Rai Valley Area School Newsletter

18th August 2023



Tumuaki's Report

Kia ora koutou,

It is hard to believe we are halfway through this term already. There has been a lot happening for our students. In week two the seniors had a really successful camp in Christchurch, which offered a wide range of experiences as well as the opportunity to visit tertiary providers.

We were fortunate to have a fine morning for the Rai Valley Cross Country. Thank you to the parents who supported their students. After several years of cancellations, the Pelorus cross-country finally went ahead. It was enjoyable if somewhat chilly. Congratulations Years 1-8 on being placed second equal.

In the last couple of weeks the Year 7 and 8 students have been working on Epro 8. Two teams of 4 will compete at Bohally Intermediate in the Marlborough competition on Thursday 17th August.

On Monday 4th and Tuesday 5th of September, Neysa Koizumi will work with our students in their classes. There will be a workshop for parents on Tuesday evening at 6.30 pm. No matter what year level your child is, there will be something for everyone in this workshop.

The Year 11 -13 students are only 3 weeks away from the internal school examinations. I hope students can work with their teachers to draw up study plans.

Rai Valley Area School
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Marlborough 7192
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Our People

Principal: Maree Furness Deputy Principal: Mike Wilson Primary Leader: Karen Davies Executive Officer: Selene Turner Receptionist: Pauline Agnew Caretaker: Shane Dearman



Tumuaki's Report Continued

These examination marks are used to calculate NCEA grades if a student is ill or unable to attend the end-of-year exams. In the last week of term, we are fortunate to have our annual Pelorus Cluster Maud Island Trip. We have 10 places. This is an opportunity initially for any Year 7 and 8 student who has not been able to go. Any remaining places will be filled with Year 6 students. As this is a protected Island there will be some strict Department of Conversation conditions to be met.

Also in the last week of school our Year 9 and 10 students are going to be joining Tapawera Area School for an Outdoor Education Camp at Lake Rotoiti. This will be exciting to experience in an alpine region.

The netball season is coming to a close. It has been great that we were able to put two teams into the Nelson competition this year. The improvement in our players throughout the season has been really noticeable. Thank you to all the parents who supported their children on the side of the court. I would like to acknowledge Jess Massey, Kimberly Morrison, and Theresa Neal for their hard work with coaching and organisation this season. Without their support, it is not possible for us to field teams.

Sadly, last week we farewelled Janine Sorensen who has taken up a new role at Queen Charlotte College. Janine will be really missed, particularly for her support of our students. We wish her well in her new position. On a positive note, we have been fortunate to appoint a very experienced teacher to our Year 1 and 2 class. Mrs. Jennie Brook-Watt will be joining us at the beginning of Term 4. She is currently teaching in a large primary school north of Hamilton and has previously taught in an area school in Northland for a number of years.

Noho ora mai Maree

Calendar Dates

Thursday 17th August Y7-8 E-PRO Finals

Thursday 31st August

School Photos (see community news)

Monday & Tuesday 4th-5th of Sept Cyber-safety

Tuesday & Wed 5th-6th Sept

NetNZ Preliminary Exams

Mon-Thurs 11th-14th Sept

NCEA Preliminary Exams including MCAT for Y11

Primary News



Head of Primary News

Greetings everyone,

There are a few things on the top of my list that I will share now. Please be looking out for notices that come home, mostly via your child's Boomerang Books, in our primary syndicate. Notices came on Tuesday regarding school photos that are here on Thursday 31st August. If you would like a group/family photo please send a note along to me or Pauline in the office. This information is also on the school face book page.

Pet Day schedules will come home, with each child for the whole school, by Friday and request for chickens and what you might bring for Pet Day have already gone home last week also. Please return these to your class teacher. We will plan another meeting in a couple of weeks time for anyone to attend. If you have any questions, please ask.

The Primary Production is on 15th November. Please write this in your diary or on your calendar. Further details will follow.

Special thanks to Jess Massey, Haley Kiddey and Aimee Ballantyne for their help and support to our students at the recent Pelorus Cluster cross Country at Canvastown.Also many thanks to all the parents who attended also and gave support to their children. I was not in attendance as I now have a teaching responsibility on Fridays at that time. Congratulations to all the students who participated and to those who did themselves proud with successful runs. The 12 and 13 year old girls took out 1st, 2nd and 3rd places. Elin Kiddey, Madalyn Sharpe and Leah Jones. Well done, as this also helped us score 2nd equal for the whole running event.





