



## NORTH LOBURN SCHOOL WEEKLY NEWS

Vision: To nurture well-rounded citizens of the future with a lifelong passion for learning.

Thank you for supporting a great cause with the North Loburn Star Jam.



### Welcome to Week 4 / Term 3 2017 - Monday 14th August

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BOT

Chairperson - Sabrina Ilett

Home and School Assn

Chairperson -

Emily Carter -Schofield

Radio

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*Bob the builder done teacher style!*

### What do you do to relax and unwind?

One of the topics that was raised at our latest BoT meeting was *Well-being* and what I do, as Principal, to try and manage myself when things become stressful. I thought this would be a great topic to open this week's newsletter. So I want to pose this question to you - What do you do to stay calm when things become stressful? Do you have a 'go to' activity to help you? Do you have a personal mantra? Do you have someone you talk to as soon as you feel the pressure?

No matter what the job is that you are doing - teacher, builder, technician, artist, farmer, parent or any other occupation - these can all have their moments when the stress starts to get the better of us. In my four years as Principal I have been fortunate to attend a number of seminars where workplace stress and personal well-being have been key topics. The main message that has come from these sessions is the importance of being able to identify the triggers and to have strategies in place that you can use to combat the pressure. Sounds easy enough doesn't it?

I am sure for most of us we have a 'go to' activity that we like to do and is used as a release from the tough times. It maybe exercise, a good book, an instrument - any number of things. The key is to ensure that this activity is not disregarded because of how we are feeling as, at times, it is these release activities that are ignored because we feel we can't justify taking the break, or simply have too much to do. We need to and must find time for ourselves no matter how hard this is. This is certainly a challenge but one that is well worth chasing.

Ngā mihi nui, *Darryn Ward*

## PRIDE CUP WINNERS

The winners for the PRIDE cups last week were:

Kowhai - Chester Densem  
Rimu - Olivia Houghton  
Manuka - Phoebe Fox  
Kahikatea - Larkin Underwood  
Kauri - William Hassall  
Totara - Liam Murphy



Well done  
to Kowhai -  
last week's  
winner

## Giga's Quote of the week!



Sometimes all you need is a hug  
from the right person... and all  
your stress will melt away.



## Kapa Haka Performance

Our Kapa Haka group of Year 4 to 8 students will be performing at the Horncastle Arena this Friday night. A huge thank you to everyone who has made this possible. It has been a real team effort but particular thanks need to go to Marie Simpson and her band of sewers for making sure that 47 pupils can stand tall and proud on stage in a brand new handmade North Loburn School Kapa Haka uniform. The pupils love them and have already performed in front of our school and Ashley school.

I would also like to acknowledge the children who, amongst a very busy schedule, have maintained their focus and got themselves to the stage where they will certainly be awesome.



## REACH Ski Trip

Our Year 7/8 pupils spent last Thursday at Porter Heights completing their snow challenge. Many had never skied before but by the end of the day, they were racing up and down the slopes. Special thanks to the parent helpers who made this trip possible. Without your continued support, these trips would be impossible to do.



## STAR Jam

Thank you to everyone who helped us support STAR Jam on Friday. As a school we raised over \$100. This organisation helps New Zealanders who are living with a disability. Through music and performance workshops, StarJam reaches many of these young New Zealanders and provides opportunities for them to explore their talents, gain new skills and build confidence to try new things. For many, StarJam has been a life-transforming experience.



## North Loburn School - Ashley Fun Run

Not long until the North Loburn School Ashley Fun Run is here. Before you know it the 3rd September will be upon us and hundreds of people will be heading off on the various distances they have chosen to conquer this year. But before we can sound the start horn we **need you!!**



The event committee are still looking for help to ensure this year's event is successful. We are in need of the following:

- more volunteers including senior students who could be at the 2km and 5km turn around points or at the finish line helping.
- a few parents to assist with car parking, or on the gate parents or helping in the registration tent. These people can still do the Fun Run.
- The BBQ will be running and some helpers would be appreciated here.
- Spot Prizes are required for the runners. These can be dropped into the school
- Entries -we need entries. **Please spread the word and get your friends and families together.**

**Please get in behind this event as it is the main fundraiser for our school this year. We have a wonderful community so let's get together and have a great day.**

For more information on this event you can visit the school webpage and go to the Events Info tab under What's on, or go to <https://hikingnewzealand.com/north-loburn-fun-run/>

## NORTH LOBURN SCHOOL ASHLEY FOREST FUN RUN & WALK

2km, 5km or 10km Run/Walk  
& 21km Run

**3<sup>RD</sup> 10am start**  
**SUNDAY**  
**2017 SEPTEMBER**

Cost \$25/adult, \$10/child  
(\$50 family concession available)

Entries received on the day add \$10/person

Registration forms and details available at  
[www.northloburn.school.nz](http://www.northloburn.school.nz)



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Rayonier Matariki Forests for the use of some great local running tracks



## Making Scarecrows in Kahikatea

Thank you for donating some clothing for the scarecrows. We are still short of things: twine, clean hay/straw for stuffing the scarecrows, two dresses, leggings, pantyhose, ladies shoes, wigs for hair, gloves and a couple of hats.

