

Te Karere

Rai Valley Area School News



Rai Valley Area School
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**If you have questions,
concerns or compliments please let us
know - we value your feedback.**

Please note that all up to date
information on events etc. is
available on our school app and on
our website.



Thursday 15th August 2019

Kia ora koutou

In the last week we held two house competitions. The first, was a 15 word story on Tuesday that was won by Awa Awa Rai. Last Thursday we held the school cross country. Unlike last year the conditions were perfect. It was great to see the parents who came to support their children. Awa Awa Rai and Okiwi shared first place in the house points. Participation points make a real difference. This means Awa Awa Rai is currently leading the house competition.

Recently, our new chrome books arrived. These have been shared between Year's 3 to 8. They are an additional tool to support learning in these rooms. Chrome books are robust and have a keyboard. Students are able to login and continue their work. In the future NCEA is going to be a digital examination so it is important that our students become used to thinking and working on devices. We hope to run a parent session in the next few months so that we can share conversations around digital learning.

We are heading into a really busy part of the term with a number of activities in and out of school. There are a number of class trips coming up including, a trip to Maud Island for Year 6's as well as the Senior Ball and our netball team competing at South Island Secondary Schools in Nelson for the first time in a number of years.

This week we received some very exciting news. Our school been awarded \$6000 from the Jack Cheatley Trust. We had applied to the Trust for money towards raised seating that can be used at school and community events, for example prizegiving and swimming sports. These will be very useful for future school events.

Noho ora mai
Maree





Rai Valley Area school wishes to acknowledge the sad passing of two amazing women who have contributed to our school and the community for a number of years.

We wish to extend our deepest sympathies to Terry and the Billingsley families at the sad loss of Pat, last Tuesday, after a period of illness. Pat worked at school for a number of years as a volunteer librarian and was also employed in a number of other roles. Pat had been a strong supporter of our school and she will be sadly missed.

Sadly, also last Tuesday, Betty Burnett died in Nelson. We extend our sympathies to Marion, Alison, Steve and extended families. Betty also has supported our school throughout the years, most notably as a valued judge at Pet Day. Betty's work with the Community Rai Valley Cultural and Archive Trust has been significant and will be hugely missed.

We wish to extend to families and friends our deepest sympathies and may you find comfort in shared memories and love.

TERM 3 – EVENTS Calendar

Thursday 15 th August	Whole School Assembly
Tuesday 20 th August	Room 15 trip – Marlborough Museum and Wairau Bar
Tuesday 27 th August	Primary Syndicate CLASS Speech Competition
Thursday 29 th August	Primary Syndicate Speech FINALS
Thursday 29 th August	Whole School Assembly
Friday 30 th August	Pelorus Cluster Cross Country at Canvastown
Monday 2nd September	SCHOOL CLOSED – Teacher Only Day
Monday 2 nd September to Wednesday 4 th September	South Island Secondary School Netball Tournament – in Nelson
Thursday 5 th September	Pelorus Cluster Speech FINALS for one student from year 5,6,7 & 8
Tuesday 10 th September	Choir Festival in Blenheim – performing on stage
Thursday 12 th September	Whole School Assembly
Monday 9 th September to 13 th September	Maori Language Week / Clean-Up Week
Thursday 26 th September	Whole School Assembly
Friday 27th September	LAST DAY of Term 3.
Monday 14th October	TERM 4 - SCHOOL PHOTOS - first day back at school.

Secondary News

NZ Spelling Bee



Can you spell words like vociferous, turpitude and pious? Charlie Walsh can.

Earlier this year, Charlie and Fraser Hill entered the New Zealand Spelling Bee competition which is supported by the Wright Family Foundation. While Fraser just missed out on the next round, Charlie finished in the top 250 spellers in the country for Years 9 & 10 and consequently found herself in a Christchurch Art Gallery with about 24 other finalists having to spell some pretty tricky words.

She was given the contestant number 13, which didn't necessarily prove unlucky. She made her way through some pretty tense sudden death rounds, finally tripping up on an annoying familiar word: "permanent". Charlie was unsure of her exact placing, but thought at least 8 students bowed out before her.

