



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

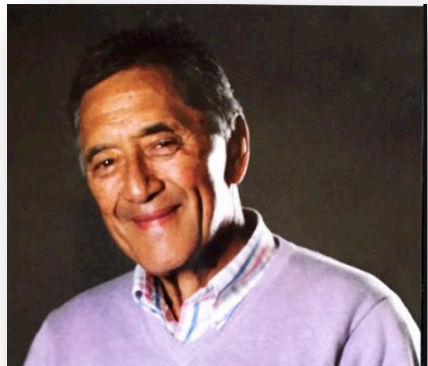
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6 May 2021

### **Kia ora whānau,**

A very warm welcome back to you all and a special welcome to our newest families that have joined us this week. We hope you have managed some extra special time with your children over the break and have been enjoying this fabulous Autumn weather. As usual we have a busy term ahead which will culminate in parent/teacher interviews in the last week of the term - details of how to book will be available closer to the time.

**Tosh Rūwhiu (E Pā)** - It is with great sorrow that we inform you that our great kaumatua and friend Tosh Rūwhiu passed away early last week. Tosh, or E Pā to many of us, has been our great strength and poutokomanawa since the early days of Te Tikanga Rua Reo. He was instrumental in the establishment and success of Te Tikanga Rua Reo. Tosh was a wonderful man and was one of life's true characters who will always be remembered with great fondness and admiration. Testament to his mana was the impromptu gathering of a very large number of ex TTRR students and staff who gathered to sing as he was laid to rest at Tuahiwi. Our thoughts and aroha go out to Tosh's whānau.



*E te Rangatira moe mārie mai i tō moenga roa.  
E kore koe e warewaretia e mātou katoa.*

**3 Minute Parking Zone** - If you park in Sheppard Place hopefully you have noticed the new Council signs on the left hand side of the road as you drive in. The signs state 3 minute parking only from 8.15am - 9.15am and 2.30pm to 3.30pm Monday to Friday. The sole purpose is to keep congestion to a minimum and to keep our tamariki safe. Please park and walk if you need to get out of your car for longer than 3 minutes.

**Deck and Seating Update** - If you have had a walk around the Kāhu and Pūkeko 5 and 6 areas you will have noticed a few changes. Over the holidays we have had tradespeople working to install new seating and shade sail areas. These are due to be completed by the end of this weekend. The shade poles are installed and the sails will go up at the beginning of Term 4. This is a wonderful eating, playing and learning space.

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

**Mana Ake** works with children and their whānau at home and/or at school to support a child's wellbeing and mental health. They can support children who have difficulty managing their emotions, coping with parental separation, grief and loss or who are feeling alone. **A reminder we have two Mana Ake parent drop in sessions coming up shortly.** These are 20 minute sessions where parents can come along to find out information, discuss concerns or seek advice. Children do not need to attend the initial meeting.

- Week 2 – Monday 10<sup>th</sup> May 2pm – 4.30pm
- Week 4 – Monday 24<sup>th</sup> May 2pm – 4.30pm

Please make an appointment at the office where you can fill out a form for the Kaimahi indicating the type of support you may require.

Have a wonderful weekend as we continue to enjoy this beautiful weather.

**Ngā mihi,**

**Glen and Jo on behalf of our team**



### **Out of School Achievements**

Jacob (left) from Kāhu 16 competed in the NZ Open Karate Tournament over the holidays and achieved a silver medal for Kata in his age group.

Eirmano (right) from Kererū 14 competed in the Japan Karate Association Championship held at Timaru. He won the Kata category (Green Belt) in his age group and was placed 3<sup>rd</sup> in the KUMITE category.

*Ka mau te pai, Jacob and Eirmano!*



### **NEW PUPILS**

We welcome the following tamariki who joined our kura this week: Gurtej, Marshall, Gayel, Nehan, Jack, Hargun, Julia, Rosie, Zora, Hana, Kaydence-Ahorangi and Frankie.

### **SCHOOL NOTICES**

**Mufti Days Coming Up** - We have two very exciting initiatives happening early this term:

- **PINK T-SHIRT DAY** will be held on Friday the 21<sup>st</sup> May
- **GUMBOOT FRIDAY** will be held on Friday the 28<sup>th</sup> May

These will be mufti, gold coin donation days. Get saving your own pocket money for these two very worthy causes close to our hearts. If you have any **PINK FABRIC, RIBBON, INTERIOR or EXTERIOR PAINT** lying around please send to Niamh in Kāhu 17. We are also looking for some spare GUMBOOTS for a gumboot toss competition – please also send to Niamh in Kāhu 17.

