



Newsletter Issue 13

Thursday 14 April 2022

Dear Parents and Caregivers

Tēnā koutou katoa

It is hard to believe we are at the end of Term 1 already and I have finished my first term at St Heliers School. It's certainly been a whirlwind with covid making its way through the school. However, through the hard work of everyone; parents, staff and students; working with tight restrictions, isolating and complying with government measures, we have got to the end of the term without needing to send home year groups or closing the school. Omicron hit approximately 20% of our students and staff and at the peak we had diminished classes from students who were either positive or household contacts. We are still reporting cases, although most days there are either none, or 1 or 2. We allowed parents to collect their children from the classroom two weeks ago and this week the whole school now have the same break times. Students are still separated into 2 year groups but are enjoying the relaxed break time restriction. I have been impressed by how quickly staff and students engaged in meaningful learning programmes, learning support was put in place and units of work are being completed this week. Students were able to participate in sports and activities such as Y7 Challenge Week, Y6 Trip to Tiritiri Matangi Island, the Y8 Local Landmark Walk and many more. This is the first completed whole term at school since Term 2, 2021!

I would once again like to thank the Board, staff and the whole parent community for their support, encouragement and welcome and I would like to thank the children who showed their St Heliers spirit through the values, and high standards they hold.

## CHANGES AHEAD

The country moved to orange last night and although schools were required to keep their current measures today, there will be changes to the requirements for our school for Term 2. The Senior Leadership Team will notify you on Tuesday 26 April of what these changes mean for students, staff and parents. I will say now that we will all be finishing school at 3pm.

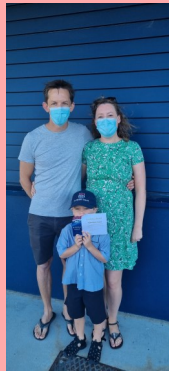




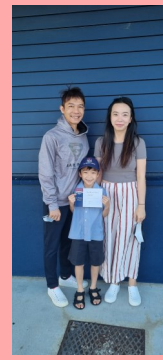
# EXCELLENCE CERTIFICATES

Well done to all these students who were presented with Excellence Certificates in Week 8

YEAR 1



YEAR 2



YEAR 3



YEAR 4



YEAR 5



YEAR 6



YEAR 7



YEAR 8



## Excellence Awards March/April

Yr	Rm	Name	Yr	Rm	Name
1	2	Baltasar CR	5	25	Magnus L
1	7	Wilfred BH	5	26	Vesper G
1	8	Thomas G	5	27	Aanya D
2	4	William H	6	21	Luke M
2	5	Chris C	6	22	Ryan C
2	6	Yumi C	6	23	Charlotte G
3	11	Theo dSN	7	28	Will H
3	12	Kian D	7	29	Maggie B
3	13	Felix M	7	30	Jess P
4	16	Avery M	8	14	Aussie L
4	17	Josie I	8	15	Sofia R
4	18	Arnold K	8	19	Yasmin LM



## CITIZENSHIP CERTIFICATES

Well done to all these students who were presented with Citizenship Certificates in Week 9.

YEAR 1



YEAR 2



YEAR 3



YEAR 4



YEAR 5



YEAR 6



YEAR 7



YEAR 8



### Citizenship Awards April

Yr	Rm	Name	Yr	Rm	Name
1	2	Ava O	5	25	Sophia Z
1	7	Grace S	5	26	Tom D
1	8	Dante M	5	27	Archie N
2	4	Matilda T	6	21	Hugo G
2	5	Hugo H	6	22	Kova H
2	6	Aaron M	6	23	Rhys G
3	11	Jessica D	7	28	Jona J
3	12	Ale P	7	29	Khloe R
3	13	Ruby H	7	30	Lewis I
4	16	Sophie R	8	14	Finn C
4	17	Alice J	8	15	Blake S
4	18	Seira A	8	19	Liam M



## STUDENT LEADERS

Congratulations to the 13 children who were selected as Student Leaders for 2022. They went through a rigorous process for selection. They each wrote an application, gave a 30 second pitch to all Year 7 and 8 students who then voted. Finally the Year 7 and 8 teachers, Year 6 team leader, and the senior leadership team deliberated to make the final selection taking everything into account. In all 37 students applied and all the children did a fantastic job of their applications and pitches, so must also be congratulated. There may be one or more children added to the team next term.

