



# Belfast School Newsletter

care | share | learn | grow

Wednesday, 11 May 2022

## Absences:

absences@belfast.school.nz  
or text 027 6364254

## Contact Details:

P: (03) 323 8849  
E: office@belfast.school.nz

700 Main North Road  
Belfast  
Christchurch 8051

## Principal:

Sue Elley

## Board Chair:

Caroline Elkington

## Dates of Interest:

Y5-8 Cross Country on  
Thurs. 12 May at 1.15  
(sorry, no spectators)

Y5-8 Zones Cross Country  
on Wed. 18 May

Netsafe Parenting Zoom  
mtg: Mon. 23 May

PCT Competition on Tues.  
24 May

Teacher Only Days: Thurs.  
2 and Fri. 3 June (school  
closed)

R10 & 11 trip to Bottle  
Lake Forest: Wed. 1 June

Queen's Birthday: Mon. 6  
June (public holiday)

R8 & 9 trip to Bottle Lake  
Forest: Thurs. 9 June

Ako Conferences: 21 & 22  
June

Matariki: Fri. 24 June  
(public holiday)

Last day of Term 2: Friday,  
8 July

## Welcome to our new Pupils:

Charlotte Bloxham-Cairns, Frank Song, Pedro Allison, Theodore Stanbury, Jaxson Ohlson, Karlee Ohlson, Logan Carter and Eva Pincott.



## Dear Parents/Caregivers and Whanau

Tēnā tātou i raro i te maru o Ngāi Tahu. Ngā mihi nui ki a koutou katoa. As-salamu alaykum. Hola. Talofa lava. Kon'nichiwa. Kamusta. Nī hāu. Namastee. Magandang hapon. Ni sa bula vinaka. Kia orana. Fakatalofa atu. Malo e leilei.

Welcome back to Term 2. Although COVID-19 is still very much on our radar, there is a feeling that we will gradually be able to move towards more 'normal' practices. Part of this was having a smaller number of students absent due to illness last week.

Our highlight of the week was the sod-turning ceremony on Friday, 6<sup>th</sup> May that signals the beginning of the building programme for Belfast School's Senior Campus and Allenvale Special School.

The ceremony led by Maaka Tau from Tuahiwi Marae, and attended by key people in the Ministry of Education, our local members of Parliament and the City Council, Leighs Construction and architects from WSP, was held on site in beautiful Autumn weather.

Our Kapa Haka group and Head students, along with students from Allenvale School all had roles to play in the short ceremony.

Consent for the first stage of the construction process has been approved and the next step will be driving piles for the buildings. First discussions for this development occurred in 2017, so five years later it is very exciting to see it getting underway.





## Road Safety Week:

This week is New Zealand Road Safety Week. With a number of busy, main roads in our area this focus is especially important for children. Last week we received an email from a member of the community who had seen a child on a bike putting themselves at risk on John's Road. We weren't able to identify the student however if your child regularly uses Johns Road on their bike please follow up. Discussions with your children about staying safe on the road might include:

- Wearing a bike helmet correctly
- How to cross the road safely; especially about checking before crossing even when there are lights and adults helping
- How to be visible on the road when biking; high visibility clothing / gear
- How to get out of a parked car safely
- Understanding speed and stopping distances for moving vehicles

## Blues Award:

This week **Mila Macioce** in Room 18 was presented with a Sporting Blues Award for running. Mila won her first Belfast School Cross Country event in the juniors and then every cross country since over the past five years. Mila has been running for a club competing in cross country events over the past few years in Canterbury and the South Island. In 2021 Mila earned 2<sup>nd</sup> place in the South Island Cross Country Championships and has had several 2<sup>nd</sup> and 3<sup>rd</sup> placings in the Canterbury Cross Country. Mila trains each week at the Nga Puna Wai track with Olympic runner Ange Petty. Mila is the youngest runner there and enjoys the challenge of running with the older teenagers.