Nga Mihi team Karen Davies



The Rai Way Corner

School is Rewarding

As a PB4L school (Positive Behaviour for Learning) we reward students who consistently meet our expectations. That is, we reward students who show the positive social behaviours that make teaching and learning more successful. This ranges from consistently using manners, to completing work that is set, to greeting and helping visitors. The first "reward" for meeting expectations is praise. There is a wealth of science around the power of praise and impact it has on reinforcing positive behaviour. Best of all it is free and generates a great hit of dopamine all round.

In PB4L language we call these rewards "free and frequent", something that helps build a positive and productive learning environment. In addition to "free and frequent" rewards, students also collect Tino Pai points when they consistently meet school expectations. Once they reach at least 7 Tino Pai Points, they are able to cash these in for small rewards. These range from dress up afternoons, to food, to stationery or other small items. Some students even opt to clean the school van, help the caretaker, or librarian.

These rewards are designed to do a number of things. Like praise, they reinforce positive student behaviour. Unlike instant praise, these rewards help students delay the need for instant gratification and contribute to building intrinsic motivation (that is the ability to be motivated without the need for rewards). On that note, the goal with all rewards is to phase them out. By the time students reach Y11 and upwards the need for these rewards diminish. They do still enjoy them, but aren't naturally as motivated by them and they tend to need fewer of them. Having said that, the use of rewards to motivate adults is not something new. We all like getting discounts off our bills for early payments, flybys or other rewards on our credit cards. In Japan, commuters are rewarded with free vending machine credit if they catch early trains and avoid peak travel. While India does discounts off restaurants for good drivers, and the USA give cash for dobbing in tax cheats, and also cash for those who spot water leaks. and the UK prizes for walking or cycling instead of using your car. There are lots more examples, but suffice it to say that rewards for positive social behaviours are nothing new and when done well: they work.

Sometimes I get asked if we aren't just bribing kids to be good. This is a good question, but there is a really important distinction between rewards and bribes and it is all about who is setting the expectations, or calling the shots. In the case of schools, if students were in the position of asking for "X" before they did "Y" this would look very much like a bribe. However, since PB4L schools take great care in laying out the expectations we have of students and rewarding them when they meet them, we are calling the shots and setting the standards - not the other way around.

At the end of the day we all benefit when students learn to manage themselves. This is all about not assuming they always know how to behave in each and every setting, and also about helping them develop those skills as quickly as we can.





Secondary School News

Year 11-13 Christchurch Camp

What a week!. It started and ended with a long drive. In between we were lucky to have some settled weather and some wonderful experiences.

Tuesday

First thing, students got into their cooking groups and were given a modest budget with which to self cater for a dinner and 4 lunches. After pricing up their shopping lists we zipped off to a local supermarket to buy provisions. All but one group managed to come under budget, which was a good effort.

Lunches packed, we headed off for iceskating. While Mr Wilson did his best to channel Bambi on ice, others profited from a short lesson and were soon doing circuits around the ring and were as graceful and at ease as Mr Wilson wasn't.

After ice-skating it was time for a lightening quick tour of Yobee campus in town. This technical college offers career training in all things digital, from game design to film, to website design. Following an information overload, it was time to soak away the odd ache and pain in the hot pools. Having said, that QE II Pools also offered a very cool hydroslide, which most went for in a heartbeat. Oh to be young and malleable again.

By the end of an hour and half of pool fun it was back to base camp at Spencer Top 10 Holiday Park where students took turns in groups to cook their own meals, and clean up after themselves. Meal results varied, but everyone went to bed that night being three things: well fed, tired, but ready for more in the morning.

Wednesday

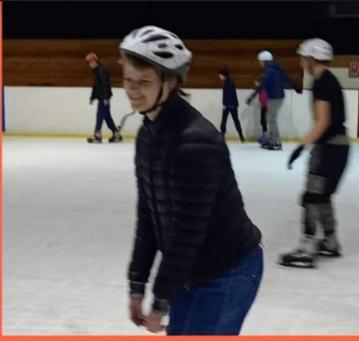
And what a way to kick things off on Wednesday by hitting the Adrenaline Park ropes course. This challenged us all, and it was amazing to see the way students got behind each other and supported everyone, staff included, as they swung (literally) from challenge to challenge. The photos don't really do the heights or challenges involved here justice, and show nothing of the trees swaying in the breeze. This was, without a doubt, a camp highlight for many students, who rightly celebrated their achievements in awe of the fears they had overcome.

From the ropes course it was on to the first of our tertiary appointments, this one at Lincoln University. Here students were given an overview of the courses on offer as well as a glimpse into what life might be like as a tertiary student.

