

MANGAKAHIA AREA SCHOOL

TE KURA TAKIWA O MANGAKAHIA

23 October 2008

NEWSLETTER

No12 / 08

Please let us know **BEFORE 9.00** if your child is going to be absent and **BEFORE 2.00** if you need to change home-time transport plans.

THIS EDITION – SENIOR STUDY LEAVE, UNIFORM, HEALTHY SLEEP, PRIMARY NEWS, Y7-8 NEW START, SPORTS NEWS, SHOW DAY, ADMIN & COMMUNITY NEWS

Greetings. Tena koutou katoa.

It's great to be back! Congratulations and thank you Bill Morgan on an excellent job as acting principal, senior managers Terri Cunningham, Kaye Davey and Lesley McCardle for a great team effort, and everyone else who stepped up to make sure the school ran smoothly in Terms 2 and 3. The two terms did indeed pass quickly. Thank you to the Board of Trustees for giving me leave in Term 3 to experience a great sabbatical – 6 weeks writing a report on Area School Education in Northland and 4 weeks visiting family in England and France. I am delighted to be back feeling refreshed, rested and ready for the challenges that term 4 always brings. A mid-week Show Day is a challenge in itself - students and staff are preparing well and we hope that as many as possible can join us 11.00 Wednesday.

Last day for Y11-13 Students is Wed 12 November

Students sitting external exams are on study leave from 13 November. Please ensure they make the best use of their time – studying! Those not sitting exams remain at home. Many will have arranged summer work. Apart from a small group of seniors who are completing a unit of work in one subject, no seniors should be at school after 12 November. Best wishes to those sitting exams – use your study time wisely.

School Uniform

It was great to see everyone looking so smart the first few days of term. Thank you to parents and caregivers who used the holidays to re-outfit your students. However too many students did not keep to standards for very long. Some Y9 and 10 girls have been arriving at school unacceptably dressed. We are confiscating shawls and scarves. Shoes need to be black polishable lace-ups or black school sandals. Please support our efforts to instil visible pride in the school.

School Wellness Team – Term 4 Focus – SLEEP!!

Sleep is important for physical, mental and emotional health. Especially for children and teenagers as they develop so incredibly fast. The health providers, students and staff on the School Wellness Team are exploring ways to promote better sleep habits and patterns for us all. Useful tips are in this newsletter.

**Ka kite
Anne Stead**

Primary News

All classes have been working hard preparing themselves for Show Day.

Room 1 has also begun looking at ways they can be Sunsmart students – we are getting good at reading and writing stories too.

Room 2 has worked hard on researching buildings – how they are made and why we create different buildings.

Room 3 has begun its unit on natural disasters and is very keen to find out more about disasters in New Zealand and around the world.

Room 4 is trialing some games and activities to do with financial literacy. One method they are using to understand money management is one in which they get paid (Mangakahia Money) to come to school. They can earn money or sometimes get fined. Some of the comments were:

It makes people want to come to school more often.

Sometimes it makes you work harder.

It is a treat.

It can teach you how to save money. I am not very good.

Years 7 & 8

Years 7 & 8 have been very busy and it is only week 2. We have a new teacher, Mrs Jones, who cracks us up. She came into our class and straightened us up. I think it was good for us. Our class is going to Auckland, it will be awesome. I get to go to an Environmental Youth Summit tomorrow at Onerahi and we are beginning to learn French. I like Term 4 because after this there is 6 weeks of holiday! I'm sure this term will be fun and we will learn heaps and make new friends. (Manning)

COMING EVENTS...

27 October	Labour Day holiday
28 October	Show Day preparation
29 October	SHOW DAY
6 November	Group Day
8 November	Election Day – Polling booth @ MAS
12 November	Seniors on study leave
17 November	NCEA exams start
16 December	Prizegiving

SPORTS NEWS

Greetings everyone from the Sports Desk.

Term 4 has seen me behind the desk more than usual, finishing off reports & evaluating this year. We have had three t physical activity, both at school & away. Our three leadership groups, PAL, Junior Council & Sports Council, have dab events from organizing & running lunchtime activities (some far more successfully than others), helping to organize sports teams from Year 7 to 13, the never-ending task of raising funds & not forgetting our annual school sports athletics, cross country & sports exchanges. Their input is appreciated by all.