## Keeping Everyone Healthy this Term:

While COVID-19 has been our key concern health-wise for a long time now, we also need to be mindful of other illnesses that are both infectious and prevent children from being able to learn well at school. Currently illnesses such as gastro bugs and cold viruses are quite common, and even though children may test negative for COVID-19, if they have symptoms of another type of virus or infection they should stay home. School isn't the right place to be when someone is feeling unwell. We are continuing to monitor children's health and if they appear unwell we will ask a parent / caregiver to collect them.

We all need to continue to **Keep up Healthy Habits** to prevent the spread of COVID-19. The latest information is available through **Unite against COVID-19 website**.





## Ako Learning Conferences:

We have scheduled the mid-year Ako (Learning) Conferences for 21-22 June. We will send you more specific information close to the time, however please book these dates in your calendar. This year there will be the option of face-to-face or online Meets. Online Meets are becoming more popular as they can be fitted into parent's / caregiver's working days.

## Netsafe Parent Evening:

Included with this newsletter is information for a *Netsafe Parent Evening*: Monday 23 May, 7.00 – 8.30pm via Zoom. Fresh Choice Parklands have kindly funded the cost of this event through their Community Fund and it is being made available to all the schools in the Te Ara Tūhura Cluster.

The session will look at practical ways of how parents / whānau can support children and young people to navigate online opportunities, challenges and complexities. If you weren't able to attend our online session with John Parsons, on cyber safety earlier in the year, this session will deal with similar issues. The flyer in the Community section has the link to register for this online event on page 5.

Noho ora mai – stay healthy

**Sue Elley**  
**Tumuaki - Principal**

## Drop Off and Pick Up:

Children are able to enter their classrooms from 8:30 a.m. onwards when their teachers are in their rooms and able to supervise. Prior to 8:30 a.m. there is no supervision for children arriving early, so we encourage you to time your child's arrival at school for 8:30 a.m. At pick up time we have designated areas for children and parents to meet. Children should go to their parents in these areas to help us minimise adults being in close proximity to children not connected with their family. The areas are: by the Junior playground (not in front of the Junior building); the court area besides the school gardens adjacent to the hall. The garden area keeps everyone away from the car parking area for safety.

**Children turning 5 years of age!** If you have a child **turning 5 between now and December 2022** and who will be attending Belfast School, please enroll your child. We need to know how many 5 year olds are starting so we can plan for their visits etc. Please phone Sally on 323-8849 for further enrolment information or email [principal@belfast.school.nz](mailto:principal@belfast.school.nz)

## Absences:



If your child is going to be absent from school, can you please let the school Office know by either leaving a message on the answerphone - 323 8849 option 1, send a text to 027 6364254, or by email to [absences@belfast.school.nz](mailto:absences@belfast.school.nz) Please state your child's name, room number and reason why they will be absent. Thank you.

## Medical Issues/Health Concerns:

Please make sure you have discussed any medical issues with either the Principal when completing your child's Enrolment form; or your child's class teacher. If your child's medical information needs to be updated, please collect a medical form from the school Office. This information is confidentially saved into our Student Management System so that we can provide your child with the necessary care.

## School Lunches:

Bakery items can be purchased for the children's lunches on Friday mornings for Friday lunch. Full details and order forms are available from the school Office.





