



**RIVERSDALE SCHOOL**  
Inspiring Excellence

**Our School Values:**  
We are:  
**Respectful - Whakaute**  
**Responsible - Kawenga**  
**Resilient – Manawaroa**  
**Our Well-being – Hauora, supports these.**

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1 September 2022

Riversdale School Newsletter - **Term 3 Week 6**

**Kia ora e hoa Whanau,**

**We had a fabulous assembly yesterday. The class items were all highly entertaining, and Room 7 hosted the assembly very well. We hope everyone who came along enjoyed it as much as the teachers did.**

*Resilience  
Manawaroa*



**I received this interesting information via an email from the NZPF Assn. this week:  
Managing self and mental health:**

At the recent Area and Intermediate Schools Conference (which the NZPF President attended) Professor Richie Poulton spoke about the 'Dunedin Study' which started 50 years ago. This longitudinal study is regarded as one of the most important in the world. He highlighted a key finding from the study, which is that *self control* is the most significant predictor of success in life.

From as early as two, children's levels of self-control were evident. Taking into account socio-economic factors and context, tracking 1007 participants over 50 years has shown that participants' EQ has mattered more than their IQ. Over time, participants who had stronger self management from an early age were more focused, found it easier to make friends, did better at school, had positive relationships as adults and generally have made choices that helped them lead positive, successful lives.

When we consider this finding in the context of a pandemic and a general societal increase in anxiety, stress and trauma, mental health is another learning area we need to understand and know more about. In doing so, we will better support the mental wellbeing of students coping with disrupted learning routines, lost learning time, emotional upheaval, isolation from friends and unfiltered social media influences.

Some schools have initiated some excellent ways to create a safe, welcoming environment that caters for students with increasingly diverse needs. These include trauma-informed practice PLD; mindfulness and how to integrate mindfulness techniques within the school day; yoga; counselling for students staff and/or whānau and individualized programmes for vulnerable students.

Dr Michael Carr-Greg, a renowned child and adolescent psychologist, challenged school leaders to get creative and initiate solutions to build students' resilience. He suggested teaching student's strategies to

manage their anger, to make and maintain good friends and to engage in learning based upon their strengths, interests and talents.

*I am so pleased that this community committed to Pause Breathe Smile (initially called Mindfulness in Schools) all those years ago, and we have been teaching self-management skills, understanding our own feelings and how to regulate these in the years since its implementation.*

### **Apologies to the Wing Whanau....**

**Correction from last week... I gave accolades to Ryan Wing when it was really Logan Wing who placed third in the Years 5/6 section at the cluster speeches. Sorry about that Logan.**

### **Coming Up....**

07 September	Board Parent Elections close – remember to vote
12 September	Board of Trustees Meeting 7.30pm in the staffroom
28 September	Community Assembly – <u>1.30pm</u> in the school hall.
30 September	Last day of Term 3 Athletics is early next term, so if children get a chance, they could be doing some fitness work/sprint/distance running practice over the holidays.
17 October	First day of Term 4
24 October	Labour Day – School closed
28 October	Pet Day

Please phone or text the school phone 0275553534 if your child is absent from school. We do need to know why for reporting purposes to the Ministry of Education.

### **Values Awards**

Special congratulations to the following tamariki who received their Silver Award last week. This means they have gained 100 house points – Kei te pai!

*Lexi, Hannah, Blaine, Jack, Rylan and Zyrhon*



**Congratulations to the following tamariki who received their Bronze Award last Friday:**

*Matthew, Jahn, Ruby, and Ming*



### Values Certificates

The students named below received certificates for displaying the values of being respectful, resilient, and responsible, at Riversdale School last week.

**Kei te pai - Well done! You all displayed the school values so well.**

	Manawaroa-Resilience	Whakaute-Respect	Kawenga-Responsible
Room 1	<i>Billie-Mya</i>	<i>Isabella</i>	<i>Isla</i>
Room 7	<i>Serinity</i>	<i>Bella</i>	<i>Amanda</i>
Room 6	<i>Lachie</i>	<i>Nicole</i>	<i>Mattie</i>
Room 3	<i>Jaelyn</i>	<i>Cruz</i>	<i>Izzy</i>
Room 4	<i>Leo</i>	<i>Aroha</i>	<i>Bentley</i>
Room 5	<i>Harley</i>	<i>Emily</i>	<i>Skylar</i>

### **John Parsons – Cyber Safety Expert**

In the next few weeks, we will be sharing his really important messages for parents/whanau. This is a link you can go into to watch one of his topics - **Live Streaming: Understand the risks for children** <https://www.facebook.com/johnparsonsS2E/videos/244747619971043/>

Stock up now as these are great value and last ages!

Pool fundraiser price list: (these are held at the school so just text a message or pop in)

Food wrap            300m x 33cm = \$23  
                             600m x 33cm = \$35

Roll foil              90m x 44cm = \$22  
                             150m x 30cm = \$22

Baking paper        100m x 30cm = \$30

And can you please check that you have RETURNED YOUR POOL KEY TO THE SCHOOL.

The tamariki enjoying the sunshine on the 1<sup>st</sup> day of Spring





**Interested In Rep Touch** - see link below  
Teams train at Gore after the touch module  
Touch Southland are now taking registration's for Junior  
Development teams for more information and to register  
your child click here <https://www.sporty.co.nz/viewform/199181>

## Boost Your Learning

We are getting in touch to inform you of an opportunity for tuition for your students of Ngāi Tahu descent. Here at Boost Your Learning, we are proud to be an accredited provider of out-of-school tuition with Ngāi Tahu, who generously provide the Tahua Taunaki Ākonga Learner Support Fund. This fund allows ākonga to access tuition services and provides educational support to ākonga in all educational settings.

Our accreditation with Ngāi Tahu allows us to provide tuition for Ngāi Tahu ākonga (from years 1-13) based anywhere in Aotearoa New Zealand through our one-on-one online tuition services. We pride ourselves on providing high-quality and bespoke tuition using only experienced and qualified teachers. We work alongside whānau and kaiako to empower students and boost their learning, so they can excel and be confident in their education journey.

To be eligible for the funding, ākonga need to be registered with Whakapapa Ngāi Tahu and currently enrolled in school. For more details, further clarification of the eligibility criteria and the application form to access the Tahua Taunaki Ākonga Learner Support Fund, please visit:

<http://ngaitahu.iwi.nz/whanau/opportunities/tahua-taunaki-akonga-learner-support-fund/>

For more information about us, please visit: <https://www.boostyourlearning.co.nz/>



The poster features the MNS Toy Library logo on the top left, which consists of four interlocking puzzle pieces in red, yellow, blue, and purple, with the letters 'MNS' and 'Toy Library' integrated into them. The main title 'Open days September' is written in large, bold, black and green letters. Below the title, three dates and times are listed, each preceded by a small puzzle piece icon: a red puzzle piece for '1.9.22 2.45pm-3.30pm', a purple puzzle piece for '11.9.22 1.00pm-1.45pm', and a yellow puzzle piece for '15.9.22 3.15pm-4.00pm'. On the right side, there is a circular map showing the location of the library at 33 Pluto Road, Lumsden 9730. The map includes labels for 'Lumsden School', 'Helena St', '33 Pluto Road, Lumsden 9730', '5th Avenue', 'Northern Southland College', and 'Wharfedale Game - Penison Salami'. At the bottom, a green banner contains the text 'For more details please find us on Facebook @MNS Toy Library' in white.