SATURDAY NETBALL - Prizegiving was held this week & a highlight for our players. Thank you to Lani McCluggage & Sherryn Schraag for a fabulous job running the evening. Congratulations to all our players for their achievements:

Junior Team – Primary

Ideal Player Kipling Davies-Colley and Thorodin Crawford
Most Improved Kelly Smith & Morgana Hall
Player of the Year Jade Rakich-Tuhiwai

MAS 2 – Secondary

Ideal Player Andrea Crawford
Most Improved Te Atawhai Marsh
Player of the Year Chastity Paniora

MAS 1 – Secondary

Ideal Player Kahlen Parata-Lamusitele
Most Improved Natasha Edmonds
Most Improved Team Member Sherryn Schraag
Player of the Year Cherith Schraag

Most Committed Team MAS 1 – Secondary
MAS Player of the Year Cherith Schraag & Kahlen Parata-Lamusitele

PUSH PLAY – LET'S GET ACTIVE - The Sports Council organized Push Play for the last two weeks for Term 3. Activities were run with students being given points for participation. Congratulations to our winners – Y9 - Santana Neho, Francis Wilson, Y10 - Craig Martinovich, Tynneal Openshaw, Kahlen Parata-Lamusitele, Puti Shortland, Yr 11- Ben Porter, Harley Paniora, Yr 12 - Arnie Neho.

RETURN OF SPORTS UNIFORMS - There are still a number of school sports uniforms not returned. Students are asked to check at home for any gear they may not have returned. Listed below are the outstanding items.

SENIOR RUGBY

SOCKS - 7 PAIRS - Please check with your child to see if he has a pair of the school rugby socks hidden under his bed with last week's homework. The rugby socks are black with a green & a blue band at the top.

6 PAIRS – 6 pairs of our rugby socks were taken from the uniform cupboard recently. Anyone who has these socks in their possession is asked to return them immediately to the school office. The taking of these socks has resulted in only 7 pairs being available for students. Until such time that the socks are returned students will be required to provide their own when playing for the school.

NEW BLACK SHORTS – No 5 & 12

BOYS VOLLEYBALL – GREEN SHORTS – Number 5 Thank you to students who returned some gear, any student who has gear at home is asked to return it to the school office. No questions asked.

MANGAKAHIA VALLEY PA WARS- TWIL
Games ARE BEING HELD ON Thursday ni
Anyone wishing to register their interest in be please contact either the school & speak to e or Juanita. Alternatively just show up on the ni

OPC – TURANGI 2009 - A camp meeti
Wednesday & minutes & action plans will be
Just a reminder that all Hangi money needs to be
by this Friday to allow for shopping. Anyone
Tuesday evening packing or Wednesday m
Hangi in, please let me know at the school.

FUNDRAISING VENTURES - Pre sold Ha
12.30pm Wednesday 29 October. Anyone
Hangi ticket for next Wednesday please c
school.

Batons Up: \$20 each Drawn Wednesday 29
wishing to purchase a Batons Up ticket pl
Antonovich at the school.

Upcoming events

Wed 29 October -Show Day – Hangi & Batons
Fri 31 October - ASB Sports Awards
Thur 4 December - Town & Country Day – Ro
Sun 7 December - Agrisport Challenge Yr 11

Agri Sport Day – Sunday 7 December @ |
school entered 3 teams at this event.
clashes with our senior camp which mea
Miss Antonovich & myself are unable
Team registrations close on 9 November.
up of 3 students & each team must have an ac
competing in a variety of tasks & be judged
teamwork style & safety. Entry into Barg
competing students & accompanying adult.)
always appreciated, if you are able to as
please let the school know.

ASB Sports Awards – Friday 31 October - |
Sports Awards are being held. Congratulator
Ricky Schraag Finalist – Clay target st
Schools Sportsperson of the
Parish Openshaw Finalist–Area Schools Spor
Until next time hei konei ra - Juanita – Sport



Community News

Car Boot Sale

We are having a car-boot sale as part of our Show Day on Wednesday 29 October. If you would like to book a space phone Mandy, 4331 702 (Art Department). Anything welcomed, even crafts or baking. Sell as much as you can fit into your car boot.

Art & Craft Classes will now be held on Wednesday nights from the 5 November, 7.00pm to 9.30pm in the Art room. No experience needed & only \$2.00 per session. **Great for Xmas gift making using a variety of mediums** – clay, paint, crayon, dye & natural materials etc. Creative playtime for adults! Come along & have some fun. Phone Bobby 4331 556 or Kim 4347 511.

Halloween Terrifying Tours

Northland Youth Theatre is celebrating Halloween and invite you to join them for a night of scares and frights. The tours are taking place at the old haunted library on Rust Ave. Dress up in your own weird costume to win spot prizes. **Booking is a must** – phone 438 4453. 31 October is suitable for 5yrs plus and 1 November is for 14yrs and older (*not for the faint hearted!*).

