



Newsletter

1 May 2024 Newsletter No 7

Tena koutou katoa

Welcome back to Term 2. We have another busy term ahead of us. Next Monday evening, 6 May, we have our Digital Safety evening. Filmmaker, Author, and Speaker Rob Cope will be presenting, and it promises to be an informative and entertaining evening. Rob's talk will cover many topics including cyberbullying, social media, gaming and the developing brain, selfies, pornography, and online predators. We would request that at least one adult from each family attend, this topic is too big for us not to pay attention. We will be providing a pizza snack at 6:30pm with the presentation beginning at 7pm.

As a bonus, Rob, and the team from Our Kids Online are gifting every parent who attends this event a one-years complimentary subscription to "The Big Reconnect" a cybersafety parenting course designed specifically for NZ families. This usually retails for \$99 per family. So, show up and get it for free! Course details here <https://our-kids-online.teachable.com/p/the-big-reconnect-for-parents>

A Google Form was sent out via Hero yesterday, please fill this in with an indication of your interest so we have an idea of numbers attending. The link is here: <https://forms.gle/uGuQSUBDewWL8GCC9>

Our breakfast club, which was re-established last term is running really well with a number of children coming along each morning. However, we would be grateful for any parent support to help us run it in the mornings, even if it was just helping one morning a week. It runs from 8:30 until 9am. Please contact the office if you can help out.

Things don't always go as planned at school. From time to time, we see stress responses from our students. Yes, stress response, as in the

body's response to stress. This is the term that has replaced 'behaviour' and is backed by modern science.

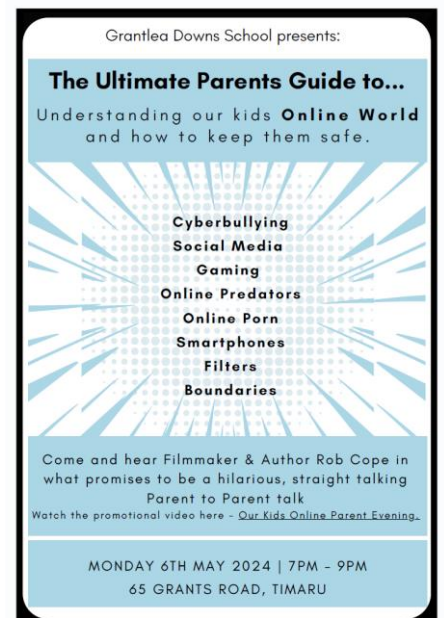
Our understanding of learning, how the brain works, and the importance of connections and relationships has evolved since we were all students at school.

One of the things we've probably all experienced, either directly or indirectly, is someone 'misbehaving' or responding to stress. When something happened, it was always followed up by a consequence. Back in the day it was largely punitive, so in other words the student was punished.

Fast forward to the present day, and we still follow up incidents with a consequence and more often than not, that consequence is a conversation. This doesn't mean we let kids get away with it, or let kids do whatever they want. It simply means we understand that underneath the stress response lies what is really going on. Because we understand stress and the impact on the brain and body so much better nowadays it means we can meet everyone with compassion and understanding, rather than just punishment - which doesn't work, and has never worked.

This response (rather than a reaction) is designed so that everyone involved gets to walk away with their mana.

Regards
Richard.



Grantlea Downs School presents:

The Ultimate Parents Guide to...
Understanding our kids **Online World** and how to keep them safe.

- Cyberbullying
- Social Media
- Gaming
- Online Predators
- Online Porn
- Smartphones
- Filters
- Boundaries

Come and hear Filmmaker & Author Rob Cope in what promises to be a hilarious, straight talking Parent to Parent talk
Watch the promotional video here - [Our Kids Online Parent Evening](#).

MONDAY 6TH MAY 2024 | 7PM - 9PM
65 GRANTS ROAD, TIMARU

**Timaru Mighty Willows:
Family and Educators
Session- Wednesday 1st May
at Grantlea Downs School
7pm – 9pm**

Mighty Willows aims to help parents / caregivers / teachers to develop an understanding of children's responses (also known as behaviour, but we don't focus on that!) from the inside out - we discuss the nervous system and how this plays a role in responses and explore ways to better understand and respond to underlying needs.

