



Wednesday 1 February 2012

Dear Parents and Caregivers

Today we began our school year with a powhiri. This is our way of welcoming the new and reminding the old that NewlandsIntermediateSchool has a set of values and expectations that are important to us. We are proud of our students and enjoy seeing them perform and present themselves as they did today. Our goal is clearly stated in our schools mission statement:

“To create a place of learning that reflects the needs of our students and the aspirations of our community.”

I would specifically like to welcome Mr Robbie MacKenzie to our teaching staff. Robbie joins us from Brandon Intermediate School.

This is our first newsletter of the year. It is a fortnightly newsletter that comes home on Mondays. Our next newsletter will be on Monday the 13th of February. It is also accessible on our school website www.newlandsint.school.nz. You can also subscribe to the newsletter via the website. I would like to signal to you that from Term II onwards our newsletter will be sent home via email where possible. We want to move away from a paper copy.

The first weeks of a new school year are about establishing relationships and routines with our students. Our learning structure is clearly defined with literacy and numeracy dominating our morning programmes. Initially, teaching will be of a general whole class nature but this will be refined into a combination of individual, group and class teaching as the learning needs become more apparent.

Your child’s class teacher should be the first port of call if you have any queries regarding school but please also feel free to contact Lena, Angela or myself if clarification is needed. To this end I have listed all our staff and their email contact details below:

1. Mr Joseph Reedy - joseph.r@newlandsint.school.nz
2. Mr Kyle Bridgeman - kyle.b@newlandsint.school.nz
3. Miss Cassandra Dunk - kassandra.d@newlandsint.school.nz
4. Mr Chris Robinson - chris.r@newlandsint.school.nz
5. Mr Jason Ataera - jason.a@newlandsint.school.nz
6. Ms Brie Jessen-Vaughan - brie.j@newlandsint.school.nz
7. Mr Jeremy Brabant - jeremy.b@newlandsint.school.nz
8. Mrs Polly Gibson - polly.g@newlandsint.school.nz
9. Mr Simon McAtamney - simon.m@newlandsint.school.nz
10. Miss Lorna Stewart - lorna.s@newlandsint.school.nz

11. Miss Vicki Garden - vicki.g@newlandsint.school.nz
12. Mr Robbie MacKenzie - robbie.m@newlandsint.school.nz

Art - Mrs Ann Saunders - ann.s@newlandsint.school.nz
Hard materials - Mr Wayne Kearse - wayne.k@newlandsint.school.nz
Cooking - Mrs Marilyn Willett / Mr Bruce Nelson - marilyn.w@newlandsint.school.nz
Soft Materials - Mrs Jan Olhson - jan.o@newlandsint.school.nz

SENCO (Special Needs) Mrs Pat Vincent - pat.v@newlandsint.school.nz
Deputy Principal Mrs Lena Meinders - lena.m@newlandsint.school.nz
Deputy Principal Mrs Angela Lowe - angela.l@newlandsint.school.nz
Principal - Mr Brendon Henderson - principal@newlandsint.school.nz
Office - Mrs Kaye Good / Mrs Glennis Cashmore - kaye.g@newlandsint.school.nz;
glennis.c@newlandsint.school.nz

Today your child received information about our school camp. Please read it and follow up with the responses that are needed.

Next Thursday, the 9th of February, we are having the annual school Bbq. This is an informal opportunity for families to come along and meet the teachers whilst having a Bbq. Our Board of Trustees cook sausages and provide bread and our families are encouraged to bring a picnic for the evening. It starts at 5.30pm. At 7.00pm we will have a camp presentation for families.

Also next Thursday we will be having our school athletics day. This will be held at Newlands College and everyone is expected to participate. Friday afternoon will see the finals of the running events being held at the College. Family and friends are welcome to attend as spectators.

Later in the term we have the first formal parent/teacher interviews which will be an information gathering process.

Our out of hours music centre is taking enrolments on Wednesday the 8th of February 3.00-5.00pm. Instruments available are piano, flute, guitar and violin. Further information is available through Kaye in the school office (phone 4788195).

Our school homework club will be starting after our camps have run their course. Mr Ataera and Mr Reedy will be running this programme. A more comprehensive explanation regarding the school's homework programme will be forthcoming. In the interim class teachers will set homework.

