Te Karere

Rai Valley Area School News



School Contacts

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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 18th November 2020

Kia ora koutou

Welcome to the second to last newsletter of the year. There are only three weeks of school left for this year. The final newsletter will be on the last day of school, Wednesday 9th December. This means we will be able to include this year's prize-giving awards.

Sadly at the end of the year, we will be farewelling our much loved Heather Richardson. Last year Heather moved to part-time, focussing on school finances. This week we have welcomed Selene Turner to our staff. Selene will be well known to many of you. She is currently shadowing Heather and will pick up school financial responsibilities in the new year.

As I look at the school calendar it seems like we are making up for lost time. There are two Pelorus Cluster events with Top Team being hosted by Rai and Athletics in Havelock. There are also a number of class trips and activities. In addition, we hope to get the school pool open within the next week. This is dependent on weather and being able to get the temperature into the 20s.

As I am sure some of you are very aware, we have a number of students who are getting very tired, particularly our younger children. In addition, there are few nasty bugs doing the rounds so if your child is unwell or has a severe cold, sore throat please keep them at home.

The uniform changes have been finalised. The implementation is 2021. The changeover will be gradual. As your child grows out of their current uniform(or family uniform) the replacement will be from the new uniform items

Just a reminder that Monday 23rd November is our final Teacher Only Day of the year. The school will be closed for students who are not sitting examinations so that secondary staff can focus on the new NCEA changes, primary staff can begin planning for 2021. These days have been set by the Ministry of Education and are happening around the country.

Nga mihi Maree Furness Tumuaki

TERM 4 – EVENTS Calendar

Monday 16 th November	Exams begin.	
Monday 23 rd November	SCHOOL CLOSED – Teacher Only Day	
Thursday 19th November	Whole School Assembly	
Tuesday 24th November to	Adventure Development Course	
Thursday 26 th November		
Friday 27 th November	Pelorus Cluster Athletics Day at Havelock	
Tuesday 1st December	Room 3 – Whenua Iti	
Tuesday 1 st December	Years 9 & 10 Class Trip - MySpace	
Thursday 3 rd December	Pelorus Cluster Top Team	
Thursday 3 rd December	Whole School Assembly	
Tuesday 8 th December	Prizegiving – 6.30pm	
Wednesday 9 th December	Last day of School Year – Finish 2.50pm - holidays	
Friday 29 th January 2021	SCHOOL CLOSED. Teacher Only Day	
	SCHOOL CLOSED - Teacher Only Day	
Monday 1st February 2021	SCHOOL CLOSED – Teacher Only Day	
Tuesday 2 nd February 2021	Years 11 – 13 begin school	
Wednesday 3 rd February 2021	Years 1 – 10 begin school	

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.



<u>A HUGE THANK YOU</u> to Scott Archer for spraying the field for prickly weeds in the holidays. It was very much appreciated.

Learning Support News

Executive Functioning Skills

If your child is struggling to get things done, to get started on tasks, to manage their time, or to follow instructions, they probably have poor executive functioning skills. These problems are often labelled 'bad behaviour', or 'laziness'. We can help these children by creating systems and routines so they can develop the habits and mindset to be successful in these areas.

Executive functioning is how we get things done. On a brain level, it's in the pre-frontal cortex. This is the part of the brain that helps us focus, pay attention, concentrate, resist distractions, plan, think things through, have a long term plan, prioritise, and even to inhibit ourselves- to hold back, not blurt out, to be able to organise ourselves, our work, our surroundings, to have a working memory, to sequence ideas, and to regulate our emotions.

Our nervous system has responses to the environment but also to our thoughts. If a child's nervous system is communicating feelings of anxiety, even if, to the observing adult, there seems no good reason, that child will be unable to concentrate in the classroom. There's a physiological response that can't be controlled.

Obviously if there's hurt and damage in your relationship with the child, you have to work on this first. Only then will you be able to get buy in from them for the strategies you propose. They have to feel safe and they have to know you see their pain.

