

Term 1 Week 7 2020 - Kahikatea

Dear Whanau/Parents/Caregivers

- **Please remember that school starts at 8.55am daily.** It is important that students are at school on time as a lot of important information is discussed at the beginning of the day which if missed can be disruptive and upsetting for the students and their day.
- **Swimming:** As we are slowly moving into autumn and the mornings are getting cooler this will be our last week for swimming. Most students have made some great gains in their skill level over the few short weeks that they have been in the pool.
- **Polar Fleece Please:** As the mornings are getting a little cooler and we are now starting to get a few more southerly winds blowing in our direction could we please have students bringing their polar fleeces to school to keep them warm. In light of trying to ensure everyone maintains good health and fights off any bugs it is important that the students are able to put another layer on when they venture outdoors but are still able to take it off while they are in the warm confines of the classroom.
- **Marking our home learning on a Monday seems to have most students bringing their books to school at the correct time. There are still just a handful that are forgetting so PLEASE** check with your child each morning to be sure they have their Home Learning book in their book bags.
- **Mindfulness:** We would be interested in how you as parents would feel about Kahikatea having Mindfulness sessions. Mindfulness is simply... **noticing what is happening right now.** Mindfulness is taking notice of how your body feels and what you see, smell and taste. When you

notice what is happening around you, you focus more deeply, and that attention to your own senses will help you improve in diverse areas of your life.

With the fast pace that we are expected to 'do' and 'get things done' these days, taking time out to be 'mindful' gives students time to just relax and take time to learn easy breathing techniques to slow things down and calm themselves. If you would like to know more you can go to:

<https://blissfulkids.com/what-is-mindfulness-and-how-to-explain-it-to-kids/>

Areas we are hoping to improve for the students are:

- decreased stress and anxiety,
- improved focus and awareness,
- better problem solving,
- improved impulse control

Mindfulness:

Yes/No (circle one please) I / We

am/are happy/ not happy for Kahikatea to have Mindfulness sessions.

Name: _____

- Congratulations to O'Rhylee, Harley, Mac, Milkia & Payton who received certificates this week.
- **Notices/Events:**
Notices being sent home this week. Please contact us if you have not received these notices:
 - Easter Raffle Tickets

