



CUST SCHOOL NEWSLETTER

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Friday, 12 August, 2022 - Week Three —Term 3

BE YOUR BEST
Kia Rawa Pai

SCHOOL THEME: CREST - TO REACH THE TOP

FROM THE PRINCIPAL'S DESK

Greetings to all the kura families

Tēnā koutou e ngā whānau o te kura

EMPATHY

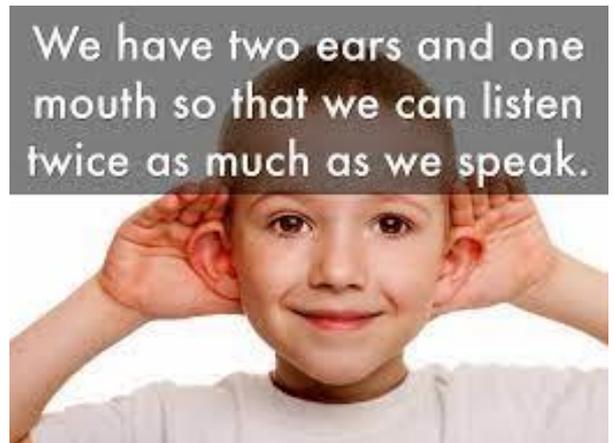
“We have two ears and one mouth so that we can listen twice as much as we speak.” - Epictetus

Listening is an important part of showing empathy –

have you listened to a friend lately to help them?

What is empathetic listening?

- Empathetic listening involves tuning in to what your child is feeling
- Open up to all of the information that's coming to you.
- Gently reflect back.
- Respond to the feelings behind the words.
- Name big feelings.
- You don't need to fix anything.



Tamariki Superheroes!

While watching the film “ENCANTO” last Friday with the children, there were some really good messages about people’s “strengths.” The Commonwealth Games also provides us with real life examples of these including - bravery, humility, fairness, gratitude and perseverance.

So what can we do to celebrate our strengths and being unique.

Some students may feel whakamā about acknowledging their strengths. Many tamariki see their differences as a negative thing and this can affect how they see themselves and their self esteem.

This activity helps our tamariki find pride in what makes them unique by reframing their differences as strengths.

Read or watch: [I Like Myself](#) by Karen Beaumont.

- What is the story trying to tell us? *That it’s good to be unique and like the things that make us different.*
- Why is it important to like ourselves? *We feel happier and braver; we can think and do things no-one else can.*
- What would the world be like if we were all the same? *Not nearly as interesting! Plus, we all have different strengths, so we can combine our skills with others’ to be even stronger together.*

Mention that sometimes we think things about ourselves that aren’t actually true. E.g. That we’re not good at sport, or we’re not smart.

But we might have hidden strengths we haven’t even discovered yet, and can only discover by trying things, again and again, until we get the hang of them.

The most important thing is to be happy with the strengths we have and open to the ones we might not have found yet.

Ngā mihi,
Robert

CANTERBURY PRIMARY SCHOOLS DUATHLON 2022 – YEARS 5-8

Date: Monday 26 September 2022

Time: This will be confirmed during the year when the structure of the event is finalised.

Location: Ruapuna Park, Hasketts Road, Christchurch

Entries / Indications of Interest due Friday 19 August

PLEASE NOTE: Given it is a Canterbury Championship only those who are “**very capable**” will be selected. These events are not ‘participation’ but ‘competitive’ events so only those children who are capable (in the eyes of the selectors) will be selected for school representation.

Entries will be offered but selection will be made by principal/teacher in charge of sports. A trial might take place if needed.

Cust Basketball Term 3/4 Year 5-8 Entries Important:

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I require INDIVIDUAL CUST ENTRIES by Friday 19 August 2022.

Simply email back stating child's name and year level - thanks.

Coaches - if you can help, or know someone who could (I encourage high school students to work in tandem with an adult), please let me know.

