

Te Karere

Rai Valley Area School News



Wednesday 17th March 2021

School Contacts

Rai Valley Area School
6700 SH6, RD 2 Rai Valley
Marlborough 7192

Telephone: (03) 571 6016
Facsimile: (03) 571 6336
Email office: office@rai.school.nz
Web address: www.rai.school.nz

Principal: Maree Furness

Deputy Principal:
Mike Wilson

Primary Leader:
Karen Davies

Secondary Leader:
Siobhan Skinner

Executive Officer:
Selene Turner

Receptionist:
Pauline Agnew

**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

We are continuing to have a number of students and staff away in the last week.

Please be vigilant about your child's health and keep unwell children home. Just a reminder that if your child is unwell, can you please ring the office and leave a message for Pauline.

This week's highlight was the Year 5 & 6 class trip to Wakefield to the Willow Bank Heritage Park. Thank you to all the parents who supported this trip which was a fantastic experience for our young people. The photos I have seen are amazing!

Recently, I seem to be having more and more conversations with our young people about caps. It is expected that navy SunSmart bucket hats will be worn by all students in Years 1-8 in Terms 1 and 4. Years 9-13 are strongly advised to be wearing SunSmart bucket hats. Students should not be wearing caps at school!

Tournament is finally ready to go. We wish the teams all the best and hope that they have a wonderful time.

The Board of Trustees has signed an agreement with the Tasman Rugby which will see the installation of a full-sized rugby field this year and lights installed next year. The Tasman Union plans to use the field for regular practices and some games.

The first step in this process is that the grounds will be sprayed over the weekend of the 26th to 28th March and then in the April Holidays the fields will be worked and sown. If you have concerns about your child accessing the field after spraying please contact the school or put a note in the boomerang book. We will send further communication around this during the week.

Ngā mihi nui

Maree Furness
Tumuaki

TERM 1 – EVENTS Calendar

Sunday 21st March to Friday 26th March	Area School Tournament - Reefton
Friday 26th March	Years 1 – 8 – No School – Pelorus Cluster Teacher Only Day (Secondary students at school)
Thursday 1st April	Whole School Assembly / Room 13 – Picton Aquarium Trip
Friday 2nd April	SCHOOL CLOSED – Easter Friday
Monday 5th April	SCHOOL CLOSED – Easter Monday
Tuesday 6th April	SCHOOL CLOSED – Easter Tuesday
Friday 9th April	Pelorus Swimming – Years 4-8 – Stadium 2000 Blenheim
Thursday 15th April	Whole School Assembly
Friday 16th April	END OF TERM 1 – then two weeks school holidays
Monday 3rd May	TERM 2 begins
Tuesday 6th July to Thursday 8th July	Secondary Wellington School Camp

Playgroup – at Rai Valley Area School

Welcome to come along and join in with the activities.

Ages 5 and under.

Held in Room 14 on school grounds.

Tea and coffee provided. Bring a kids lunchbox and sunhat.

Monday, Tuesday, Thursday at 9.00am to 12.00 noon.

Facebook Rai Valley Playgroup.

For further information please contact Kelsey Knight 03 5716353; Vicky Thompson 03 5716 212.



CHOIR

Any students who are interested in joining a school choir, please assemble in Room 14 at lunchtime on Wednesdays only.

Key found outside the School

A key was found outside the school, so if you have lost a key, please contact the School Office, for verification of the key. Thank you.

Lost Property at School

Please come and look through the lost property for any items that belong to your family. The lost property container is outside the staffroom. Please name your children's clothes, as this will make sure that the clothing is returned immediately. Thank you.

Necklace found in the School Van

If you have lost a necklace, please contact the office for verification.

COUNSELLING

Welcome back to a new school year. Counselling support is available to students and parents.

Adults can contact the School Counsellor – Richard Wilkins by email: Richard.Wilkins@rai.school.nz or by ringing Pauline at the School Office 03 5716016. All communication is confidential.

Students can contact Richard a number of ways – directly in person, via another staff member or via email.

My usual work days this year will be every Tuesday and Thursday, with an additional day on some weeks.

Richard Wilkins MNZAC



Learning Support News

Tantrums vs Meltdowns

Neuro-diverse children, particularly those with ADD, Autism or ADHD, sometimes have meltdowns. Everything just gets too much for them, it's like they have gone into overload. But sometimes their meltdown can be confused with a tantrum. So what's the difference?

Tantrum!

A child having a tantrum will occasionally look to see if their behaviour is having an effect.

A child in the middle of a tantrum will take precautions to be sure not to get hurt.

The child will attempt to use the social situation to their benefit.

A tantrum is thrown to reach a goal and when the goal is met things return to normal.

A tantrum will give you the feeling the child is in control although they would like you to think they're not. When the situation is resolved the tantrum will end as suddenly as it began.

