



Onerahi Primary School
Together We Shape Our Future

Newsletter
 6 March 2020

Ph: 09 4360521
 Email:



Tena Koutou Katoa

What a great start to the year we have had. Classes are settling really well, learning is engaging and exciting, and staff are impressed with the way their students have begun the year.

The highlight in Term 1 is of course our swimming programme. As well as a welcome reprieve in this hot weather we have had, the swimming skills and water safety are an important part of our curriculum. We are very fortunate to have Sarah Hall working alongside staff as an experienced swim coach and we really notice the difference in the rapid progress for children. There is also a wide range of other opportunities available for our students from our enthusiastic and talented staff and it is great to see increasing numbers of children taking up these opportunities.

You will have noticed that most weeks donations of bread products have continued this year due to the generosity of the Salvation Army and local supermarkets and no doubt they are a welcome addition for households when they come home. Our school community certainly appreciates the extra support we get from other agencies.

We are looking forward to the rest of the term and all the fun and learning it will bring. Nga Mihinui. Annmaree MacGregor

UPCOMING EVENTS



- 9th March 2020**—2nd cohort of New Entrants start date
- 10th March 2020**— Y4 Swimming Sports
- 11th March 2020**—Y5-6 Swimming Sports
- 13 March 2020**—**Staff Only Day**
- 09 April 2020**—Last Day of Term 1
- 10 April 2020**—Good Friday
- 28 April 2020**—Anzac Day observed
- 29 April 2020**—First day of Term 2
- 13-15 May**—Year 5 Camp

Welcomes

We are pleased to welcome our new member of staff, Mr Matt Seymour, who joins us in our new New Entrants class this term. We hope you enjoy your time here Matua Matt and are looking forward to working alongside you as a new group of students begin their learning journey at Onerahi Primary. Matua Matt shares his journey with us below.

Matt has been a teacher now going on 12 years and has a background in ECE. Originally from Wellington he moved here with his family in 2015. He has 2 children currently with another one on the way. Matt enjoys sports and music and is able to play a range of instruments. We have heard his singing voice is not too bad either. Maybe we can encourage him to lead our songs in future assemblies?

We are pleased to welcome our 2nd new entrant cohort to the school as well and hope you too enjoy being part of the Onerahi Primary School Whanau.



IMPORTANT NOTICES

Information re Teacher only days 2020

The Ministry of Education and NZEI have reached an agreement for teachers to have 8 teacher only days over the course of the next 3 years. This year, Onerahi Primary School will have 3 of these teacher only days. School will be closed for all students on the following days:

Term 1—Friday 13th March. Term 2—Monday 11th May. Term 4—Friday 23 October.

We will remind you of these dates closer to the time they fall due.

Senior Camp

Our year 6 students recently headed away to Chosen Valley Christian Camp for a few days of building their capabilities, confidence and leadership skills. Below some of our students share highlights from their time there.

“The best part about camp was the flying fox. It was the best part probably because I was so nervous but ended up having a great time. It was way faster than it looks. I went on it 5 times. If we ever go again I will go straight to the flying fox”—
Brooklyn Hamilton

“3-2-1 go, the man let go! It was very speedy. Boom, I hit the tyres “Ahh!” I went in my head. “Oh no it’s the big one” I said. It was so high at the start, it was so scary, then it was fun. I just wanted to go heaps of times”— Lani Hita

“At camp there was this thing called the confidence course. The course had 3 different colours—red, blue and yellow. At the start it was a bit freaky and there were lots of people waiting in line. There were some teachers and parents supervising. Underneath the course there was only water and mud. There were ropes you had to use to swing over on. Oh yeah, there were eels in the water. Some people were quitting and some were going so fast, they had real confidence. Some people were screaming inside their head – you could tell because of how they looked. You did have to take your time in places and near the end there were tyres and a net and you had to do some climbing”—Rejaeda Ihaia.



Change to Lunchonline Menu

The following new product(s) will soon be available on the Onerahi Primary School menu.