I will send out more information when it comes to hand. Games usually start in the last three weeks of this term and most of term 4.

CERTIFICATES

- Room One: Well done Danielle for showing success in Piko's tips – PARTICIPATE – Room One Role Model. Excellent organisation and work habits. Always giving your very best to tasks. Showing empathy and caring.
Well done Jed for showing success in Piko's tips – PARTICIPATE – Room One Role Model. Giving 110% to all tasks. Thoughtful and considered contributions to class discussions.
- Room Two: Well done Sam for showing success in Piko's tips – PARTICIPATE – Sam you are the exact definition of a Room 2 Little Legend! Hard working, kind, focused and always respectful – I couldn't be prouder.
Well done Mackenzie for showing success in Piko's tips – PARTICIPATE – Mackenzie you are consistently working hard, participating in our discussions with valuable ideas and are a legend to teach. Amazing!
- Room Three: Well done Stronghold for showing success in Piko's tips – PARTICIPATE – for participating in class activities with a smile. Ka pai to mahi
Well done Lachlan for showing success in Piko's tips – PARTICIPATE – for trying really hard to stay on tasks and complete his work. Ka pai to mahi
- Room Four: Well done Blake for showing success in Piko's tips – PARTICIPATE – for a massive improvement in his writing.
Well done Evan for showing success in Piko's tips – PARTICIPATE – for knowing his 2, 5 and 10 times tables.
- Room Five: Well done Archie for showing success in Piko's tips – PARTICIPATE – Archie, I love the way you share and include others in what you are doing.
Well done Eva for showing success in Piko's tips – PARTICIPATE – I love the way you quietly share and play with your friends.
- Room Six: Well done Taylor for showing kindness and consideration to others – big and small.
- Room Seven: Well done Logan for showing success in Piko's tips – be INDEPENDENT – for making a great return to Room 7 after isolation. You have worked independently and productively. I am looking forward to our fantasy football battles!

CHICKEN POX:

We have seen a significant number of students come down with chicken pox throughout the school.

This virus is highly infectious, and as such we need you to be on the lookout for symptoms in your children.

Things to look out for are:

- Fever
- Loss of appetite
- Headache
- Tiredness and a general feeling of being unwell
- Raised pink or red bumps, which break out over several days
- Small fluid-filled blisters
- Crusts and scabs, which cover the broken blisters

The virus can spread to other people for up to 48 hours before the rash appears, and remains contagious until all broken blisters have crusted over. Please ensure your child has completely recovered before they return to school.

BOARD NEWS

Kia Ora e te whanau

Warm greetings from your new board of trustees. This week we have officially had a change of board and it's a privilege to announce and welcome our new board. This term your new Board of Trustees is Anna Riley, Sam Taylor, Luke Thompson, Sarah McAllister, and myself, Tracey George. Thank you for standing and being available to give of your time to serve the school.

We would like to acknowledge and thank Katie Croft and Penny Mehrtens who have both finished their time on the board. Katie has served on the board for 6 years, 3 of which were as Chairperson. Her experience and commitment have been invaluable in leading the new board through the previous term and I want to thank her for her dedication to providing excellent governance. Penny was part of the team who led the new build project which our youngest tamariki are now enjoying. Thank you, Penny, for your time and commitment.

We had our first meeting as a new board Wednesday night and I have been voted back on as Chairperson. It's an honor to be entrusted with this position.

Robert presented our mid-year data on student achievement and despite the almost overwhelming challenges that we've faced, it's really encouraging to see some great results. Our kaiako are continually reviewing how and what they teach, how it impacts our tamariki, and as a result, we continue to see innovative ideas being introduced. As a board we're excited to see how that impacts the learning of our tamariki. On behalf of the board I would like to sincerely thank all of our staff for their daily commitment to providing excellent teaching and learning opportunities for our tamariki.

