

# Te Karere

## Rai Valley Area School News



### School Contacts

Rai Valley Area School  
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Marlborough 7192

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Web address: [www.rai.school.nz](http://www.rai.school.nz)

**Principal: Maree Furness**

**Deputy Principal:**  
**Mike Wilson**

**Primary Leader:**  
**Karen Davies**

**Secondary Leader:**  
**Siobhan Skinner**

**Executive Officer:**  
**Heather Richardson**

**Receptionist:**  
**Pauline Agnew**

**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.



**Wednesday 28<sup>th</sup> October 2020**

Kia ora koutou

Welcome back to Term 4 of a very weird and often stressful year. It was a real pleasure to see so many of you last week at the annual pet day events. I really want to acknowledge the support that we receive from the community. Without your support and very generous giving of your time, we would not be able to hold pet day in this way, so a huge heartfelt thanks.

This Friday we are hosting Group Day for the Pelorus schools. We are very fortunate to be able to use the Carluke Showground for this event. The weather is looking good for Friday so hopefully we will see a number of you there.

In the first week of the Term, it was a pleasure to see a number of you at the Secondary Celebration of learning. It is great for students to be able to share some of their learning with their families. For our Years 11 and 12 students and their teachers, this is a really busy time of year. There are 13 school days left before examinations begin and the NMIT trades programme is finishing for the year. At this time it is important that students focus on revision and work closely with their teachers talking through any concerns.

Mrs Davies has been on sick leave for the first few weeks of this term. In her absence Miss McKinley has been picking up responsibility for primary until she returns. Mrs Upsall has picked up the SENCO responsibilities in Mrs. Davies's absences. Mrs Davies's return to work will be gradual over a number of weeks.



Anyone who has been into school recently will have seen the building that is happening at the front of the school. The Ministry of Education is providing an office for the Learning Support Co-ordinator position (Mrs. Upsall). As this office had to be positioned at the front of the school the Board has used the opportunity to build a new principal's office attached to the LSC office. It is expected that this building will be completed by the end of November.

As a consequence of the building, entry into school has become a lot more restricted. Entry into the main office is now through the gate behind the old boiler or the library entrance.

The entry to school is much more congested than usual particularly at the end of school.

Can I ask parents to be particularly careful when picking children up after school? We would prefer that the children waited inside the gate by the Technology block and are picked up from there. This way we can keep our little people safe.

Noho ora mai

Maree Furness  
Tumuaki

## TERM 4 – EVENTS Calendar

<b>Friday 30<sup>th</sup> October</b>	Group Day – Carluke Hall, Rai Valley
<b>Monday 2<sup>nd</sup> November</b>	<b>School Closed - Marlborough Anniversary</b>
<b>Friday 13<sup>th</sup> November</b>	Years 11 – 13 - Study leave begins.
<b>Monday 16<sup>th</sup> November</b>	Exams begin.
<b>Tuesday 24<sup>th</sup> November to Thursday 26<sup>th</sup> November</b>	Adventure Development Course
<b>Friday 27<sup>th</sup> November</b>	Athletics Day
<b>Tuesday 1<sup>st</sup> December</b>	Room 3 – Whenua Iti
<b>Tuesday 1<sup>st</sup> December</b>	Years 9 & 10 Class Trip - MySpace
<b>Thursday 3<sup>rd</sup> December</b>	Pelorus Cluster Top Team
<b>Tuesday 8<sup>th</sup> December</b>	<b>Prizegiving</b>
<b>Wednesday 9<sup>th</sup> December</b>	<b>End of School Year - holidays</b>

**School Notice Board** – Ben has secured the notice board beside the office. You are welcome to view the displays and notices at any time. Thanks Ben.

# Learning Support Coordinator

## Body awareness/ Interoception

I learned a new word this week. **Interoception** is your perception of the internal state of your body, whether you are hungry or thirsty, if you are tired or energised, your breathing and heart rate, your muscles and nerves. It includes awareness of when you need to use the toilet.