Veg Fried Rice \$4.70 effective from 09/03/2020

Chicken Fried Rice \$5.20 effective from 09/03/2020

RDA 2020

Our group of happy RDA riders have begun their regular Thursday sessions and are loving them. This is a great learning opportunity with some good skills being discovered and it seems a real highlight of the week.

A big thanks to our Teacher Aides for supporting our children in this experience and to Whangarei Riding for the Disabled for their staff and patient horses.

Michael and Pepsi going through their paces



ONERAHI Primary School



Term Dates 2020

Term 1 29 January - 9 April

Term 2 28 April - 3 July

Term 3 20 July - 25 September

Term 4 12 October - 15 December

Waitangi Day - Thursday 6 February

Easter - Friday 10 April - Monday 13 April

Queen's Birthday - Monday 1 June to Tuesday 2 June

Mid Term Break - Friday 21 August - Monday 24 August

Labour Day - Monday 26 October

Church Street, Onerahi, Whangarei

Ph: 09- 4360521

www.onerahi.school.nz

Together We Shape Our Future

Ava, Jake and Lucas enjoying a post-ride snack.



Sun safety

Hats, sunglasses, sunscreen.
Hats are compulsory in Terms 1 & 4. Please provide your child with a hat otherwise they may be restricted to shaded areas during playbreaks.
Sunglasses help reduce damage to eyes and can look cool too. The PTA has provided the school with sunscreen for our children, please remind your children to ask for sunscreen if they need it.
The school has a number of air-conditioned spaces available during play breaks which are supervised and another way for our tamariki to beat the heat.

SCHOOL HOURS

School gates open	8:15am
School begins	9.00am
1st Play Break	11.00 –11.30am
2nd Play Break	1.30—2.00pm
School finishes	3.00pm

There are two eating breaks within the day, taken at times that suit each class. Please ask your child's teacher when their times are.

School Driveway

Please, please do not enter or leave the school via the staff driveway. It can be hard to see your children here and may be difficult to stop. In the interests of safety we ask that you enter and exit the school via one of the main gates.

Lunches

Bought lunches are available 3 times a week.

Wednesdays—Sushi via Lunchonline

Sushi and Snacks for delivery on a Wednesday can now be ordered via your lunchonline account. Lunch must be ordered no later than 9am on the Wednesday morning. There is a gluten-free option for both sushi, and snacks.

Thursdays - Lunchonline

Lunches can be ordered on line. Go to www.lunchonline.co.nz. to register an account. Lunches must be ordered no later than 8am on the Thursday morning. There is a wide variety of options.

Fridays - Hells Pizza

A selection of 5 different pizzas only. All \$6.00 each. The PTA process these orders and receive \$1 per pizza ordered. Place order form and money in a bag or envelope (these are available at the office on Friday morning) and pop it into the lunch box on the office counter. Orders must be in by 9:00am on Friday mornings.

Room 15 & 16's trip to Dragonfly Springs

On Thursday 20th February our whole class went to Dragonfly Springs and watered the plants with 500ml each on the hill. We started from the top of the hill then worked our way down while the others were doing a scavenger hunt for foot prints and other things. They found heaps of Cicada shells. It was a boiling hot day, but it was still fun.

Jake Knox and Carter Cleaver

Carter giving a thirsty plant a drink.



Beau and Cam on the scavenger hunt



Let's focus on Wellbeing..

Here at Onerahi Primary, we are all about working together for the benefit of our tamariki, so they are best able to fulfil their potential as learners. Wellbeing is a big part of this, for our staff and families as well as for our students and in this newsletter we are sharing some tips around connecting.



Strong relationships with others are an essential part of building resilience and boosting wellbeing.

Evidence shows that **CONNECTING** with others including colleagues, friends, whānau and the wider community promotes wellbeing, and helps build a support network for when times get tough.

We all need to feel close to other people, and valued by them. At work, having good relationships with colleagues helps us stay motivated and engaged. Connecting is about being there for others, talking and listening, and feeling a sense of belonging.

