

Rai Valley Area School

Newsletter



Issue No. 6 | 18th May 2022



Tumuaki's Report

Kia ora koutou,

It has been a really busy couple of weeks as students return to extra-curricula activities. Last week our Year 13 Biology students spent two days at the Cawthron Institute in Nelson experiencing science in a commercial laboratory.

Vincent Maisey and Bryce Stuart attended Area Schools trials for Canterbury, Westcoast Marlborough, and Tasman schools last weekend. Unfortunately, they were not selected to attend the nationals in Whangārei but both had a good trial.

Every May, Pelorus cluster schools send primary students to Maud Island. Last week Mrs Massey took a group of Year 6 and 7 students who had an amazing two days.

Years 7 and 8 are having a busy week. On Tuesday this week, they traveled to Redwoodtown School and spent the morning learning the skills for the upcoming Ki o Rahi Tournament on the 1st of June.

This will be the first Marlborough schools competition for the year. We are hoping to enter 2 teams. On Wednesday they have spent the day using the EPRO 8 kits to create and build. A team from this class will attend the competition later in the term.

Rai Valley Area School

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Marlborough 7192

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Web address: www.rai.school.nz

Our People

Principal: Maree Furness

Deputy Principal: Mike Wilson

Primary Leader: Karen Davies

Executive Officer: Selene Turner

Receptionist: Pauline Agnew

Caretaker: Shane Dearman

After School Care

In the library/playground, is available Monday – Friday, 3pm –5pm. Bookings are essential – regular or casual attendance welcome. Contact Judy Hill ph / txt 021 042 0800.

Tumuaki's Report Continued

Last weekend Zoe Jope, Ella Jenner, Katie Partridge, and Baily Hickson spent time kayaking and camping in the Marlborough Sounds as they work to complete their bronze Duke of Edinburgh Award. This is an Award for 14-25-year-olds run in 130 countries around the world that builds skills, identity, and self-esteem. Approximately 9000 young New Zealanders undertake the Award every year.

It is really pleasing to see the variety of sports our students are involved in at all levels across the school. Some of the sports that students are engaging in are ripper rugby, Saturday football in Nelson, mountain biking, secondary netball in Nelson, Pelorus netball, basketball, and kickboxing. Marlborough hockey is running coaching for Years 1-8 later this term. The resumption of school sport is really encouraging.

Thank you to you all for your patience this week. I appreciate that two Teacher Only Days in the same week can cause challenges. Monday was focussed on wellbeing. After three years of COVID, there is a heightened need to support student and staff wellbeing.

The Teacher Only Day on Friday is an Accord day.

This day is one of four provided by the Ministry of Education this year to enable secondary teachers to carry out professional learning in preparation for the proposed changes to NCEA. This will be a valuable opportunity for primary teachers to plan collaboratively and share professional learning.

Finally, COVID is still present in our community so please continue to keep young people who are unwell at home. If you need to access please do not hesitate to contact us as we may be able to help.

Ngā mihi nui

Maree

Calendar Dates

Friday 20th May
Pink Shirt Day

Friday 20th May
Teacher Only Day



Primary News

Head of Primary News

Greetings everyone,

Week 2 was just as busy as ever, but with some extra fun activities for the primary syndicate. On Wednesday we road bikes as part of our Road Safety week.

On Thursday the group of Year 6 students started their day with a Covid-RATS test and then were off to Maud Island. (See more exciting news from them).

Report on Road Safety Week. Shared writing by Room 13 and Mrs Davies.

On Wednesday, 11th of May, the primary children had a fun afternoon on their bikes. It was Road Safety week.

We rode around the cones, around the roundabout and stopped at the stop signs. William borrowed a bike for his riding. Jake had fun doing 'doughnuts' on the skate ramp. Some kids went on the bike track. "I rode on the court and I rode on the pump track." said Scarlett.

"Bikes are awesome to ride but my bike has a flat tyre," grumbled Jason. Van said he rode a school bike on the court, going really fast. Scarlett had a message to say, "Never cross the road when you are talking on your phone."

Imagen said, "Road safety is all about helping each other to know how to ride bikes and keep people safe from cars and big trucks."

Well done, Room 13.



Flu Vaccines have arrived.
Please ring Havelock Med
Centre 5742233 - for a
booking

Thanks Yvonne
Havelock Medical Centre

Maud Island Trip

Last week the Year 6 group had the privilege of visiting Maud Island overnight. We were very lucky to have wonderful weather to travel, and explore the island.

Over two days we did a lot of walking around the island, spotting some of the very special inhabitants of the island, including native skink, gecko, blue penguin and giant weta!

Richard De Hamel, a marine biologist, guided us around the island expertly and it was great to meet the wonderful whanau living and looking after the island.

Special thanks to Renee Jope and Tony O'Donnell for all of your help on the trip. We all had a great time!



