

# MIRAMAR NORTH SCHOOL NEWSLETTER JULY 2019



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## PRINCIPAL NEWS



Kia ora Parents,

Haere mai, welcome back. Sunny weather and the smell of baking! Thanks Aimee, Seamus, Bede and Cahal for raising funds for the Blind Foundation- a worthy cause.

We would like to welcome the following children who have started at Miramar North School. Chloe, Maddox, Casey and Bianca in Room 8, Zoe, Treesa, Ben and Damon in Room 10, Monera in Room 2 and Fergus in Room 12.

### ROOM 3 FIRST PRIZE WINNERS!

The fabulous artists and creators in Room 3 won first place at The Predator Free Art Exhibition held in the Seatoun Village Hall. The displays go to Zealandia next and then on to Te Papa! We haven't been given dates yet but Debs or Melanie will be in touch about these as soon as we hear. Congratulations Room 3, Debs and Melanie. Well done!



**TESSA ROGERS:**

This week we celebrated the formal registration of Tessa as a teacher. In our speeches we talked about what a fabulous human being Tessa is and of course her commitment to and competence in, teaching.

Well done Tessa, we're lucky to have you as part of Team MNS.

**THANKS TO OUR STAFF & WHAT COMPASSION & GENEROSITY DO TO THE BRAIN:**

I'm glad our staff were able to take some time out to refresh, renew and re-energize; this is so important for them. During our first staff meeting, I thanked the staff for their immense generosity and compassion towards Miramar North School.

I talked to the staff about a research study on the brains of Buddhists and what happens to the brain's connections when we use values like generosity and kindness. It's a great read!

<https://www.theatlantic.com/health/archive/2015/07/dalai-lama-neuroscience-compassion/397706/>

**TE REO MĀORI CLASSES FOR ADULTS:**

Great to see 25+ people at this class which is run by MNS teacher and Junior Syndicate Leader, Sarah and her very talented daughter Jess. It was so cool to catch up with our ex Board Chairperson David Stimpson and his wife Juliet amongst the students! I hear there is a waiting list! If you would like further information about this class please email Sarah [sarahm@mns.school.nz](mailto:sarahm@mns.school.nz)

**TERM LETTERS:**

Look out for Term Letters later next week; these outline programs teachers have organised for the term. They include those all important dates for your diary!

**FUTURE FOCUSED LEARNERS:**

**SAVE THE DATE!**

**MNS Future Focussed Learners: Showcase**

10 SEPTEMBER 9:15-10:30am OR 6:00PM - 8:00PM

Ngā mihi  
Joyce

# **OFFICE NEWS**

## **DATES TO NOTE:**

3<sup>rd</sup> August – Quizingo  
5<sup>th</sup> August – Kowhai Trip to Te Papa  
13<sup>th</sup> August – Pizza Day  
20<sup>th</sup> August – School Photos  
27<sup>th</sup> September – Term 3 Ends  
14<sup>th</sup> October – Term 4 Starts

## **PAYABLE ON KINDO:**

**Under Fees and Donations you can pay the following:**

- School Donation - \$235.00
- Pool Fee - \$35.00
- Athletics - \$20.00
- Junior Stationery - \$25.00 (Year 1 and 2 only)
- New Entrant Book Bag - \$24.00

**All others are listed on your home page:**

- School Hat - \$12.00
- Kowhai Te Papa Trip - \$12.00
- MNS Avengers Netball - \$50.00
- Sports T- Shirt - \$28.50

## **YUMMY STICKERS:**

Please send all your yummy stickers to the office. I need to get these sent off in the next couple of weeks. Yummy stickers are then converted into dollars and we can use the money to purchase from their list of sports gear.

## **SPARE CLOTHING:**

We are extremely short of spare clothing for children. With the muddy grounds at the moment brings many children needing a change of clothes, mainly track pants or tights, in a variety of sizes. Any donations would be greatly appreciated. Thank you.

Belinda Campbell  
Office Manager  
[reception@mns.school.nz](mailto:reception@mns.school.nz)  
04 388 6657

# ***HOME AND SCHOOL NEWS***

We hope you had a lovely break. 'Quizingo' is nearly here - next Saturday, 3 August. Have you booked your space yet? Your \$20 ticket gets you a drink, food platters, a fun night out and a warm and fuzzy feeling inside.

If you're keen to come but don't know anyone, we'll pair you with other clever\* people and make sure you have a great night! To book your seat email: [homeandschool@mns.school.nz](mailto:homeandschool@mns.school.nz).