From Lincoln it was a jaunt into town to Little High food court, where students got to choose between a mind numbing range of modern eateries.

Bellies full, it was back to camp for some table tennis, cards games, showers and beds.









Years 11 - 13 City Camp









Year 11–13 Christchurch Camp Continued

Thursday

Thursday brought some tired bodies, but credit where credit was due, students soon got into the swing of things (must have been all the practice they got on Wednesday). Based on choice, students split into two groups with two thirds going to The University of Canterbury and the remaining third to Ara Polytech. Both groups got the chance to explore the respective campuses and the myriad of study options on offer.

We all reunited after that to have tour through the Quake City museum which documents the two Christchurch earthquakes and the marks they have left on the landscape, buildings and people.

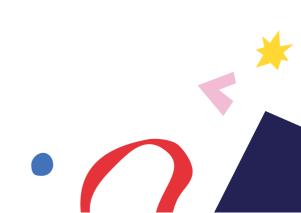
To finish the day off, students were then given a navigation challenge where starting in staggered groups they had to find Mr Briasco, Mrs Neal, Mr Macdonald who were hidden away in spots through the CBD. They then had to find their way back to Mr Wilson who gave them basic instructions to catch a bus back out to Kaiapoi where the vans would be waiting. This was all about those key navigation skills needed when out on their own in the big smoke. As this was a competition, based on the fastest time, it was no surprise it came down to 1 min separating the 3 top groups. Ultimately, however, all groups made it back out to the collection point, weary but largely having enjoyed the experience.

Friday

Friday was all about pack up and the journey home. Students did exceptionally well cleaning up in record time, getting us away half an hour early.

The goals for this camp were to show students the range of tertiary options available once they leave school and provide them with some of the key skills (budgeting, cooking, sharing spaces, navigating cities and buses) they might need in life post Rai. Overall, the camp was a roaring success, and I would like to thank parents and caregivers for getting in behind the fundraising and providing all the fruit and baking for camp. I would also like to especially thank the Leos Club and The Brick Oven, for their generous support with fundraising. And of course, the camp would be impossible without the support and care of staff (Mr Briasco, Mrs Neal and Mr Macdonald) who went above and beyond to ensure the week was a great success.

Mr Wilson









Sports & Community News

School Cross Country

Tuesday 1st of August arrived as a typical winter's day and with it, our school cross country. Races got underway with junior races after interval, before finishing just before lunch with a novelty parents and student race.

Both individual and house competitions were keenly fought. Of course there can be only one winning house and while it pains me to say, it was Pelorus took top honours, followed by Awa Awa Rai and Okiwi.

Individual results are published on the next page. Congratulations to all runners and a big "thanks" to Mr Briasco for organising.



Cross Country Results

Year 1& 2 Boys

1st = Bjorn Prattley 2nd = Brodie Martin 3rd = Robin Jackson-Lee

Year 1&2 Girls

1st = Lily Rayner 2nd = Joy Harrison 3rd = Pyper Knight

Year 3&4 Boys

1st = William Sharpe 2nd = Jake Thompson 3rd = Vincent Wiesner

Year 5&6 Girls

1st = Harriet Leov 2nd = Scarlett Morrison 3rd = Madison Couper

Year 5&6 Boys

1st = Sam Hope 2nd = Tiaan de Kock 3rd = Tai Mackness

Year 5&6 Girls

1st = Olivia Harrison 2nd = Armandine Jackson 3rd = Sophie Thompson

Year 7-8 Boys

1st = Marno de Kock 2nd = Oliver Hope 3rd = Cody Aldridge

Year 7&8 Girls

1st = Elin Kiddey 2nd = Madalyn Sharpe 3rd = Amy Billingsley

Year 9&10 Boys

1st = Jackson Jenner 2nd = Keegan Quirk 3rd = Cooper Knight

Year 9&10 Girls

1st = Bella Hickson 2nd = Ana Harrison 3rd = Sophie Harrison

Year 11-13 Boys

1st = Aston Hewetson 2nd = Vincent Maisey 3rd = Dylan Aldridge

Year 11-13 Girls

1st = Courtney Thorpe 2nd = Lily Kiddey 3rd = Katie Partridge



Cross Country Winners







Cross Country Winners



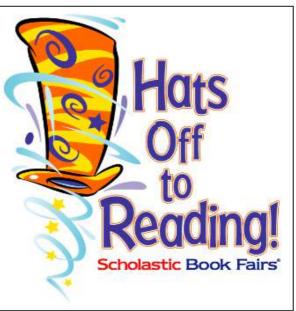


Library News



BOOK FAIR IS COMING FAST

<u>Tuesday August 29th - Wednesday</u> <u>September 6th 2023</u> In the Library lunchtimes & afterschool 3-4pm <u>LATE NIGHTs Thursday 31st August</u> <u>& Tuesday 5th September 6-8pm</u> A CRAZY HAT DRESS UP DAY is planned too, more details will come



