

HOKOWHITU SCHOOL NEWSLETTER

Friday the 18th of October 2024

Important Upcoming Events 2024

14 - 25 October	Orders open for 2025 calendar art, diaries, cards. Great Christmas gifts!
21 - 25 October	Ice skating week here at school
23 October	Lucky Book Club Closes
28 October	SCHOOL CLOSED - PUBLIC HOLIDAY, Labour Day
29 October	SCHOOL CLOSED - Teacher Only Day
30 October 5.30pm	Board meeting in the staffroom, all welcome
31 October/ 1 November	Year 4 sleepover and EOTC trip to Ngā Manu
1 November - 9am	Whole school assembly - TKT presenting Gumboot Friday - wear your gummies and bring a gold coin donation
7 November	Year 4 - 6 athletic sports (postponement day 11/11)
11 November	Hearing and Vision Checks - These are for New Entrants who have not had/completed their B4 School Check OR Children who have no previous test record. * Any parent/guardian who does not want their child to be checked, should please inform the school before the visit.
13 - 22 November	Life Education Trust programme on site at school
15 November - 9am	Whole school assembly - TKA presenting
22 November	House t-shirt day
29 November - 9am	Whole school assembly - TKP presenting
3 December	Year 1 - 3 fundamental skills display. Supporters welcome
3 December - 5.30pm	Final Board meeting for 2024 - held in the staffroom
10 December - 8.30am	Coffee and muffin thank you to whānau who have generously supported us this year
12 December 5pm	Christmas carnival and prize giving, followed by the Year 6 graduation
13 December	Reports come home in school bags today
16 December 1.45pm	Transition into 2025 classes
18 December 12.45pm	Classes finish for 2024
30 + 31 January	Staff call back days
31 January 1.30 - 2.30pm	Informal 'meet and greet' in classrooms. Bring your stationery and come and say 'hi' to the teaching team
Monday 3 February 8.50am	School opens for 2025 - day 1 of Term 1

Please also look out for kete newsletters - these include specific dates/events for that kete.

Ways to Contact The Office When Your Child Will Be Late Or Sick

Email - office@hokowhitu.school.nz

Phone (You can also leave a voicemail) - 06 357 9667

App - See how to download the App below

<https://hokowhituprimary.apps.school.nz/>

School cell phone (you can ring or text this number) - 027 357 9021

Please contact us as soon as you know your child will be late or is not coming to school as it can take a long time to contact everybody that doesn't contact us. We do this to ensure your child is safe and not a missing child. Please do not contact the teacher directly, they don't always see emails when they are teaching. Thank you.

Important Information for Parents & Guardians

Please download our school App if you haven't already, all **IMPORTANT/URGENT** notifications will come through this channel. Follow the directions as stated below



Stay up to date with a snap of your fingers

IT'S EASY!

Our School Communication All In One Spot

- School Alert Groups
- Cancellations
- Direct Absentees
- Contacts Directory
- School Events
- Daily Notices

Plus Much More!

 **School Apps** NZ snApp mobile

Simple free download: In Google Play & App Store search 'SchoolAppsNZ' & choose **our school** once installed.



UPDATE FROM THE PRINCIPAL

Kia ora koutou
Welcome to the ever-busy Term 4.

This term's inquiry focus is Taha Tinana - physical activity. The major curriculum focus is Physical and Health Education. Along with ice skating, athletic and fundamental skills, we have cricket sessions, basketball skills and drills, we hope to have the pool open in early December, and of course daily fitness - just for starters. Tim will be here with the Life Education trust programme as well, for many kete this will involve education around healthy lifestyles. These activities/programmes are examples of us working within our fourth strategic goal:

Enhancing ākonga wellbeing by encouraging participation in physical activity

SUN PROTECTION

Our regulation blue bucket sun hat is a compulsory uniform item in Terms 4 and 1 of each year. Please ensure your tamariki have a named uniform hat EVERY DAY. Hats cost \$15.00 - they are available from Academy Apparel, or from the school office.

Alternatively, you can order a hat on KINDO and we will deliver it to the classroom on the following morning. Our sun safe policy states 'no hat, no play'.

