



# Randwick School

22 March 2023

Kia Ora,

## Device Time

Managing kids' device time is something most parents, like myself, really struggle with. It seems like I have endless battles with my own kids over this and it drives me up the wall at times. There are some really good ways to manage this however. Our children are less likely to lash out or argue with you when they have a timetable in place and they know when to get off these devices. We can switch the conversation from about the device to about managing their time and sticking to a timetable. Throughout students' education they should not be on devices before school. This is no different to eating lollies or drinking fizz before school. The effects on the brain do not put them in a good place for learning. Timers can be used well and help children to monitor independently when they need to come off. No one likes to be told to stop doing what they are doing straight away so it's important they have plenty of warning or a visual timer.

Quite often games can take a while to finish and starting a new game before the time is almost up is a clever way for kids to squeeze more time out of us. Have a conversation around this and don't forget you can always turn the wifi off. Did you know you can manage the time when devices can use the wifi? I've set my wifi to be off for my kids devices between 9pm and 7am. This gives me the assurance that my kids are not sneaking on during the night when they need to be sleeping. It's really easy if you know your own IP address, just follow youtube instructions.

After school and work, spend time each day talking face to face with kids and give them your full attention. During screen-free hours, put devices away or at a charging station in a common area so they're not attracting your kids' attention. Making family meal areas a phone-free zone is an easy way to start. Putting down the phone and taking a walk or playing outdoors increases your endorphins and provides that feeling of happiness in your brain, boosting your mood and improving your physical health. Remember to encourage kids to create when using a device rather than just consuming and good luck! I know it's not easy.

## Whanau Group

Randwick School has a strong Māori roll and we would like to see a whānau group established to help us support tikanga and te reo in school. When we work together we are stronger and have a shared understanding and focus for our tamariki. What we put in place for our Māori students will also positively impact on the learning outcomes for all tamariki. We would meet once a fortnight initially, here in the library at school. I'm happy to supply some kai and refreshments to those interested in attending. This

is your opportunity to really help direct and support our tamariki's learning. Our first meeting will be in the library at 3.15pm on Wednesday March the 29th. Please email me or let me know you are attending [principal@randwick.school.nz](mailto:principal@randwick.school.nz)

Ngā mihi nui,

Andrew Wooster - Tumuaki/Principal

## Principal's Award

Congratulations to Kaahuia Te Kahika who received the Principals Award in our last assembly for showing outstanding tuakana-teina skills during Kapa Haka.



# SCHOOL CROSS COUNTRY!

Randwick School Cross Country: Tuesday 28th March at 1.30pm.

All Whanau Welcome!

## School Health Nurse - Josie

Hello, my name is **Josie**, and I am the Health Nurse for your school.

I visit your school regularly and am available to see your child should you have any concerns about their health. My role is varied from personal health referrals, health education in the classroom and health education for staff.

My background is in paediatrics, both in the hospital and the community.

I can be contacted through the school office.

Te Whatu Ora – National Public Health Service’s website [www.rph.org.nz](http://www.rph.org.nz) has plenty of up to date health information and advice that you may find helpful. You can also follow us on Facebook and Twitter.

**Te Whatu Ora**  
Health New Zealand  
Capital, Coast, Hutt Valley and Wairarapa



**Josie Christensen**  
Public Health Nurse  
Child Health Cluster

P: 027 254 0505  
[www.rph.org.nz](http://www.rph.org.nz)

## Awhi Mai Awhi Atu – Wellbeing Specialist in our school

### Awhi Mai Awhi Atu – Wellbeing Specialist in our school

Our school has been given the opportunity to work in collaboration with Explore Specialist Advice and the Ministry of Education to provide well-being support in schools. This is a new national well-being programme being offered across New Zealand, which allows students, families/whanau and schools to access free counselling and/or well-being support.

Explore's Wellbeing Specialist is situated in our school and can work individually with students and/or whānau to help them understand and deal with any issues or problems they may be experiencing.

Through the informed use of Te Whare Tapa Whā and the Mana Manaaki hui process, the Wellbeing Specialist can help develop the necessary coping skills and provide the right support, advice and guidance from a whole-school, group or individualised approach.

We have collaboratively developed a School Delivery Plan with Explore Specialist Advice and the Ministry of Education. This Delivery Plan compliments our school's culture and reflects the needs and importance of our whānau and community. The plan to support each student is encompassing of all aspects of their lives and can be accessed through a self, whānau or staff referral process.

### **Meet our new Awhi Mai Awhi Atu – Wellbeing Specialist in our school:**

Kia ora, my name is Leonie Ruki, I am the Awhi Mai Awhi Atu Wellbeing Specialist for your school. I can work individually with students and/or whānau, with groups, or with staff, to help you understand and deal with any issues or problems you may be experiencing. By working with you from a holistic perspective, I can assist you to develop the necessary coping skills and provide the right support, advice and guidance to increase the chances of being effective or successful in overcoming the challenges and barriers you face.

If you would like to know more about Awhi Mai Awhi Atu you can visit [Awhi Mai Awhi Atu – Wellbeing Support in Schools - HealthCare NZ](#). Or if you'd like to make time to chat you can email me.



## **Well-Being Kaiāwhina**

Kaiya Warbrick is our Well-being Kaiāwhina

Kaiya will be available on Thursday's 9am-2pm.