Meltdown!

A child in meltdown never looks or cares about others' reactions.

The child does not consider safety.

There is no interest in the social situation.

The meltdown conveys a feeling that no-one is in control. Meltdown usually continues as though things are moving under their own power and wind down slowly.

Post-meltdown

There is often a sense of shame, that "I am no good" ... "Oh no, I have done it again"

The recovery and connection with an adult post meltdown is vital in the healing process - needed to build deep sense of worth. Always affirm their worth as a starting point. Tell them you still love them, that they are still an important member of your family/class. Validate how they are feeling: "I know this is hard for you", "I'm sorry this is happening". If the child responds to physical touch, stroke or hug them.

Accountability

Yes, the cups have been smashed and the individual must take responsibility for that. The adult will discuss this when intuitively they see the time is right. To do this directly post meltdown could evoke a second round of meltdown so maybe this discussion is held later that day or the next day. This can be done simply in words.

"You will need to find a way to replace these cups because they aren't yours."

"You are going to need to apologise to Sally for what you said."

"Do you want me to help you make a plan on how you could do that?"

Debby Upsall

Learning Support Coordinator

Secondary News

Seniors Flexing their Mussels!



Photo: Cooper Knight with his face-painted.

On Friday and Saturday 12th & 13th of March, Mrs Stuart and senior students spent two days fundraising at the Havelock Mussel Festival. Working with the Lions Club, Friday night was spent setting up for the festival, which included setting up chairs, tables and putting up posters. When Saturday rolled around, it was time for face-painting, supervising the bouncy castle and a playdough zone. Finally, students then helped with clean up and pack down, making for a busy and intense two days. All and all, the students did us proud, helping to raise money towards the costs of Tournament.

Those involved include, Bryce and Rose Stuart, Vincent, Weston and Electra Maisey, Katie Roeske, Zoe Joep, Lillyarna Lilburn. They should all be commended for giving up their time.

A big "thank you" too, to Nadine Maisey, Mrs Upsall, Mrs Davies for helping out, and of course, Mrs Stuart for organizing the students.

Primary School News

Already rolling along into week 7 and classes have been working hard on their core subjects with lots of added initiatives. Kiwi Can is proving an exciting platform for reinforcing and enhancing our school values. Our music programme has started also and some people have taken the opportunity to learn guitar. Each Thursday for the last 4 weeks a group of students and parents have been involved with Junior Hockey at Saxton Green. Travelling to Nelson, training together and then enjoying the sportsmanship of the game has been a great learning curve for them. Well done team.

Over the next two weeks we have the opportunity to use the hall every day to practice our gymnastics skills. This will start on Monday 22nd March and continue until the Easter holidays. In the second week of Term 2 we hope to have a few teams together so children can go and participate in the big gymnastics festival in Blenheim. We will be looking for confidence, commitment and a 'can-do' attitude. Students will only be able to be in the team if both them and their parents are committed to assisting with transport and support on the day. The festival is on Friday 14th May.

We will have one van and 3-4 cars going. Please watch out for further notices by the end of the term.

Next Friday is a TOD for the Primary Syndicate only. We have a Professional Development day at Havelock School with all the Pelorus Cluster teachers. **NO school for the primary students.**

Also the Pelorus Cluster Senior Swimming sports that were supposed to be on Friday 5th March and were postponed because of Covid, will now be on Friday 9th April. Please watch out for a request to help with transport for that day, soon. After we have had this sporting event, we will then award the school swimming trophies at the final assembly for the term, (Thursday 15th April).

As there are lots of cough, cold and flu type bugs about at the moment, please don't hesitate to keep your child at home if they are unwell. They will get better quicker and keep others healthier also.

Keep up the good work everyone.

Karen Davies
Head of Primary Syndicate.



Respect *Whakaute*

Means treating
people, things
and places as
important.

The Kiwi Can Corner



"Respect – think it, do it, show it" ♥

As we learn more about respect for our community this week, we'll be practising *showing* respect for people in our community, and exploring more about how we can contribute to our community. Our older students will be learning more about the qualities of respectful people and *identifying respectful figures* in our community too.

Some conversation starters for this week:

- ★ How do you show respect to places in *our* community? (Think about what you do and say when you go to places like the library, the pool, the park or your school. Think about the way you interact with the people there, the things and the place itself)
- ★ What's a 'good deed' or random act of kindness *you've* done lately?
- ★ Who is a respectful person *you* know? What are some qualities that they have that *show* their respect (for people, things or places)?