## Public Health Nurse Information

Hello

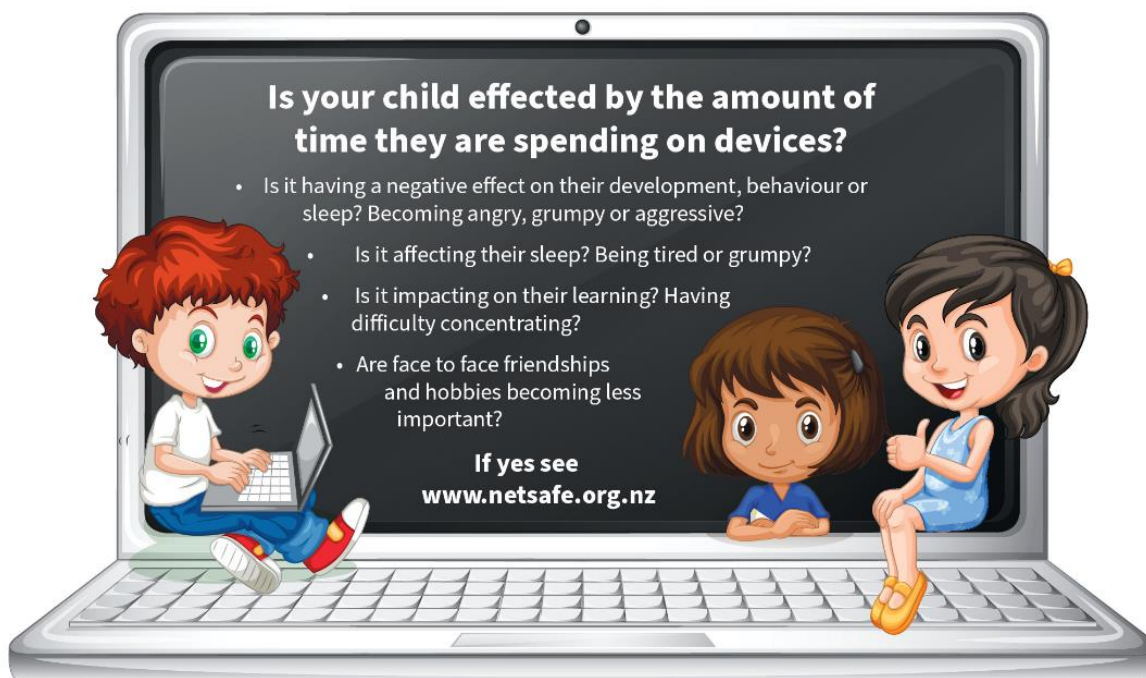
My name is Holly and I am the allocated Public Health Nurse for your school. I work within a team of Public Health Nurses. We are all Registered Nurses with knowledge and experience in child and family health. We offer a free service, working with children and families where health and wellbeing concerns impact on their home and school lives.

Please contact me if you have any health concerns for your child.

My details are:

Phone: 3836877 ext 99628 or 027 284 3397

Email: [holly.cummings@cdhb.health.nz](mailto:holly.cummings@cdhb.health.nz)





# Community Notices

## Netsafe Parenting Evening:

**When:** Monday, 23 May - 7.00 – 8.30 p.m.

**Where:** Via Zoom

<https://tinyurl.com/bdzy89h4>

Meeting ID: 843 7422 1476    Passcode: 105852

This is a **FREE** event for parents and whānau about keeping young people safe online. Netsafe's Education Advisor Paula Wistrand will be talking about the risks, challenges and opportunities of digital technology, and the practical ways we can all help young people to be safe online. The session will look at how parents/whānau can support and enable children and young people to navigate online opportunities, challenges and complexities.

Please follow this link to register for this free event: <https://tinyurl.com/8whp5tp9>

## Anna Lee School of Dance:

inspire your  
child's life with  
dance!

**Classes in Papanui**

also in Sumner/Ferrymead,  
Halswell, Lincoln and Ladbroke

ballet, jazz, hip hop  
contemporary



ANNA LEE SCHOOL  
OF DANCE

enrol now [annaleeschoolofdance.co.nz](http://annaleeschoolofdance.co.nz)



# Community Notices

## Hagley College – Year 9 Enrolments for 2023:

Applications for Year 9 2023 will open online from 16 May. ***Please note that due to the continuing uncertainty around the pandemic, we have made the difficult decision not to hold an open evening this year.***

Our 2023 Junior College Lookbook is available on our website at [https://www.hagley.school.nz/wp-content/uploads/2022/04/2023\\_Hagley-College-Junior\\_Lookbook.pdf](https://www.hagley.school.nz/wp-content/uploads/2022/04/2023_Hagley-College-Junior_Lookbook.pdf). Families are also welcome to contact Suzanne Waters (Director of Students) with any questions about learning in Year 9 at Hagley on [suzanne.waters@staff.hagley.school.nz](mailto:suzanne.waters@staff.hagley.school.nz).

