

# Amuri Area School

*Kia Kitea Toikaka  
Nothing But The Best*

*Raising Achievement; Realising Potential; Encouraging Excellence*

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## From the Principal

Thank you to all the parents and spectators who came along to our swimming sports this week. It was certainly worth waiting the extra day to allow our community to attend with the changing alert level. As a result of shifting the day, we have now reset our Senior Athletics for Friday 26th February. This will involve students in Year 7-13 and parents /spectators are welcome to attend.

Swimming results will be published in next weeks newsletter once the 100m and diving events are concluded.

Next week we also have the GETWISE team here from ASB working with students in Year 1-8 on financial literacy over a number of sessions. We also have students in Year 11 and 12 being trained up in using the MY mahi programme that allows them to create a secure online presence that showcases their skills and attributes for potential employers to access.

In case you missed it in Mrs Habgood's newsletter piece two weeks ago, the Year 1-6 team are trying out something different this year instead of the usual Primary swimming display with a 1-6 triathlon. Look out for details to come.

The first impressions of our no cellphone policy have been positive. As a staff we are already noticing significantly reduced disruptions in learning time and we are seeing our students engaging in conversation and activity rather than screen time over interval periods. We ask you continue to support us and should you need to contact your child during the day, please do so through the office.

Next week is going to be HOT! Please remember to send sunhats, sunscreen and a water bottle each day.

This week I wanted to talk about sleep! We often notice children who are struggling at school simply because they are tired. Late night device usage seems to be the primary factor for lack of sleep, however, we know many of our students are also working early or late too. The extract below outlines the recommend sleep for students at various ages.

### 3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 pm and 9 pm and wake up around 6 am and 8 am, just as they did when they were younger. At age 3, most children are still napping, while at age 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after age 3.

### 7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 pm. There is still a wide range of bedtimes, from 7:30 am to 10 pm, as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

### 12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years. However, for many teenagers social pressures conspire against getting the proper amount and quality of sleep.

Have a great weekend!

Kia Kitea Toikaka

James Griggs



# JUNIOR SCHOOL NEWS

Dear Parents and Whanau

We've had a recent reminder about how fickle these times are with our recent change in alert levels. Thank you to all our parents and whanau for being so understanding of the change in conditions concerning our school when alert levels change. We appreciate your support as we try and continue with our work.

We would all like to thank Ben Tily for our brand new mud kitchen. We know that hours of fun will be had using it, so thank you for your time and effort. It is much appreciated!



Now that our senior swimming sports have been held we can start looking to our primary swimming event. We have decided to break away from our traditional primary sports and incorporate our swimming skills into a primary triathlon. This is timetabled to be held on March 5th. We will update you with more information when it comes to hand.

A reminder that all families and whanau should have had a letter from your child's classroom teacher regarding our online platform Seesaw. Please take the time to read through the instructions and get logged onto the classroom account. This is our main port of contact with you and all notices and communications will be put through this avenue, including if alert levels change and we go back into lockdown. Please check it frequently to stay in touch with your child's class teacher.

Thank you for ensuring that our Year 1-6 students are wearing their compulsory hat as part of our Cancer Society Sunsmart policy. This will be for all of Term 1 and Term 4 when the sun is at its strongest.

Finally a plea. In the past, we have allowed a cake to be sent to school for sharing on a child's birthday. We are starting to notice that this is turning into cake, lollies and food to share. This is putting considerable pressure on our classroom timetables as the class teacher has to donate time from teaching, to birthday celebrations. In future we ask that only a cake/cupcakes be sent for the children to eat during a breaktime. Please also check with the class teacher before sending anything to ensure we can be prepared. We do have children with lactose and gluten intolerances and allergies and we need all students to be catered for.

Enjoy the warm weather in the coming week!