Some people lack interoception, and in particular, children on the autistic spectrum. They have trouble connecting to their biological or physical self. They may not eat enough, they may become dehydrated and develop a headache. They may not recognise when they are tired or physically stressed, causing irritability and so on.

A child who lacks interoception needs to be taught strategies to compensate for this.

For example:

- Develop a routine for meals, a regular time each day (and they may need more regular feeding than other children)
- Have a routine for toileting or they may get 'caught short'.
- Teach them to notice if their urine smells or is dark - they may be dehydrated.
- Teach them to monitor their heart rate - how to take a pulse or wear a heart rate smart watch – and know what a healthy heart rate is and what to do if it's too high.
- Teach them to check a weather app each day that predicts the air temperature and dress accordingly as they may not notice when they are too hot or too cold.
- Teach them to notice the clothes others are wearing, and when they are stripping off sweatshirts or adding layers, they should copy them.

## Breakfast Club

The Rai Valley Area School Breakfast Club is starting again next week!

Zoe Joep and Terra Rossiter have kindly agreed to run this for us.

Weetbix, milk and fresh fruit will be available in the library to anyone feeling peckish each morning from 8.15 to 8.30.

Bring your own music!

## A Huge Thank You

We are very grateful for Kirsty's effort (at Farm Source) to obtain fifteen safety hi vests, sponsored by Lynn River, for our students to wear. This is very much appreciated.

## Playgroup – at Rai Valley Area School

Welcome to come along and join in with the activities.

Ages 5 and under.

Held in Room 14 on school grounds.

Tea and coffee provided. Bring a kids lunchbox and sunhat.

Monday, Tuesday, Thursday at 9.00am to 12.00 noon.

Facebook Rai Valley Playgroup.

For further information please contact Kelsey Knight 03 5716353; Vicky Thompson 03 5716 212.



## Kids Edible Garden **WANTED:**

Any old gardening tools, shovels, forks, hoes, trowels that are no longer needed in your own garden, we would really appreciate them for the students to use in the KEG garden. Please contact Renee or Haley at school. We would also be interested in any surplus packets of seeds or seed trays.

# Pet Day 2020

What a wonderful two days! Congratulations to everyone who entered indoor or outdoor events.

Of course, we can't all be winners, so a double congratulations to the trophy and major ribbon award winners below.

A huge thank you to all involved and a special mention for Emma Thame, Pauline, Renee and Mrs Nightingale with help with organisation; also Mrs Taylor, Haley Kiddey and Mrs Swanston for a great job with the food. Finally, a thank you to all the judges and stewards from our community. It doesn't happen without you!



## **TROPHIES**

### **Indoor Section**

Floral Work Trophy: Most Points in Floral Section  
Committee Trophy for Most Points Indoors  
Secondary Cup for Indoor Exhibits  
Photography Trophy for Most Outstanding Photography  
Pre School Cup

Sophie Thompson  
Archie Nightingale  
Zoe Jope  
Kayla Gardiner  
Ellie Thompson

### **Outdoor Section**

#### **Small Pets**

Champion Small Pet  
Reserve Champion

Damien Thame  
Madison Couper

#### **Birds & Poultry**

Payton Cup: Champion Bird  
Reserve Champion

William Sharpe  
Mickayla Wooldridge

Trophy for Most Points for Pets

Tasmyn Thame

#### **Equine**

##### **Ridden Class Trophy**

Champion Horse  
Reserve Champion

Electra Maisey  
Olivia Polkinghorne  
Electra Maisey

##### **In Hand Class Trophy**

Champion Horse  
Reserve Champion

Olivia Polkinghorne  
Olivia Polkinghorne  
Electra Maisey



### **Canine**

RVAS Cup for Best Dog Junior School Year 1-3  
RVAS Cup for Best Dog Middle School Year 4-6  
RVAS Cup for Best Dog Middle School Year 7-13