As further protection from harmful rays, we recommend that sunscreen is applied before coming to school too. If you are sending sunscreen in school bags to be applied at break times, we find that the roll-on option is easier for tamariki to manage themselves.

ICE SKATING: 21st - 25th OCTOBER

Exciting! Next week is ice skating week here at Hokowhitu School.

Helmets MUST be worn (we can provide these) and everyone needs to have their own socks too. Extensive safety action plans and RAMS are available for viewing at the school office.

There will be no cost associated with the sessions being held during the day - we will fund this exciting initiative as part of our strategic goal to enhance wellbeing by encouraging participation in physical activity.

There will also be evening sessions available for sale for our wider school community - the event has now been published on Facebook: <https://www.facebook.com/share/76HthV5jJhZBQtUR/>

People can purchase tickets for the different session times through the link below. Sessions are at least 30 minutes each.

<https://www.trybooking.com/nz/UFJ>

CALENDAR/DIARY/CARD ART - orders close Friday 25 October

Order forms were sent home earlier this week to give you the opportunity to purchase a piece of your child's art work as a 2025 calendar, or a diary or a set of cards. Many people take this opportunity to purchase Christmas gifts for grandparents or overseas friends/whānau (we make sure you have the items in time for overseas posting). Samples will be available in the office if you wish to see an example.

If you want to see the artwork before placing an order, teachers will have it available for viewing in the kete. These are **NOT** compulsory to purchase if you do not want too.

ICAS DIGITAL TECHNOLOGIES COMPETITION

Congratulations to **Alex G** (participation award) and **Ronav P** (credit award) in the recent assessments.



PREPARATION FOR 2025

Preliminary work is now being done in placing children for next year. It is really helpful for you to let us know now if you are not planning to be at Hokowhitu School next year, or if there are any other considerations that you think we should be aware of. Once placements are made, it is not possible to make changes. Please don't assume all teachers will be in the same spaces as this year either - we often make changes.

Almost every kete in our school is composite -that means there are 2-year groups of children in each kete. A reminder that whether your child is (for example) a Year 5 in TKT or TKA, they will have the same experiences. The same applies to EACH of the other year levels. One of the reasons that we have composite classes is to balance class numbers - no one wants their child in a class of 35+ children (with only 22 in the class next door). Another important reason is getting the right social/emotional/academic balance - this way we can better meet individual needs.

EVERY child at our school spends 2 years in at least one kete area, they are not being held back or disadvantaged in any way. All the children know this - they just may need reminding from you.

Our class placement process is considerable - we certainly don't just pop names on a list. We gather data from teachers and create draft lists. These lists go back to the teams to see what the combinations look like to them. We then tweak and rework the lists until we have our final placements. We think about children who work well together and those who don't. We consider teacher strengths and personalities to match individuals. While we try hard to ensure everyone has children that they know with them, sometimes they may not be in the same kete as their best friend - this happens. They get an opportunity to work with different people and widen their friendship circles. We encourage you to be positive about class placements with your children, they take their cues from you.

Thanks so much in anticipation of your support.

RECOGNITION OF SERVICE

Our Board recently reviewed our policy around the recognition of service and introduced a section that acknowledged the years of service that individual staff members have given at our kura.

At morning tea this week, Philip Steer, our Board Presiding Member recognised the following staff for service of 5 years or more.

Priscilla Gifford Moore, Gwenna Finikin, Michelle Mikkelsen, Hilary Salter, Susan Janssen, Lin Dixon, Reece Hawkins, Ang Caldwell, Liz Longley, Wendy Donnellan, Merryn Hawkins, Helen Griffin, Carlee Hodge, Jo Mullinger, Samuel Sloan, Tracey Orr, Steve Cooke, Emma Vekula, Anna Blay, Stacey Tayler and Jennifer Bates. A number of these staff members have given much more than 5 years service - this was a starting place. From this point of time, service will be recognised in increments of 5 year periods.

Having a stable staff gives our ākonga (learners) the best opportunity to form strong relationships with their teachers, and have kaiako (teachers) that know them well and understand their strengths/needs.

