

# Concord School NEWSLETTER



### **29 February 2024**

Kia ora whānau

Whānau Literacy Evening – Next Thursday 7<sup>th</sup> March at 7.00pm we are holding our parent evening to learn about the changes we have made to our literary programme over the last two years, the structured literacy approach, and examples of how you can support your child/ren with literacy.

It will be one hour long at the most, and free childcare and supper will be provided. There will also be a prize draw for attendees.

Many thanks to those who have sent in an RSVP slip. It's not too late if you would like to come along.

Phone or send along a note to the school office with numbers attending, just for supper catering and/or childcare needs please.

"Pause, Breathe, Smile" – This term as part of the Health and Physical Education curriculum we are delivering the "Pause, Breathe, Smile" programme in all classes.

**Breathe** 

Brought to schools

"Pause, Breathe, Smile" is a mind health programme that helps tamariki regulate emotions, pay attention, and build positive relationships. Students develop resilience, increase self-

awareness, and improve overall happiness.

One part of the first two lessons that the students really enjoyed has concentrated on mindful eating. We have used fruit or chocolate, with our senses to carefully and slowly feel it, smell it, then place it on our tongue and focus on what happens. It has been great for oral language too with the students sharing their observations.

I know life is busy and at times we shovel food down quickly (me included) to get out the door on time. Have a go at a quieter time in the weekend, with an ice cream. Turn off the distractions such as the tele, Xbox etc, slow down and concentrate on your senses and talk to each other about them. I'm sure you will be in a relaxed and content place when you are finished.

We also discuss being in the present, our bodies are always in the present although our mind can

wonder. We can in our mind say wondering to bring our mind to the present. Here are two of our Rātā students practising mindfulness.



Parents' Group Meeting – Our first Parents' Group Meeting will be held TODAY Thursday 29<sup>th</sup> February at 3.15pm in the staff room. We are always looking to welcome new members.

**KVC Sports Expo** – Next **Tuesday 5**th **March** the Year 5 & 6 students will be going to the annual Sports Expo at Kaikorai Valley College. They will take part in a wide variety of events with students from other schools.

**PALs Training** – Our senior Physical Activity Leaders (PALs) will be going to the Edgar Centre on **Wednesday 13<sup>th</sup> March** (**not** Tuesday 27<sup>th</sup> Feb as in the last newsletter) for training with Sport Otago. They will get a separate note about this.

Futsal – This week the Concord Shooters played the GI Panthers and 'Player of the Day' was Epa with two goals.

On Wednesday the Concord Strikers lost to MHS Man City and 'Player of the Day' was Axel.

### Dates to mark on your calendar:

- \* Thurs 29 Feb Parents' Group Meeting
- \* Tues 5 Mar KVC Sports Expo (Year 5/6)
- \* Thurs 7 Mar Structured Literacy parent evening
- \* Wed 13 Mar PALs Training at Edgar Centre
- \* Mon 25 Mar Otago Anniversary Day
- \* Fri 29 Mar Tues 2 Apr Easter
- \* Fri 12 Apr End of Term 1

Steve Turnbull Principal

ABSENCES – Please PHONE 488 2204, TEXT 027 391 9985, or use the Skool Loop app, by 9.00am, with the reason your child is absent (eg sick)



Clever Cats - This Friday 1st March at 1.30pm

### Makomako 'Big Day Out' Stories

"The 'Big Day Out' was at Mosgiel. I sat next to my buddy on the bus." – by Toby

"We went to the 'Big Day Out'. I played on the slide at the playground." – by Evan



"I am at the 'Big Day Out'. I am sitting on the floatie with Sophie at the Mosgiel Pool." – by Olivia M

"When I went swimming I put my head under the water and Violet taught me tricks. We all saw the Silverstream. My teacher went on the playground with us." – by Alivia

"The 'Big Day Out' was fun. We went to the playground and the pool. I went on the balance ball." – by Shelby

"The 'Big Day Out' was awesome. I liked going to the playground. We walked along the Silverstream. It was cool. We had ice blocks and later we went swimming." - by Olivia B



GirlGuiding NZ is a non-profit GirlGuiding organisation where girls can be New Zealand girls where they will discover their girls, where they will discover their

passions, contribute to their communities and form friendships in a safe and positive environment. We offer a huge range of activities from science, music, drama, camping, outdoor skills, cooking and so much more! It's a supportive place to grow confident, adventurous girls, ready to be tomorrow's leaders.