Maud Island Photos



Level 3 Biology

Investigation at The Cawthron Aquaculture Park

On the 11th and 12th of May, Lillyarna and Electra travelled to the Cawthron Aquaculture Park at The Glen, to carry out a practical investigation for their ILevel 3 Biology Internal.

After a safety briefing, they were taken to the Cawthron research labs where they outlined the study they wished to complete on Green-shelled mussels. They then had to gather equipment and set up their investigation, co-operating with students from Nelson Girls' College for space and materials.

They ran their investigations for two whole days, completing multiple trials in the available time.

Electra investigated the effect of temperature on byssal thread production, which has links to climate change and warming of the oceans. Lillyarna investigated the effect of pH (acidity) on byssal thread production, which has links with Ocean Acidification.

After a tentative start both girls became experts and gathered lots of data. They now have to analyse their results and complete their reports.

Both girls enjoyed the trip and agreed it was good to visit the labs and experience practical work in this environment. They also enjoyed short talks from academics which gave them an insight into the mussel industry.

Thanks to Steve Cutler from Otago University for leading the studies and Karen Goodger of the Cawthron Institute, for being the local organiser. The photographs show Lillyarna and Electra hard at work in the labs.

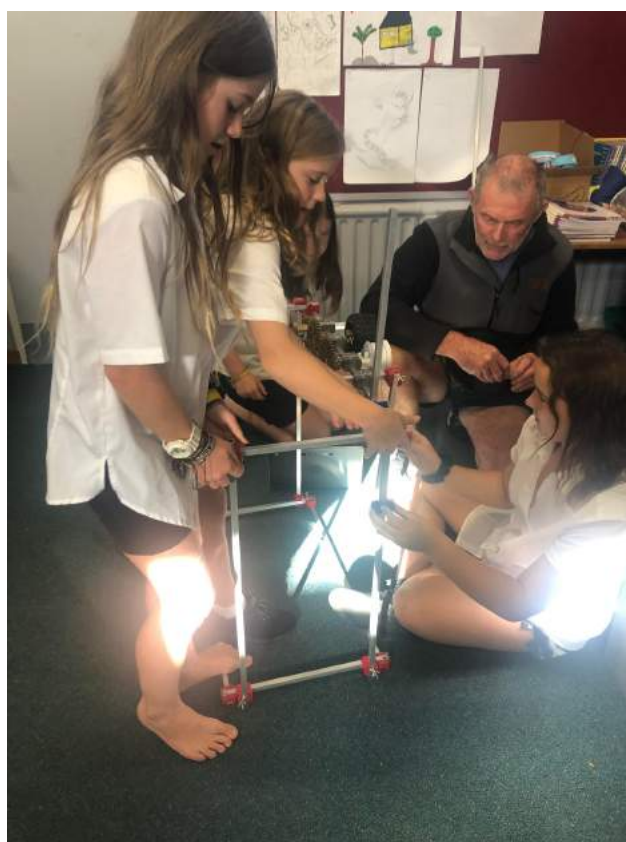
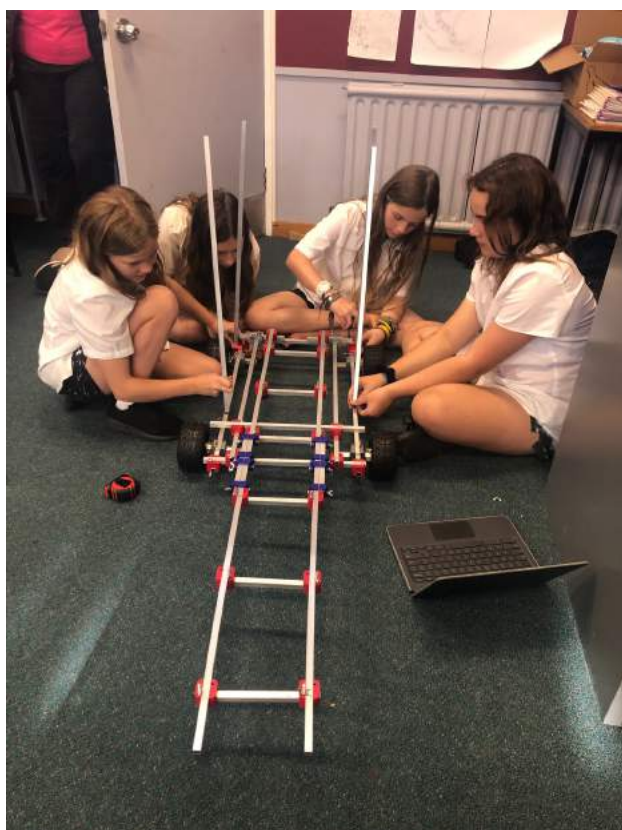


EPrO8 Technology Internal Challenge

Year 7 and 8 students showed some amazing tenacity and initiative when completing the EPrO8 Technology Internal Challenge on Thursday.