ADHD AWARENESS MONTH

We celebrate diversity within our Hokowhitu school and the community around us. With this we would like to celebrate ADHD awareness month. Children and adults can have struggles with ADHD, but it also has some awesome SUPER POWERS that comes with it. Recognising that each and everyone of us is different and special in our own way helps us to grow and understand those around us better.

See the Flyer on the next page....

Ngā mihi nui

Lin Dixon

Celebrating ADHD

ADHD comes with lots to celebrate. Here are some of the superpowers people with ADHD can have:

Creative Thinking

Need to solve a tricky problem? Leave it to us. Our ADHD helps us think outside the box to find unique solutions!



Compassion

ADHD can be an exhausting, frustrating part of everyday life. With our strong emotions and struggles, we are often really good at empathising and showing compassion for others who struggle.



Perseverance

With ADHD, you often have to work twice as hard as other neurotypical peers. Even though it is frustrating, if it is something we're interested in, we will show deep determination.



Impressive Memory Storage

It's like our brains have been fitted with extra memory cards. Our memories just need to make it through the working memory gauntlet to find their forever home. What gets stored may seem a little random, but we often impress people with our fun facts and memories from years before!



Observation Skills

Our brains don't come with the same filters as neurotypical brains. This means we can take in a lot more detail than others. We can often notice connections that others don't, and can be really good at seeing a wider or bigger view.



Multitasking

For most people, multitasking makes you less effective. For people with ADHD, we can thrive while multitasking. Our brains work hard and fast, and multitasking feeds into that need for stimulation and pressure. The key is finding the right mix of tasks to have success.



Hyperfocus

Did you know that people with ADHD can actually become extremely focused? Because our brains process rewards a bit differently from other people, we can become hyperfocused when an activity is very interesting or gives us instant dopamine boosts as a reward. Hyperfocus makes us faster, more efficient and improves our memory too.



Energy

Some people with ADHD have the gift of boundless energy. This can make us amazing athletes, efficient messengers and brave adventurers.



Curious Explorers

Novelty is endlessly fascinating for people with ADHD. We love to explore and learn about new ideas and topics and can switch interest quickly. This makes us great explorers too. Our energy and reduced impulse control can be nurtured so we can become intrepid explorers who aren't afraid of calculated risks.



Intense Imagination

Some people with ADHD have such vivid imaginations. We can create a whole extra world to explore. This can make us great storytellers, actors and artists.



Thriving Under Pressure

While others struggle during times of crisis, some people with ADHD actually rise to the challenge. We are calm and collected, we can analyse the situation and find solutions. This is why we can find so many adults with ADHD working in an Emergency Department, the Military and as Emergency Responders.





SPORTS

SPORTS UNIFORMS

- If your child is no longer playing a sport for this year, please return their sports uniform as soon as possible, there will be a full replacement charge for any uniforms not returned. Thank you for your understanding in this.

VOLLEYBALL

Well done to the Hokowhitu Spikers Volleyball team on a great first game. Congratulations to **Chris P** for receiving player of the day.

NETBALL

Hokowhitu Shooters - The player of the day this week was **Bailey**! Her dedication to always being open for the ball was outstanding, she had quick feet and was always thinking a step ahead! Well done Bailey.



SUMMER SOCCER

What a great start to the season **ALL 9** of our teams had on Wednesday. It was so great seeing Hokowhitu School being represented with fair play, kindness, and most of all seeing the children's pure enjoyment and fun.

Hokowhitu Monarchs - The Monarchs got off to a fantastic start with a win in their first game.

It was really impressive to see the whole team getting into the game and displaying fantastic teamwork!

Ka pai **Sadie**, our player of the day with a massive 4 goals!

Ka rawe Monarchs!!



Hokowhitu Tornados - The Hokowhitu Tornados had their first game vs

West End. What a great bunch of positive kids we have in our team! It was a tough game, and we did a lot of tackling. Ka pai to **Viktor** our player of the day who showed great sportsmanship. Next week we'll work on our positions. Well done Tornados!

Good Luck to our under 8 Touch team that is starting their season this afternoon, and to the 2 Futsal teams and 6 Hockey teams that start their season next week.

Coaches/Managers - If you would like details in the newsletter, please email them to Jen Bates by Thursday - office@hokowhitu.school.nz.