Student Leaders 2022					
Yr	Rm	Name	Yr	Rm	Name
8	15	Cleo L	8	15	Dylan W
8	15	Blake S	8	14	Frances N
8	15	Seb C	8	19	Chad F
8	14	Finn C	8	19	Sonya H
8	15	Naomi L	8	14	Aussie L
8	15	Paige LS	8	15	Sofia R
8	14	Belle S			



## MINDFUL PARENTING

Last night we hosted a Google Meet workshop with Shirley Pastiroff. Shirley is a parent coach and passionate about sharing research-based parenting solutions. Shirley very kindly offered to run a 90-minute online workshop to support understanding the anatomy of stress and teach the MLP (Mirror Link Pause) technique to support us engaging with our children in moments of heightened anxiety, reactivity, or frustration. We had over 60 parents and local community members join us for this workshop. I want to say a big thank you to those families for attending the online event. Although we would have all preferred to be face to face, it did create the opportunity for some reflection and new learning. I hope all our families found it useful and are able to try using the MLP technique. Shirley is running her next Mindful Parenting course next term at Glendowie Primary and further information is attached to this newsletter.



Alex Wood, Deputy Principal.

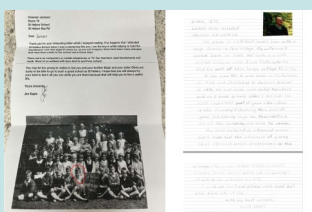
## ROOM 18 CONNECT WITH GRACE JOEL

For the past six years, Year 4 students at St Heliers School have visited Grace Joel Retirement Village regularly once a term to share stories, poems and songs with the residents. During the lockdowns of 2020 and 2021 this unique opportunity for two generations to meet and learn from one another was lost, leaving many of the residents of Grace Joel feeling very isolated and alone.

Returning to school this year, the Year 4 students in Room 18 decided in Week 2 to write to the Grace Joel residents to introduce themselves. They included many personal and entertaining details about themselves and their families. A photo was also included and the Grace Joel residents were reportedly delighted to receive a bundle of letters from students so young. Inspired and energised, the Grace Joel residents set about writing letters in response. Soon after Year 4 students Emily Ball, Sammy Partridge and Jackson Pateman got special mention in the Grace Joel Newsletter article about the letter writing. Then Miss Mill got a surprise email from TV3's The Project! They wanted to interview the Grace Joel residents - some of whom were past pupils of St Heliers School - and Room 18 about the letters.

On Friday April 1 TV3's The Project crew arrived and spent two and a half hours interviewing and filming the students and Grace Joel residents as they met for the very first time. Sammy Partridge, Jemma Kieghtley-Wills, Arnold Kostygin, Jackson Pateman and Emily Ball enjoyed screen time with past pupils Tom Pearson, Peggy, Dorothy Diamond, Jim S.P (97) and Cliff Hart (95). It was a memorable and heartwarming experience and deeper bonds of friendship and understanding were created.

Room 18 have since created Easter cards and reply letters to the Grace Joel residents and hope to see them all again soon next term.



## CULTURE AND IDENTITY

Children in Year 4 learnt about the diversity of societies, communities, cultures and the identity of people and how they function and interact. The unit culminated in a wonderful cultural parade.



## TRAVELWISE

Congratulations to the following Year 5-8 students who have been selected as the 2022 Travelwise team:

Year 5 - Lottie Paul, Luke Browne, Megan Whiteman, Aria Hutt

Year 6 - Arian Driver, Anna Clara Pereira, Denise Poon, Edie Joll

Year 7 - Seoyoon Cho, Vlad Barikov

Year 8 - Imogen Webber, Jasmin Lee Mirzabaeve, Isla Soosay, Samuel Anderson, Rishianni Khetarpal.

The Travelwise team organises Walking Wednesday at school each week to encourage students and families to walk, bike or scoot to school for the health benefits and to reduce traffic congestion around our school gates.

The team will begin working alongside Mrs Kellie McLean, in Term 2 organising and promoting Road Safety week, which is week 2, 9-15th May.

## TUCK SHOP UPDATE

Further to my last newsletter we are pleased to announce that from the start of Term 2 it will be possible to order school lunches via Kindo. Lunches will be available on **Mondays, Thursdays** and **Fridays**. Menu information and further details will be emailed to all school families during the second week of the holidays, in time for Term 2.

### Out-of-Zone Places

There will be 5 places for students who live outside the school enrolment zone who turn 5 after 1 May 2022 and before 8 June 2022.