For any other queries, or for those unable to complete an application online, parents/caregivers should contact Lisa Amer on [lisa.amer@staff.hagley.school.nz](mailto:lisa.amer@staff.hagley.school.nz) or (03) 364 5134.

### Thinking about Hagley for Year 9 2023? 10 key points about us:

1. We're a Designated Character School. To join us, you must agree to engage with our culture and our values of Whakamarumaru (Responsibility), Mana (Respect), Whakawhirinaki (Trust) and Tika (Integrity). We also need to be confident that Hagley has the resources to support you in your learning, that there is a programme that will meet your needs, and that there is a place for you in that programme.
2. We are a restorative school.
3. We have an inclusive and diverse learning environment.
4. We offer a connected curriculum.
5. All Year 9 students have two hours of Te Reo Māori, two hours of Health and three hours of PE each week. They also all take English, Maths, Social Sciences and Science. Students also choose from a wide range of Kete Wana courses to complete their programmes.
6. Social action and student leadership are actively promoted and celebrated.
7. Our Targeted Learning class is very small. Only 2-3 places will be available for new students in 2023 due to returning students.
8. GATE students are able to excel in their specialty fields.
9. Enrolment for Year 9 2023 opens online on 16 May 2022 and closes on 8 July 2022 at midday. It is essential to apply during this time.
10. There are only 125 places available in Year 9 for 2023. A ballot is usually required and will occur on 1 August 2022. Notifications re places will occur by 5 August 2022. Criteria for priority enrolment for those with family/whānau links to Hagley is on our website.

Our website has more information: <https://www.hagley.school.nz/enrolment/year-9-enrolment/>

## Shizoku Martial Arts:

[www.smakarate.co.nz](http://www.smakarate.co.nz)

Life Skills & Martial Arts programme that inspire  
Youth to **BELIEVE** and **EMPOWER** themselves.



**BE YOUR BEST**  
[www.smakarate.co.nz](http://www.smakarate.co.nz)





# Community Notices

## Raise Up Ōtautahi!

**Become a leader, make a difference:** Calling all young people aged 13-18 years! Are you interested in running awesome events and making life-long friends? This is a unique opportunity for you to join a Raise Up crew and make a difference in your community.

Raise Up consists of crews of up to twenty young people who plan and run events, activities, and workshops for other young people. It has been running at YMCA North for over ten years with huge success - now it's time to bring Raise Up to Christchurch.



### What does a Raise Up crew get up to?

Being in a Raise Up crew means you are supported to grow by doing and by leading. The journey of the crew (like what events and activities they run) is entirely up to the crew members, supported by your coordinator. Crew members get to:

- Attend weekly meetings
- Run youth events and workshops
- Participate in Leadership Training
- Volunteer in the community
- Connect with other Raise Up crews around New Zealand
- Run weekly activities - these could be sports, arts, music, study clubs
- Work towards leadership endorsements and build your CV
- Have a platform to advocate for youth issues

### How can I join a crew?

To join a Raise Up crew you just need to fill out this **application form** and hit send. Your local coordinator will then get in touch to talk about your spot on the crew.

To learn more about the Ōtautahi crew and meet your coordinator, click **here**.

**Come join the crew!** We'll see you there!




# Community Notices

## Tuning into Kids Parenting Course:

A six-session programme for parents/caregivers of children aged 5-12 years which is free.

Is your child struggling to manage their big emotions like anger, fear or anxiety? This course will help them become aware and regulate their own emotions, and help you develop:

- An awareness of their children's emotions;
- The ability to use children's emotional experiences as an opportunity for closeness and teaching;
- Skills in assisting children to verbally label and manage their emotions;
- Skills in assisting children to problem solve;
- Support to guide children's behaviour with appropriate limits.