She did feel it was pretty nerve wracking with all the people watching, but was happy to have the support of her Nan and her cousin and half-sister.

Despite the nerves, Charlie was keen to have another crack next year. She just hopes that next time she won't be wearing a moon boot (the result of an accident between heats).

Meme and Movie Day

Wednesday 21st August

Bring \$2 and dress as your favourite meme or movie character

Spot prizes for best costume

Help support the Student Council to fundraise for the 2019 Senior Formal!

A two-panel comic strip. The top panel shows a hand pressing a red button on a control panel with two buttons labeled 'Dressing as a movie character' and 'Dressing as a meme'. The bottom panel shows a man with a distressed expression, holding his head with one hand.

Primary School News

On Wednesday 7th August, ex-pupil Miya Austin-Dobie, came to school to work with the junior classes creating little clay houses. This was part of an art project for Miya's NMIT degree using clay sourced from Canvastown. The pupils thoroughly enjoyed the process and will be invited to view her finished work in late November.

Ann Marshall
Art Teacher



Marlborough Cross Country Champs... **Wither Hills on Tuesday 13th August.**

On Tuesday 13th August, ten students went through to the Wither Hills Park for the Marlborough Schools Cross Country Championships. Nine students ran hard-out with great results. Brooke Swan was selected to go but did not race on the day, however, she made a great supporter to the other students.

Thank you for great team work Brooke.

Year 5 placings were:

Bella Hickson got 20th; Holly Mant got 14th; Jackson Jenner got 28th.
Holly, Bella and Jackson all said, "It was a long hard race".

Year 7 placings were:

Leyland Fisher 15th... "It was very tiring, but I finally beat Neco!"
Neco Wilson 25th... "I want to do it again but beat Leyland!"
Bayley Hickson... 25th... "It was a great race."
Lily Kiddey... 13th, "I got pushed down a bank by another girl!"
Ella Jenner... 17th



Year 8: Ben Wellman... 34th "We set off and went up the hill. Then we went into a paddock, before heading back to the finish. The course was long and bumpy. At the end I was sore".

Well done to everyone.

Thank you to Mrs Jenner and Mrs Cory who took the students through to the event in Blenheim.

Cyber Safety



Dear parents and caregivers

School Community Officer, Constable Josh Reidie has alerted us to a wonderful new resource to help with online safety. This is developed by Netsafe and provides some great advice for navigating the often confusing world of online safety. Below is Josh's email and a link to find the resource online.

We will look to put this on our Facebook page too.



Netsafe have recently launched a great new resource for parents and whānau, the 'Online Safety Parent Toolkit'. This interactive PDF offers parents and whānau practical tips and tools to help them talk to their children about online safety. It includes:

- quickstarter tips for parents, whānau and young people
- information to enhance digital parenting knowledge
- details about the online risks and challenges their children may face
- advice about how they can help their children.
- Advice around social media, cyber bullying etc

Please find below the link to the Netsafe 'Online Safety Parent Toolkit'.

<https://www.netsafe.org.nz/wp-content/uploads/2019/07/Online-Safety-Parent-Toolkit-R2.pdf>

Visit to the Suter Art Gallery

Room 15 visited the Suter Art Gallery and looked at an exhibition about people's journeys to New Zealand.

The exhibit in this photo was about feeling sad about what children had left behind and they had drawn and written on cotton hankies - symbolising the tears they had shed.



LEO Quiz Night



A reminder that the LEO Quiz night is on **Saturday the 24th of August, at the Rai Valley Tavern, at 6.30pm.**

Email Kade Martin to register your team (kade.martin@rai.school.nz).

The LEOs are looking forward to running this quiz and raising money for school camps. Their community cause this year is very close to their hearts: Rural Support, who have supplied a 20kg meat raffle.

Jordan and Kade are also going to put together a couple of raffles so any donations of food, chocolate or pamper products would be gratefully received and can be dropped off to Room 2 (the Maths Room) for the students to organise into baskets. If you also have any items you wish to donate as prizes, we would be very grateful for those too.

