

# Amuri Area School

*Kia Kitea Toikaka  
Nothing But The Best*

*Raising Achievement; Realising Potential; Encouraging Excellence*  
Phone: 03 315 8233 | Email: [office@amuri.school.nz](mailto:office@amuri.school.nz) | Web: [www.amuri.school.nz](http://www.amuri.school.nz)



Tena Koutou Katoa

This will be our last newsletter for Term 1 with a short week to come next week as we lead into the Easter weekend. We have done well with Covid in the community and have managed to get through what promised to be a difficult term without compromising any programmes or delivery. In contrast, my own son has been three days on, two days off, for the past five weeks, so I am thankful for the team we have here at Amuri for stepping up and as they always do, putting the students at the front of their thinking and keeping the ship on course.

Thank you to our awesome office team for playing the daily game of chess to get classes covered and to the whole team here for covering that extra period or doubling up on classes on days where we were running a bit tight. Our case numbers have dropped dramatically since the initial flurry and we continue to have very low transmission in the school environment due to the health measures we have in place. We expect this situation to continue to slow burn through Term 2.

The good news is that with the removal of outdoor gathering limits, we have decided it is well past time to open up a little and have parents back on site for our upcoming cross-country event on the 18th May. We have booked a coffee cart and will have the BBQ going with sausies, so it will be good to see you all here ready for that 12.20pm start. Under the current red settings, we still cannot allow parents into school buildings unless it is really necessary, however, we anticipate a change to orange in the near future and being able to relax this as well. It does seem there is a light at the end of the tunnel.

The move to orange will also alter the requirements for masks at school. I will hold off on confirming this until we have clear

guidance as this may change in the near future. As a result of our current risk analysis, we have identified some classes who will need to continue to wear masks because of medical issues. This will be well communicated prior to the start of Term 2.

Next week we have our mufti day on Tuesday to support Autism awareness week. Whilst there is the obvious fundraising part of the whole thing, the main focus is to raise awareness within our community on the impact Autism has on the life of the individual and their families. [www.autism.org.nz](http://www.autism.org.nz) is a great source of information.

As you will have seen in the letter from our Board Chair, Adam, I will be moving on at the end of Term 2. The Board have already started their process for finding an awesome replacement Principal to serve you into the future and we will keep you updated on developments as they occur.

## Achiever of the Month for April

### **Jakob Bush**

Jakob is a wonderful mix of being hard-working and very capable, and is getting the results academically to prove it. He is also by any measure a wonderful person to be around! Well done Jacob and keep up the mahi!



Best of luck to our students heading to the Area Schools Trials next Wednesday. We look forward to seeing our students making it into these representative teams.

Have a great weekend.

Kia Kitea Toikaka

James Griggs  
Principal

# Senior School News

As we head into our final week of term, a note to remember planning ahead for assessments coming up in Term 2. Planning puts you in a good position to manage your workload and meet all your deadlines. Term breaks are intended to be time to refresh but also to keep studying towards our goals for the year. If you are in a NCEA year you will need this time to get ahead. Use the time wisely and have a safe and enjoyable break.

## *Reflection Back on the Week*

Students from Year 7 and upwards had the opportunity to listen and participate in a presentation from the gumboot Friday 'I am hope' mental health charity.

Ambassador Tai Tupou arrived with the NZ based team to deliver three back-to-back workshops with Year 7 and 8, Year 9 and then Year 10 and above.

The topic of the day 'youth mental health' focused how to be kind to ourselves and minimise the impact that our inner critic has. How to support our friends and care for one another, seeking help and supporting others to seek help. The presentation was engaging, and all students were mesmerised as Tai shared his story of hope.



