

Term 2 Week 8 2020 - Kahikatea

Dear Whanau/Parents/Caregivers

- **Polar Fleece Please:** It was great to see this week that more students were wearing their polar fleeces to school. The weather has certainly changed with cold winds and wet weather over the past week so the polar fleeces make a huge difference to how warm your children are. At the end of the day we do ask your children to wear them for their journey home as the temperature certainly drops around three o'clock.
- **This week everyone got the new formatted Home learning worksheets.** The students were keen to see the range of activities on the new sheets. At the end of the term we will have a survey to gauge which format of Home Learning you would prefer for next term. **PLEASE check** with your child each morning to be sure they have their Home Learning book in their book bags. There are still a few students that aren't bringing their Home Learning books which makes it difficult for their buddy to test them on their weekly spelling and for them to get their new spelling words and their Home Learning worksheets.
- **Reading:** This week our focus for Reading was about Fungi. Ask your children about the facts and stories they heard and were read to about fungi. The most interesting was the story about the vegetable caterpillar.
Next week we will be reading about rubbish and recycling and how the students can make a difference. For this reading **it would be great if your child could bring 2 empty 1 litre plastic milk containers please.**
Remember to keep reading each night from your book selection at home please and record this in their Kluwell book.
- **Maths:** This week children began learning about Time with Mrs Smith. Over the next few weeks we will be going over telling the time and reading & interpreting timetables and calendars. It would be helpful for this learning to be consolidated when using these measures at home in everyday life. Children will continue to do

maintenance Statistics tasks to ensure the learning from earlier in the year is not forgotten.

- **Stationery:** This week we have sent home stationery lists with some students. Please check with your child whether they have all the stationery they require at school in case we have missed someone.
- **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**

Thank you to those families who have already sent in your responses. **If you haven't sent in your response yet, could you please let us know as soon as possible.**

Mindfulness:

Yes/No (circle one please) I / We

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

Name: _____