This workshop is a condensed version of the Knowing Your Child module. We will explore the root causes of behaviours and get curious about what uses up the child's (or the adult's) energy (or spoons) during the day. We will discuss how to co-regulate with children.

You will leave the workshop with 2 documents to begin making changes at home or school:

- "Spoons Profile" outlining what is using your child's energy each day
- "Spoon Savers" document outlining ideas to help regulate your child

Please click on the link below to register. The cost of the presentation is \$25.

<https://events.humanitix.com/timaru-mighty-willows-family-and-educators-session>



NEW STUDENTS

We welcome the following students to Grantlea Downs this week: Brayden Clifford and Asher Weaver.

HOME & SCHOOL AGM

The Home and School AGM, to be held on Monday 13 May 2024 at 7.30pm in the School Office Block. Come along and see what we are about. All welcome!

**SCHOLASTIC BOOK CLUB ORDERS CLOSE
THURSDAY 9 MAY 2024.**

Orders can be made via the Scholastic LOOP App or bring your order form with any cash payment to the school office. Special Promotion for LOOP Orders only, get a \$5 credit to spend on Issue 4. See more details on the brochure.

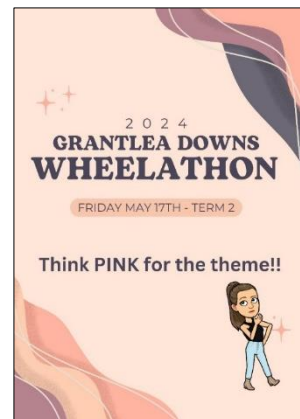
ABSENCES – Reminder!

If for any reason your child is going to be absent from school, **please** contact the school office. Please advise their **name and ensure you give a reason for absence ie sick, doctors appt. etc.** You can call 684 7706 any time, our phone system is automated to take absence messages before school opens, text on 027 684 7706, or send us a message through the Hero App.

TONIGHT

WHEELATHON 2024

Gear up for Wheelathon on Friday 17th May! This year, we're embracing the colour PINK to align with Pink Shirt Day. Donation Cards have been distributed, with one per family. Please make sure to return yours (with donations) by Monday 13th May, for a chance to win a Chromebook valued at approximately \$400.00. Every \$10 donated earns you an entry into the prize draw.



In addition to school lunches, we'll have sausages and other treats available for purchase, along with fun activities like face painting. We'll need parent volunteers to assist with the BBQ and food stalls from 11 am to 2 pm. Please reach out to Linda Gordon at linda@grantleadowns.school.nz if you can lend a hand.

Don't forget to dress to impress! There will be prizes for the best-dressed participants and the most creatively decorated bikes/scooters. Let's make this year's Wheelathon a colourful and memorable event!

NETBALL

Netball starts this week with the Year 3-4 teams starting on Friday and the Year 5 – 8 teams starting on Saturday. Payment of subs are required before the players can take the court and can be made online or at the school office.

Our school bank account for internet payments is 03-0855-0334452-00

SCHOOL CLOSED - ADVANCED NOTICE
We have a Ministry/Kahui Staff Only Day scheduled for Week 5 FRIDAY 31st May (the Friday before King's Birthday Weekend)

Class Awards

Class Awards – Term 1 Week 11

Connor Hough, Casper Kovacs, Pascoe Smillie, Louis Dennis, Ayune Greenfield, Ciaran Campbell, Tyler Ferguson, Keeva Fitzgerald, Hannah Kavanaugh, Axle Ramsay-Turner, Alisi Fagalima

UNIFORM

A reminder as we move into the cooler months, that the correct uniform is required to be worn. Hats are not required during Term 2 and 3. **PLEASE ENSURE ALL UNIFORM ITEMS ARE CLEARLY NAMED** to help us get these back to the rightful owner if misplaced.

GRANTLEA DOWNS SCHOOL OUT OF ZONE ENROLMENTS TERM 3 & 4 2024

The Board invites applications from parents who wish to enrol their child at Grantlea Downs for Term 3 & 4 2024. Enrolment at the school is governed by an enrolment scheme, details of which are available from the school office.

Applications for out-of-zone places are now being invited for those students who will become eligible for enrolment during the period 22 July to 17 December 2024. We currently have places available in Year 0, Year 1, Year 2, Year 3, Year 5, Year 6 and Year 7. The exact number of places will depend on the number of applications received from students who live within the school zone.