Kaiya is currently working in the office with Libby on Tuesday mornings, Wednesday's and Friday's.

Kaiya can assist our Randwick School Whanau with:

Attendance

Food Parcels

or if you just want to talk and need a hand with something, please let her know  
School number 04 5685621 or email: [kwarbrick@randwick.school.nz](mailto:kwarbrick@randwick.school.nz)

## Touch Rugby - Draw

### This weeks game:

Fernlea Gold vs Randwick  
Hutt Park: Field 4A  
24th Mar 2023 6:00pm

Here is the link to the draw:

[Click here for Touch draw](#)

## Important Dates

Wednesday 22nd March - Technology for Yr 7&8s at Avalon Intermediate **(Please be at school by 8.30am)**

Friday 24th March - School assembly 9am

**Tuesday 28th March - School Cross Country at 1.30pm**

Wednesday 29th March - Technology for Yr 7&8s at Avalon Intermediate **(Please be at school by 8.30am)**

Friday 7th April - Last day of school for the term.

## Absentees

# ABSENT CHILD/REN

When you make contact with the school to advise your child/ren are away please **always** give an explanation.

It is a requirement for the school to explain on each students record why they are away, and unfortunately if you ring up to advise they are absent, but give no explanation, then it is recorded as 'explained but not justified'.

If we have no contact from the absent students caregivers then the student is marked as 'truant'.

All our attendance information is forwarded automatically to the Ministry of Education

## Birthday Wishes to

Mose Latu, Sophie Nicholls, Aaliyah Te Amo and Anushka Sharma.



## Petone Rugby

# PLAY JUNIOR RUGBY FOR PETONE! Preschool to Year 8

Registrations for  
the 2023 season  
are now open!

For all  
**NEW PLAYERS**  
pre register  
online at  
**[petonerugby.com](http://petonerugby.com)**

Returning players -  
follow the link sent to  
you via email



For more information about  
season dates and registration  
visit our Petone Junior Rugby  
Facebook page

## Code Camp

CodeCamp allows children from the ages of 7-12 to develop 21st century skills in a fun and action packed environment. Develop confidence & initiative through design, creativity, solving problems,

presenting & collaboration. Create games, apps.  
Thorndon School: 11th - 14th April & 17th - 20th April.



## Wonderplay - Drama Classes

Wonderplay has places available in its award-winning drama classes for term two. Wonderplay uses imaginative play to educate young people through drama. Focuses include camaraderie, interdependence, communication and leadership, and having an awesome time.

Classes Mondays for 4-13 year olds; 3.30pm (New Wonders: intro to drama), 4.15pm (Star Players); and incredible teen training company, Wellington Young Actors for 12-18yr olds ([5.15-6.15pm](https://www.wonderplay.co.nz/)). First class free to try. Register today <https://www.wonderplay.co.nz/> <https://www.wellingtonyoungactors.com/>

## Moving March - Whanau/Student feedback

Movin'March would love to hear from parents – and you could win!

The team at Greater Wellington would love to hear what parents and whānau think about Movin'March so far. Please complete the short whānau survey [here](#). You'll also get the chance to win a \$100 Prezzy card! Students can also take part by completing the [student survey](#) and be in to win a \$50 Prezzy card.

## Volleyball Camps - April School Holidays

# APRIL SCHOOL HOLIDAY VOLLEYBALL CAMPS

APRIL 11-14TH

ALL EXPERIENCE AND SKILL LEVELS WELCOME... WE LOVE  
BEGINNERS!

TIME: 9:00 AM-3:00 PM  
LOCATION: ST ORAN'S COLLEGE GYM  
YEARS: 5-13

SIGN UP ON OUR FACEBOOK PAGE @NZFIREVOLLEYBALL  
QUESTIONS: NZFIRESTAFF@GMAIL.COM  
(DATES VARY BY AGE)



April school holiday programme

# APRIL SCHOOL

# HOLIDAY PROGRAMME

Lower Hutt & Stokes Valley Locations

email: [kidsdomain@slingshot.co.nz](mailto:kidsdomain@slingshot.co.nz)

website: [www.kidsdomain.biz](http://www.kidsdomain.biz)

facebook: kidsdomain

Earlybird Deal - save up to \$6 per day off your fees

Work & Income Subsidies Available



## MODEL MAKING



## MARSHMALLOW BUILDING CHALLENGE



## KILBERNIE RECREATION CENTRE



## MAKE A SPORTS BALL KEYRING



## LEARN TO MAKE COCONUT ICE



## LEARN TO MAKE LOLLYCAKE





A big thank you to the Sai Community Group who have been supporting our school for many years.

**PlaceMakers**

**HUTT CITY**

43 SEAVIEW RD, SEAVIEW  
(04) 568 5042

We would like to thank Placemakers Hutt City for their very generous support



**Master Plumbers Gasfitters Plumbings**

**BROCKELSBY'S**  
Brockelsby Plumbing & Gasfitting Ltd  
Plumbing • Gasfitting • Sheet Metal Manufacturing

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Petone 5012  
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www.brockelsby.co.nz

Thank you to Brockelsby's Plumbing & Gasfitting Ltd for their generous support of Milo and Sugar for the Breakfast Club