



**ST ALBANS SCHOOL**  
Te Kura o Hato Opani. est 1873

Phone: 355 9132 #0 Office  
Absences: 027 750 3559 (text only)  
office@stalbans.school.nz  
[www.stalbans.school.nz](http://www.stalbans.school.nz)

6 June 2019

**Kia ora whānau,**

*Our thoughts are with our Deputy Principal Glen McKenzie and his whānau following the death of his father last weekend. Saying goodbye to someone we love is heart breaking and we know the family will be supported by their loved ones and our school community.*

### **Celebrating Our Manu**

In early 2018 we had the privilege of working with Mana Whenua Facilitator, Di Collier, to develop the school's cultural narrative. From this, Matua Mikaere wove together the story of our Manu, and from these two pieces of work, our hub names were born.

We engaged a very talented graphic designer, Morgan Mathews (who developed the signage for the new central library) with the final step involving one of our whānau, Paul Knight (Managing Director Knight Signs) who developed our new signage. Paul has donated his time for this project and for that, we are truly grateful. Throughout the week the installation of this new signage will continue and next Friday we will celebrate our Manu with the students, including the singing of our new waiata, He Miharo te Manu.

Ka rere ngā mihi ki ēnei tangata kua hapaitia te kaupapa nei. A huge thanks to those who supported this kaupapa.

- Matua Mikaere (Composer of Manu names and narrative)
- Di Collier (Matauraka Mahaanui - Te Runanga o Ngai Tahu)
- Paul Knight (Managing Director Knight Signs)
- Morgan Mathews-Hale (Kaihautū Kaitiaki Studios)
- Stephanie Richardson (Songwriter - He Miharo te Manu)
- Matt Hall (Guitarist - He Miharo te Manu)

This year our Inquiry focus is 'Our Stories Matter'. The students have been learning about their Manu and will soon prepare a small piece of artwork to contribute to our new installation in the office.



*He aroha whakatō, he aroha puta mai. If kindness is sown then kindness you shall receive.*

## Sickness at School

We have a significant number of children coming to school with illnesses that are being passed on to others. PLEASE keep your child/children at home if they are unwell.

## Mana Ake

We are thrilled to introduce you to a new initiative now available to St Albans School. All requests for support will come via the school, and like all other agencies, there will be a waitlist. If your child is needing support please make contact with their home base teacher.

Mana Ake – Stronger for Tomorrow is a government initiative that provides wellbeing and mental health support to children aged 5 to 12 years across the Canterbury region.

Mana Ake kaimahi (workers) work alongside the schools, children and whānau, to promote wellbeing and provide support when wellbeing concerns are identified.

Mana Ake aims to provide positive interventions at the earliest opportunity to ensure the right support gets to the right children at the right time.

### Meet your Mana Ake team....

From left to right: Clare Vesty, Cathy Robson, Dylan Walls, Maria Lui and Alena Keating.



**MANA AKE**  
STRONGER FOR TOMORROW

### What kind of support can Mana Ake offer?

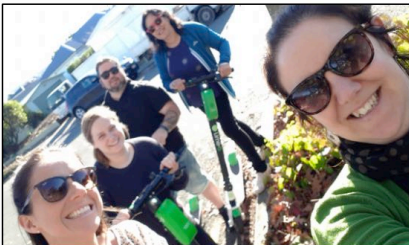
The Mana Ake team can support:

- Children – facilitating groups around friendship, social skills, mindfulness and emotional regulation, as well as individual work with a child.
- Parents/whānau – providing workshops, advice, guidance, and links to access community supports.
- Teachers -providing class-wide approaches to promoting wellbeing and working alongside teachers to support children with specific wellbeing needs.
- School systems and communities – identifying opportunities and approaches to enhance wellbeing.

### How can children get support from Mana Ake?

Every school has a **liaison kaimahi** that will work directly with the school to receive requests for support. The Mana Ake team meets frequently to assign a worker whose skills could best suit the needs outlined in the request for support.

Parents and caregivers can talk to their child's teacher or member of the school staff to check whether a request for support is appropriate.



**Ngā mihi,  
Ginnie and the team**

*He aroha whakatō, he aroha puta mai. If kindness is sown then kindness you shall receive.*

## Out of School Achievements

Ella T (Kererū) competed in the Christchurch School of Gymnastics South Island Invitational Competition on Saturday 1st June. She won all four events in her grade; floor, beam, bar and vault; and was the overall winner. What a great achievement Ella!



