

# Te Karere

## Rai Valley Area School News



Wednesday 8<sup>th</sup> May 2019

### School Contacts

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**Principal: Maree Furness**

**DP: Mike Wilson**

**Junior Leader:**  
**Karen Davies**

**Secondary Leader:**  
**Siobhan Skinner**

**School Secretary:**  
**Heather Richardson**

**If you have questions, concerns  
or compliments please let us  
know - we value your  
feedback.**

Please note that all up to date  
information on events etc. is  
available on our school app and on  
our website.



### Kia ora koutou

Welcome to the first newsletter of Term 2. As we move into the winter term our focus is on classroom learning and achievement. This is the term that we expect our Year 11 to 13 students to begin building their NCEA credit totals. Year 11's should be aiming to have 30 credits by the end of term 2 and Year 12 and 13 students approximately 20 credits depending on their courses.

In the first week of the school holidays Alec Swan competed in the National Age Group Swimming Competition in Wellington. He had some fantastic results and he has been selected for the Australian State Teams camp and will have the opportunity to work with New Zealand's Top swim coaches. This is an outstanding achievement and we are really proud of Alec.

This year Anzac Day fell within the school holidays. Electra Maisey, Maddy Fisher and Amy Billingsley represented our school at the community commemoration, with Amy laying the wreath that was made by the Year 3 and 4 children. Thank you to all of you for representing our school so well.

At the end of last term, a group of our secondary students were chosen to trail for the South Island Area Schools Team. Congratulations to our Jordon Wearing, Makerere Holmes, Sam Young, Aria Shallcrass and Leah Wearing on their selection. A special acknowledgement to Jordon who has been chosen to go to National Tournament in football in Rotorua later in the year.

Recently, we received an invitation to participate in the South Island Secondary Schools Netball tournament in Nelson in September. This is the first time that we will have entered a team for a very long time. It is very positive for our students to be able to participate in these type of competitions.

Next week is the annual Pink shirt day. This is a day that is led by the Mental Health foundation with a focus on speaking up against bullying. Some of senior students will be raising money for this next Thursday. As a school we work hard to remind our young people that there is no place for bullying within a school community.



Ngā mihi  
Maree

# Becoming a Trustee

## Te Noho hei Kaitiaki

### Expectations of a Trustee

Our Board of Trustee Elections are being held on the 7<sup>th</sup> June 2019 here are the Key dates for the elections:

#### 2019 Board of Trustee elections

In May nominations will be called to become members of our Board of Trustees. Key dates are as follows.

**By Friday 10<sup>th</sup> May** Nomination forms will be posted to all persons on the school's caregiver roll.

**Friday 24<sup>th</sup> May** NOMINATIONS CLOSE – 24<sup>th</sup> May at noon. An election will then be held if the number of nominations exceed vacancies. For our school, the number of vacancies is 

5
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**Wednesday 29<sup>th</sup> May** Voting papers will be sent by post to all on the school caregiver roll.

**Friday 7<sup>th</sup> June** Voting closes at 12 noon.

**Thursday 13<sup>th</sup> June** Votes are counted, and our school advised of the results.

**Friday 14<sup>th</sup> June** New Board takes office

We look forward to all our parents/ caregivers being involved in the process.

School trustees have a very important role in making sure every child achieves their potential at school.

The **board of trustees** is a Crown entity. It is the employer of all **school** staff and sets the **school's** overall strategic direction. The **school's** principal is the **board's** 'chief executive' and manages the **school** operations in line with the **board's** policies.

Every state and state-integrated *school* in New Zealand has a *board of trustees*. Boards bring families, communities and *schools* together to work for a quality education for our children. The *board of trustees* is a Crown entity. It is the employer of all *school* staff and sets the *school's* overall strategic direction.

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## Board of Trustee News

Thank you to all the parents who came along to the recent BOT information evening. It is fantastic to see the number of parents who want to be involved in a positive way moving the school forward for the future.



Do you have ...

- Pre-existing passion for the cause.
- Eagerness to participate at every meeting.
  - Able to be prepared for meetings.
  - Anxious to serve on committees.
  - Willingness to attend training.
- Strong desire for stewardship to others.



The BOT has recently submitted a plan for expanding our school/community playground to the Marlborough District Council. We have sent this in to try and get some financial help with the costly project. The playground plan is aimed at having something on site for our middle – secondary aged school children, as this is an area that is lacking in the playground.

We have been invited to do a small 10-15 minute presentation to the council on either 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> June (yet to be confirmed). The plan is to make a short video (thank you to the students and staff getting involved with this) and have some interested parents who may like to talk to help the cause to come along to help convince the Council our growing community deserves some funding.

We know there are lots of supportive parents out there and we would love to hear your voice. We want the Council to see that the people of Rai Valley are out there but not often heard because of our geographical position between Nelson and Marlborough. We are hoping to take 2 school mini vans through to Blenheim.

