that St. Francis of Assisi has been on. They spoke about our beautiful flexible learning spaces and the teaching and learning that is going on inside them.

### **SFOA Netball Club Fundraising –**

Our Netball Club are holding a movie afternoon fundraiser at Reading Cinema – The Palms on *Sunday 02 July at 3pm*. The movie is family friendly “Despicable Me 3” – our cute Minion friends are at it again. Players are selling tickets at a fundraising bargain of \$15pp. There will also be some great gifts up for grabs with a lucky ticket draw. We have limited seats so get in fast with your seat orders. It would be great to fill the cinema with school friends, teachers, family and everyone and anyone you know! Tickets can be purchased from a netball player or by contacting Tania Ellenbroek [rania@aae.net.nz](mailto:rania@aae.net.nz) or 027 424 9778. Money raised will go towards new netball skirts for our 2018 season and prize giving. Thank you for your support.

### **PTA Updates**

The PTA would like to thank Clare Bell and Tracey Bryce for all their hard work and endless hours they put into planning and organising the Ladies Night held last Friday in the Tumu Hub. The event was an outstanding success and sell out!

The PTA has had wonderful feedback from ladies who attended on the evening and were blown away by the amount of free gifts given out and the mind blowing raffle prizes.

The PTA would also like to thank the sponsors, parents and the wider school community for supporting this event.

Funds raised will go towards the reinstatement/upgrade of the senior playground.

### **PTA Teatowel Fundraiser**

Next term we are organising a teatowel fundraiser which will have pictures of your children's drawings on them. We are looking for a sponsor who in return will have their name/logo on the teatowels. If you are interested can you please contact Leanne on 021 025 06238 or [dale-flanagan@clear.net.nz](mailto:dale-flanagan@clear.net.nz). Thank you for your support.

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## **Entertainment Books**

### Christchurch, Canterbury and Nelson Entertainment 2017 / 2018

The Christchurch Entertainment books have arrived and will be available to pick up from the office, from Monday 8 May. For those who haven't purchased one yet and wish to do so, you can either click the link below and order one online, return the envelope that was sent home with your child to the school office OR purchase one from the office.

[www.entbook.co.nz/1341q64](http://www.entbook.co.nz/1341q64)

Display copies are available to have a look through in the staff room and in the office. To view the book online click on this link <https://online.flippingbook.com/view/347408>

The PTA coordinator for book orders is: Gillian Kent-McConigley, 0274-795-630 with support from Phil Bell and Leanne Flanagan.

All proceeds will go towards the development of St Francis of Assisi's playground.

Thanks for your support, Gillian and the St Francis of Assisi School PTA

## **Lost Property**

Sophie lost her jersey last Friday. It's named 'S.McGuire' and has a phone number on the reverse side of the label. I'm hoping someone has picked it up by mistake. Please return to Room 11 if found.

## **Parish Notices**

### **Office Hours**

Parish Office Hours have changed with effect from this week. Office hours are now – Tuesday & Thursday 8am - 5pm and Wednesday & Friday 8am - 2pm.

## **Community Notices**

### **Active Kids Holiday Programmes**

Registrations now open for **July school holidays– book online!**

Week 1 – Mon 10<sup>th</sup> – Fri 14<sup>th</sup> July \*LINCOLN \*WESTBURN \*PAPANUI

Week 2 – Mon 17<sup>th</sup> – Fri 21<sup>st</sup> July \*CHCH BOYS HIGH \* ROLLESTON

- Join us for a week of action packed fun and adventure,
- Delivered by enthusiastic, fully trained staff. Junior and Senior Team Leaders.
- OSCAR approved; WINZ subsidies apply.

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[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

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