Finally, we work very hard to communicate with our community and we value feedback. Please feel free to contact me via email or phone if you have thoughts to share. We are all looking forward to the year ahead and your participation is vital for our young people to be successful in 2012.

Important Dates

06/02/12 - Waitangi Day
09/02/12 - BoTBbq and Camp Information Evening
09/02/12 - School Athletics Day at the College

10/02/12 - School Athletics Finals Afternoon
16/02/12 - BoT meeting (7.00pm in the staffroom)
21/02/12 - Camp for Rooms 1, 2, 3 & 4
28/02/12 - Camp for Rooms 5, 6, 7 & 8
06/03/12 - Camp for Rooms 9,10, 11 & 12
20/03/12 - Inter - Intermediate Athletics
22/03/12 - Inter - Intermediate Athletics p.p day
22/03/12 - BoT meeting (7.00pm in the staffroom)
23/03/12 - Run for Us (12 Hour Fun Run)
28/03/12 - Parent interviews
29/03/12 - Parent interviews
04/04/12 - Celebration Night (7.00pm in the Hall)
05/04/12 - Last day of term

I have added on to the newsletter a page from some of Andrew Fuller's work. Andrew is a reknown psychologist who works with young people. He provides a lot of practical advice interspersed with good humour. At times his contexts are clearly Australian but I feel they are still very applicable to us here in New Zealand. In 2010 our staff worked with Andrew Fuller as part of our professional development. His website is www.andrewfuller.au.com

Regards,

Brendon Henderson. principal@newlandsint.school.nz

Community Notices

If you would a community notice placed in the newsletter please email it in digital form to principal@newlandsint.school.nz

Newlands Junior Rugby registration:

Tuesday 14 February 2012: 6-7.30 pm at Newlands Community Centre In the Youth Room
Batchelor St Newlands- come meet a Lions Hero and receive your free rugby ball.

Tuesday 21st February 2012: 6-7.30 pm at Johnsonville Rugby Club Helston Park

Thursday 23rd February 2012 6-7.30pm at Johnsonville Rugby Club Helston Park

Thursday 8th March 2012 6-7.30pm at Johnsonville Rugby Club Helstonpark

We are taking registrations for all grades from Under 6 to Under 13. New players are required to provide proof of ID.

Subs are \$55.00 for one player, \$80.00 for two and \$120.00 for three or more. This includes a mouth guard and end of year prizegiving trophies for awardees.

Be involved in your child's rugby career by coaching or joining our dynamic committee!
For more info contact Miranda Browne 0211153626 or Callum Browne 0211733707

Soccer - North Wellington Junior Football Club

North Wellington Junior Football Club - Registrations for 2012 are NOW OPEN! Register online at www.northwellingtonfootball.com or in person on Wednesday 15 February, 6-8pm at NWJFC

clubrooms, Phillip Street, or Saturday 18 February, 11.30-1.30 at Johnsonville Community Centre.

Hockey

Want to have a go at playing Hockey?

Come along to Hockey 'Have a Go' coaching sessions .
3 Weekly Sessions of 1 hour consisting of coaching followed by a game
We supply Sticks, Balls, Shin pads and every child gets a FREE mouth guard to keep.
Starts Mon 20th Feb
All Sessions are at Raroa Intermediate New Turf ,Haumia St Johnsonville

Cost \$10 per child. (covers all 3 weeks)

Time ---

Years 7 &8 4.30pm til 5.30pm

Email gn@paradise.net.nz or Ph 0274 496-210 now to book your place. Places are limited

NORTHERN UNITED CHILDRENS HOCKEY REGISTRATION 2012

Saturday 25 February 1pm to 3 pm

Sunday 26 February 3pm to 5 pm

Venue; Upstairs at McDonalds Johnsonville

All are welcome

We cater for experienced or beginner players from 4 yrs up

Competitive Saturday grades and beginner/ development squad on Sunday afternoons

No experience necessary , Coaching provided, balls and sticks available

Any Questions etc please contact

Gavin on 972-3609 (H), 0274 496-210 (M)

Green Paper Consultation

As you may be aware the Minister for Social Development Paula Bennett launched a Green Paper consultation document intended to stimulate debate about vulnerable children. A full copy of the Green Paper can be found at: <http://www.childrensactionplan.govt.nz>. The Green Paper process will result in a Children's Action Plan and Children's Legislation which will put children first. Katrina Shanks, National List MP, is hosting a 'drop in' session to enable anyone interested to express their views.