Achievement Awards

Te Kete Wakahuia

Welcome to Hokowhitu School **Methila, Olive, Imogen, Evie, Jack, Maddy, Heela, Akein, Calvin, Alfie, Zac, Uriah** and **Mizgine**. You have all had a fantastic first week in Waka Iti, trying so many new things. Kai pai!

Bai - A big Hokowhitu and Waka welcome.

Bentley - A big Hokowhitu and Waka welcome.

Te Paia - Awesome oral language pictures to share about her holidays.

Tiesha - For showing confidence when speaking about her holidays to the whole whanau class.

Celine - For showing confidence when speaking about her holidays to the whole of Waka.

Evie - For showing confidence when speaking to the whanau class about her holidays.

Lusion - For fantastic maths knowledge when answering addition facts. Tino Pai.

Sebastian - For working hard on your ball skills. Kā rawe.

Arlo - For always being a kind and caring friend. Kā pai!

Shay - Welcome to Hokowhitu School.

Mischka - For always showing enthusiasm towards learning. Kā pai!

Te Kete Pounamu

Blake - I loved reading your holiday recount writing! Keep up the great work.

Cara - You did an awesome job in your spelling test. Ka pai!

Finley - You had great control and skill with the ball during our P.E lessons! Tino pai.

Ivy - For reading with improved confidence and fluency. Keep it up!

Oliver - For solving 2s, 5s, and 10s timetables by skip counting!

Dontae - For a fantastic start to term 4! Keep it up!

Hikurangi - For following class and school routines independently!

Eddie - For seeing things that need to be done in the kete and doing it! Well done showing kaitiaki!

Dylan - For completing your art activities independently! Excellent work!

Te Kete Manawa

Ajay - For excellent addition of fractions on your whiteboard at maths workshop.

Leo Y - For showing us your superb downhill skateboarding skills.

Anna - For displaying a positive attitude towards learning, especially when completing homework.

Nate - For your eagerness to learn and working hard when feedback is given in literacy. Keep it up!

Vanshika - For perfect pastel work when creating a collaborative piece of art.

Isla F. - For fantastic sentence creation during literacy starter using r-controlled syllables.

Antonella - For displaying fantastic football skills while practising 'throw ins'.

Romannah - For lovely letter formation and presentation in handwriting.

Avyaan - For your enthusiasm and contribution during our oral language sharing sessions.





Achievement Awards

Te Kete Aronui

Shanaaya - For challenging yourself to try something new (hurdles).

K-J, Jaxson, Hao xuan - For great technique with the hurdles in athletics.

Oscar - For impressive maths skills using times tables!

Senura - For skimming and summarising information well in literacy.

Ruby - For sharing great ideas in literacy discussions.

Anita - For impressive maths skills across a range of areas.

Bailey, Mila P - For excellent focus in Mrs Mullinger's maths sessions.

Te Kete Tangaroa

Joey - For managing himself and being prepared for learning.

Minoo - For explaining his thinking in maths.

Tyler - For managing himself and stepping up, participating even with a sprained wrist.

Will - For being proactive in all areas of his learning including an excellent fluency score in reading and striving to learn more in maths.

Madisyn - Great technique in high jump.

Mesake - For showing manawanui, always doing the right thing.

Albie - For stepping up and being outstanding in literacy and maths.

Ollie C - For showing manawanui in class.

Eli - For outstanding accuracy in maths.



Community Notices

Small Changes, Big Differences

he iti te koha, he nui te whakahoki



Triple P General

Takes the guesswork out of parenting!

Are you a parent/caregiver of a 3 to 9-year-old?

Does every day seem like a battle with your child, with lots of shouting in the home, and it seems as if other parents don't have it as tough as you?

Or maybe you want to create the happiest home life you can, and want better routines and expectations set up to prevent and be prepared for future hassles.

Group Triple P can support and teach you to:

- manage your child's behaviour effectively
- be realistic about parenting
- become a prepared, positive and confident parent
- take care of yourself
- meet other parents in similar situations – you're not alone!