If you are interested, please get in touch with Renee Jope ([renee@rai.school.nz](mailto:renee@rai.school.nz) 0277750083)

## Junior Syndicate News

Welcome back to a new term. We hope you were able to enjoy some restful family time together during the break.

It was great to see all the students out playing netball on Monday. Thank you, Miss McKinlay, for all your efforts!

Thank you also to those parents who donated tin or packet soups and vegetables to us for the soup we are making. Mrs Nightingale aims to get the Year 7-8 class making soup every second Thursday starting tomorrow so please remember to send \$2 for soup!

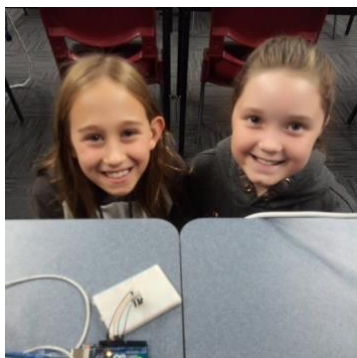
There are a lot of coughs and sniffles around at this time of the year so keep up the Vitamin C intake and remember soup is a healthy option for lunch!

Warm wishes,  
The Primary Syndicate

## ROOM 15 DIGITAL TECHNOLOGY

Room 15 is following the programme from the Ministry of Inspiration STEM's Kit. The students follow each lesson to build a circuit and programme this using mBlock to control the different functions. They are doing some amazing work.

Bonnie Nightingale

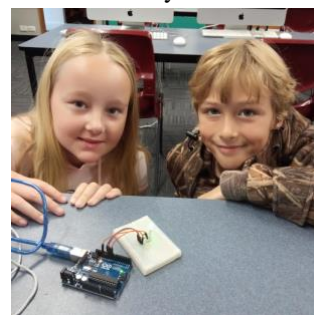


We worked hard to get our LED bulb going. First we got it flashing red, blue and green. We also made magenta and turquoise by changing the off and on parts of the programme we wrote. We feel really happy about getting it going and doing it again. It was really fun.

**By Holly Mant and Bella Hickson**

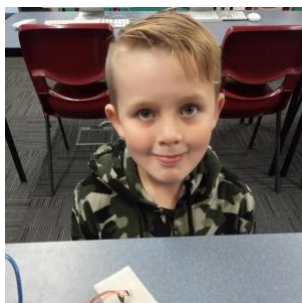
We made a circuit using an Arduino, breadboard and loads of wires. We added a 4 prong LED. We made red, blue, green and multi-coloured. We changed the wait time to make it go faster and the numbers at the top to make it go brighter or dimmer. It was hard, but it felt really good to get it going.

**By Weston Maisey and Mickayla Wooldridge**



It was very difficult at the beginning to get the circuit going and all the wires working. It took me a long time to realise the computer programme I was using wouldn't work. I made the bulb go multi coloured, blue, red, yellow and a little bit orange. I felt happy because I haven't had success programming since the first lesson.

**By Devon McCullough**



## SCIENCE

Mr MacDonald has been helping some of our primary students explore science. We are fascinated by what we observed in the lab!