We would love your help on a few things even if you can't make the evening itself.

1. If you're keen to come but don't want to quiz, could you spare an hour prior to the event to help set up? Could you help on the night? Or maybe you have a Duty Manager's licence and would be prepared to help us as a backup? We do need helpers!
2. Can't make it but would like to contribute? We are gratefully accepting donations of crackers, chippies, salamis, specialty cheeses.
3. Watch out for updates on our private MNS home & school Facebook group – including a ride share message board! (<https://www.facebook.com/groups/mnshomeschool/>)
4. Share our public Facebook event!!! <https://www.facebook.com/events/658245064650208/>
5. Watch out for the list of auctions and raffles... Soon we'll share what goodies will be up for grabs on the night. If you can't make it but something calls to you, speak to us or a friend who can proxy bid for you. You gotta be in it to win it and there are some really awesome products and services thanks to our sponsors.

Please email [homeandschool@mns.school.nz](mailto:homeandschool@mns.school.nz) for any of the above or if you have any questions about the night.

## COMMUNITY NEWS

### Got questions about Antarctica?

Come along to our FREE family-friendly Antarctic information day and have all your questions answered by Antarctic experts. We'll have lots of hands-on activities including:

- Putting up a real polar tent
- Trying on real Antarctic clothing
- Reading climate from a sediment core
- Antarctic rocks and fossils
- Mummified Emperor Penguin

We'll also have short information sessions throughout the day from Wellington-based experts on topics like:

- What life is really like in an Antarctic field camp
- What it's like to dive under ice and into the frozen ocean
- What role does Antarctica play in Earth's climate



Saturday 10 August  
Miramar Central School Hall  
Drop in anytime between 11.00 am and 3.00 pm  
For queries contact [WellingtonAntarctic@gmail.com](mailto:WellingtonAntarctic@gmail.com)



### Wellington Floorball Junior Trainings

Would you like some fun floorball trainings before the Junior League starts up in Term 4?

Wellington Floorball runs junior trainings for U9, U11, U13 and U15s  
on Tuesdays after school at the ASB Sports Centre.

The cost is \$65 per term, all gear is provided and no experience is necessary.

For more information check out [www.wellingtonfloorball.org.nz](http://www.wellingtonfloorball.org.nz)

Or email Sophie at: [admin@wellingtonfloorball.org.nz](mailto:admin@wellingtonfloorball.org.nz)

# Piano Lessons

Would your child like to learn piano but can't get to lessons? They can learn from home! Online lessons suitable for complete beginners aged 3 yrs+ and parents with no previous musical experience. Watch step-by-step video lessons and get personalised feedback from me using a unique video-upload feature. Optional individual (webcam) lessons also available.



*Katie Dey  
Experience Suzuki method  
teacher based near Nelson,  
New Zealand*



**[www.katiesuzukimusic.com](http://www.katiesuzukimusic.com)**

Special introductory offer, get your first month free using the coupon  
"1monthfreeNZRS" (offer valid till end of Aug 2019)

## **Blended Family Success**

Discover how to help children in your step family adjust and create a united, supportive home life. **Overcome common challenges and learn practical strategies that really work.** Live happily ever after in your stepfamily! ONE NIGHT ONLY.

You must register to secure your place.

**When: Tuesday 17<sup>th</sup> September, 7pm – 9pm**

**Venue: 21 Hania Street, Wellington Central**

**For more information go**

**to: [www.blendedfamilysuccess.nz/events](http://www.blendedfamilysuccess.nz/events) email: [adele@stepfamilyhelp.info](mailto:adele@stepfamilyhelp.info)**

## **BIGAIR GYMSPORTS OWHIRO BAY WGTN**

Cartwheels, Walkovers, Flips, Kongs, Handstands, Barrel Rolls,  
Handsprings - it's all here at Bigair Gym!

Kids love learning a vast range of skills in

**Gymnastics, Trampolining, Tumbling, Parkour and Cheerleading!**

We have classes to support children of all levels and interests. These classes are designed to increase children's strength, flexibility, balance, co-ordination and fitness. Children also learn extensive personal skills, including increased self-confidence, self-determination, listening skills, persistence, self-pride, increased self-esteem and much more!

