

Rai Valley Area School

Newsletter



Issue No. 7 | 1st June 2022



Tumuaki's Report

Kia ora koutou,

This week there has been much excitement amongst the primary students with the annual visit of Harold. Classes have been able to visit the van and engage in science and health-based lessons.

This week has been very wet and has meant the postponement of the Years 1-8 hockey coaching and the Ki o Rahi tournament. Hopefully, both these events will take place later in the term.

Last week two of our Years 7 & 8 teams competed in the EPRO competition. One of our teams made it through to the final night and was eventually placed 8 out of 12. Congratulations to Holly Hatcher, Tasman Thame, Cooper Knight, and Jackson Jenner. I would also like to thank Haley Kiddey, Neil Hickling, and Kelvin Billingsley for their support.

I attended a Ministry meeting where a lot of information was shared about ensuring the healthy ventilation of our classrooms. Our school will also receive a second air purifier and we currently are monitoring CO₂ levels in classrooms regularly. COVID is still very present in the Nelson Marlborough region and some unfortunate students are suffering a re-infection within the 3-month period. Please continue to test if your child is unwell and keep sick children at home.

Rai Valley Area School

6700 SH6, RD 2 Rai Valley

Marlborough 7192

Telephone: (03) 571 6016

Email office: office@rai.school.nz

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

When we record school absences we are required to give a reason, for example doctors appointment, sick or sports trip. A special request from Pauline, if you are phoning in can we have a little more information than my child is away today, please.

Finally, as some of you may be aware Debby Upsall has made the decision to retire at the end of term. Debby has worked in our school for 11 years and will be very sorely missed.

We wish Debby well in her retirement but hope we can remain in contact.

Wishing you all a wonderful Queen's Birthday weekend.

Ngā mihi nui

Maree

After School Care

Don't forget to book your After School Care - available every day in the community library till 5pm.

So if you have appts in town or need some extra time in your day - flick Judy a text and book in, or even call or message her on the day.

Judy has games and all sorts to keep them occupied. ph/txt 021 042 0800, \$5 per child per hour.

Calendar Dates

Queen's Birthday Holiday

Monday 6th June

Sense Rugby

Monday 6th - Friday 10th June

Havelock Museum AGM

Thursday 23rd June @ 10am
Havelock School & Community Library



Primary News

Head of Primary News

Greetings everyone,

As the term quickly rolls along we are almost at the end of Week 5...half way! Lots of sport and outdoor activities have been taking place, with practices for Ki o Rahi, netball and soccer. Unfortunately the weather has made postponements necessary. Later in the term Marlborough Hockey will join us with the small sticks team for a morning to help improve our skills.

Next week we are having a visit from an artist sharing his craft of making and using Maori instruments, that is on next Wednesday, 8th June, at 11am. The following week we have a magician visiting with his show around healthy food and choices, 14th June. This will follow on from our visit with the Life Education Mobile Classroom that is here this week. Genevieve and Harold will be sharing their first lessons on Wednesday morning. At 10am on Friday morning there will be a session in the mobile classroom for any parents and preschoolers who would like to have a look in the classroom and see all the great technology that inspires the learning for our students with the Health and Wellbeing Curriculum.

Primary syndicate are now having our assemblies in the library on Thursday afternoons at 2.30pm. You are most welcome to join us. Assembly with the whole school continues every second week on a Thursday morning, in the hall at present.

It is a long weekend, this coming weekend, with no school on Monday, 6th June, to celebrate the Queen's Birthday. Have a nice time with an extra day to spend with your families. I truly hope the weather is better by then.

Nga mihi

Karen Davies

Maori flute to help connect with tradition



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

Thanks Yvonne
Havelock Medical Centre

Instead Of Asking “How Was School?” Find Out More By Doing These Instead

Children who know their parents are interested in how they are doing at school are usually more motivated in their learning. But sometimes it can be hard for parents to get them talking about school. The query “How was your day?” is often met with a “Fine” or “Okay” in reply.

Here are tips from The parents

<https://thenewageparents.com/how-to-find-out-about-your-childs-day-at-school/>

Tip #1: Ask specific questions

Avoid generic questions like “How was your day?” and choose questions that are more interesting and likely to have a unique response.

Try asking these questions instead:

“Who did you talk the most with today?”

“What was something interesting you learnt/ saw at school?”

“What was the most fun thing you did today?”

“Which area of your school is the most fun?”

“What was something new you learned at school today?”

“Who do you want to make friends with but haven’t yet? Why not?”

Tip #2: Remember their friends’ names

Take the trouble to get familiar with their friends’ names.

This way, your child understands that he’s not just telling you a random story about a stranger, but gets the sense that you are just as invested in his friendships as he is.



Instead Of Asking “How Was School?” Find Out More By Doing These Instead

Tip #3: Always follow up

If your child told you on Monday that his best friend in school was home sick, ask him on Tuesday if his friend is better.

If he shares that he really enjoyed a new topic that the teacher is covering in school, ask him a few days later what interesting things he has learnt from that topic. Asking such questions helps our children to see how much we care and keep track of their daily ups and downs – they'll know we're not just asking questions to keep tabs, but because we genuinely care about the things and people they care about too.

Tip #4: Look for the best times

Every child loves having their parents' undivided attention, so don't ask him questions about school (only) when you're multi-tasking, for instance when you're cooking lunch, driving the car or messaging on your phone. Find time when you can just talk and listen, with no distractions, and preferably not right after he runs through the school gate! Most kids need an hour or so to make the transition back to home from school, before they are ready and willing to share.