Many thanks Community!

CROSS COUNTRY RESULTS 2019

On Thursday 8th August we had our annual cross country. It was an amazing morning with some fantastic results. There was some great team spirit, lots of support and encouragement and a great morning for all.

YEAR 1 BOYS

- 1st – Archie Nightingale
- 2nd – Lukah Griffiths
- 3rd – Jake Thompson

YEAR 1 GIRLS

- 1st – Harriet Leov
- 2nd – Zara Pooley
- 3rd – Georgia Patterson

YEAR 2 BOYS

- 1st – Sinclair Couper
- 2nd – Sam Hope
- 3rd – Jesse McPherson

YEAR 2 GIRLS

- 1st – Catherine Partridge
- 2nd – Paige Todd
- 3rd – Meike O'Donnell

YEAR 3 BOYS

- 1st – Joshua Todd
- 2nd – Hunter Morrison
- 3rd – Declan Knight

YEAR 4 BOYS

- 1st – Cody Aldridge
- 2nd – Darcy Thompson
- 3rd – Oliver Hope

YEAR 4 GIRLS

- 1st – Elin Kiddey
- 2nd – Madalyn Sharpe
- 3rd – Amy Billingsley

YEAR 5 BOYS

- 1st – Jackson Jenner
- 2nd – Cooper Knight
- 3rd – Bill Partridge

YEAR 5 GIRLS

- 1st – Bella Hickson
- 2nd – Holly Mant
- 3rd – Tasmyn Thame



YEAR 6 BOYS

- 1st – Hamish Pratt
- 2nd – Weston Maisiey
- 3rd – Kayden Knight

YEAR 6 GIRLS

- 1st – Lily Thompson
- 2nd – Sophie Harrison
- 3rd – Paige Couper

YEAR 7 BOYS

- 1st – Neco Wilson
- 2nd – Leyland Fisher
- 3rd – Dylan Aldridge

YEAR 7 GIRLS

- 1st – Ella Jenner
- 2nd – Lily Kiddey
- 3rd – Bayley Hickson

YEAR 8 BOYS

- 1st – Ben Wellman
- 2nd – Danny Roeske
- 3rd – Damien Thame

YEAR 8 GIRLS

- 1st – Brooke Swan
- 2nd – (Summer Taylor
(Eden Moss
- 3rd – Katie Partridge

YEAR 9/10 BOYS

- 1st – Zachary Hickson
- 2nd – Cody Rollo
- 3rd – Anton Cory

YEAR 9/10 GIRLS

- 1st – Penelope Kiddey
- 2nd – Brooke Dearman
- 3rd – Zoe Jope

YEAR 11-13 BOYS

- 1st – Sam Young
- 2nd – Alec Swan
- 3rd – Jacob Rollo

YEAR 11-13 GIRLS

- 1st – Alicia Moss
- 2nd – Katie Roeske



Caught Being Good

By Mike Wilson



I am sure most of you can relate to a moment when you've been guilty of lead foot syndrome. It seems to be Murphy's Law that when you do push a speed limit there just happens to be a police car around the next corner. This happened to me recently. I had been driving through an area where the speed limit had changed. I was intently focused on my morning before being interrupted by the tell-tale flashing of blue lights in my rearview. I do pride myself on been a careful observant of speed limits and I was particularly annoyed with myself at having had a lapse. Like most, I accepted the fault was mine and consequently so was the fine.

Part of my brain, however, was still a little indignant at how all my normal careful driving at the correct speed limits had been missed. How, over the last 30 years of driving all those times I had strictly monitored my speed had somehow not counted for a bean. How, in all that time, I had never been pulled over by the police to congratulate me on my fantastic and careful observation of speed limits on our roads.

I am not sure it would be terribly efficient way to police, but it does raise a point. **One of the most powerful motivations for behaviour is positive reinforcement, or in other words, *catching someone being good*.** We are so attuned to being recognized and called out when we do something wrong, that the power of being commended when we do something positive has a lasting impact on us.