### In Mosgiel we have:

- Pippins for 5-6 year olds meeting Wednesdays from 5.00-
- Brownies for 7-9.5 year olds meeting Wednesdays from 6.00-7:30pm
- Guides for 9.5-12.5 year olds meeting Wednesdays from 5:30-7:30pm
- Rangers for 12.5-17 year olds meeting Wednesdays from 5:30-7:30pm

If this sounds like your girl then please make an enquiry at https://girlguidingnz.org.nz/finda-unit/#girlenquiryform or find more information at www.girlguidingnz.org.nz. Waitlists may apply for our larger groups.





#### Children's Day

10am - 5pm, Sunday 3 March

Come and celebrate Children's Day with us on Sunday 3 March! We

have a stellar line-up of fun for tamariki of all ages, including facepainting, a spectacular bubble show, craft activities, science fun for all, freshly popped popcorn, and more! You won't want to miss it.

So, bring the family along for a day of smiles, laughter and celebration!

Free I More information at: https://otagomuseum.nz/whats-on/ TÜHURA OTAGO MUSEUM

### Community Oral Health He Oraka Niho



### Abbotsford Mobile Clinic Dates

Please note the change to the scheduled dates for the Mobile Clinic located in A All other location dates remain unchanged.

#### Mobile Clinics

sford - 72 North Taieri Rd; Ph: 027 284 9754

Wakari - 369 Taieri Rd; Ph: 027 284 9914

\*From 1 January - 31 Decemb

Middlemarch - 33 Swansea St; Ph: 027 284 9751

\*From 8 April – 19 April

Port Chalmers – 30A Albertson Ave; Ph: 027 284 9954 \*From 19 August – 13 December



Te Whatu Ora Community Oral

## **ZONE SPORTS**

### TERMS 2 AND 3

May 13th -September 9th

- · Weekly on a Monday
- 15 weeks +

prizegiving • \$135 pp

**2024 EXTENDED SEASON** 



competition for students in years 1-13 are not usually involved in team sports to get out of their comfort zone and work together weekly in this new laser tag sports

Term 2: Week 3-10 (13th May - 1st July) Excluding Monday 3rd June for King's Birthday
Term 3: Week 1-8 (22nd July - 9th Sept) Prizegiving Monday 16th September





### TOTS TO TEENS

### MŌRENA.

( G) GirlGuiding

Summer is upon us, and our latest issue is iam-packed with content to help Kiwi parents issue2402.totstoteens.co.nz

What's in this issue for parents?

- » The terrible twos
- » Getting the most out of Open Days
- » Gut health for young athletes
- » Tempting chocolate treats
- » Healthy eyes for a better future
- » What is your child's learning style?
- » 7 Tips for parents who have ADHD » How to talk about periods.
- » The ultimate party-planning guide
- » PLUS awesome giveaways

















Playcentre 🧖

"Whanau tupu ngatahi - families growing together"

### Concord School

Thanks to the below businesses for sponsoring our school app:



### Night 'n Day Green Island



Caring, friendly and professional - that's us!



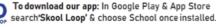




**Open 7 days** 7am to 9pm



If you would like to advertise on the Concord School Skool Loop App please email Content@skoolloop.com



### Community Oral Health Service

0800 ORAL HEALTH (0800 672 543) (free from cell



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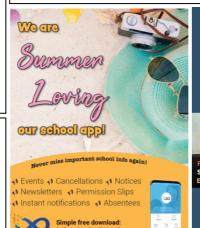
**Head Lice** 

Please continue to be vigilant in checking your child's hair often and treating 🐒

### Don't forget to check our Facebook page for information, messages, photos & videos:









### **FREE PARENTING**

aggression 🌞 jealousy 🗣 sibling rivalry social difficulties • lying • parenting alone separation anxiety early puberty

and anything else you're struggling with



0800 568 856

Together We Learn and Grow

LO www.dunedinwea.org.nz

Ako Tahi, Tipu Tahi