We plan to construct our scarecrows on Friday 25th August so would appreciate all items to be brought to Kahikatea before then. When we've got our scarecrows made, we will name them and take photos so you can see how they turned out.

Thank you for your support,  
Kahikatea.



**ENVIRO-SPOT** By Ranger Leary

## **Electric Cars**

India, Britain, France and Norway have all set dates to completely ditch petrol and diesel cars to get cleaner vehicles like electric cars and at least 10 other countries have also set targets. It would be great if New Zealand could set a goal like this as well. The benefits of this are that the air will be cleaner for us to breathe because there will be no gasses coming from cars, this will also help reduce climate change, and we don't have to drill for oil which is killing sea life. In the last few months New Zealanders have bought more electric cars than ever before, but we can do better.



Does anyone else have any enviro news? If you would like it included, please contact Ranger Leary, a Year 8 Totara student and enviro-leader. [ranger.leary@northloburn.school.nz](mailto:ranger.leary@northloburn.school.nz)

Ranger's Envirosport can also be found on our website at this link. [Envirosport](#)

## **Enviroschools Update**

Your child may have come home and talked a little bit about some of the changes that we have made to the way we are running the Enviroschools programme and using our leaders around the school.

With this year being our review year the teachers have looked at how they can continue to ensure we are meeting the Green / Gold standard on a daily basis. One of the changes to this programme has been attaching our leaders to the classrooms to act as facilitators and to help the classrooms lead their projects.

These are certainly exciting times with the different projects that the classes have taken on board. Watch this space!

## **Second Hand Toy Sale**

Don't forget that this week Kowhai have their second hand toy sale at school on Thursday. They are still looking for more toys to sell. If you have any at home please drop them to Kowhai before Thursday.

The sale will take place before school and after school so come along and help us out by buying some toys. The money will be used to purchase new toys for the sandpit.

## **Thanks for your support - from Mikey Ilett**

Thank you for supporting me in my chocolate fundraiser. I raised \$216 for my football team to travel to Auckland for a national tournament.

*Mikey Ilett*



Star  
Jam at  
North  
Loburn



## North Loburn School - Calendar for August / September

Monday	Tuesday	Wednesday	Thursday	Friday
<b>14/8</b> Kapa Haka  Y2-6 swimming	<b>15/8</b> Y7/8 tech (new programme - full day)  Root to Tip 9-1	<b>16/8</b> Y7/8 tech (new programme -half day)  Sports Coaching  PBL training day (Mr Ward / Mrs Green attending)	<b>17/8</b> CoL training day (Mrs Hughes attending all day / Mr Ward attending until lunchtime)	<b>18/8</b> Friday Assembly  <b>Kapa Haka Festival (morning rehearsal)</b>
<b>21/8</b> Kapa Haka  Y2-6 swimming	<b>22/8</b> Y7/8 tech (new programme - full day)	<b>23/8</b> Y7/8 tech (new programme -half day)  Cantamaths	<b>24/8</b>	<b>25/8</b>  Friday Assembly  Scholastic Bookclub Due
<b>28/8</b> Kapa Haka  Y2-6 swimming	<b>29/8</b> Y7/8 tech (new programme - full day)	<b>30/8</b> Y7/8 tech (new programme -half day)  Current events quiz	<b>31/8</b> Y4-8 speech 1-3	<b>1/9</b>  Friday Assembly
<b>4 / 9</b> Kapa Haka  Y2-6 swimming	<b>5/9</b>	<b>6/9</b>	<b>7/9</b>	<b>8/9</b> Quad School Speeches
<b>11/9</b> Kapa Haka  Y2-6 swimming	<b>12/9</b>	<b>13/9</b> Sports Boys	<b>14/9</b>	<b>15/9</b> Basketball starts
<b>18/9</b> Kapa Haka  Y2-6 swimming	<b>19/9</b> Production Matinee	<b>20/9</b> Production Evening	<b>21/9</b> Production Evening	<b>22/9</b> Basketball
<b>25/9</b> Kapa Haka  Y2-6 swimming	<b>26/9</b>	<b>27/9</b> Sports Boys	<b>28/9</b> Kapa Haka	<b>29/9</b> Basketball

# Classifieds

## Babysitting Wanted

Hello my name is Emily Ilett and I am 14 years old. I am now available for local babysitting. Please call or text me on 027 3927111. Thank you.

**Local Sheep Shearer** for local lifestyle blocks, fully portable set-up, 15 years experience. Call or text Mark Herlihy for a free quote. Ph 027 3950512

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### **Rochelle Gibson School Of Jazz Dance**

I am currently teaching Jazz, Ballet and contemporary in North Loburn.

Days: Wednesday and Saturday

Ages: 2 years and up

Where: North Loburn School Hall

If you have a child who would like to try these classes or you would like more info then please contact me on 027 5110930

Or PM on my Facebook Page

### **1.7T Digger for hire**

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