Thank you too to all the parents and caregivers who engage with what the tamariki are learning at school. What you do at home in support of the classroom learning really impacts on how your tamariki learn, and this is very evident in the results we see as a board. So, thank you.

As always, take good care of yourselves and others around you.

Nga mihi

Tracey George
Chairperson
Cust School Board of Trustees
board.chair@cust.school.nz

FISH AND CHIPS, AMERICAN HOT DOGS, PIES – Thursday, 18 August

All orders need to be in the office by **9.00am**. No late orders as we will not be going down to the hotel. **NOTE: the prices below AS THERE HAVE BEEN SOME INCREASES.**

Please also note the following:

All envelopes (no scraps of paper and notes left on the counter are acceptable), are to be clearly labelled with names (please put full names as we have several children at school with the same Christian names)

- Correct money (as no change will be given)
- No add-ons of drinks, as this service is solely for the items listed below from the Cust Hotel.

Prices are as follows

1 scoop chips	\$2.50	½ scoop chips	\$1.50
Hot Dog	\$3.00	Fish	\$3.00
Sausage	\$3.00	American Hot Dog	\$3.50
Mince Pie	\$6.50	Mince & Cheese	\$6.50
Hash Browns	\$2.00		

STAY WELL THIS WINTER

It's already proving to be a tough winter for our communities - as we opened the door to international travel, all those winter bugs seem to have slipped through at the same time. Here are some top tips for staying well this winter:

- **Avoid getting sick:**

- Eat well, stay active, mask-up! Keep up those healthy habits and make sure you have the best protection possible by getting vaccinated against COVID 19, measles and the flu.
- Washing your hands well and often, or using an alcohol-based hand sanitiser is one of the most effective ways to stop flu-like illnesses and tummy bugs from spreading.

- **If you do get unwell:**

- Stay away from work or school.
- Test for COVID-19 with a RAT. Follow COVID-19 isolation guidance if you or your whānau test positive.
- Seek help early by phoning Healthline on 0800 611 116, 24/7.
- In most cases flu or a tummy bug can be safely managed at home. Call ahead before visiting your health provider, rather than visiting in person, and stay away from hospital unless it's an emergency



Click these links for more information on [coping with flu](#) and [staying well this winter](#). Some useful thumbnail graphics are over the page, originals are attached to the email

PHOTO : Olympic rider
Rebecca Petch

REGISTRATION DAY SUNDAY 21ST AUGUST*

NEW SEASON ABOUT
TO START. COME & SEE
WHAT IT'S ALL ABOUT!

*FOR BACK UP RAIN DATES
PLEASE CHECK FACEBOOK



Local track details

There are a number of great tracks around the Mainland North Region. Find the one closest to you, and have a go.

CHCH CITY BMX CLUB
Kyle Park
Waterloo Road, Hornby
info@chcbmx.nz
www.facebook.com/CHCBMX

NORTH AVON CHCH BMX CLUB
Bexley Reserve
nacbm@gmail.com
www.facebook.com/North-Avon-Christchurch-BMX-Club-153985061282782

NORTH CANTERBURY BMX CLUB
32 Millton Ave, Waimakariri
(next to Ashley Bridge picnic area)
ncbmxclub@gmail.com
www.facebook.com/NorthCanterburyBMX

NELSON BMX CLUB
Tahunanui Recreation Reserve
Beach Road, Tahunanui, Nelson
www.facebook.com/nelsonbmxclub

**RACING STARTS
SUNDAY
28TH AUGUST**



GIRL'S GOT GAME BASKETBALL

AFTER SCHOOL PROGRAM | TERM 3 2022

WE HOPE TO SEE YOU THERE ;)



Register Here →



SUPPORT YOUR CLUB

AND YOU COULD WIN A ONCE IN A LIFETIME FOOTBALL EXPERIENCE IN QATAR 2022!

Purchase a \$20 ticket to be in to WIN,
with \$10 of your purchase going back to your club!

Enter at www.footballfoundation.org.nz