Examples:

- Talk to someone – and really listen
- Organise a shared lunch
- Reconnect with an old friend
- Eat lunch with colleagues
- Find ways to collaborate
- Plan a social event at work
- Play with your kids
- Talk or phone instead of emailing
- Join a team or club

“I arrange to meet a friend for lunch once a week. Just an hour away from the office having a chat, sharing worries and having a laugh reenergises me.” Julia, IT support

For more information please go to: <https://www.mentalhealth.org.nz/home/ways-to-wellbeing/>

PTA

Got uniform sitting at home that is no longer required? The PTA would appreciate if this was donated at the office for 2nd hand uniform sales.

We would like to advise our next AGM is to be held on the 10th of March at 3:15pm at the school in the library.

We are also still looking for help with the Hell Pizza orders on Friday mornings—if you are able to spare half an hour or so we would love to see you in the library from 8:30am onwards.

EPro8 Challenge

Pupils from Rm 15 recently participated in the local event of the EPro8 Challenge. This is a competition, an engineering and problem solving race. Every year over 10,000 students from 900 schools from throughout New Zealand take part.

Teams compete to:

- build large sized structures
 - solve practical problems
 - engineer using pulleys, motors, gears, wheels and axles
 - invent machines that can complete simple tasks
 - undertake unusual and fun experiments.
 - construct basic electronic circuits.
- solve interesting problems using practical maths

A huge congratulations to the team consisting of Katie Gray, Carter Cleaver, Izzy Bailey and Jackson Lusty who took out 3rd place on the day and made it into the year 5/6 finals day. Way to go team



Library Notices

Scholastic:

Issue two of Scholastics book club will be available next week.

Orders can be placed online via <https://mybookclub.scholastic.co.nz> or returned to school before the 18th of March.

Orders can be placed online after the 18th of March and delivered directly to your home address, delivery fee will apply.

Honey still available

Great news folks. Supplies are dwindling but we still have a store of school honey and honeycomb available through the office.

At \$5 a jar this is such good value! Yum!



Cyber Safety

We are sharing our next Digital Safety Information sheet with you, which is on the very popular game Fortnite that many of you may be familiar with. We encourage you to peruse this to enable you to make informed decisions around its availability and use for your children.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



Fortnite: Chapter 2 has finally landed! With a whole host of new in-game features including a brand-new map, more water-based activities, upgraded character skins and a more streamlined arsenal of weapons, this Fortnite is promising to be the best yet. Almost all of the changes are cosmetic which means the concept of the game remains the same, with players still aiming to be the last man standing. Players will no doubt find the game much more enjoyable with so much more to explore. For parents and carers however, it pays to remain vigilant.



What parents need to know about FORTNITE CHAPTER 2

BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.

IS FORTNITE ADDICTIVE?

Fortnite is at the forefront of gaming addiction discussions because it is so popular with young people. But whether it actually contributes to gaming addiction is up for debate. WHO (World Health Organisation) have classified gaming as a legitimate addiction, but this is not solely a concern with Fortnite. Signs of addiction can include irritability when not playing, lying about the amount of time played and a preoccupation with thoughts of the next gaming session. Realistically, it must be down to parents and carers to recognise these symptoms and act accordingly if they think they are developing.

FREE TO PLAY... OR IS IT?

While Fortnite is technically free to play (in that you can download and play it without paying) it does come with the caveat that spending money on things like skins and emotes in-game is heavily pushed to players. The currency used in-game is called 'V-Bucks' and can be bought with real money through the game's online store. It's worth remembering that these purchases are absolutely not necessary, are cosmetic only and that V-Bucks can be earned in-game with enough play time.

SEASONAL UPDATES

Every 10 weeks or so Fortnite is updated with a new season. This essentially adds new things like skins and emotes to the game, while also sometimes changing up the game map in interesting ways. These seasons are free to everybody and don't require additional money to play, though battle passes for each season can be bought with V-Bucks. A battle pass will typically allow a player to earn experience faster and gain fun in-game items by completing a host of daily challenges.

CROSSPLAY IS AVAILABLE

One of the wonderful things about Fortnite is that it can be played cross-platform. This means that no matter what platform a person plays on (PC, PlayStation 4, Xbox One etc) they can play with friends who own the game on a different platform. To do this, an Epic Games account must first be created online (which is free) and then linked with your platform account. Doing this removes the age-old boundary of not being able to play together because you don't have the same console and opens up a whole new world of playing online with friends.