There are three basic approaches:

- 1. Set up systems: what systems does your child need to be successful with what they're doing?
 - Backpack what needs to be in it each day
 - Calendar or planner to track their responsibilities- use highlighters and colour code regular events.
 Make it visual.
 - Declutter and organise their room maybe label drawers etc. Everything has a place where it belongs.

And in addition, for older students:

- Paper management systems- clear files, folders
- Digital systems file organisation
- Study space
- 2. Encourage a growth mindset. "I can figure this out." "I'll have a go". "I learn from my mistakes". "If I practice, I'll improve."
 - Demonstrate a growth mindset in all your interactions with the child.
 - Break tasks down into steps: one step at a time can make a task seem more achievable. Repeat instructions lovingly!
- 3. Habits and Routines: what habits and routines are causing problems, what do they need to cope with family life and school life?
 - Things left lying around? Ask, "where should this be? Where's the home for this?" Then move to "Hey, take a look round the room and spot the thing that's in the wrong place" Scaffolding like this helps executive functioning. They may need a lot of practice with this.
 - Stop buying new stuff: do you really need it? Clutter confuses kids with poor executive functioning.
 - Have a regular tidy-up time, maybe once a week or maybe more often: go over the whole house.
 - Plan time to connect with the child, an honest chat, really tuned in, time to play and have fun. Make it a routine for your family and involve the child in this planning.
 - Ask them to help plan activities, outings, play dates, parties etc

The aim of these strategies is to give the child a sense of control over their life. Only then will they be able to overcome anxiety and start to develop executive functioning skills.



Secondary News

NCEA Exams

A big well done to the secondary students who are undertaking NCEA exams. Students have been attending tutorials and working extremely hard. We are extremely proud of how much students care about doing their best and with the efforts they are putting in.

NCEA Changes

On Monday's teacher only day the secondary staff are spending the day becoming familiar with the upcoming changes with NCEA. This will be great preparation for next year.

Trades Academy Awards

Five of our students attended a Trades Academy course this year (4 courses in total). To our delight, two of our students, Rose Stuart and Katie Roeske, won top student in their respective courses (Hairdressing and Environmental Science). Their tutors both spoke about their amazing attitudes and work ethic.

In this photo, Rose can be seen straightening Aria's hair before the ceremony.



Ngā mihi ki a koe, Siobhan Skinner Head of Secondary

Primary School News

Greetings everyone, it is great to be back at school catching up with everyone. There is still quite a lot of things on our calendar, some of which we need some help with.

Firstly, I would like to thank all the staff at school for the extra effort they have put in during my absence. I would especially like to thank Leigh McKinlay for her work with leading the Primary Syndicate. I would also like to wish her good luck as she tackles her first marathon this coming weekend.

A few students tried to head off to Blenheim on Thursday, with Haley Kiddey, to attend the Marlborough District Athletics. Unfortunately due to the amount of rain on Wednesday this has been postponed until next Tuesday. Our final newsletter will tell us of their successes. We are also getting organised to attend the Pelorus Cluster Athletics in Havelock on Friday 27th November. Please lookout for any final notices around this event, as I believe we are short of some transport. Your assistance would be greatly appreciated.

Different classes may have some event organised also for the end of the year, as we also have a great afternoon of sausage sizzle, bouncy slides and castles and ice blocks planned for Monday afternoon 7th December.

Watch out for more info on this.

On Thursday 3 December, we are hosting all the Pelorus Cluster schools here at Rai, to compete in our annual Top Team event. This had been scheduled for earlier in the year but, you know COVID and all that stuff just got in the way. Mr Wilson has done a lot of work around making this happen so fingers crossed that we will have a great day. A request for some assistance with food may be sort next week also.

Last week the students presented their speeches to everyone and were then judged within their year groups. The following are the results and students have been awarded their certificates at assembly this week.