The deadline for receipt of applications for out-of-zone places is **Tuesday 7 May 2024**.

If a ballot for out-of-zone places is required, it will be held on 14 May 2024. Parents will be informed of the outcome of the ballot within three school days of the ballot being held.

Application forms are available at the school office or by calling 03 684 7706.

If you live in the home zone and have not yet signalled your intention to enrol your child later this year, please contact the school immediately to assist us to plan appropriately.

Errol Johns, Presiding Member

COMMUNITY NOTICES



KATRINA'S AFTERSCHOOL TIME SOLUTIONS

!!!NOW DOES PICK UPS!!!

We are taking bookings for children from local Timaru Schools.

Contact Us:
Phone: 022 6556 726
Email: admin@katsschoolcare.co.nz
or go to
kats@aimyplus.com
to register and book now.



New Zealand Football

MILO Fantails West End AFC Timaru

Thursday 2nd of May (8 Weeks)
4.30pm - 5.30pm,
West End Park
Fantails Registration
Contact: westendsoccor.rego@gmail.com

Southern Football

WEST END SOCCER CLUB

SCAN ME 



NZ's BIGGEST LIGHT SHOW

ILLUMINATE

EXPERIENCE MORE THAN JUST LIGHTS

TIMARU

26th - 28th April, 3rd - 5th May

Event Hire

Venture Timaru



Mountainview High School

OPEN DAY

We welcome all Year 8 students and their whānau to our Open Day

Sunday 5th May, 1pm - 3pm

Principal's address at 1pm
with tours and kai to follow

Grantlea Downs Calendar Term 2 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	29 April	30	May 1 Newsletter Timaru Mighty Willows Evening	2	3
2	6 Rob Cope - Digital Safety 7pm	7	8	9 Mitre 10 Go Kart Race	10 Assembly 2.15pm
3	13 Home and School AGM 7.30pm	14	15 Newsletter	16	17 Wheelathon Pink Shirt Day (awareness)
4	20	21 Board Meeting 6.30 pm	22 Life Ed	23 Life Ed	24 Life Ed Assembly 2.15pm Wheelathon pp (No assembly IF Wheelathon is this day)
5	27 Life Ed	28 Life Ed Book Night 6-7:30pm	29 Newsletter Life Ed Opihi Museum & Library visit	30 Cross Country	31 Ministry/Kahui Staff Only Day
6	June 3 King's Birthday	4	5 Cross Country PP Young Leaders Day	6	7 NZ Playhouse The Reluctant Dragon 11.30 am Assembly 2.15pm
7	10	11 South Canterbury Cross Country	12 Newsletter	13	14 Mufti Day - Diabetes
8	17	18 Board Meeting 6.30 pm	19	20 Kereta Exchange with Waimataitai	21 Hangi Assembly 2.15pm
9	24	25	26 Newsletter	27	28 Matariki Holiday
10	July 1	2 Opihi Matariki Breakfast	3 Acacia & Kereta Matariki Breakfast	4 Waipopo Matariki Breakfast	5 Last Day of Term 2 Reports go live Assembly 2.15pm

COMMUNITY NOTICES

AraTaiohi
Te Rau Taiohi

DON'T MISS YOUR CHANCE TO PERFORM AT

SHOWCASE ON SOPHIA

YOUTH PERFORMERS WANTED!
SING-DANCE-JUGGLE-SPOKEN WORD
BAND-MARTIAL ARTS-DRAMA



FRI 24 MAY, 5.30-7.30PM
12-24 YEAR OLD PERFORMERS
SCAN QR CODE TO REGISTER!

the Y YMCA South & Mid Canterbury
Refugee Settlement
District Council

Connected.govt.nz | Ara | Ministry of Social Development | Inland Revenue

Timaru Pasifika Community Info Night

Wednesday May 1st, 2024
@ Ara Gym,
32 Arthur Street, Timaru
Between 4pm to 7pm

Support For:

- Finances & Cost of living
- Taxes, child support
- Housing and Tenancy
- Employment
- Immigration
- Budgeting
- Senior/superannuation
- Disability and healthcare

Education and Training

- explore many different study options
- learn about career pathways
- help with the cost of study
- scholarship opportunities

If you would like to know more please email
connectedtimaru@msd.govt.nz



2024 Drama Classes

Term Two

Kid's Classes May 6th - July 5th
Youth Classes
Adult Classes

Each class will have a final showing for friends and whanau!
Challenge yourself to some theatrical upskilling, while stepping out of your comfort zone!