Teams were practising for the selection event to be held on Thursday the 19th of May, when students will complete 3 challenges to select two successful teams to represent our school in the regional Nelson/ Marlborough competition held on May 24th.

Thanks to Haley Kiddey and Kelvin Billingsley for their help.



Sports & Community News

Netball - Nelson Gold Team Year 9

The girls played their first game this weekend at Saxton Field. They played really well, with some excellent defence and intercepting with learning their positions on the court. It was great to see so many families out there supporting them.



Soccer - The Rai Raiders

Played Richmond on Saturday and they really stepped up against a physical team. They are learning their positions on the Field and are listening to their coaches. Some great goalkeeping from Finn and Amy, Georgie and Poppy had a brilliant first game. Player of the a day went to Oliver who put his whole body on the line and probably had some big bruises on Sunday.



Sports & Community News

Leo Club

Ella Jenner, Cooper Knight and Holly Hatcher are raising money so they can attend the Lions National Youth Camp in Taranaki in the July school holidays.

To start with, they are holding a sausage sizzle every Wednesday. Other ideas include a themed mufti day and some raffles. If anyone has something they'd like to donate for the students to raffle, please let Cooper or Ms Upsall know.



Parents / Caregivers

Please check your child / children's polar fleece for a missing polar fleece that is named , Luke Zillwood.

If you have accidentally received it, please return it to the school office to be given back. This is a good opportunity to ensure the school polar fleeces are named in your household.

Thank you for your cooperation.

Head Lice

Head lice, nits, or kutis, are very common in kids and easily spread around school. They can be annoying but are treatable. They shouldn't affect your child's education.

How can I tell if my child has head lice

Your child may have an itchy scalp, especially around the nape of the neck, crown and ears. You may see live lice on the scalp, or hard, pale grey or yellow-white eggs (nits) like grains of salt attached to the hair, close to the scalp. Or the first indication you may have is when the school tells you there's an outbreak.

For further Information on Head-Lice click the link below

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/head-lice>

Sports & Community News



Resilience *Taikaha*

Means coping
with challenges
and bouncing back.

THE KIWI CAN CORNER

Resilience / Taikaha



This week in Kiwi Can we are beginning on our module learning more about **understanding emotions**. We are discovering more about how to identify a range of emotions in ourselves and others. We're also exploring the idea of "Zones of Regulation" – where being "in the green zone" has us calm, happy and ready to learn.

Ideas to carry on the learning at home:

- How *many* different emotions can you name? Can you think of more than 10?! Can you pull a face, or draw a picture, showing what each looks like?
- How might being "in the green zone" help us face challenges with resilience?
- Imagine that someone in your class is having trouble learning a new skill. If that person had a *negative* attitude, what might they say or do in that situation? What about if they were showing *resilience* instead?
- If you lost your sports game (or board game) – what could you do to cope with the disappointment?



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Ngā Tohu Whakaora e 3

3 Steps for Life

What is a 3 Steps for Life awareness session?

A 3 Steps for Life awareness session is for members of the community to introduce them to life saving skills for people in cardiac arrest. The awareness session will cover basic CPR and AED skills, and runs for approximately 45 minutes.

Who can participate and is there a cost?

Anyone can attend a 3 Steps for Life awareness session. 3 Steps for Life awareness sessions are free to attend. These sessions are delivered in a voluntary capacity by your local St John staff.

About 3 Steps for Life

3 Steps for Life is designed to give all New Zealanders the confidence and awareness to take action when somebody suffers a cardiac arrest by:

1. Calling 111



2. Starting CPR



3. Using an AED



Applying CPR and rapid defibrillation can increase a patient's chances of survival by up to 40%. But for every minute without CPR or defibrillation, a patient's chance of survival falls by 10–15%.



Why you should get involved in 3 Steps for Life?

Nearly 2000 New Zealanders suffer from a cardiac arrest (heart stoppage) outside of hospital each year and most of these happen in their home. This is four times the national road toll and yet it remains a silent disease in terms of public awareness. Performing CPR and using an AED is easy. By performing CPR and using an AED, you can help save a life.

How to book a 3 Steps for Life Awareness Session

To book a free 3 Steps for Life awareness session please make sure you've got a group of 10 or more and register your interest with full name and contact information by emailing **3stepsforlife@stjohn.org.nz**

If you can secure a venue such as a school, community hall or other public space in advance that would be an advantage in ensuring timely course delivery.

GoodSAM

Post awareness session we also encourage participants to become a GoodSAM. GoodSAM is a smartphone app that alerts nearby people to a cardiac arrest, allowing members of the public to respond and perform CPR and to attach an AED prior to ambulance arrival. For more information visit **stjohn.org.nz/goodsam**

Contact Information

Cody Booth

National 3 Steps for Life Lead

E Cody.Booth@stjohn.org.nz, 3stepsforlife@stjohn.org.nz

W stjohn.org.nz/3stepsforlife

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