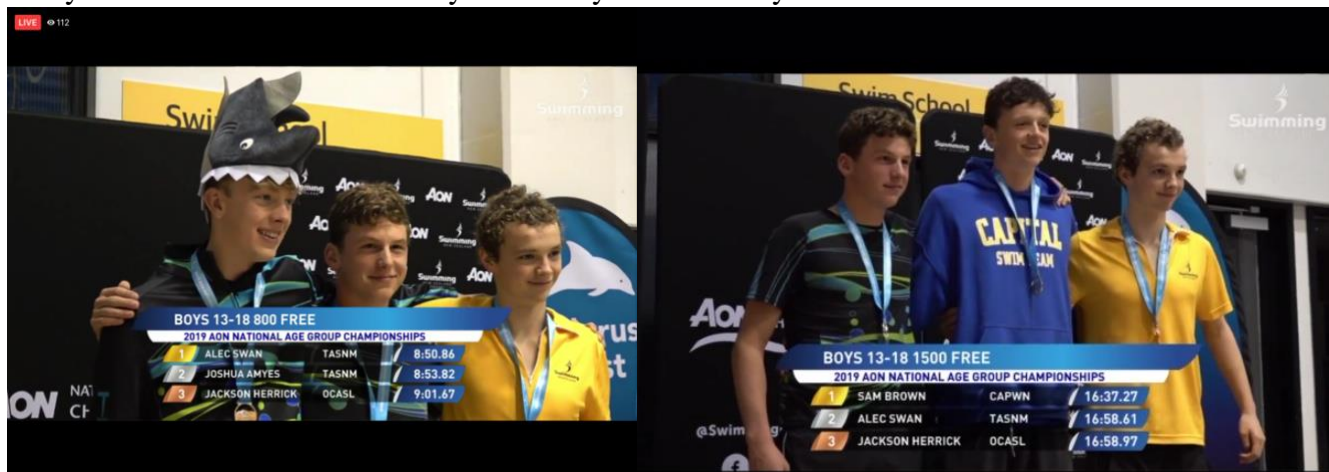




# Rai Valley Area School Sporting Achievements

## Alec Swan – Swimming

In the first week of the school holidays Alec travelled with his qualified swimming Club members to Wellington to swim in the National Age Group Swimming Competition. He swam really well with PBs, finals and top 10 finishes in most of his races. He came back with a gold medal in the 15 year old boys 800 freestyle race and a silver in the 15 year old boys 1500 freestyle race. Both races he had over 10 sec PBs.



From that competition he has been selected into stage 2 of the Australian State Teams Selection Camp on 17th - 21st of May in the 16-17 year age group, where he will be working with New Zealand's top swim coaches.

From there he will find out if he has been selected to swim for New Zealand at the Australian State Teams Age Short Course Championships in Canberra from 29th September to 7th October.

## Area Schools National Selection

### Jordan Wearing-Football



Jordan recently was selected to attend the Area School National trials in Murchison and has been selected for the National South Island Football Team to go to Rotorua.

Congratulations Jordan for being selected!



# Gumboot Day

Towards the end of last term, the school celebrated Gumboot Day to support mental health and wellbeing and raised over \$100 for the cause. As well as wearing gumboots for the day, students entered in a gumboot race at lunch, the winners taking away a sweet treat.

Well done to everyone who got behind the cause and wore gumboots or kindly donated.



*Year 7-8s in a mad gumboot dash.*

## AFTER SCHOOL NETBALL

It was great to have a large number of students come to netball on Monday after school. Many thanks to Rose, Bailey and parents for your help.

Congratulations to those of you who were trying it for the first time; great attitudes and teamwork. Let's keep it up!

Miss McKinlay



## SCHOLASTIC BOOK CLUB

Closes 17 May

Orders to Renee in the library



## LOST!!!

1 Drivers Licence – Renee Jope

2 Credit Cards – now cancelled. With McNaughton or Jope on them.

These have fallen out of my phone case over weekend or Monday

If found please return to Renee Jope 0277750083



# The Rai Way Corner

## Changing Behaviour: The 45 Day Challenge



One of the biggest challenges in terms of behaviour is moving from a negative mindset to a positive one.

Just as a good diet and exercise can do wonders for your physical wellbeing, it turns out that your mental wellbeing can benefit from a similar approach.

By default, our brains seem to fixate on the negative; we seem to have evolved to see risk everywhere in our overwhelming urge to survive. Those daily obstacles that can get us down can quickly move from molehills to mountains. So, what to do?

Well it turns out a workout of positive thoughts just 3 times a day for 45 days can have a huge impact on our outlook and mindset.

Doing so ups our releases of the “happy” chemicals (dopamine, serotonin and oxytocin) in our body, helping push back against our negative mindsets.

Simple things like this are gold in the classroom.

So, as the long cold winter sets in, take the 45-day challenge at home. Give your brain a diet of positives and see what differences it makes.



# Senior Syndicate News

## Tournament 2019

This year we were at Collingwood Area School for the Area Schools Tournament, where our team of twenty one students played in a range of sports competitions against the other Top of the South (TOSI) area schools. We were very fortunate to have Lisa assist us at Tournament and without support from parents/caregivers this event could not happen. Thanks Lisa for providing transport, and for your assistance picking up and delivering students to events in-and-around Collingwood; Camp Mother (doing the food for lunches!) and being the number one cheerleader!

At times the competition was fierce, and our students were challenged, however most students participated with a positive can-do attitude. The cooking challenge proved to be very challenging, due to a lack of space and sharing of ovens. Rose and Katie excelled in problem solving and they changed aspects of their meal to ensure the cooking was completed on time. They were still smiling by 4pm and the outcome was delicious. Ka pai girls!

Highlights include:

- The improved performance of the girls' team in netball was fantastic to see and can be attributed to those playing or have played for the local clubs. The girls played together well and looked great in their new uniforms, which were kindly donated by Pelorus Netball Club.
- The girls' football was exciting, and all games were played on field with plenty of mud and water pooling at one goal. The games were definitely challenging, and the girls played to the best of their abilities in some sodden, muddy conditions! The girls came 4<sup>th</sup> in the competition, which they can be extremely proud of.
- The boys' volleyball competition was exciting, and they can be proud of their performance. The boys came 4<sup>th</sup>, despite having injured key player. It was exciting to watch their games and they can be proud of their team work as it really paid off in the end with some very good skills and play shown on the court!
- The Year 9 boys – it was their attitude! Just getting stuck in and trying their best, especially in the Technology challenge! The raft they made under the direction of Hunter was awesome and despite not being able to float it, they came 4<sup>th</sup>! It's fantastic watching the growth and development our practical hands-on students. They relish being given the opportunity to shine in sports and technology.
- Mikaere displayed 'The RAI Way' throughout the week of competition and despite having his shoulder dislocated in a game of Touch, he went on to play volleyball in the afternoon. He was selected to attend trials for Nationals. Mikaere won the Principal's award for his leadership and modelling of positive behaviour at Tournament.