## *Outdoor Education Year 12 Trip to Marlborough Sounds*

Day 1 of a trip to remember, starting off nice and early with a 5:00am wake up call. Arriving at school all blurry eyed as we were blinded as the bright lights shone onto us while trying to pack up the bikes, the packs and getting ready to hit the road. Made our way to Kaikoura for a break and some breakfast, continuing on all the way to Blenheim and then finally to Anakiwa to our starting point. Kayaking through Anakiwa with sun glistening onto the water for the dolphins to swim up right next to our kayak and jump right out of the water. Mountain Biking through the bush with native birds chirping and singing while we were climbing steep rocky hills to the top to see beautiful scenic views across the Queen Charlotte. Overall this was a magical trip to have experienced and to take away the many memories made, hoping one day I can do it all over again.



*by Meg Habgood*

## *Student Success*

Farewell to Kaesyn Batchelor (Year 12) who leaves us after successfully gaining an apprenticeship in Construction and Building. We wish you well Kaesyn. Reminder to ARA students that your courses will take a term break at the same time as schools. So your final date for this term is Thursday 14th (For Thursday students) and all students return the week of 2nd May on normal study days.

Nicole Peterson  
Deputy Principal - Secondary



# Primary School News

Kia ora Parents and Whanau

Year 1-6 are involved in our own Softball and Teeball tournament on Monday, organised by Miss Sopp. All the students are looking forward to this event after the HPSSA event was cancelled due to Covid. Tapaue-o-Uenuku are organising a sausage sizzle as fundraising for Year 8 camp. We are also having a final tabloids event next Thursday at 2pm. Our primary whanau leaders will be running this event with the support of Miss Garthwaite. Please watch your class Seesaw for information for both events. We are really looking forward to allowing parents back to school for events sometime soon.

Swimming has drawn to a close here at school. Our swimming season went slightly longer this year due to the fabulous autumn weather we had. We have noticed a big improvement in skills in our students which is heartening when there is so much water around us. Thank you to all parents and whanau who sent swimming things to school and helped maximise time in the water.

Year 7 and 8 students had a visit from the "I am Hope" organisation this morning. They chatted to our students about having positive attitudes towards mental health, the challenges young people face and shared some of the opportunities they offer for students who face these challenges.

Finally, I want to praise our students and staff for what has been a term of 'fluidity'. There have been students away, teachers away, different teachers away and a few combined classes. Not once have I heard any complaints. Our students are amazingly resilient and have very much 'gone with the flow' of what has been a new day of events. Similarly, our staff have been amazing, covering duties, extra teaching, combining classes and managing to maintain their usual programme with the students who have been at school. Naturally we can't do our job without the support of parents and whanau who have played their part in keeping their children at home when they have needed to. Ka mau te wehi!

This is the final newsletter for this term so please do have a restful break and enjoy the time with your children.

Hei konā

Kylee Habgood  
Deputy Principal - Primary

Room 3 Art



## Dates for Your diary

### April

- 11th HPSSA Softball at Amuri Area School  
HPSSA Teeball at Scargill
- 12th Mufti Day for Autism Awareness (BLUE)
- 13th HPSSA Softball at AAS Postponement  
HPSSA Teeball at Scargill Postponement  
Area Schools Trial - Round 1 - Rangiora
- 14th End of Term 1

### May

- 2nd Start of Term 2
- 4th CSS Swimming at Jellie Park
- 5th School Photos from 8:00am
- 6th Year 7/8 Self Defence Course
- 9th-12th Narrative Arts Camp
- 11th CSS Road Race
- 13th MOE Accord Day - SCHOOL CLOSED  
CSS Basketball starts in Christchurch
- 15th-16th Area Schools Trial - Round 2 - Murchison
- 17th Caverhill Assembly
- 18th Year 12/13 Road Safety Course - Hawarden  
AAS Cross Country @ 12:20pm  
CSS Netball starts in Christchurch
- 20th Year 7/8 Self Defence Course  
Pink Shirt Mufti Day for Anti Bullying
- 25th AAS Cross Country @ 12:20pm Postponement
- 27th Year 7/8 Self Defence Course  
Careers Expo - Christchurch
- 31st HPSSA Cross Country - Waikari  
CCS Cross Country - Christchurch