**BOOK NOW for TERM 3! Bigair Gym Owhiro Bay on 3838779 or  
email [wgtm@bigairgym.co.nz](mailto:wgtm@bigairgym.co.nz)**

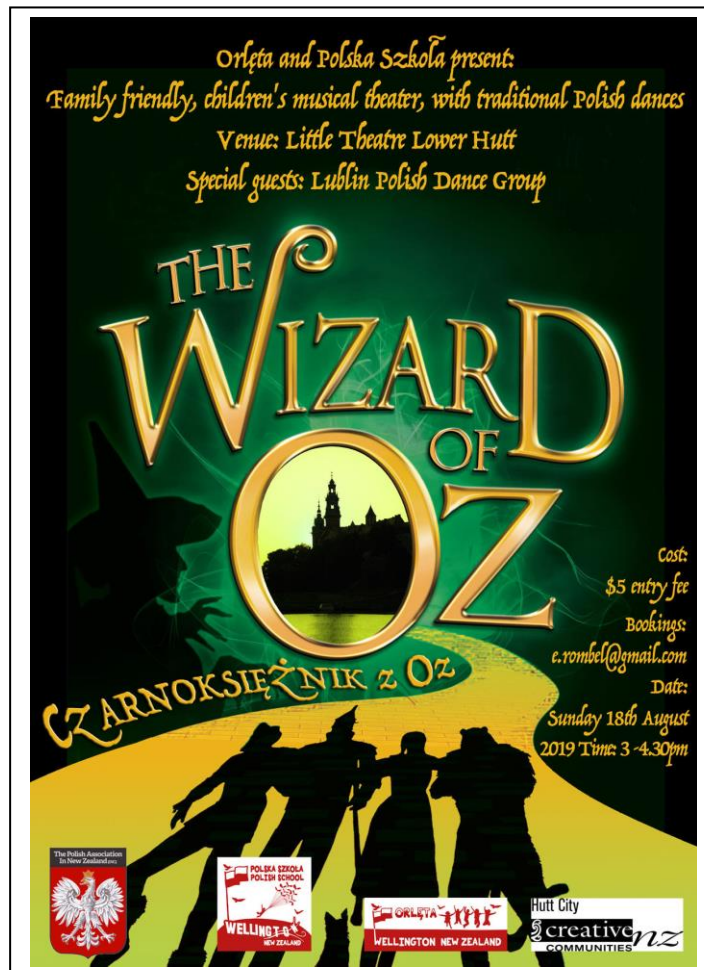


**Friday 2nd August, 5.30 - 8.00pm**

- Hāngi
- Rewena (Maori Bread)
- Coffee Cart
- Rongotai College Hospitality Stall
- Soup
- Samosa
- Asian Food
- Curry & Rice/Roti
- Salad Bar
- Muslim Food Stall
- Pulled Pork Rolls
- Baking and Dessert stalls
- Pasifika Food Stall

Eat in or takeaway

Come along on the night and enjoy some fabulous food and entertainment!



# Finding your place

## Personal Development Group

Over three sessions this group will focus on personal issues the participants find relevant. Topics can include settling in a new place ~ living in a new culture ~ succeeding in a second language ~ parenting ~ career struggles ~ grief ~ intimate relationships ~ anxiety ~ anger management ~ other personal issues and so much more.

You will have the opportunity to explore interpersonal and personal challenges in a safe environment.  
About the group leader and the method you can find more information here:  
[www.zso.fi](http://www.zso.fi)

### Dates and Times:

3 Thursday evenings  
6:30-9pm  
1st, 8th & 15th  
of August 2019

### Venue:

St. Aidan's  
Church, 89  
Miramar Ave,  
Miramar

### Fee:

All 3 sessions  
Early bird registration:  
\$125 until 25th of July  
\$150 after 25th of July

### To register:

Please send your name and contact details to: [counseling@zso.fi](mailto:counseling@zso.fi)

### Enquiries

e-mail: [counseling@zso.fi](mailto:counseling@zso.fi)

call or text: 022-585-5759.

Do not hesitate to contact me with any questions!

### Group Leader:

Zsófia Kigyóssy is a certified practitioner in psychodrama, sociometry and group psychotherapy trained both in Hungary and in the USA. Zsófia is a member of the ASGPP.

The link to JULY/AUGUST ISSUE is available here <http://issue1906w.totstoteens.co.nz/>





## **FREE HOME FIRE SAFETY VISITS**

Fire and Emergency New Zealand offers these visits to help people make their homes fire safe for them and their families.

We are available to provide free information, can help install and test smoke alarms, or provide a free smoke alarm to those who are eligible.

Please let your networks know about this service.

**For more information or to book a free visit, contact your local fire station or email:**  
**FENZwellington@fireandemergency.nz**

**[WWW.FIREANDEMERCENCY.NZ](http://WWW.FIREANDEMERCENCY.NZ)**