Price List

- Kid's Classes - \$140 Per Person
- Youth Classes - \$180 Per Person
- Adult Classes - \$200 Per Person

Contact Prea for further info!
0277721079
prea@illar@yahoo.co.nz

fern FUEL FOR SCHOOLS

Our uniquely designed sponsorship programme has helped put over \$1.6 million of resources into more than 500 rural schools in the last fifteen years.

It's very simple. Customers can nominate a participating school to receive 50 cents for every 100L of bulk fuel they have delivered.

Once a participating school reaches their \$1,000 target they can redeem from the variety of technology, sports, literature & music packages on offer. The more people involved and nominating a school the sooner they will be rewarded.



Call 0800 99 99 89 to start supporting your local school today!

WE ARE HIRING

JOIN OUR TEAM!

PART-TIME CLEANERS

- Light residential cleaning only
- Paid travel time
- No qualifications required
- Flexible hours to suit parents and students
- All training and equipment supplied

APPLY NOW



recruitment@access.org.nz

Access
community health
Hauroa Tara-A-Whare





GAME ON!

FOR DADS

Start: Wednesdays every term
Time: 7- 9pm
Location: 44 Rothwell Street
Duration: 6 weeks
Facilitators: David and Jamie

Cost: We don't want cost to be a barrier so come along and at the end pay what you think it's worth!

Some information about the course:
 This course is about looking at ways that we as dads can be the best we can be for our kids. Our kids don't come with an instruction manual - (and who actually reads those?) - so it's good to learn stuff that might help us to help them.

In the first week we look at what our kids need, then at what our role is as dads. Week three is about communication which we follow up with discipline and boundary setting. Week five asks, "What makes a great family and we week six we wrap it all by talking about conflict.

Contact your local programme co-ordinator to register or if you have any questions or concerns.

Jamie 027 481 8086
David 027 416 0659

www.gameonline.org.nz

Grown Together is a parenting hub which has been set up as a charitable trust and we are offering parenting programmes for families, we currently offer toolbox courses for teen years, primary year and the preschool years, these are run in a six-week block and covers all of the important topics of parenting.



Feel confident to tackle the preschool years

TOOLBOX
 PRESCHOOL YEARS 2-4

Over six fun, practical and inspirational sessions, a trained facilitator will guide you through topics including:

- The importance of love and connection
- Different parenting styles
- Understanding your child's big feelings
- Understanding Behaviour
- And lots more!

Hosted By Grown Together
Email: Rebekah@growntogether.nz

Mondays 10:30-12pm
 44-46 Rothwell Street
 Timaru

Book online parentingplace.nz/toolbox

We run Space which is for babies of 0-4 months and this is a 19 week course and covers all of the important topics of the first year of life whilst providing a safe space for whanau.

Game on for Dad's is a parenting course run by dad's for dad's this is six weeks.



Feel confident to tackle the primary years

TOOLBOX
 PRIMARY YEARS 5-11

Over six fun, practical and inspirational sessions, a trained facilitator will guide you through topics including:

- The importance of love and connection
- Different parenting styles
- Understanding your child's big emotions
- Discipline and boundaries
- And lots more!

Hosted By Grown Together
Email: Rebekah@growntogether.nz

Starts 30th April
 Thursdays 7:30-9pm
 44-46 Rothwell Street
 Timaru

Book online parentingplace.nz/toolbox

The courses all come with a cost however we are partnering with local business in the community and are working towards offering these courses heavily subsidised or free of charge for all whanau.



Feel confident to tackle the teenage years

TOOLBOX
 TEENAGE YEARS 12-18

Over six fun, practical and inspirational sessions, a trained facilitator will guide you through topics including:

- The importance of love and connection
- Different parenting styles
- Understanding the teenage brain and risk-taking
- Discipline and boundaries
- And lots more!

Cost: \$85 per person or \$120 per couple

However, if you're unable to contribute in this way, we'd still love you to join us. Get in touch and we'll get you booked in.

Hosted By Grown Together
Email: Rebekah@growntogether.nz

Starts 2nd May
 Tuesdays 7:30-9pm
 44-46 Rothwell Street
 Timaru

Book online parentingplace.nz/toolbox