Champion Dog  
Reserve Champion  
Best Puppy

Catherine Partridge  
Elin Kiddey  
Alec Swan

Alec Swan  
Elin Kiddey  
Bryce Stuart

### **Rabbits**

RVAS Best Rabbit Cup

Tyler Payton

Champion Rabbit  
Reserve Champion

Sami Hug  
Brooke Swan

### **Goats**

RVAS Best Goat Cup

Harriet Leov

Champion Goat  
Reserve Champion

Harriet Leov  
Sami Hug

### **Lambs**

RVAS Cup – Most Points in the Lamb Section

Paige Todd

Champion Lamb  
Reserve Champion

Tasmyn Thame  
Joshua Todd

### **Bovine**

Champion Calf (judged on pet diary)  
Reserve Champion (judged on pet diary)

Lorna O'Donnell  
Hunter O'Donnell









Thank you to students and whānau for attending the secondary school celebration evening last Thursday.

It was great to see parents and caregivers turn up to observe their child's work, speak to teachers and have a good old catch-up with others in our school community. It was a good opportunity for the Year 7 and 8 students to get an overview of what happens in our secondary school.

Mrs Skinner opened the event with a brief talk about helping teens at home, including:

- Whānau are strongly encouraged to help to provide a balanced lifestyle of school and home learning versus work and leisure;
- At this stage in our teens' lives it is vital that study and home learning is an essential part of their daily routine. Without additional study at home to support learning at school, achieving in the external exams is made very difficult;
- Attendance at school and how vital the next few weeks are to those sitting exams.

We wish all students the best of luck with their exams and with a positive approach to learning, they are all capable of achieving. All Year 11 and 12 students have a copy of the exam timetable and if an extra is needed, see form teachers.

Already, it's week two of a five week term for the Year 11 and 12's. Students are working to achieve their respective NCEA Level credits before exams. Congratulations to Year 12 students Emma, Katie and Rose who have successfully achieved Level 2 and are now progressing with Level 3.

Year 11 and 12 subject teachers have been emailing students and parents/caregivers with an update on subjects and assessment requirements. Students have access to NZQA so a credit check can be regularly logged into. Mrs Skinner is regularly updating the data system with credit information, so NCEA results should be up-to-date.

The Year 10s are working on their ICT and Hard Technology Level 1 credits providing them with a good foundation for next year. They are proving to be a competent group of students who are completing assessments with a 'can-do' attitude. This positive approach will help them successfully achieve in Year 11.



**Trades Academy booklets have been given out and 2021 applications need to be completed ASAP. Please return to Mr Wilkins or Mrs Stuart.**

**So far, we have received applications for the following trades:**

- Creative Design – Level 3 hairdressing & beauty
- Adventure leadership – Level 3
- Manaaki tāpoi (Māori tikanga and leadership) – Level 3
- Mechanical Engineering - Level 2
- Health services – Level 2
- Emergency services – Level 2



Next Friday, it is the last day for Trades and all students will be attending the Prize-giving in NMIT, Nelson Campus. This is a ceremony where the top student of each Trades course is formally recognised at the award ceremony.

## **Pet Day**

Thank you to students who assisted on the day, with setting up rings, bringing out tables and chairs, having a stall, preparing food and helping at the barbeque. A special thank you to all students who bought their pets and entered many of the classes. It was great to see the senior secondary students participating in Pet Day, which is unique to our school, as the big colleges do not have Pet Day. We are looking forward to hopefully (fingers crossed) bringing calves next year! Congratulations to all trophy, champion ribbon and reserve champion winners.

Thank you to community members who supported us in donating beautiful flowers for the flower section.



## **Raffle for Tournament**

Thank you to those people who have purchased a ticket or two at Pet Day. The raffle is going to be drawn on 30<sup>th</sup> November, as we need to sell a minimum of 150. Students will be selling tickets over the next week, please support them as the funds are going towards Tournament transport and equipment costs. Tickets are \$2 and some will be available at the office as well.



**Steph Stuart**  
Secondary Teacher

## **Food Waste Buckets**

We are year 12 students and we study level 2 Environmental Science. This year we choose to look into the issue of food waste globally, nationally and locally. We wanted to see if it was problem at school. We found it was and so we looked at how we could address this.

We learnt that there is no waste in nature because all the nutrients are cycled back into the environment. So by doing our project we are returning the nutrients back to the environment.