Nga mihi nui  
Kylee Habgood



## WANTED FOR LUNCHTIME ACTIVITIES

If anyone has any of these cards lying around and would like to donate them to the school, we would very much appreciate them. Thank you

# Dates for your Diary

## FEBRUARY

- 24th Getwise – Years 1-6  
 26th Senior Athletic Sports  
 25th Getwise – Years 5-8  
 26th HPSSA Swimming – Cheviot

## MARCH

- 1st PTA Meeting at 3:30pm  
 2nd CCHS Swimming, Dudley Park, Rangiora  
 3rd HPSSA Swimming postponement Mitchell Assembly @ 10am  
 5th Year 1-6 Triathlon  
 8th Jumbo Day – SCHOOL CLOSED  
 10th – 12th Year 7 Camp – Hanmer Springs  
 10th CCHS Athletics – Nga Puna  
 16th CSS Athletics Prelims – Nga Puna  
 17th HPSSA Duathlon – Hanmer Springs Board of Trustees Meeting  
 20th CSS Athletics Final – Nga Puna  
 22nd – 26th Year 10 West Coast Trip  
 24th – 28th Year 13 PE Trip to Bay of Islands  
 30th – 1st Year 9 Camp to Windy Point  
 30th CSS Swimming Champs – Christchurch

## APRIL

- 2nd – 6th Easter – SCHOOL CLOSED  
 8th CPS Swimming – Selwyn Aquatic Centre Caverhill Assembly @ 10am  
 10th – 11th Duke of Edinburgh Bronze Expedition  
 12th HPSSA TeeBall / Softball – Scargill  
 14th HPSSA Teeball / Softball postponement  
 14th – 16th CASAfest – Oxford Area School  
 16th End of Term 1

## MAY

- 3rd Term 2 begins  
 6th School Photos  
 13th MOE Accord Day – SCHOOL CLOSED  
 14th Year 12/13 Careers Expo

## Hurunui Biodiversity Trust Presents! “Bugs & Biodiversity”

### Ruud Kleinpaste

Hurunui Biodiversity Trust invites you to the Waikari Hall on the 2nd of March from 6 – 8pm.



Come join the “Bug man” on his mission to ensure that insects, spiders and other arthropods get the love and affection they deserve in the context of land stewardship. Sure to be entertaining and educational for the whole family!

Ruud is one of the amazing people that New Zealand imported from the world at large, in this case from the Netherlands (although he was born in Indonesia).

Ruud has carried a flag for a number of environmental causes such as the protection of native birds and more eco-friendly agriculture. He's reached people of all ages since the 1980s, first through his talkback radio show, “Ruud's Awakening”, and then in his TV series, ‘Buggin’ with Ruud’.

Supper provided; \$5 entry donation appreciated.

RSVP - [Hurunuibiodiversity@gmail.com](mailto:Hurunuibiodiversity@gmail.com) or via Hurunui Biodiversity Facebook page by 25<sup>th</sup> February.



## PTA Meeting

**Monday 1st March, 3.30pm at the school staff room**

**Please come along and be part of our amazing team!**

**It's so rewarding and fun to hold a few fundraisers during the year to then donate it all to the school and their wish list! From sporting events to equipment and anything else the school may need!**

**Any queries please contact Fiona on 0272602027**

**Looking forward to seeing you there.**



# AMURI COMMUNITY ARTS COUNCIL ART COMPETITION 2021

## CURIOUS CREATURES

YOUR ART WORK CAN BE A DRAWING,  
CRAFT-WORK, SCULPTURE, PAINTING,  
COLLAGE OR PHOTOGRAPH

AGE GROUPS:

5-7 YEARS

8-11 YEARS

12-14 YEARS

15-18 YEARS

ADULT

ENTRIES DUE BY

# 2ND JULY

TO YOUR LOCAL LIBRARY  
GROUP ENTRIES WELCOME

ENTRY FORMS FROM LOCAL LIBRARIES OR FIND US ON  
FACEBOOK: @AMURI COMMUNITY ARTS COUNCIL  
CONTACT: HELLENBYGATE@GMAIL.COM

PRIZES SPONSORED BY THE DRAWING ROOM &  
THE AMURI COMMUNITY ARTS COUNCIL

Any questions, please ask Charlotte Baldwin

# GardenPost Bulb Fundraiser

## Amuri Area School Year 8 Camp AUTUMN FUNDRAISER with SPRING BULBS Help us grow by beautifying your garden.

Here is a great opportunity to purchase spring flowering bulbs and seeds to show your support. We are aiming to raise \$1000 to help subsidize the cost of camp for our students. Bulbs are easy to plant, fun to grow and will reward you with gorgeous flowers year after year.

We have some great choices here, why not try them all! Bulbs are supplied by GardenPost which source bulbs from New Zealand's & Holland's best growers. Prices offered here are less than normal retail and your organisation will make a least 30% profit on all sales. A planting guide will be enclosed with each order.