Tip #5: Get to know other parents

Even with your best-made plans and intentions, some kids are just not that excited to share about their day, and that's okay. If that's your child, pushing him to share more than he's ready to can backfire, with him coming to dread these after-school talks. Befriending your child's classmates' parents can help you learn more about school life, about interesting events that happened in their class, and sometimes even about the dynamics of the friendships within that class.

One word of caution: If any situation should arise where your child seems to have caused someone emotional hurt or physical harm, or if you hear that he has been acting up in class, don't accuse your child until you have asked him for his side of the story.

Debby Upsall (LSC)



EPrO8 Technology Internal Challenge

Our two top Epro8 teams competed in Nelson on Tuesday 24th May and did Brilliantly! Our younger team came 8th out of 12, and our senior team made it through to the finals.

Extremely proud of all our students who competed in the Epro8 competition with the Rai Raptors coming 8th overall. They won the sound system challenge - being the first team to build a boom box. Epro8 is a science and engineering challenge that promotes teamwork, and problem solving.

Thanks to Haley and Neil for taking them and supporting them.



Sports & Community News

Netball

Fantastic result for our netball team on Saturday against Murchison. Some outstanding play from our whole team as they are really getting into the groove of competitive sport.



Winning against Murchison 18/15 in the final quarter. Player of the day went to Kayla Gardiner who played GA/GS.

Well done to the team and coaches.



Pelorus RFC

Great Job to all the Pelorus RFC players in the weekend.

Week 2 of our WK Strawbridge players of the day! These guys were all over Marlborough last night and today from Blenheim to Seddon!

U6 Ari Roberston, U7 Dani Grenfel,
U8 William Sharpe/Archie Nightingale
U9 Oliver Te Amo

These kids are getting better every week, thanks to all the parents and family for coming out.



Sports & Community News

Kickboxing training at Rai School Hall, Mondays and Wednesdays 4.30pm to 5.30pm
Ages 6yr + (including adults)
Great for fitness, strengthening, self defence or just for something different. Any questions get in touch with Jolene Holmes or Pete Byron.



Year 7 & 8 (+helpers) stream plantings up at the Billingsley's for enhancing the environment of Te Hoiere Pelorus area



Sports & Community News

Leo's Club

Cooper, Holly and Ella went to the Lions Club meeting in Havelock to thank them for their donation towards the cost for their camp. There was also a chocolate raffle that was held at the Millers Rest to help with the funds as well.

Electra and Lillyarna are planning to sell hot chips to raise money to be sent to Tonga to help with the recovery from the volcanic eruptions and tsunamis.



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PIZZA & PLANNING NIGHT
Come along and help plan out your next adventure !!
WED 8TH JUNE
6-8PM HAVELOCK PAVILION

RSVP BY EMAILING:
INFO@WANDERFULLADVENTURES.CO.NZ

Logos: SPORT TASMAN, HAVELOCK vision 2020, Wander-Full

Sports & Community News

Coping With Change, Grief and Loss

- a FREE presentation with Rebekah Ballagh via Zoom, Tuesday 7th June, 7.30pm.

Grief can come in many forms - from the death of a loved one, struggles with health, a change in an important relationship or the loss of a job. After the last couple of years, many of us are grieving in one form or another.

Come along to this presentation with Rebekah Ballagh on navigating grief as we unpack the many forms of grief and discover a toolbox of ideas and techniques to help you manage all that comes with loss and change.

To register please email admin.marlborough@lifeedtrust.org.nz



**COPING WITH CHANGE
GRIEF AND LOSS**

A FREE ONE HOUR ONLINE PRESENTATION
WITH REBEKAH BALLAGH COVERING
THE DIFFERENT FORMS OF GRIEF, WITH
TOOLS & COPING STRATEGIES.

JOURNEY TO WELLNESS
Rebekah Ballagh
COUNSELLOR - AUTHOR - ILLUSTRATOR

NOTE TO SELF
WORDS OF COMFORT
THE RAINBOW IN MY HEART

Online via Zoom | Register via email
admin.marlborough@lifeedtrust.org.nz
Tuesday 7th June, 7.30pm

LIFE EDUCATION
Learning with Harold



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.

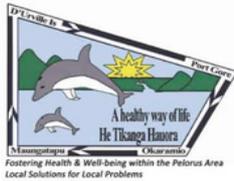
Ideas to carry on the learning at home:

- 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?



Follow [@GraemeDingleFoundationMarlborough](https://www.facebook.com/GraemeDingleFoundationMarlborough) to stay up to date





Pelorus Area Health Trust

Influenza Vaccines

Now that our borders are open and people are travelling more around the country, it is predicted that this winter will be a bad one for the flu. A covid vaccination does not protect you from other flu variants. You need to get a separate jab for the flu.

Havelock Medical Centre

is offering flu vaccinations for everyone. You don't need to be enrolled to get a jab, but you do need to make an appointment. Remember the flu jab is free for Māori and Pasifica over 55's and other over 65's, or if you have a specific medical condition. Check out eligibility here

<https://www.influenza.org.nz/eligibility/eligibility-criteria>

Great News!

Christine at the Havelock Medical Centre has qualified to give cervical smears. These will be on offer at Havelock from now on.

Other good news is that Springlands Health have been successful in recruiting more GPs and will soon be back up to full strength; meaning that there will soon be increased availability of doctor's appointments at the Havelock Medical Centre

Keep warm and dry this winter! **The Havelock Charity Shop** has winter clothes, duvets and blankets available. And let PAHT know if there is anyone in need in your community who could do with some support for health and well-being!



www.PelorusAreaHealthTrust.co.nz

<https://www.facebook.com/CharitableTrustHealth>



Kurt Lindsay 027 469 9685
kurt.lindsay@bayleys.co.nz

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