When: Monday 13th February: 11am - 12.30pm

Where: Office of Katrina Shanks: 2nd Floor, 23-29 Broderick Rd, Johnsonville (across the road from Toy World)

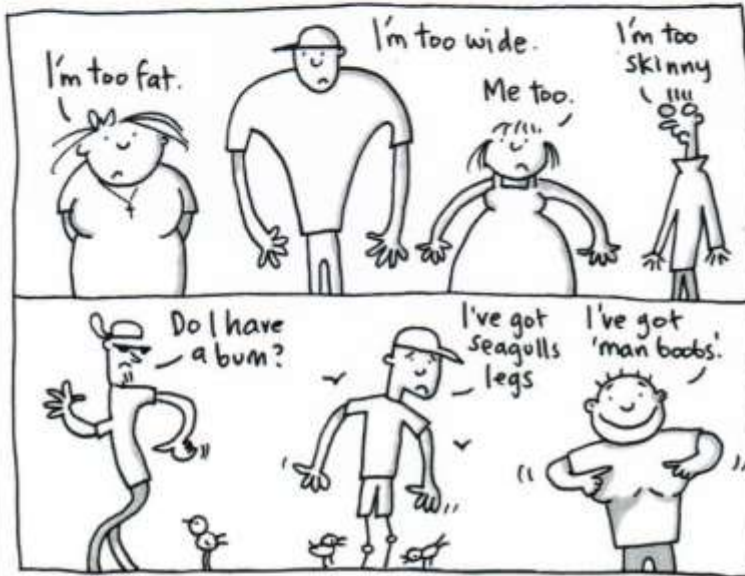
For more information please email katrinashanks.mp@parliament.govt.nz or call 04 461 7193.



CREATING RESILIENT FAMILIES

09 DIETING AND BODY CONCERNS

EATING DISORDERS



The two most common forms of eating disorder are: anorexia nervosa - which affects 10% of young women and distorts their image of themselves so that they think that they are fat when in fact they may be acutely thin and starving; and bulimia nervosa - which affects up to 3% of young women who maintain average weight by alternately bingeing on food and then purging the food, or using laxatives or excessive exercise to not gain weight.

Eating disorders are tricky to treat, so don't wait until you are really worried before seeking help. It's better to act sooner and unnecessarily than to wait.

Dieting Makes You Fat!

What all the magazines that publish wonder diets know, is that diets don't help people lose weight. Have you ever noticed that some magazines that are half-filled with recipes and half-filled with diets seem to be in the recycling business? People who diet regularly weigh more and have lower self-esteem than non-dieters. On top of that, dieters are more likely to develop an eating disorder. Don't let teenagers diet!

SKINNY MILK

We live in a culture obsessed by food. For young people trying to succeed in the world, the message is clear: thin equals success. Skinny milks, 'trim and terrific' dinners; if we keep this up, we'll have special meals labelled: 'starved and scrawny'. Economic rationalism has brought us terms like 'lean and mean' and we are often being urged to 'tighten our belts', equating efficiency with thinness. It is almost as if we are teaching young people that being skinny is more important than being bright, clever, happy or having an interesting personality. While we may be able to do little to reject the 'thin police', making young people aware of these messages is useful.

ALARMING FACTS

- Up to 60% of young women are on diets at any one time.
- It takes four years on average to treat an eating disorder.
- The average age a girl starts her first diet is between nine and 13 years.
- In one study, 70% of Melbourne schoolgirls said they want to lose weight, despite most of them being a healthy weight.
- Beauty competition contestants have become progressively thinner since the 1950s. Due to improved nutrition, during the same period of time, young women have become heavier.

What Parents CAN DO

Don't be obsessive about food and diets yourself. Allow food to be a source of pleasure and eating together at least once a week to be a family ritual. Don't allow thin daughters to take control of either the kitchen or their own meals. Let me repeat that! Don't allow thin daughters to take control of either the kitchen or their own meals. Some girls who are eating disorder-prone use food as a way to control their lives and one way to do so is to cook all of the meals for the rest of the family. Young women who are perfectionists are particularly at risk, so help young people to feel OK about making mistakes. Help them to deal with teasing about body shape. See Sheet 3, which offers suggestions on how to deal with bullying and insults.

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