Other students selected included Leah and Aria for Netball, Sam for rugby and Jordan for football. At trials for Nationals selected students from North Canterbury, Christchurch and TOSI attend a 1 hour skills-assessed session and are selected for the team based on their on-the-day performance and skill level. Selected students attend the Area Schools Nationals, and this year this competition is to be held in Rotorua at Western Heights College.





Jordan has been selected for Nationals in 2017 and 2019. In 2017 it was for the position of Goalie, however with her excellent skills and fitness level, she is playing mid-field. Jordan played at Tournament with an injured shoulder and she maintained a 'can-do' attitude through-out the competition, despite being in pain and discomfort. She has role modelled 'The RAI Way' and played at trials to the best of her ability. Her skill level was noted by selectors and she is commended for her fine effort displayed in Murchison. We wish Jordan all the best at Nationals and know she enjoy playing other skilled players in a competitive setting, while enjoying the hospitality of Rotorua.



### **RVAS Secondary Netball Team**

Our school is entering a team in the South Island Secondary Schools Netball Competition and a letter will be sent out this week with more information. To be involved, students need permission from their parents/caregivers. The selection process includes attending trials next Thursday to be considered for the team. Interested students please see Mrs Stuart for an information letter.

We are actively seeking local sponsorship for this school team as the entry fee and costs are going to be over \$600. If any person or company is interested in providing sponsorship, please contact Heather 5716 016 or Steph [steph@rai.school.nz](mailto:steph@rai.school.nz)



**"Pink Shirt Day" will be held on Thursday 16<sup>th</sup> May  
more details to come home on Monday 13<sup>th</sup> May 2019!**

## Health Tips

# Stop *the spread of* flu germs

**Cover your mouth and nose with a tissue when you cough or sneeze**



**Put your used tissue in a lined rubbish bin or in a plastic bag**



**Wash and dry your hands often, especially after coughing or sneezing – use soap or hand gel**



**Stay away from others if you're sick**



[www.health.govt.nz/influenza](http://www.health.govt.nz/influenza)

**Protect your family/whānau from inFLUenza**

The Ministry of Health acknowledges the work of Regional Public Health, Capital & Coast District Health Board and Hutt Valley District Health Board in producing this material.

hpa health promotion agency

New Zealand Government

MINISTRY OF HEALTH  
MANATŪ HAUORA

January 2005, 06/2014, Code HE1716

**Rai Valley Area School**  
**Length of School day and Year**  
**2019**

Term	Start Date	End Date
One	Tuesday 29 <sup>th</sup> January	Friday 12 <sup>th</sup> April
Two	Monday 29 <sup>th</sup> April	Friday 5 <sup>th</sup> July
Three	Monday 22 <sup>nd</sup> July	Friday 27 <sup>th</sup> September
Four	Monday 14 <sup>th</sup> October	TBA

Length of Day	
Form Time	8.45am-9.00am
Period One	9.00am – 9.50am
Period Two	9.50am – 10.40am
INTERVAL	10.40am – 11.00am
Period Three	11.00am – 11.50am
Period Four	11.50am – 12.40pm
LUNCH (sit-down)	12.40am – 12.50am
LUNCH	12.50pm – 1.20pm
Period Five	1.20pm – 2.05pm
Period Six	2.05pm – 2.50pm

2019 Holidays	
Teacher Only Day NO SCHOOL	Monday 28 <sup>th</sup> January
Waitangi Day	Wednesday 6 <sup>th</sup> February
<b>Teacher Only Day PRIMARY ONLY Yr 1-8 (Secondary Yr9-13 to Attend as Normal)</b>	<b>Friday 12<sup>th</sup> April</b>
Good Friday	Friday 19 <sup>th</sup> April (In Holidays)
Easter Monday	Monday 22 <sup>nd</sup> April (In Holidays)
Easter Tuesday	Tuesday 23 <sup>rd</sup> April (In Holidays)
Anzac Day	Thursday 25 <sup>th</sup> April (In Holidays)
<b>Teacher Only Day NO SCHOOL</b>	<b>Monday 29<sup>th</sup> April</b>
Queen's Birthday	Monday 3 <sup>rd</sup> June
Labour Day	Monday 28 <sup>th</sup> October
Marlborough Anniversary Day	Monday 4 <sup>th</sup> November