## SCHOOL NOTICES

**Voting Closes tomorrow, Friday 7 June at 12 Noon** - Please send your voting paper in the envelope provided to the office ASAP. If intending to mail the freepost envelope, it must be posted today before mail clearance deadlines in order to be postmarked before 12 noon Friday 7<sup>th</sup> June.

### Election Time-line:

Election Day:	Noon, Friday 7 June
Count Votes:	Thursday 13 June
Board Takes Office	Friday 14 June

**Maths-a-thon** – Thanks to all our awesome sponsors and to our awesome tamariki for learning their basic facts. Could we please have sponsor sheets and money sent to the office as soon as possible.

**Hockey Coach Urgently Needed** - We are still in need of a Hockey coach to take the Hockey B team. This involves being at games on Friday afternoons at Nunweek Park. Coaches must referee games so do need to have a basic understanding of the sport. We fully understand that many parents cannot help due to work commitments, however, without help we are unable to enter these teams into the competitions. If you can help or would like more information, please email [sport@stalbans.school.nz](mailto:sport@stalbans.school.nz)

**Eco Warriors** - Check out the Eco Warriors blog <https://stalbansecowarriors.blogspot.com/> We will be adding ideas for sustainable lunch box options, our eco thoughts of the week and what we are doing to help our school be environmentally friendly.

**Scooters** – Please see Heather if your child is missing a scooter.

## PTA NEWS

- ✂ **PTA Meeting Wednesday 12<sup>th</sup> June** - Come and join us in the staff room for a coffee at 6.45pm before the meeting which starts at 7pm. We aim to keep these meetings to an hour, it's a great way to be involved and meet other parents.
- ✂ **Sausage Sizzle Friday** - Take a day off making lunches \$2 a sausage, all sausages are gluten free and there are vegetarian options available. Order and pay before school every Friday outside the hall. Struggle to find \$2 in change? Then buy a sausage sizzle card for \$10 or \$20, eftpos available at the cafe.
- ✂ **Second Hand Uniform Sale** - Having a bit of a clear out? The PTA are currently in need of second hand uniform donations for our sale. We are looking for all uniform items as well as plain red, green, blue or yellow t-shirts for house activities, we will also take good condition black shoes. Girls' cardigans in any condition are gratefully accepted as we can use the buttons. If you have any uniform to pass on we would be very grateful

*He aroha whakatō, he aroha puta mai. If kindness is sown then kindness you shall receive.*

if you could drop it in the box in the corner of the cafe. As well as scheduled sales each term, uniform will be available most Friday mornings in the hall, so if there's anything you need please pop in and see us.

✂ PTA Quiz Night – save the date .... 23 August ....



## COMMUNITY NOTICES

### Heaton Normal Intermediate Open Day – Wednesday 24 July

Tours will be held from 8.45am -10am, 10.45am – 12pm and 1.30 – 2.45pm. To secure a place on one of the tours go to [www.schoolinterviews.co.nz](http://www.schoolinterviews.co.nz) and enter code **j6sjw** to select a time.

### Blended Family Success – Expert

Stepfamily Advice - Saturday 15<sup>th</sup> June. Discover how to help children adjust in your step family and create a united, supportive home life. Overcome common challenges and learn practical strategies that really work from New Zealand's leading stepfamily presenter. Live happily ever after in your stepfamily! You must register to secure your place. For more information go to: [www.blendedfamilysuccess.nz/events](http://www.blendedfamilysuccess.nz/events) email [adele@stepfamilyhelp.info](mailto:adele@stepfamilyhelp.info)

### Update from Canterbury District Health

**Board** - Get ready for flu season – protect your whānau and community. Colder weather also brings along a nasty passenger – the flu. As you may have seen in the media, it's shaping up to be a tough flu season, with flu already circulating widely across New Zealand, and Australia reporting a record number of flu cases and even deaths. Influenza infection rates are generally highest in children, and healthy children are the major cause of the spread of the virus in the community. You can spread the flu bug without knowing you have it – and the elderly, pregnant women and people with chronic health conditions are particularly vulnerable. Canterbury District Health Board is urging you to protect your whānau and the wider community by getting your flu shot as soon as possible. Getting your flu shot every year offers the best protection against the flu. Flu shots are available for anyone for a fee from a doctor, nurse or some pharmacists or you or your whānau may qualify for a free shot – check out [www.flufree.co.nz](http://www.flufree.co.nz) for more information and flu facts.

Disclaimer: St Albans School does not necessarily support or endorse any of the services advertised in this newsletter.



*He aroha whakatō, he aroha puta mai. If kindness is sown then kindness you shall receive.*