IS FORTNITE VIOLENT?

Fortnite has been rated by the ESRB (Entertainment Software Ratings Board) as teen, as it contains cartoony violence and the weapons and acts depicted in the game are some way removed from their real life inspirations. Characters don't draw blood when shot and instead of dying, they are simply beamed up off the map. Naturally, players younger than the recommended age limit will want to play the game and that should be at the discretion of parents and carers.



Top Tips For Parents

BUYING V-BUCKS

As mentioned, Fortnite does contain in-game purchases and microtransactions in the form of V-Bucks which can be bought with real money. If you do decide to let your young one spend money in the game, be sure to delete your card information afterwards as it can be very easy to purchase more items at the press of a few buttons. It's important to set a limit on any purchases (as mentioned they are absolutely not necessary to play the game) and a suggestion would be capping the spending at around £30 - this is the normal retail price of a game.

GAMING WITH STRANGERS

Fortnite Battle Royale is an online game, and as such, there is a chance that young children could come into contact with strangers who are randomly placed into their groups in a game. It's difficult to predict what another person might say or do in a game, so it's a good idea for friends playing together, to be grouped together. The only real countermeasure to interacting with strangers offered by Fortnite is to turn off all mic communications, which can be done in the game's settings. Using outside chat apps, like Skype or Discord while playing, is a great way to make sure you know who you're talking to and that nobody else is listening in.

LIMIT TIME, BUT BE FLEXIBLE

A game of Fortnite can last up to 20 minutes, so be flexible when it's time to put it away. The approach of 'one more game' as opposed to '10 more minutes' will stop any complaints that a match is still ongoing. Better still, play with your child and take it in turns; that way you're helping control the time played and can keep an eye on what they're experiencing.

TALK TO OTHER PARENTS / CARERS

If you're concerned about play time or spending money in the game, talk to other parents and carers of your child's friends. If you approach as a collective, it will be easier to know when their friends are online and you don't have to worry about who they're playing with. It can also help curb expectations on spending money on battle passes and skins if you stick together.

CAN DEVELOP SOME IMPORTANT SKILLS

It's often overlooked just how good gaming can be for young people. Fortnite encourages team play, quick and complex problem solving and communication; that's not to mention the lightning fast reflexes gamers can develop. While taking breaks to do other activities is of course important, there are benefits to screen time which might not be immediately obvious.

PLAY THE GAME YOURSELF

There's no substitute for sitting down and playing the game yourself to learn all about it. Fortnite is available for free on almost anything you can imagine, even your smartphone, so there's never been a better time to get involved and see what all the fuss is about. You never know, you might even be able to impress your children when you show them your impressive Victory Royale tally!

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



<https://www.theguardian.com/games/2018/mar/07/fortnite-battle-royale-parents-guide-video-game-multiplayer-shoot> <http://www.bbc.com/news/health-45166666> <https://www.polygon.com/2018/3/23/17146848/cross-platform-crossplay-ps4-xbox-pc-switch-ios-mobile-enbttc-ftesbde-compat44qjmarckamkingz01D76> <https://www.esrb.org/ratings/34948/Fortnite/>

www.nationalonlinesafety.com Twitter @natonlinesafety Facebook /NationalOnlineSafety

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Community Notices

smokefree

COMMUNITY HIP HOP WORKSHOPS



NORTHLAND

SUNDAY 15th MARCH 2020
WHANGAREI INTERMEDIATE
32 RUST AVENUE REGENT WHANGAREI

10am Chris Teava and Sheldon

HIPHOP INTERNATIONAL NEW ZEALAND

FREE EVENT

smokefree
KEEP UP WITH THE CREW



ONERAHI JUNIOR RUGBY IS BACK 2020

TRAINING FOR ALL AGES
WEDNESDAY 4PM
ONERAHI RUGBY CLUB
ALAMEIN AVE

Bring mouthguard, water bottle and a great attitude 😊

For further information email onerahirugby@yahoo.com or send a message via facebook



DON'T MISS THE MAUNGA MAYHEM

a Maungatapere School PTA FUNDRAISER

MAUNGATAPERE OBSTACLE ADVENTURE RACE

3 Full-on Races!

Obstacles and Challenges designed to be fun for all ages...