After School care is back this year. For bookings and enquiries contact Renee Jope on 0277750083. It will be based out of the library. Rates are \$5 per child per hour



<u>Scholastic Book Club Issue 6 out now</u> Orders due back at school September 7th



Library News

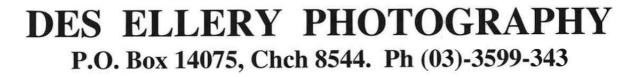
DUFFY BOOKS in HOMES

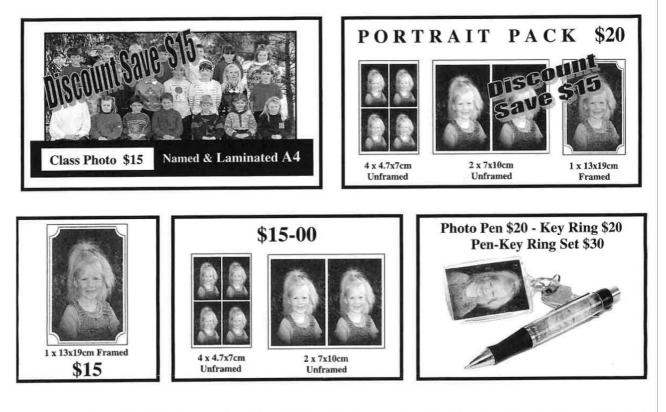
Kia Ora,

Well the 3rd and final round for 2023 of Duffy Books were handed out to Year 1-8 students to take home. These are graciously funded by our funding partner - DUFFY BOOKS this term.

I hope students have enjoyed being able to choose books to keep at home and read, or even pass round siblings if they have books to share with each other.







Black & White Portraits PLEASE add \$10 per item. Portrait Digital File \$75.

ENLARGEMENTS

<u>ONLY</u> available when ordered by Due Date

15x23cm (6"x9") \$20, 20x30cm (8"x12") \$30,

25x38cm (10"x15") \$40, 30x45cm (12"18") \$55 approx.sizes

Portrait Session Thur 31-8-23

Ensure your child is present for Portrait Session (no obligation to buy)

9 Am





Positive Relationships

Means working and playing in safe and thoughtful ways with others.

THE KIWI CAN CORNER

Positive Relationships / Whakawhanaungatanga

Conflict Resolution

This week we're practising using different strategies to manage conflict.

"It's cool to korero". Here are some conversation starters for this week:

- ★ Juniors have been talking about using our "WITS" as possible conflict resolution strategies. Can they tell you what "WITS" stand for? (Walk away, Ignore, Talk it out, Seek help ☺)
- How many different ways can you think of to help manage or solve a conflict?
- ★ What are some things people do that make a conflict *bigger* (instead of helping resolve it)?
- Imagine you are playing a game in Kiwi Can and someone in your class said they got you 'out' - but they didn't! Which strategy could you use to solve the conflict?

Follow <u>@GraemeDingleFoundationMarlborough</u> to stay up to date

Paper Recycling Update

Last year RVAS recycled 12060 litres of paper and cardboard and earned 7 trees. This means we saved 1.75 tonnes of paper and cardboard going to landfill; and 14 cubic metres of landfill space. We also prevented 9.66 tonnes of carbon emissions from going to landfill.



FOUNDATION





Enrolments now open for Sept/Oct holiday camps

Enrolments are now open for our next holiday camps in the Sept/Oct holidays.

We have made a few changes so please take note of these:

- Change in departure point due to the construction happening in Picton.

- The way we will be operating our shop at camp and have added spending money to the cost of camp so there is no need to bring extra cash.

- Payment of full camp fees (\$225) is now due on enrolment to our account at

W 03 0751 0103553 000 - please put child's name & camp attending (Sen/Jun) as reference

We have both a Senior Camp (11-14 yrs) and Junior Camp (8 - 10 yrs), as well as a Leaders Training weekend (14 yrs+) for those interested in being a volunteer leader at our camps.