## ROLL OF HONOUR

*Harper Abernethy*

*Jennifer Bratschi*

*Lizzy Cate*

*Leighton Chinnery*

*Aizelle Dela Rosa*

*Daphne Delos Santos*

*Kyla Domingo*

*Nathalia Ferrer*

*Heath Habgood*

*Zara Hamilton*

*Emily Harris*

*Tom Jackson*

*Blake MacDonald*

*Sofia Manifold*

*Myla Roberts*

*Stephanie Robinson-Gutierrez*

*Alyssa Schenkel*

*Charlotte Schenkel*

*Riley Van der Heyden*

*Madison Wayne*

*Issy Williamson*

CONGRATULATIONS



Sean set himself a lofty personal best last Wednesday night shooting an almost perfect score of 100.9 out of a possible 100.10. The shooting team are really looking forward to the upcoming season.

## Fundraising for Geography Field Trips

**We have a number of boxes left over from our chocolate fundraising last year. A box of 32 slabs will cost \$40.00. Please see the office if you would like to purchase a box at this heavily discounted rate.**



## VEHICLE SAFETY AT THE SCHOOL GATE

As cooler weather approaches, there are more people dropping/picking up students outside school.

It's a very busy place. We have buses exiting and entering the area, agricultural vehicles, cars turning around. Let's try and keep our children safe by keeping to a safe speed – 20kph. Look out for our tamariki.



# Remember

NATURE KNOWS BEST,  
SO FOLLOW OUR TIPS FOR  
RECOVERING FROM COVID-19



TIP #1

**BE  
NOT  
AFRAID.**



TIP #2

**BE KIND  
TO  
YOURSELF.**



TIP #3

**REST UP,  
SLEEP IS  
MAGIC.**



TIP #4

**THINK  
TORTOISE.  
IT'S A MARATHON,  
NOT A SPRINT.**



TIP #5

**MOVEMENT  
IS THE  
FOOD  
OF LOVE.**



TIP #6

**IT WON'T  
BE EASY,  
BUT YOU WILL  
GET BETTER  
AT IT.**



TIP #7

**YOU'RE NOT  
ALONE,  
EVEN IF YOU  
ARE ALONE.**



TIP #8

**KEEP  
LISTENING.**



TIP #9

THIS MESSAGE HAS BEEN BROUGHT TO YOU BY

Moving  
Medicine

## HANDY TIPS FOR RECOVERING FROM COVID-19



TIP #1

**BE NOT AFRAID.**

- Evidence from working with people that have been really sick shows that increasing physical activity gradually after a coronavirus infection is safe and important.
- Gentle body movements and deep breathing may be all your body feels it can do, which is a great place to start.
- These tips have been developed by doctors and medical experts at Moving Medicine, part of the Faculty of Sport & Exercise Medicine.



TIP #2

**BE KIND TO YOURSELF.**

- It is normal to feel tired, weak, unmotivated, anxious and even depressed, as well as much less fit than you used to after a coronavirus infection.
- Start small and build gradually. Don't expect your body to do what it used to be able to do immediately.
- Your recovery will be up and down - there will be better days and worse days so try not to feel down on the bad ones.
- Regular gentle activity can provide an alternative way for the body to process stress. Feeling stressed after illness can cause physical responses often associated with anxiety. Symptoms you might experience include: breathing quicker (hyperventilation) which makes you feel dizzy; a racing heart, butterflies or sinking feeling in your tummy; cold and clammy hands and feet, or cold sweats.



TIP #3

**REST UP, SLEEP IS MAGIC.**

- Plan in rest. This is really important to allow repair, you'll need more rest to start with.
- Your sleep routines may be upside down and your body is likely to feel tired. Try to get up at a regular time and allow yourself short naps during the day, but keep the bulk of your sleep for the night time.
- Mix activity with regular rest periods. As your energy improves, you'll find you need fewer rest periods throughout the day.