We found out that 1 million tonnes of food waste and plant matter goes to landfill a year in New Zealand. That is 320 kgs per person. On average a household throws away 3 trolley



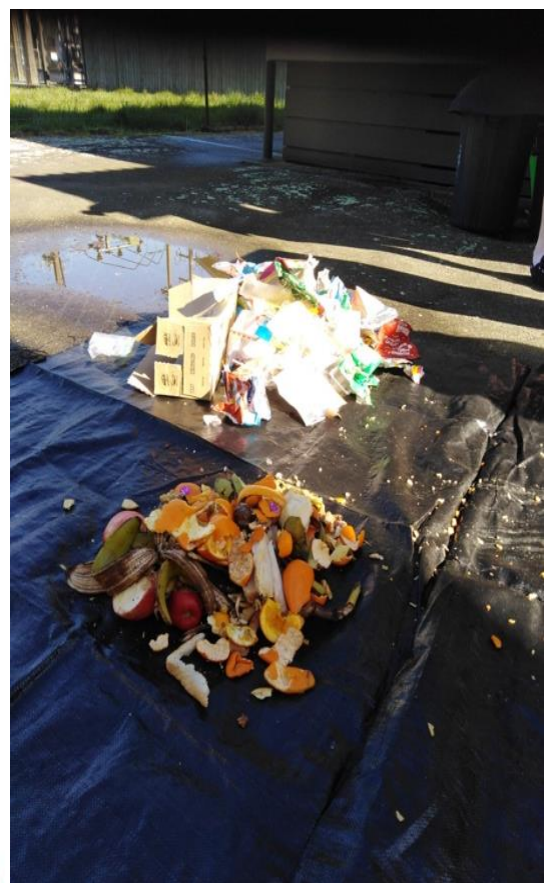
loads of good food a year. All the households added together equals 157,398 tonnes in total which equates to 1.17 billion dollars. Globally 1.2 trillion dollars of food waste a year goes to waste.

To gather evidence to take to Ms Furness to prove that food waste is a big issue at school we did an audit. This meant emptying out rubbish bins onto a tarp and sorting out what was food scraps and what was rubbish. The result was that 45% of what was in our rubbish bins was food scraps. We hope with this project that we can decrease the amount of food scrapes going to the dump and then landfill.

So our project involved food waste buckets. We have made special frames to hold the buckets so they are able to be reached by all the students. Then once the buckets are full, we will take them home to feed to our chickens. We launched our project on Thursday 15th October and we have found it has been successful so far. We will do another audit to see if the percentage of food waste going into the rubbish bins at school has decreased.

If you have any questions please feel free to email Rose, [rose.stuart@rai.school.nz](mailto:rose.stuart@rai.school.nz).

Alicia, Katie & Rose



# Primary School News

## Five Words to Describe Pet Day

Gashing rays of burning light. *Stella*

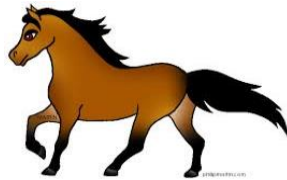
Horses jumping, running, making noises. *Terra*

Well trained dogs doing tricks. *Holly*

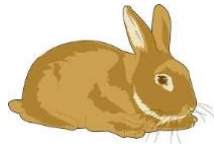
Winning prizes at Pet Day. *Kayden*

Soaked and tired after Pet Day. *Sophie*

An awesome pet filled day. *Kaden*



Judging animals, lots of competition. *Oli*



Dogs bark, birds tweet, pets. *Bayley*

Noisy animals running around. Fun. *Kayla*

Pet lamb dead. Upset! Sad! *Lily*

Lovely day filled with pets. *Dylan*

Judging, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, animals. *Ayla*

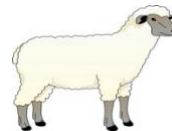
Small, chatty, funny, Reserve Champion. *Mickayla*