### *Tuning in to Kids*

Emotionally Intelligent Parenting


A six-session programme for parents/caregivers of children aged 5-12 years

Tuning in to Kids is an evidence-based programme designed to teach parents & caregivers:

- Awareness and regulation of their own emotions;
- Awareness of their children's emotions;
- To use children's emotional experiences as an opportunity for closeness and teaching;
- Skills in assisting children to verbally label and manage their emotions;
- Skills in assisting children to problem solve;
- To guide children's behaviour with appropriate limits.

Sessions include:

- Watching video material
- Group discussions and exercises
- Role plays
- Home activities to practice different ways of responding to your child's emotions
- Participants sharing their own experiences within the group



Listed below are details of the courses running this term. It is free to attend, you must attend all 6 sessions. To sign up for a group please email the course facilitator:

Start date	Day/ Time	Location	Facilitator
10 May	Tuesday 6-8pm	Online (Zoom)	paige.lenton@barnardos.org.nz
17 May	Tuesday 7-9pm	Darfield Primary School	colleen@hpct.org.nz
18 May	Wednesday 7-9pm	Clearview School- Rolleston	danielaj@psusi.org.nz
18 May	Wednesday 9.30am-10.30am	Waipuna- Linwood	liz.riley@sjog.org.nz
19 May	Thursday 7-9pm	Lincoln Primary School	sandra.keenan@ccn.health.nz
25 May	Wednesday 7-9pm	Parklands Baptist Church	kim.button@yat.org.nz

*If you are interested in attending a Tuning in to Kids course, but these dates or locations don't suit please email: [manaakefeedback@cdhb.health.nz](mailto:manaakefeedback@cdhb.health.nz). You will be emailed with the details of new courses as they are released.*





# Community Notices

## Cholmondeley Children's Centre:



**Cholmondeley**  
whakanuia a tatou tamariki value our children

The month of May is a special one for Cholmondeley as it signifies our organisation's awareness month. This year Cholmondeley's Little Gems Street Appeal will be held on Friday 27 and Saturday 28 May and we may need your help.

Cholmondeley's Street Appeal is one of the key events we have on our calendar, and we need your help to make it as successful as possible!

Volunteering on these days will involve being at a dedicated location, representing Cholmondeley with our Little Gems Collection bucket for the time you have specified.

Instructions will be shared closer to the time to ensure it is a seamless process for you.

Please complete the google form link below, and we'll be in touch soon after with some locations that suit the area you have selected and timings.

<https://docs.google.com/forms/d/1bxRVwdDUBghssQU6pVKNSmkL43z8CDuDrW9hBynUeoY/>

Your support during our Little Gems Appeal Days is hugely appreciated – thank you for helping us make a difference.





# Community Notices

## Key2Fit Personal Training:

A beautiful day begins with a positive mindset ☀️

Key2Fit Personal Training  
Accredited:  
Level 5 Personal Trainer  
Rehab Coach  
Movement Coach  
Myofascial Appraisal Coach  
Enhanced Performance Coach  
Exercise Association of NZ / REPs Registered

ct: Lorna J Gorman  
pt: [key2fit@gmail.com](mailto:key2fit@gmail.com)  
ph: 021 0535546  
fb: key2fit / fitnesschristchurch  
@: Jellie Park Rec Center  
Graham Condon Rec Centre  
Key2Fit Studio Belfast



My name is Lorna Jean Gorman, I am a Personal Trainer and Fitness & Health and Myofascial Movement Coach. My work covers quite a spectrum but essentially I help my clients move better by releasing restrictions in the body caused by gluey connective tissue or historic injuries and scar tissue that have resulted with compromised movement.

Using a combination of Mobility & Flexibility along the 12 Anatomy Trains or Myofascial Meridians and then Strengthening using Multi-Directional movement and of course adding Cardio work to increase fitness.

I promote wellbeing so my work involves helping my clients to understand their body and be aware of the signals it gives us so that we can live a happier, healthier life with less aches & pains, stiffness and injury.

I work with all age groups from aspiring athletes to those suffering from illness and disability. I absolutely believe in the power of movement and the health benefits to be gained.

I have a small studio at my home in Belfast where I can easily accommodate Pods comprising of 4 and offer Private and Semi-Private Personal Training at affordable prices.