## HANDY TIPS FOR RECOVERING FROM COVID-19

TIP #4

**THINK TORTOISE. IT'S A MARATHON,  
NOT A SPRINT.**

- Building regular activity into your daily routine helps your body get back to normal following your illness with coronavirus.
- Don't expect to return immediately to your normal levels of activity. It will take time to build up.
- Pace yourself: Do a bit more than you feel like on harder days and do slightly less on better days. This helps avoid boom/bust cycles that can make you feel great one day then terrible the next.
- Spread small amounts of activity throughout the day to help stop you feeling exhausted.
- Try not to compare yourself to how you were before you were ill - instead compare yourself to how you were last week.



TIP #5

**MOVEMENT  
IS THE  
FOOD OF  
LOVE.**

- A regular healthy diet is an essential part of recovery for repair, healing, building strength and energy.
- Eat small meals when hungry and don't rush your eating.
- Your illness was stressful for you and those who love you. Talk about how you're all feeling after your illness.
- Spend quality time with the people who bring you happiness.
- You may experience a reduced sex drive. This is normal. Start with regular signs of affection and build up to sex when you feel ready.



TIP #6

**IT WON'T BE EASY,  
BUT YOU WILL GET BETTER AT IT.**

- Judge how hard you should be exercising by how well you can talk - aim for a level where you feel warmer and are breathing faster, but can still talk in short sentences.
- It is good to work on your breathing after coronavirus particularly if you are feeling more short of breath than normal.
- You'll probably notice that your heart pumps a bit harder and faster and/or you feel more short of breath than the 'normal you' when doing familiar activities, so be guided by these feelings rather than the amount of activity you are doing.
- Muscles take time to adapt and recover. Regular strength and balance exercises can help you regain your normal function quicker.
- Moving your joints will help reduce the stiffness from being immobile or in bed whilst unwell.



## HANDY TIPS FOR RECOVERING FROM COVID-19

TIP #7

**YOU'RE NOT ALONE,  
EVEN IF YOU ARE ALONE.**

- Involve family and friends in your road to recovery - they could help you set your easily-achievable targets and goals, congratulate you when you do, and even take part in physical activity with you - in person or online.
- Share these tips with the people around you, so they can help you work your way back to your normal self.
- Talk to those around you when you're feeling low. You might feel irritable, tearful, lethargic, sad and less interested in things - this is a normal reaction to being seriously ill. It will take time to recover psychologically as well as physically.
- If you're feeling low and struggling to become less tearful talk to your GP or other healthcare professional about it.
- If you're worried about starting to do more physical activity, reach out to your medical team who may be able to refer you to a specialist rehabilitation service.



TIP #8

**KEEP  
LISTENING.**

- Listen to your body - if you experience a sudden onset of rapid palpitations or irregular heartbeat, a reduction in exercise capacity, dizziness, severe breathlessness or chest pain - stop exercising and if it doesn't settle quickly, get a medical review.
- Listen to official advice - continue to follow sensible social distancing advice in line with your local recommendations.



Scan this code on your mobile  
device for more information or visit  
[www.movingmedicine.ac.uk/covidrecovery](http://www.movingmedicine.ac.uk/covidrecovery)

*Stay safe!*

Moving  
Medicine



# Year 7 camp to Hanmer Springs in week 6







## YEAR 9 DAY TRIP TO BOYLE RIVER OUTDOOR CENTRE







*Term Two*

# HOCKEY SKILLS & GAMES

MONDAY'S 3:30-4:30PM AMURI SCHOOL

YEAR 1 - YEAR 13 FROM ALL SCHOOLS ARE WELCOME

REGISTRATION FORM LINK IS ON OUR FACEBOOK PAGE OR EMAIL US

✉ [hurunuihockey@gmail.com](mailto:hurunuihockey@gmail.com)

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☎ 0226702935

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