Titoki Playcentre is situated in the school the main car park. Sessions are Mon 12.00pm. Phone Danielle on 4331 information

Pacific Drum Festival

Saturday 25 October, 9.00am-4.30pm Whangarei. \$5 adult, \$2 9-17yrs, u Experience the many different drum beats

Country Meals

The next country meal at the Mangakahia Poroti is **Friday 10 October from 6.30pm**. children \$6.00 for a two course meal. E please bring all your friends. Country meal second Friday of each month:

November – Mangakahia Lions

December – Mangakahia Playcentre/Con

Getting the sleep you need

Are you feeling constantly tired? Not getting enough sleep? Waking up during the night?

Several things can disrupt our regular sleep patterns. These include being sick, in pain, stressed, anxious or depressed.

Depression, in particular, can lead to:

- Finding it hard to get to sleep
- Sleeping badly
- Sleeping less than you normally would
- Waking up during the night
- Waking up early in the morning and not being able to get back to sleep.

Sleep is important for all of us, to help our bodies recover and recharge. When it comes down to it, it's not the total length of sleep that really matters. It's how good the sleep is for your body and whether you're getting what doctors call 'deep sleep' that makes the difference. Deep sleep usually occurs during the first five hours of the night. (So if you only sleep for four or five hours, you'll get as much deep sleep as someone who's sleeping for eight to ten hours). If you don't get enough sleep, you might:

- Be tired during the day
- Find it hard to concentrate
- Be moody or easily annoyed
- Have aching muscles
- Get sick easier or more often
- Find it difficult to recover from depression.

Tips to improve your sleep

There are lots of things you can do to improve the quality of your sleep.

When you wake up:

- Get up and out of bed as soon as you can – don't go back to sleep or try to make up for lost time
- Try and get up at the same time each morning, perhaps around 7am-7.30am
- Go outside in the fresh air and/or do something active.

During the day:

- Don't nap. Napping will make you less tired when you go to bed, which means it'll take you longer to fall asleep

- Make time during the day to sort out the problems you might worry about at night
- Keep a "sleep-wake diary", which lists the hours you are asleep and awake
- Try to be more active in the early morning or (while the sun is still up)
- Avoid drinks that contain caffeine after about 12.00pm (strong tea, coke, etc). Also avoid drinking more than these drinks per day.

Going to bed:

- Avoid drinking alcohol or smoking before you go to bed. Alcohol may cause you to sleep less deeply and more often. Smoking may put you on edge so you'll find it hard to sleep
- Give yourself time to wind down before going to bed. Studying or working at least 30 minutes before
- Avoid watching TV or reading in bed, as this can be restless when you try to sleep
- Avoid taking sleeping pills. If you do need them for more than a week because they can't help, talk to your GP
- Get yourself into a routine that you can follow before going to bed – for example, having a bath, then putting on your pyjamas, then brushing your teeth
- Try to make your bedroom quiet, dim and cool
- Avoid too many blankets or using electric blankets. If you're too hot, you don't go into deep sleep and you're more likely to have disturbing dreams.

Where to get help:

If you want to chat about how you're feeling, or need more information, you can:

Text The Lowdown team for free on 5626

Email The Lowdown team in the Chat section www.thelowdown.co.nz. You can also ask them back if you want to talk on the phone.

Call the Depression Helpline on 0800 111 757. If you have tried everything but your sleep problem persists, talk to your GP or other health professional.

SHOW DAY

WEDNESDAY 29 OCTOBER

Wednesday 29 October 2008 is our Show Day and Tuesday 28 October 2008 is preparat classified as a normal school day and attendance is required by all students and buses are running encourage you to take this opportunity to come along with your children and enjoy the day.

Please make sure your child (Years 0 – 8) brings everything they need from home for on Tuesday 28 as this is when the judging is done.

PROGRAMME OF EVENTS

Animals Arrive/Competitors receive numbers

- 10.00 Animal registration & Gym opens for exhibit viewing
- 11.00 Judging begins of lambs, calves & goats.
- 12.00 Judging begins - Most Obvious Pet (gather outside Room 4
- 1.15 Gym closes
- 1.30 Grand Parade (or as soon as judging is completed)
Presentation of Cups
- 2.30 End of programme
Gym reopens and cleanup
- 3.00 Buses



*Indoor exhibits:

Floral, cooking displays and collections (Gymnasium)

Art (Classrooms)

*Other Attractions:

Café - Coffee & Cake

Ice Blocks/Cold Drinks

Car Boot Sale

Hangi

Batons Up Draw (12.45)

Seedlings/Trees

Gumboot Throw

Guess the Jellybeans

Baking

Basketball Shoot Out

Raffles (including a John Deere pedal tractor & trailer kindly donated by Fieldpov



*Art and Craft:

Music Room