Enrol for Sept Senior (Ages 11 to 14 years) 25th - 29th September 2023

Enrol for Oct Junior (Ages 8 to 10 years) 2nd - 6th October 2023

Enrol for Oct Leaders Course

29th September - 1st October 2023

You will need to complete an online enrolment form to ensure your place, and you will be sent a confirmation email outlining details of times, what to bring, etc.

Looking forward to having you on camp with us, Tony & Jane Ross (Camp Managers)





Te Whatu Ora Health New Zealand

August 2023

Tēnā koe,

Please encourage your students to get their Meningococcal vaccinations

The National Immunisation Programme wrote to you earlier in the year to inform you that the Meningococcal B (MenB) vaccine was added to the immunisation schedule, alongside the already funded Meningococcal ACWY (MenACWY) vaccine.

The meningococcal vaccines are free for young people aged 13-25 years (inclusive) who are entering into, or in their <u>first year</u> of residing in certain close-living situations, specifically; boarding school hostels, tertiary education halls of residence, military barracks, prison, or youth justice facilities.

There is also a free 'catch up' programme (for MenB only) available for the same eligible age group who are in <u>any year</u> of the above close-living situations. The catchup period runs until 28 February 2024. After this, only those entering into, or in their first year living in these facilities will be eligible to receive the vaccine for free.

How you can support:

- Actively encourage young people to have their free MenB vaccination as soon as possible (i.e., before moving into your facility) to reduce their risk of the harm caused by meningococcal disease.
- Use this opportunity to encourage whānau to catch-up on any immunisations they
 have missed, including MenACWY, which is funded for this same age group in their
 first year of close-living situations. Measles and human papilloma virus (HPV)
 vaccines can also be given at the same time as MenB.
- Facilitate vaccination services at your facility as appropriate. Your local Health District Immunisation Lead can help with this.
- Use and share the range of resources and key messages attached with this letter.

Thank you again for your continued commitment to help protect your community from vaccine preventable diseases. For any questions or further information please reach out to our team, <u>immunisation@health.govt.nz</u>.

Ngā mihi,

Rob Humphrys

Group Manager, Operations National Immunisation Programme, Prevention National Public Health Service, Te Whatu Ora

TeWhatuOra.govt.nz PO Box 5013, Wellington, 6140 Waea pūkoro: +64 4 496 2000

Te Kāwanatanga o Aotearoa New Zealand Government



KIDS SCHOOL HOLIDAY ART CLUB

for 8 to 12 year olds with local artist Paula Kerslake



SATURDAY 30 SEPTEMBER

Fun Funky Flowers

enjoy creating cool colourful spring flowers

9.30am to 10.45am

\$29

All art materials are provided **Bookings essential**

To book a place go to www.eventspronto.co.nz/event4185

Marlborough Art Society 204 High Street Blenheim



artschoolmarlborough@gmail.com



0273341388 paulakerslake.com





If you have families who are constantly arriving late for school it may mean that they are struggling with sleep routines. The rush of the morning routine can cause stress and friction for all involved. This is especially true for children who are neurodiverse. Parents may not realise that the morning chaos often stems from a lack of quality sleep.

Over time the constant sleep deprivation and stress for the parents and children becomes consuming which may have a knock on effect during the day. Sleep deprivation can cause them to have lower immunity, take more sick days, be less productive, be disruptive, hyperactive or withdrawn and have constant brain fog.

I am reaching out to you today to let you know about the services that I offer in case they can be of use to your families. My name is Clare and I am a Paediatric Sleep Consultant based locally in Kaiapoi. I am the owner and director of Sleep Harmony NZ Ltd. The aim of my business is to support families with their child's sleep struggles so that the whole family benefits.

I offer one off 30 min Sleep Chats for parents to ask questions and trouble shoot sleep concerns for children who are already able to self settle and have previously been good sleepers.

Or for children who have never slept well I have Comprehensive phone consults which include an emailed intake form, 1 hour phone call to discuss what is currently happening and find out what has been tried in the past, we talk about parenting styles, then decide on a personalised sleep training approach. I follow up with a written step by step sleep plan, access to a sleep log and 2 weeks of unlimited support through text message or email.

I am not sure if you offer your staff any well-being incentives as part of their employment with you, but wanted to let you know that I am happy to work with you to create an employment sleep consulting package should this be something of interest. Alternatively I would love it if you could put something in your newsletter, or put a poster up somewhere for staff and families to see.

My current rates are \$50 Sleep Chat \$250 Phone Consult

> If you have any questions please don't hesitate to reach out. I can be contacted at 021655272

> > All the best,

Clare Fahey Diector/Sleep Consultant





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