Get your Early Bird tickets before March 2nd!

- Mini Mayhem : \$20**
for children aged 6-12 yrs: distance: 1.5km
- Mixed Mayhem : \$25**
for a child (4-8 yrs) & adult team: distance: 1.5km
- Major Mayhem : \$25**
for 12 yrs & over: distance: 5km

Amazing SPOT PRIZES
to be won... PLUS medals for top 3 placings!



21st MARCH : 2020

Registrations from 9am : 1st Race Starts 10am

GET TICKETS AND INFO ONLINE
maungamayhem.co.nz



Chilltech
The Right Temperature

BEACH 2 BASIN

Fun Run/Walk and play on the way
15 March

\$5 entries
www.sportnorthlandevents.co.nz



Welcome to the Northpower Wild Kiwi, an event that will see adventurous kiwis from all over participating in a number of amazing off-road events. The

Northpower Wild Kiwi will take you into and onto some of the most incredible terrain and landscapes in one of the most amazing and scenic places in this country of ours – the Whangarei Heads.

The Whangarei Heads region boast vistas and views like none other, and has some amazing beaches, tracks and trails that will quite literally knock your running socks off!

Event options include:

1. Northpower Wild Kiwi Multi-sport (individual or teams) – 10km sea kayak, 25km MTB, 14km run (final 3km completed with all team members if participating in a team)
2. Northpower Mild Kiwi Multi-sport (individual or teams) – 5km sea kayak, 18km MTB, 10km run (final 3km completed with all team members if participating in a team)
3. BDO Whangarei 21km run/walk
4. Whangarei District Council 15km run/walk
5. Activ8 Northland 8km run/walk
6. PAK'nSAVE Kids dash

Registration closes on:

Thursday, 2 April 2020 at 12:00 PM - (GMT+12:00) Auckland, Wellington



Short Courses for Busy People

March/ April	COMMUNITY EDUCATION WHANGAREI continued from previous page
Sat 14 March	Watercolours for beginners, 9am-3pm, 1 day \$105 includes materials
	Have Fun with Fragrance, 12.30-230pm, 1 afternoon \$35
	Wild about Weeds (field trip), 9am-12pm, 1 morn \$35
	Wild Herbs in the Kitchen, 12.30-3.30pm, 1 afternoon \$40
	Wellness Workshop, 9am-12.30pm, 1 morn \$40
	Explore your Family Roots, 9am-12.30pm, 1 morn \$45
	Training the Trainer: How to teach adults, 9am-12pm Sat 14 & 21 March, 9am-3pm, Sat 28 March, \$155
Sat 21 March	Mosaics, 9am-4pm Sat and 10am-12.30pm Sun, 2 days \$125
	Painting Mist & Fog, 9am-2.30pm, 1 day \$110 materials included
	French Milled Soap, 9am-12 noon, 1 morn \$65
	Fermented Foods, 9am-1pm, 1 morn \$55
	Publish your own Book, 9am-2pm, 1 morn \$55
Sat 28 March	Painting: Using Gold Leaf, 90am-2.30pm, 1 day \$125
	Natural Body Products, 12.30-4pm, 1 afternoon \$55
	Famous Indian Curries, 9am-3.30pm, 1 day \$60 + ingredients
	Photography Field Trip, 10am-2pm, 1 day \$55
	Create your own Blog, 9am-12.30pm, 1 morn \$45
Sat 4 April	Mini Art Mural, 9am-2pm, 1 day \$85 includes materials
	Traditional Māori Home Remedies, 10am-5pm, 1 day \$75
	Beeswax Food Wraps, 9am-11am, 1 morn \$30 includes materials
	Make a Zippy Little Bag, 9am-12 noon, 1 morn \$60 inc materials
	Beauty Workshop, 9am-12pm, 1 morn \$50
Phone 435 0889	Visit www.cew.ac.nz for details