To order please return this form with your payment to the School Office no later than: **Friday 5th March 2021**  
Delivery will be the week following Easter (Wednesday 7-Friday 9th April 2021)

Enquiries to: Amuri Area School Office (03) 315 8233, Email: [janine@amuri.school.nz](mailto:janine@amuri.school.nz)  
Thank you for supporting this fundraiser.

### Bulb Fundraiser Order Form 2021

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please make payment to: Amuri Area School Board of Trustees, 12-3616-0057391-00

Particulars: Surname Code: Bulbs Reference: Year 8 fund

Bulb / Seed Type	Price	Number ordered	Total \$'s
<b>10 Daffodils - Mixed</b> An exceptional assortment of superior varieties blended for continual blooming throughout spring. Each top-quality bulb will produce bright, long lasting, picture perfect flowers. H40cm	\$11.00		
<b>10 Daffodils - "King Alfred"</b> The King of all daffodils. Prized for their deep golden and twisted petals that end in a point, they remain the world's favourite daffodil. One of the largest trumpet daffodils with Strong and long-lasting blooms. (H40-50cm)	\$10.50		
<b>10 Double Daffodils - "White Lion"</b> The luxurious double flowers are Gardenia like with creamy white petals and shorter yellow petal segments in a double centre. Long lasting. Flowers mid-Late Spring	\$12.50		
<b>10 Tulips - Mixed</b> Tulips are spectacular spring flowering bulbs with colourful and attractive cup shaped flowers. Top quality bulbs in a wide colour range will give an unsurpassable garden display. Height 40cm	\$10.00		
<b>10 Freesias Fragrant Single &amp; Double - Mixed</b> For the true scent of spring try this mix of popular, fragrant single and double Freesias. They will give a long lasting, dazzling display and have long stems for picking. Height 30cm. Protect from heavy frosts.	\$6.50		
<b>10 Ranunculus - Mixed</b> A profusion of fully double, ever so sweet flowers in a wide, vibrant colour range. Large clumps of these showy flowers are hard to beat. Ideal for borders or pots. H30-40cm	\$5.00		
<b>10 Dutch Iris - Mixed</b> A selection of the world's most popular iris. Showy flowers in the garden and long lasting when cut H60-90cm	\$7.00		
<b>Sweet Pea - Early Multiflora - 20 seeds</b> A vibrant and striking mix of early flowering Heirloom sweet peas. Lavender, pink, purple, white and red flowers all with that old-fashioned intoxicating fragrance. Climber to 2m	\$4.50		
<b>10 Anemone - St Brigid Mixed (Doubles)</b> Double flowered, slightly ruffled blooms in a rainbow of colours float about 30cm above the ground on fern like foliage. Plant in full sun or semi shade.	\$5.00		
<b>GRAND TOTAL:</b>			

## Tuning in to Kids

### Emotionally Intelligent Parenting

A six session parenting program for parents.

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses.

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Rosburn Reception, Spark Lane, Rangiora

When: Thursday mornings – 10-12.30, 25/2 – 1/4

Contact: Marie Simpson, 022 161 2670, [marie.mana.ake@wellbeingnc.org.nz](mailto:marie.mana.ake@wellbeingnc.org.nz)



Collaboration between:



## LIFEKEEPERS

**Kia hora te marino, kia papa pounamu te moana, kia tere te karohirohi i mua i tou huarahi.**

May calm and tranquility be widespread, may the waters that you sail in glisten like greenstone, and may their shimmering light guide you safely on your journey.

The LifeKeepers programme aims to equip communities and whānau with the knowledge and skills needed to help prevent suicide.

Through this training you'll:

- learn how to talk responsibly about suicide
- gain an understanding of the risk factors that contribute to someone being suicidal
- learn what to look for when someone may be at risk of suicide
- develop strategies for how to ask about suicide, respond with confidence, and engage different services and supports

LifeKeepers suicide prevention training is **FREE**, evidence based, clinically safe, culturally responsive, and available to New Zealand citizens and residents 18 and over\*

Register now via the website: [www.lifekeepers.nz](http://www.lifekeepers.nz)

\*LifeKeepers is funded by the Ministry of Health to provide suicide prevention training for those New Zealanders who are most likely to interact with people at risk of suicide and who do not already have access to funded suicide prevention training. The programme has not been funded for registered professionals who already have access to suicide prevention training, or for those who belong to organisations which currently provide or fund suicide prevention training for their staff.