There will be 10 places for students who live outside the school enrolment zone who turn 5 after June 7 2022 and before 18 October 2022.

Applications **opened on Wednesday 23 March**, with the ad appearing in The East and Bays Courier.

Applications will **close at 3pm, Thursday 5 May 2022**. If a ballot is required this will be held on Friday 6 May 2022.

The ad was also sent out to our community via eTAP.

Out-of-Zone Applications for 2023 will be advertised to the community in August this year.

## UPCOMING EVENTS

Thursday 26 April Parents notified of new school settings

Monday 2 May First Day of Term 2  
New children start

Wednesday 4 May PTA Meeting and AGM 7pm

Thursday 5 May Out of Zone Applications close 3pm

Friday 6 May Out of Zone Ballot

### SCHOOL YEAR DATES

Term 2 2 May—8 July

Term 3 26 July—30 September

Term 4 17 October—16 December

### TEACHER ONLY DAYS:

**TERM 2: TUESDAY 7 JUNE**

**TERM 3: MONDAY 25 JULY**

## ADVANCED NOTICE

### Accord Teacher Only Day

We would like to give you advanced notice of a Teacher Only Day on **Monday 25 July**. This is the first day of Term 3. The school will be closed to all students on that day. Note that the first accord day is in Term 2 on Tuesday 7 June.

The teachers collective agreement allowed 8 Teacher Only days to be held from mid 2019 to 2022.

These days are to provide teachers and principals additional time to :

- Deepen their knowledge and practice around the local curriculum (within the context of the removal of National Standards)
- Strengthen their understanding of the use of assessment tools for learning and teaching
- Respond to the recommendations of the education work programme in the Curriculum, Progress and Achievement (CPA) Report
- Familiarise themselves with curriculum work changes that will become available over the term of the collective agreements.





## PTA

The PTA would love to see you there. This is a fantastic way to get further involved in the school. We welcome first timers and new families to the school to come along. See you there!

**AGM AND MEETING:  
7PM WEDNESDAY 4  
MAY**



## YEAR 8 WATERWISE



On Tuesday 5 April the Year 8 students participated in the Waterwise programme.



I would like to wish you all a very happy Easter and enjoy the break to spend time with family and friends. I look forward to seeing you and your children again when school resumes on Monday 2 May. The Senior Leadership Team will be in contact with you on 26 April to notify you of the changes to the school COVID-19 safety plan and what this means for students, staff and parents.

Noho ora mai

Sean Valvoi  
Principal



**GatSong**  
MUSIC LESSONS WITH  
**Holly Christina**  
GATSONG.CO.NZ



**GUITAR | SONGWRITING | SINGING**

Begin or develop your  
singer-songwriter skills online.

Please email: [gatsong@xtra.co.nz](mailto:gatsong@xtra.co.nz)



## STOW AUSTIN STUDIO - TERM 2 ENROLMENTS

Term 2 enrolments now open for jazz, hip hop, contemporary, musical theatre and ballet classes including a new preschool jazz and junior hip hop.

Positive and affirming classes are available for students from 4 years and above. All enquiries welcome.

For more info contact 021 44 00 88 / 0275 456 778  
or visit [www.stowaustinstudio.co.nz](http://www.stowaustinstudio.co.nz)



# MINDFUL PARENTING COURSE

With Counsellor Shirley Pastiroff

## MINDFUL PARENTING COURSE

This popular course will arm you with research-based parenting techniques and tools that help you stay calm in the middle of even the most chaotic days. Learn how to reduce stress, improve family relationships and create deep, lasting connections with your children.

### WHERE & WHEN

Glendowie Primary School  
217 Riddell Rd

DATE: starting Thursday 19 May 2022

TIME: 7.30 – 9pm for 6 weeks

COST: \$150

Special couples rate: \$250 per couple



Renew Your Mind



---

Course facilitator:  
**Shirley Pastiroff**  
Counsellor and mum of 5

---

## TESTIMONIALS

*"Life-changing. I have recommended it to everyone who will listen"*

- Mum of 2: ages 5 and 2

*"All parents should be put on this course"*

- Dad of 3: ages 10, 7 and 4.

*"Fabulous. Informative. Empowering. Thought-provoking. Inspiring"*

- Mum of 3: ages 16, 13 and 10

SIGN UP ONLINE: [renewyourmind.co.nz/mindful-parenting](https://renewyourmind.co.nz/mindful-parenting)