Which brings us to our next RAI Way focus at school. Over the coming few weeks we will be concentrating on showing respect by controlling our impulses. **Ultimately this is about teaching our young people to be able to express the likes of: anger, disappointment, jealousy, (which all are healthy, normal emotions), in a safe way.**

Often, when something triggers us, we react by lashing out. This could be verbally or physically. In such instances, in less than a blink of eye, we have moved from our frontal cortex in our brain, the source of rhyme and reason, to the much smaller reptilian part of our brain which has just two options: fight or flight. Either way we are automatically pumped full of adrenaline. Try being rational and calm when that stuff is coursing through your veins.

Pretty soon, if both brains opt for fight, we have a situation that has escalated into something very unpleasant putting both parties at risk of harm.

Given that students will always clash somehow, somewhere, one of the challenges is how to teach our young people to manage these emotions when they arise.

One of the best options, is to do as the title of this article suggests and *catch them being good*. That is, **reinforce positive reactions whenever you see them. The cheapest and easiest way to do that is verbal praise.**

For example, if young Patty clearly gets angry at Sally for getting to do a special job but does not lash out – as she may often do, it is the perfect moment to verbally congratulate her for controlling her anger or disappointment.

A follow-up conversation can be even better. Discussing what Patty could do to healthily express her anger is a great way to teach self-control or management. I, personally, write things down – ask anyone who has heard me type, the poor keyboard takes a lashing. Kicking a ball, squeezing something, drawing, time out, folding arms and giving yourself a hug, the old counting to 10, can all be strategies that can work in different ways for different people. Finding what works with your young person is definitely a conversation worth having.

There are thousands complex reasons why some students master this sooner than others. While they are learning this life-long skill, it is important to recognize there will be moments where they fail, sometimes spectacularly. These moments, like all moments of failure, are wonderful learning opportunities. And while consequences can be part of that equation, exploring what can be done to help prevent the same thing happening again is, I would argue, the most important part.

Setting our kids up to succeed is, after-all, what we are, both teachers and parents and alike, always striving to do.



15 Word Stories

Last Tuesday students were challenged, in a house competition, to come up with a 15-word story. We thought this might be a great way to bring out the author in us all!

The rules were simple: 15 words - no more, no less; it could be on any topic as long as it was suitable for school.

There were some great entries, with everyone who entered earning a point for their house.

1st, 2nd and 3rd were awarded extra points in their level groupings.

All entries were judged by Mrs Upsall, Mr Wilson and Ms Furness, with the judges favouring those that told a story rather than just describing something.

Congratulations to the winners in the sections below. The final house result will be announced at the next assembly.

Winners

Y1-4 - **First:** **Declan Knight Year 3 (Pelorus)**
 Second: **Meika O'Donnell Year 2 (Okiwi)**
 Third: **Cody Aldridge Year 4 (Pelorus)**

There was a tractor baling and a tractor picking up bales. Oh no, it's rolling! By Declan

Y5-8 - **First:** **Damien Thame Year 8 (Okiwi)**
 Second: **Weston Maisey Year 6 (Awa awa Rai)**
 Third: **Paige Couper Year 6 (Awa awa Rai)**

Feeling sweaty and nervous. Getting ready to jump. Parachute won't open. There could be death. By Damien

Y9-11 - **First:** **Leah Wearing Year 10 (Awa awa Rai)**
 Second: **Lillyarna Lilburn Year 10 (Awa awa Rai)**
 Third: **Zoe Joep Year 9 (Awa awa Rai)**

A brisk knock at the door. The door creaks open. The man sneaks in... BANG! By Leah

Y12-13 - **First:** **Cyrus Joep (Awa awa Rai)**
 Second: **Alec Johnson (Awa awa Rai)**
 Third: **Mikaere Holmes (Pelorus)**

The king has fallen, darkness has fallen, laws are gone. Hell is coming now, until.... By Cyrus

Oral Health

The oral health reminder for August is about the effect that frequent snacking can have on our teeth, especially sugary snacks. Please share with your whānau.



Snacking too often on sugary foods causes tooth decay

Choose tooth friendly snacks between meals

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Ngā mihi

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