Come and find out why Triple P is one of the world's most effective parenting programmes! Learn practical tips & strategies, adapt them to suit your family's needs!

Date: Starts Monday 4th November 2024 (for 5x Monday mornings)

Time: 9:30am to 11:45am

Venue: Hancock Community House, 77 King St, PN

Fee: \$5.00 per session suggested donation but do not let cost prevent you from attending

For more info/to register, call us on:

08004FAMILY or (06)3551655

www.parentlinemanawatu.org.nz



Small Changes, Big Differences

he iti te koha, he nui te whakahoki



Group Teen Triple P

Takes the guesswork out of parenting teenagers!

Parenting a pre-teen/teen?

Has their behaviour become too much for you to handle? Are they rude and defiant, or maybe you're concerned about their social media use, drinking or mates? Does your family shout, or maybe no one bothers talking anymore. But you're worried. Where will it all end?

Or maybe it isn't bad, you just realise that things can change very quickly, and you're keen to know as much as possible about positive parenting so you're prepared if hassles arise.

Group Teen Triple P can prepare you by supporting and teaching you to:

- reduce conflict
- build a better relationship with your teenager
- keep your teenager safe
- be realistic about parenting
- take care of yourself
- meet other parents in your situation – you're not alone!

Come and find out why Triple P is one of the world's most effective parenting programmes! Learn practical tips & strategies, adapt them to suit your family's needs!

Date: Starts Wednesday 30 October (6 week programme)

Time: 9:30am – 11:45am

Venue: Hancock Community House, 77-85 King Street, Palmerston North

Fee: \$5.00 per session suggested donation

For more info/to register, call us on:

08004FAMILY or (06)3551655

www.parentlinemanawatu.org.nz





HOKOWHITU
SCHOOL

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TODAY'S BEST MUSIC MIX

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Our proposed Food Security and Resilience Policy aims to make sure people have access to healthy food.

We want to be a city where every resident has access to nutritious and affordable food. We also want to strengthen our community's resilience against food-related challenges, like food poverty and the impacts of climate change.

Have your say on our draft Food Security and Resilience Policy by **8 November 2024**.

For more information, or to make a submission, go to www.pncc.govt.nz/FoodSecurity or come along to our drop-in session between **1pm and 3.30pm on 14 October** in the Mezzanine area at the **Central Library**.

Printed copies of the draft Policy and submission form are also available at our Customer Service Centre at 32 Te Marae o Hine - The Square, or at any of our community libraries. For any queries please contact Julie Macdonald on 06 356 8199 or email julie.macdonald@pncc.govt.nz.

PNCC.GOV.T.NZ/FOODSECURITY

PALMY
PARTNERSHIP
FOR
COMMUNITY
GROWTH

THE EGG PROJECT....

We're gearing up to pack the freshest, happiest eggs this side of the henhouse, and we don't want you to miss out. Our Free Range and Certified Organic Free-Range eggs come from the happiest hens you'll ever meet (unless you've got your own chooks!).

Why should you scramble to order before the cut-off?

1. **Unbeatable Freshness:** These eggs are so fresh, they practically come with a cluck of approval.
2. **Fundraising Fun:** For every dozen you buy, we give \$1.00 back to your school. That's a win-win for everyone!
3. **Support Local:** You're backing a small local business that's cracking out its best to make a difference in our community.



Don't egg-nore this opportunity - get your dozen(s) now and enjoy the freshest eggs you can get without building a coop in your backyard.



all things good



CREEPIN' IT REAL TREAT TRAIL

by the Linton Skeleton Crew

Our treat trails are created for tamariki to enjoy. Join us at Distinction Hotel, to meet some enchanting characters, while collecting treats & treasures along our whimsical trail. Prepare for the Monster Bash disco with spot prizes & our pop up shop selling hot food, candy floss & more.