Small dogs running and playing. *Elina*



Beautiful ponies prancing around obstacles! *Weston*

Problem solving, teamwork, competing, racing! *Paige*



Big squealing fluffy guinea pigs. *Bella*

Cute, fluffy, guinea pigs judged. *Lorna*

Serving, counting money, sausages sizzling. *Neco*

Judging birds, hard, sweaty, scary. *Cooper*

Selling lollies guesses for tournament. *Leyland*

Colourful butterflies shining, beautiful, wonderful. *Katie*

Judging lambs, goats, dogs, ribbons. *Lincoln*

Chewing, sniffing, excited, tails wagging. *Hamish*

Eight perfect polished items due. *Ella*

## Your Community News

### **R.T.J. CONTRACTING** **027 5432 016**

*A wealth of knowledge, equipment, and experience.*

- SUB DIVISIONS
- LAND CLEARING
- CONTOURING
- ROADING
- MULCHING
- DAMS
- TS14 SCRAPERS
- DIGGERS 2.5T to 30T
- TRACTORS
- TIPPING TRAILERS
- SOWING
- CULTIVATING
- AIR SEEDER

*Russell 027 5432 016*



## **A DAY OUT WITH THE DOG** **Men's Health Day Rai Valley**



**REAP**  
RURAL  
EDUCATION  
ACTIVITIES  
PROGRAMME  
*Marlborough*

### **Positive Communication and Wellbeing**

**Where:** Carluke Hall Rai Valley Domain

**When:** Saturday 7 November

**Time:** 9.45am-3.00pm

**Cost:** \$10.00 includes your lucky number for a Christmas Hamper made with love

**Register:** REAP Marlborough 5787848.

**Online Banking option:** Westpac 03 0599 0321272 00



## **Programme**

**10.00am-11.00am Tutor: Nine Scott**

### **Psychological First Aid**

How to cope with stress and depression. Nine will give you pointers to recognise the signs of depression and how to cope with that. If you see the signs in your mates, know where to get some support. The full 4 hour course will be available.

**11.15am-12.00pm**

**Tutor: Mike McCann**

### **No Fuss Cooking for Blokes**

Learn some quick and easy wholesome recipes to impress the family and friends.

**12.15pm-12.45pm**

**Lunch** — sponsored by Fonterra

**1.00pm-1.50pm**

**Tutor: Nine Scott**

### **Chemical Handling Seminar**

Important information for any rural resident. The full day course will be available.

**2.00pm-2.30pm**

**Tutor: Spencer Kingi**

### **Rural Safety Tips**

Constable Spencer Kingi will update you on all things safety in rural Marlborough

**2.40pm-3.30pm**

**Tutor: Vets on Alabama Dog Chat**

For sound canine care and advice. Bring your favourite working dog along for a quick once over. Free afternoon tea for the dogs sponsored by Farm Source Rai Valley





# Mural Maker Oriwa Haddon his life and work

Starting at Canvastown Hall 2 p.m. followed by afternoon tea at  
Havelock Hall, cnr Main Road and Inglis Street  
**Saturday 31 October 2020, 2 p.m. – 4 p.m.**



Join Marlborough Museum Director Steve Austin for a tour of the extraordinary unsung hero of New Zealand Folk Art. A selection of paintings by Oriwa from the Marlborough Museum Collection will also be on display. A unique opportunity to view these community treasures and hear about their story.

Afternoon tea. \$5.00 – Cash on the day  
All proceeds to Havelock Museum

RSVP by Friday 30 October [info@marlboroughmuseum.org.nz](mailto:info@marlboroughmuseum.org.nz)

MARLBOROUGH  
**MUSEUM**  
*inspiring generations*

Marlborough Museum  
Brayshaw Heritage Park  
26 Arthur Baker Place  
Blenheim  
03 578 1712

## How to Keep Your Children Safe Online



Presented by:

**Josh Reidie** NZ Police

Marlborough Police

### How to Keep Your Children Safe Online

**Where:** REAP House  
**When:** Thursday 19 November  
**Time:** 7.00pm-9.00pm  
**Cost:** No Charge  
**Tutor:** Josh Reidie, NZ Police  
**Register:** REAP Marlborough 5787848



For parents and grandparents. "Tips to help keep our youth safe online".  
Recognising the dangers, safety tips and where to get help.