Year 1 and 2 1st Archie Nightingale

2nd Scarlett Morrison

3rd Tiaan de Kock

Year 3 and 4 1st Hunter Morrison

2nd Paige Todd

3rd Joshua Todd

Year 5 and 6 1st Elin Kiddey

2nd Oliver Hope

3rd Ana Harrison

Year 7 and 8 1st Ella Jenner

2nd Weston Maisey

3rd Kaytie Mulholland

Ben has been working on the pool and getting it up to standard and of course the right heat too. Listen out for a message to say when it can be used. It's won't be long.

Other events will come via notices in boomerang books and Facebook. It is a busy time at school, but still with lots of fun, exciting and curriculum-related activities happening. Stay well and healthy so everyone can join in.

Happy days...

Karen Davies Head of Primary.

Room 15 Class

Monkey and Crocodile - Georgie Pratt re-told the story in her own words.

The story is about a monkey that lives on a tree and munches fruit all day and swinging on the branches. But next to monkeys tree there lived a crocodile in the river. Crocodile ate fish all day and swam around.

Then one day the crocodile said, "I'm really sick of fish," so crocodile felt like eating a monkey.

But monkey was looking at the mangoes on the other side of the river and his mouth watered.

Crocodile saw monkey looking at the mangoes and said to monkey, "would you like a ride on my back to go and get some mangoes?"

So monkey said, "that is kind of you and jumped on crocodile's back."

So crocodile went down to the middle of the river and said to monkey, "this is the end and now I'm going to eat you."

But monkey said, "if you eat me now, you will miss out on the best part."

Crocodile said, "what do you mean?"

Monkey said, "my heart is up on that mango tree and I'll go get it for you."

The crocodile thought for a little bit and said, "OK."

When monkey was at the mango tree and got some mangoes, he said, "silly crocodile, I tricked you."

And crocodile started to feel really angry, so monkey was going to go back to his tree, but he couldn't because his tree was on the other side of the river.

Monkey said, "I will just have to jump from rock to rock and then crocodile saw him."

Crocodile thought he could be a rock in the river, so monkey could jump on him, and he could gobble monkey up.

But monkey came to crocodile and thought, that's a strange rock, so monkey had a closer look and said, "hello rock."

Crocodile jumped up and said, "hello monkey."

When crocodile opened his jaws really wide, and monkey jumped on his nose and threw a mango into crocodile's mouth. Crocodile closed his mouth and bashed his jaws onto the mango.

Monkey went back home and laughed and laughed, "I tricked you again."

THE BOX ON THE PORCH - Samara Partridge

Although the sun was shining, an icy wind was blowing. Like usual, Joe was sitting on his couch, doing nothing. He heard a rustling noise as if something was shaking. Outside on his porch he found a box .

"Is this a dream?", he asked himself. He didn't know why there would be a box there. He felt anxious yet a bit inquisitive at the same time.

"I wonder what's in that box."

He opened it. Out popped two little ears and a cute face. Straight after that another pair of little ears came out of the box.

Joe gasped. "Two little bunnies!" he cried in a childish voice.

"H-hi my name is Alia and h-his name is Coco." Alia stuttered.

"Well it's a pleasure to meet you!" replied Joe. He didn't know rabbits could talk.

"How rude of me. I should probably introduce myself, well I'm Joe."

They all became friends and Joe decided to look after them. Minutes later, they went for a walk down to the lake.

They were talking for hours. Suddenly an alarm went off. It was a warning for bunnies. There was a bunny murderer on the loose. "Alia, Coco run for your life!!!!", screamed Joe. Alia and Coco ran up a high mountain.

It was sad because Joe never saw them again.

Every night he would say to himself, "They are probably in a better place now and most likely happy up in the mountains."

The next day Joe was walking to school like he did every day. He passed the mountain and saw Coco and Alia hopping over to see him.

From that day on they were all happy. Apart from the bunny murderer of course. Hahaha!!!