Thursday 31st October + Friday 1st November | 6pm til late
\$5 Entry for Tamariki | Distinction Hotel, Cuba St, Palmerston Nth

SPECIAL SENSORY SESSION ON FRIDAY 4PM TIL 5PM



Follow us on Facebook : Creepin it Real by the Linton Skeleton Crew

TENNIS

Fun in the Sun with the award-winning Marist Hotshots Tennis Programme - Beginner skills development programme for 5-12 year olds run by our amazing Hot Shots coaches. These 50-minute sessions run on Saturday mornings over term 4 and will focus on improving strokes, footwork, and court strategies! This is our most popular tennis programme which will upskill and develop techniques, so you are ready to face challenges on the court this summer season. All levels catered for, and all equipment provided. For more info contact Big John on 0274808808 or email johnsalisbury@xtra.co.nz



FREE 2-hour Positive Parenting Sessions



Learn and choose from practical, positive strategies to add to your parenting tool kit.



ACROSS Te kotahitanga o te wairua offers free 2-hr Triple P Positive Parenting sessions on a variety of different topics such as:

- **Cooperating with Instructions – (Dealing with Disobedience)**
(Teaching our children to cooperate and helping us manage difficult behaviours)
- **Bedtime Routines**
(Teaching our children to develop healthy, independent sleep patterns)
- **Hassel-free Mealtimes** *(Teaching our children mealtime skills and managing mealtime problems)*
- **Expressing feelings without aggression – (Fighting & Aggression)**
(Teaching our children to be kind, interact positively and stay calm and helping us manage aggressive behaviours)
- **Overcoming Fears** *(Helping parents support their children to overcome fears)*
- **Responding to Bullying** *(Developing a plan to help your child respond to bullying)*
- **Screentime** *(Setting up healthy screentime routines and dealing with screentime challenges)*
- **Learning to use the Toilet** *(Helping our children with gaining toileting skills)*

Sessions are available via **live Zoom meetings** at different times of the day and occasional evenings. We also offer **other parenting topics** and some **in-person** options at the ACROSS office 294a Church St, Palmerston North. Email or phone today to find out more and register for a course or scan the QR code and complete the form to let us know what you are interested in.

Scan the QR or
use link to join



<https://forms.office.com/HrjGuk2EQ8>

ACROSS Office (9am-5pm) Phone: 0800 227677 or 0273262848
Email: reception@across.org.nz

NEW STAGE PRODUCTIONS PRESENTS

YOUNG STARS

PERFORMING ARTS PROGRAMME
ALL WORKSHOPS: THURSDAY AND FRIDAY 5PM-8PM
SATURDAY 9AM - 3PM FOLLOWED BY A CONCERT AT 6PM

YOUNG STARS WELLINGTON
THURSDAY 7TH NOV-
SATURDAY 9TH NOVEMBER 2024

YOUNG STARS AUCKLAND
THURSDAY 14TH NOVEMBER-
SATURDAY 16TH NOVEMBER 2024

YOUNG STARS HAWERA
THURSDAY 21ST-
SATURDAY 23RD NOVEMBER 2024

YOUNG STARS CHRISTCHURCH
THURSDAY 28TH-SATURDAY 30TH NOVEMBER 2024

NSP CHRISTMAS STARS MANAWATU
THURSDAY 5TH-
SATURDAY 7TH DECEMBER 2024





BLUE LIGHT MANAWATU PRESENTS

FRIGHT NIGHT

AT THE MUSEUM

FRIDAY 1ST NOVEMBER

GHOSTS: 5:30PM-6:30PM
JUNIOR AGES: 8, 9 & 10
GOBLINS: 7:00PM-8:30PM
INTERMEDIATE AGES: 11 & 12

SPOT PRIZES AND KAI PROVIDED BY RRT
\$5 A TICKET
LIMITED TO 200 TICKETS PER SESSION

FOR MORE INFORMATION CHECK OUT OUR FACEBOOK AND INSTAGRAM PAGE
QR CODE TO REGISTER GOING SOON!



Diwali Mela

SATURDAY
2 NOVEMBER
5PM - 10.30PM

TE MARAE O HINE
- THE SQUARE



[PNCC.GOV.T.NZ/EVENTS](https://pncc.govt.nz/events)

Join us for an enchanting evening filled with lights, music, dance, and delicious food in Te Marae o Hine – The Square!

Dance the night away with Garba Dancing, watch as the competition heats up with the Curry of Fire finale, or find your zen with Glow & Flow.

Create your own Rangoli at home and bring it to our event

