

**Term 2 Week 7 2020 - Kahikatea**

**Dear Whanau/Parents/Caregivers**

- **Welcome back to our new normal at Level 2.** It is great to have the students back at school and we are slowly getting back into our usual routine and timetable.
- **Polar Fleece Please:** Autumn has really left us now and the chills of winter have certainly let us know they are on the way. The mornings are certainly cooler with cold winds blowing despite the sun trying to peek through the clouds occasionally. Could we please have students bringing their polar fleeces to school to keep them warm when they venture out into the playground and to wear for their journey home as the temperature certainly drops around three o'clock.
- **To ease the students into Home Learning this week they had their first set of spelling words to learn.** From next week they will be receiving worksheets with a new format to work on for their Home Learning. It is important that students bring their Home Learning books to school each day as they are used for spelling tests with their buddies and we mark the worksheets together as a class. **PLEASE** check with your child each morning to be sure they have their Home Learning book in their book bags.
- **Readers:** You will have noticed that your child hasn't brought home any readers since returning to school. No students are being given readers to take home but be assured we are doing reading in class. We ask that for your child's reading each night that you choose from your book selection at home please and record this in their Kluwell book. We had two students during lockdown who achieved their 100 nights reading which is a fabulous achievement.
- **Stationery:** Please check with your child whether they have all the stationery they require at school. There have been some students who can't find their pencil, eraser or glue stick to complete their tasks throughout the day.

- **Mindfulness:** The week before Lockdown we asked how you as parents would feel about Kahikatea having Mindfulness sessions. We did get a few responses but some of you may not have been able to respond due to the timing of Lockdown. If you could please send in your response it would be much appreciated.

- 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:** \_\_\_\_\_