Stay in the loop, follow
[@GraemeDingleFoundationMarlborough](https://www.facebook.com/GraemeDingleFoundationMarlborough) to find out more

EASTER FAIR

Saturday 3rd April 2021

At the Okiwi Bay Community Centre
2pm till 4.30pm



**Raffles
Yummy Food
Chocolate Wheel
Home Baking
White Elephant
Fizzy Fishing
Clown Ball Toss
Have a go at Hole in 1**

All proceeds go to the Community Centre for ongoing repairs and maintenance



**A huge thank you to the Pelorus Rugby Club for their donation
of sports uniforms. This is very much appreciated.**

Pelorus Junior Netball Trials 2021

1-2yrs, 3-4yrs, 5-6yrs, 7-8yrs, to be held at Havelock Netball Courts 30th March 4.30pm.
If it is raining we will still go ahead to take all details of the players for the coming season.

Any enquires phone Ali Millar 021308996




**Pelorus Rugby Football Club
Junior Training Day**
Tackle & Rippa Players

Thursday 18th March
3:30pm until 4:30pm
Havelock Domain

What an awesome turn out for our Muster Day!
There's still time to join in and sign up.
With a few more players we could have U6 & U7 Rippa
Teams, and an U9 Tackle Team.
SEE YOU THERE!!

Contact me if you have any questions
Mel Cherry 027 911 2436
Or email pelorusrugby@gmail.com

Check out our Sporty Page
for Info & 2021 Registration Details
www.sporty.co.nz/pelorusrugby/




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AUSTRALIA 1800 203 493
NEW ZEALAND 0800 238 379

Pelorus Area Health Trust

News from Havelock Medical Centre:

□ Pricing: Patients with a Community Services Card receive a discount on general consultations. The cost of a consult (not treatments) reduces to \$19.50 per visit for those people that hold a CSC. Patients have to apply through WINZ for this card.

<https://www.workandincome.govt.nz/products/a-z-benefits/community-services-card.html> if you would like more information.

It does not discount the cost of a prescription – we have reduced the cost from \$26.00 to \$22.00 but this has nothing to do with CSC and holders of that card will continue to pay the same script fee as those without it. The cost of general consultations for those who do not have a CSC or are not part of careplus has gone from \$47 to \$48.

□ Enrolments: Havelock Medical Centre is currently taking new enrolments. This was paused for 4 weeks over the Christmas Holidays. Unfortunately Dr Bird is retiring this year, so new doctors will need to be trained to work at Havelock. From April we will be placing a halt on enrolments until we have secured a suitable replacement, and we will operate on a one in one out scenario, as we cannot keep increasing patient numbers without a replacement.

□ Registrars and Nurse Practitioners: There was a registrar in attendance almost all of last year with Dr Hodgkinson spending quite a bit of her time at Havelock. She has now moved on and has been replaced by Dr Ryo Eguchi. We expect to be able to have Dr Eguchi spend time at Havelock also, once he has found his feet at Springlands. We do also currently have a Nurse Practitioner who just started her placement-based training with us a couple of weeks ago – Lisa is settling in and will hopefully also spend some time in Havelock once she has found her way around our systems here in Springlands.

Visit our website for more information
www.PelorusAreaHealthTrust.co.nz



Myspace Youth Centre – 18 Kinross Street, Blenheim, info@myt.org.nz

Growing our community stronger together project – planter box building sessions
Thursday 18th March 5 – 9 pm
Friday 19th March 5 – 9 pm

Easter Camp: 1st to 5th April, www.eastercamp.org

Theatre Company: Mission 34 – 24th March to 3rd April – ASB Theatre, Blenheim Ph: 03 520 8558, www.asbtheatre.com

Youth Week: 8th – 16th May, youthworker@myt.org.nz

Mindful Movement – Dance workshop: registrations close 26th March – youthworker@myt.org.nz

Photography Workshop: Registration deadline – 26th March, youthworker@myt.org.nz

Mural Art – facilitated by Vonny Paul: registrations due on 26th March 5.00pm, starts Tuesday 30th March, Ph. 03 579 3143, youthworker@myt.org.nz

Awareness & Self Protection Training: Friday 23rd April, MySpace, 18 Kinross Street, Blenheim, 12.30-2pm & 5-7pm

You and your teddy bear are invited to

Ted's Big Day Out

A free family event to celebrate Children's Day in Marlborough.

BYO picnic and teddies - don't forget your togs and a towel for the giant free water slide (weather permitting, otherwise it's giant slide without water!)

Lots of teddy bear themed games and activities. Local musicians. Community stalls. Everyone welcome!