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Netball Players

Do these names sound familiar? Ameliaranne Ekenasio, Gina Crampton and Jane Watson? We have a fantastic opportunity for Years 7+8 and 9+10 netball players to attend skill sessions run by these world class ladies. The skill sessions will be run at Lansdowne Park Blenheim on Saturday the 28th of November from 3.30pm and the cost is \$30pp. Numbers are limited so you must register ASAP to secure you spot. Click on the link below to register.

https://www.skillsplusnetball.co.nz/upcoming-sessions



- Sarah & Ash from Sport Tasman Sessions 4 5.30pm Wednesdays; Girls Aged 12 18 years;
 Fun Activities; Where Youth are connected, confident and contributing.
- Foodbank Street Appeal Monday 23rd November 6.00 8.00pm (postponement date: 30th November)
 Donate canned / non-perishable food.

For more information about activities email info@myt.org.nz

Havelock Medical Centre Christmas Hours 2020



Usual Opening Hours 8.30 - 5.00pm, Monday & Thursday

28th December CLOSED Monday 31st December CLOSED Thursday

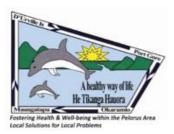
Monday 04th January CLOSED ursday 07th January CLOSED
Please call Springlands Health on 03-578-0979 Thursday

for all routine enquiries including appointments and repeat prescriptions during this time. Springlands Health will be closed on the 25th & 28th December and the 01st & 04th January.

Marlborough Urgent Care (Based at Wairau Hospital) Will operate as normal from 8.00 am – 8.00pm on the Public Holidays over the festive period for any Urgent Care needs. As always, please call 111 for any medical emergencies.

We wish you a safe and Happy Xmas and New Year





Pelorus Area Health Trust

Havelock Charity Shop

The Charity Shop is open in Havelock 6 days a week all summer. Come in for seedlings and plants to get the vegie

patch going, or flower plants for colour. We have summer clothes and a good range of footwear, as well as kitchen equipment and linen to stock up the bach

for the holidays. Not to mention all your last minute gifts.

Christmas hours: The shop will be closed for Christmas Day.



Shop Volunteers Needed

The Charity Shop still needs a few volunteers to help us out. Even if you can only volunteer a morning or an afternoon once a week, we are interested in hearing from you. Have fun, be creative, enjoy meeting people and work with a lovely bunch of volunteers while at the same time doing something valuable for the Pelorus community. Money made in the shop goes back to the community organisations working for better health and well-being in this area.

Pop into the shop and ask for an application form or talk to Josie. Call the shop on 0284286071 between 10 am and 3pm Monday to Saturday.

Big Green Thank You

To the people who have given us plants and seedlings, or even potting mix and pots. The plant section of our shop is going really well with plants selling as quickly as we can pot them up. A special thanks to Deb Healy, Selmes Trust and Havelock Garden Club.



We would really appreciate donations of any seedlings and plants from anyone who has some spare. Thank you.

We are going to keep the plants in the shade on the shelves at the back of the shop over summer. Please go through the shop and out the back door to find them.

www.PelorusAreaHealthTrust.co.nz https://www.facebook.com/CharitableTrustHealth

LIBRARY NEWS

We were lucky enough to have 4 awesome Author/Illustrators visit us on Wednesday 18th November.

All students and staff got to take time out to listen to their presentations. A good theme that came from their visit was DON'T GIVE UP, if you have an idea see where it can go, you may just have the time of your life.

Thank you to the Storylines Children's Literature Charitable Trust for bringing the Storylines Festival Tour to Rai Valley.



AMY HAARHOFF



MICHEL MULIPOLA



Some things
they said were:
Tell stories.
Try and hold
onto your
silliness in a
world of
seriousness.

If you have an idea, go with it you never know where that idea may take you. I idea could become a book, that book could become a movie.

FALSTAFF DOWLING-MITCHELL



ETRLYS HUNTER