**Donation Receipts** - If you would like to be emailed a donation receipt in order to claim a tax rebate, please contact [diane.mawhinney@stalbans.school.nz](mailto:diane.mawhinney@stalbans.school.nz) Our thanks to everyone who has made payment on their account this year and last.

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**ACORN Fund** - The Board of Trustees with the generous support of the PTA and other community members provides funding for families in financial need. Up to \$70 per child is available. If you would like to apply to this fund to help cover some of your child's expenses, please email [diane.mawhinney@stalbans.school.nz](mailto:diane.mawhinney@stalbans.school.nz) or call into the office.

**Subway** – Order online through ezlunch or Kindo for delivery on a Wednesday.

### PTA NEWS

- **Oak Leaf Café** – Wednesday to Friday 8.30 – 9am
- **Second-hand Uniforms** are on sale in the Oak Leaf Café during opening hours
- **Friday Sausage Sizzle:** Order through ezlunch/Kindo

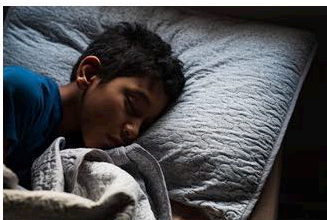
### COMMUNITY NOTICES



**Imagination Station After School Classes** – Starting from the 7<sup>th</sup> May for Term 2. With LEGO robotics, moviemaking, remote controlled race cars and much more, these sessions are a great intro to coding, mechanics, robotics, and animation - plus they're heaps of fun! In Term 2 we are running classes on Monday and Friday at Tūranga, and on Thursday's at New Brighton Library. This Term we also have a special Girls Code session on Wednesday's at Tūranga! Find out more at [www.imagination-station.org.nz](http://www.imagination-station.org.nz)



## The importance of sleep



Sleep is essential for children's growth, development and for restoring energy. It helps promote good behaviour, learning, wellbeing and a healthy weight.

#### Tips:

- ✓ Have a regular bedtime and wake up time
- ✓ Have a consistent bedtime routine to help the brain wind down
- ✓ Ensure the sleep environment is comfortable, warm, quiet and dark
- ✓ Keep distractions (digital screens, devices and phones) away from wind down time and bedrooms
- ✓ Avoid food and drinks containing caffeine
- ✓ Ensure children are active and outside throughout the day

Recommended total amount of uninterrupted sleep:

**5-13 years:** 9-11 hours each night

**14-17 years:** 8-10 hours each night

For more information, visit [sleephealthfoundation.org.au](http://sleephealthfoundation.org.au)

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# INFORMATION

FOR PARENTS

# MULTI-SPORT

PROGRAMME

Programmes run weekly on one day a week for one hour.

## This term we will focus on the following sports:

✓ Football

✓ Rugby

Programmes start

✓ Basketball

✓ Hockey

May 10th

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For year 0 – 4 students.

## PRICE: \$70

Paparoa Street School – Mon, 3:05pm - 4:05pm

Waimairi School – Tue, 3:05pm - 4:05pm

Fendalton School – Wed, 3:05pm - 4:05pm

Marshland School – Wed, 3:05pm - 4:05pm

St Francis of Assisi School – Thur, 3:05pm - 4:05pm

St Josephs School – Thur, 3:05pm - 4:05pm

Shirley School – Fri, 3:05pm - 4:05pm

St Albans School – Fri, 3:05pm - 4:05pm

Isleworth Primary School – Fri, 3:05pm - 4:05pm

## BOOK EARLY & SAVE

Use the voucher code 'earlybird' before 7th May to save!



**Website:** [kellysports.co.nz/christchurch-north-central](http://kellysports.co.nz/christchurch-north-central)

**Contact:** Braedon Gurden

**Email:** [braedon@kellysports.co.nz](mailto:braedon@kellysports.co.nz)

**Phone:** 027 273 7773

**Facebook:** @ChChNorthCentral

 **KELLY SPORTS**  
BOOK ONLINE NOW AT  
**KELLYSPORTS.CO.NZ**

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

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