When: Sunday 12pm-4pm
March 21, 2021*
(*revised date)



Where: Pollard Park, Mayfield, Blenheim

For more information keep an eye on the **Active Dads Marlborough Facebook page** or phone 03 921 5006 or email blenheimoffice@barnardos.org.nz

0800 227 627

barnardos.org.nz

Kia eke ki te nunga taitamariki ki nga rangi tūhāhā



School Holiday Programme

19th April - 23rd April 2021

27th April - 30th April 2021

Mon- Fri 8.30- 4pm

Tues-Fri 8.30-4pm

We are a sports based holiday programme.
Some of the activities we offer include:

- Indoor Netball / Cricket & Soccer
- Dodgeball
- Badminton
- Pickleball
- Table Tennis
- Fun games
- Ten Pin Bowling

Full Day (8.30-4pm)

\$35.00

Hourly Rate

\$5.00

Food we have available:

Blenheim Indoor Sports Centre

- Hot Chips
- Chicken Nuggets
- Fish Bites
- Hot Dogs
- Toasted Sandwiches

50 Battys Road
Springlands
Blenheim

Register online or phone us:

Phone: 5784851 or 0275784851

Email: info@blenheimindoorsports.co.nz

www.blenheimindoorsports.co.nz



Elements Nature based play

Elements provides a truly authentic outdoor experience for children. Active movement, creative play & fun!

Each day is great mix of team challenges and experiences relating to the overarching theme. Also plenty of free time to play in the great outdoors. Think huts, trees, ropes, sticks, imaginative play, mud kitchens, and water play!

Creative Work/ shop theme in April!

Email: elementsprogrammes@gmail.com

Fb: <https://www.facebook.com/elementsprogrammes>

Website: <https://www.elementsnature.co.nz/>

Booking: <https://elements.aimyplus.com>



Ages
5- 12yrs



Tues 20 April
Wed 21 April
Thurs 22 April
9am- 3pm



Taylor Dam



Elements Nature Based Play Are you looking to give your children a different experience next school holiday's? Have your children active & imaginative amongst nature. Think huts, trees, tools, arts n crafts, time and space. Elements has a great mix of planned experiences and play throughout our programmes. For the April School holidays Elements are offering 'Creative Work/shop' Tues 20, Wed 21 & Thur 22 April at Taylor Dam. Ages 5-13yrs

See our website <https://www.elementsnature.co.nz/> or facebook page

<https://www.facebook.com/elementsprogrammes/> to see what we get up to. Bookings are through

<https://elements.aimyplus.com>.

For more info email elementsprogrammes@gmail.com.

KIDS SCHOOL HOLIDAY ART CLUB

for 8 to 12 year olds with local artist & tutor Paula Kerslake



THURSDAY 22ND APRIL

Zendoodle Art	9.00am to 10.15am	\$26
Creative Tote Bag	11.00am to 12.15pm	\$29

THURSDAY 29TH APRIL

Cool Collage Art	9.00am to 10.15am	\$27
Funky Fish Painting	11.00am to 12.15pm	\$28

Come and explore mixed media & abstract art techniques
Have fun creating cool artworks

All art materials are provided

Bookings essential

To book a place go to www.eventspronto.co.nz/artschoolmarlborough

Marlborough Art Society
204 High Street
Blenheim

artschoolmarlborough@gmail.com
0273341388
paulakerslake.com



Marlborough Netball

The AGM is being held this coming Thursday, 25th March 2021 at the Lansdowne Park Hub starting at 6pm.

I look forward to meeting those of you that attend the AGM.

Jill Ashfield

Marlborough Netball Administrator
021556486



The New Zealand Dental Association wants to encourage Aotearoa New Zealand to obtain a sense of pride in their oral health this World Oral Health Day by sharing some tips on how to maintain good oral health for a lifetime. Read more information on World Oral Health Day.

Tips to maintain good oral health:

Brush twice daily with a soft bristled toothbrush and fluoride toothpaste. Soft bristled toothbrushes are important to protect our gums from damage whilst brushing. Fluoride toothpaste of at least 1445ppm (parts per million) is an essential preventative measure for dental decay.

Floss between all teeth daily. Flossing enables us to remove plaque and debris from between teeth where our toothbrush can't reach.

Make water your choice of drink and reduce your sugary drink intake. Sugary drinks are the leading cause of dental decay in Aotearoa. They also contribute very little nutritional value to the average diet, making them an unnecessary part of our diet. Water on the other hand is very accessible, mostly free and is vital for our everyday hydration. Water has the perfect pH level for our mouth making it the drink of choice for dental (and overall) health.

Choose tooth safe foods that are low in sugar - check nutrition information on product packaging. Limiting the amount of sugar we are consuming is better for our oral health. We can see how much sugar is in any given product by looking at the nutrition information panel on the back of the packaging.

Attend regular dental check-ups [at least once a year]. Scheduling an annual check-up is super important for making sure we are maintaining our oral health as best as we can.

Remember! Tamariki aged 0-17 years have access to free oral health care. To make sure that your tamariki/children are enrolled with the Community Oral Health Service you can call 0800 TALK TEETH (0800 825 583). Tamariki are usually enrolled at birth or during their first well child checks.

By following these tips, we can feel confident that we are making the best choices and taking the best action for good oral health for life. Now that's something to be proud of! Be proud of your mouth!

