



CUST SCHOOL NEWSLETTER

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www.cust.school.nz

School's bank account number is 03 1592 0074218 00



Friday, 26 May, 2023 - Week 5 —Term 2

BE YOUR BEST

Kia Rawa Pai

SCHOOL THEME: GROW / TUPU

To see their greatness,
to notice their strengths,
to value their gifts,
to believe in their worth,
to grow their potential

...is to enhance their Mana

From the Principal's desk...

CASINO NIGHT:

What an effort by the PTA!

The Casino Night was an absolute roaring success, well supported by our community.

On behalf of the children and staff of Cust School I would like to thank the PTA for all their hard work and thanks to the Cust School community and wider community for supporting this.



TEACHERS INDUSTRIAL ACTION:

If strike action is to go ahead on Wednesday 31 May, I will inform everyone by Sunday 28 May.

Negotiations are happening, and what industrial action takes place will depend on progress made this week.

JENNIFER THOMPSON FAREWELL:

CUST SCHOOL

JENNIFER THOMPSON

After 32 years as Cust School's Office Manager, Jennifer Thompson is retiring.

FAREWELL FUNCTION

TUESDAY 6 JUNE 1PM

CUST SCHOOL HALL

ASSEMBLY FOLLOWED BY AN AFTERNOON TEA

ALL WELCOME



YOU'RE INVITED TO CELEBRATE
A FAREWELL ASSEMBLY AND
AFTERNOON TEA HONORING

Jennifer Thompson

AFTER 32 YEARS LOYAL SERVICE TO
CUST SCHOOL, JENNIFER IS RETIRING.



JUNE
TUESDAY | 6 | AT 1 PM
2023

STARTING WITH A ASSEMBLY
FOLLOWED BY AN AFTERNOON TEA
IN THE CUST SCHOOL MULTI-
PURPOSE ROOM.

ALL WELCOME.

You gotta just laugh at yourself and let it go and not take things too seriously because life is too short.

— Ally Hilfiger —

AZ QUOTES

Six year olds laugh
an average of
300 times a day.
Adults only laugh
15-100 times a day.
Be six again.

Laughing more as adults has numerous benefits for our overall well-being and quality of life.

Here are several reasons why adults should incorporate more laughter into their lives:

1. **Stress reduction:** Laughing triggers the release of endorphins, which are natural feel-good chemicals in the brain. This helps reduce stress levels and promotes relaxation. Laughing can also lower the production of stress hormones like cortisol, leading to a sense of calm and improved mood.
2. **Improved physical health:** Laughing has positive effects on our physical health. It can boost our immune system by increasing the production of antibodies and activating immune cells, thus strengthening our resistance to illness. Laughing also improves cardiovascular health by increasing blood flow, improving blood vessel function, and reducing the risk of heart disease.
3. **Emotional well-being:** Laughter has a powerful impact on our emotional state. It can uplift our mood, enhance happiness, and create a sense of joy and positivity. Laughing releases tension, helps us let go of negative emotions, and promotes a more optimistic outlook on life.
4. **Social connection:** Laughing is contagious and acts as a social lubricant. It brings people together, strengthens social bonds, and improves relationships. Sharing laughter with others promotes a sense of camaraderie, empathy, and understanding. It can also break down barriers, ease conflicts, and create a more enjoyable and supportive social environment.
5. **Increased resilience:** Laughing can help us cope with adversity and bounce back from challenging situations. It provides a temporary distraction from stressors and allows us to gain perspective. Developing a sense of humour and being able to find the lighter side of life's challenges can contribute to greater resilience and mental strength.
6. **Enhanced creativity and problem-solving:** Laughter stimulates creative thinking and problem-solving abilities. It encourages a flexible mindset and the ability to see situations from different angles. When we laugh, we often engage in playful thinking, which can spark new ideas, improve cognitive flexibility, and boost innovation.
7. **Overall enjoyment and quality of life:** Incorporating more laughter into our lives simply makes life more enjoyable. It adds moments of fun, spontaneity, and light-heartedness. Laughing regularly reminds us to not take ourselves too seriously and to find joy in the present moment.
8. So, whether it's through watching a comedy show, spending time with funny friends, or engaging in activities that bring laughter, adults can benefit greatly from embracing humour and laughter as part of their daily lives.

Cross Country:

Good luck to the children who are competing at the North Canterbury Cross Country Championships in Rangiora on Tuesday.

Speeches:

The Year 7 and 8 children have presented their speeches on Wednesday.

Please note: this is earlier than the other classes, as they needed to select 2 finalists for the Cluster Rotary Competition.

All other classes should be holding theirs next Wednesday (refer to emails that have been sent out with more details.)

If you have children in different areas of the school, please let the teachers know so they can co-ordinate the timings so you can watch your children.

PLEASE NOTE: THERE MAY BE INDUSTRIAL ACTION FROM PRIMARY TEACHERS ON WEDNESDAY 31 MAY. IF THIS IS THE CASE THEN SPEECHES WILL BE HELD ON THURSDAY 1 JUNE.

SCHOOL PHOTOS

You will have been emailed your child's unique Key Code to go online to view and purchase 2023 School Photos.

*****FREE DELIVERY HAS EXPIRED *****

You might need to keep an eye on your trash / spam folder.

Parent Queries – Please contact us on: enquiries@photolife.co.nz

SCHOOL DONATION & ACTIVITY

Payment of the school donation and activities would be greatly appreciated and this can be made to our school bank account number Westpac 03 1592 0074218 00. Please reference for what you are making payment for.

If you would like to plan, or make an arrangement in regard to payment, or have any questions please do not hesitate to contact the school office.

The school donation is tax deductible and during the week you would have received via email a tax receipt for your use when doing your tax returns.

PTA ART AUCTION

The Cust School Art Auction was a huge success!

Students are super excited that so many of their beautiful artworks were bought by friends and family of the school.

Some of the bought artwork is still to be collected at the school office.

There are also works that did not sell during the show. These will remain at the office for one more week, so if you missed out on purchasing your child's masterpiece please feel free to come in.

You can collect these from the school office and pay direct into the school's PTA account, 02 0876 0291500 00. Otherwise, these works will be kindly received by some North Canterbury retirement homes for their walls.

LOST PROPERTY

There are an awful lot of sweat shirts and miscellaneous clothing in the red box on the verandah. Please check for your child's unclaimed clothing.

MANA POWER – BE AN ARTIST (STRENGTHS)

- Room One: Awarded to Sam – you are an amazing artist! The skill you show and your fantastic imagination gives you strong mana!
- Room Two: Awarded to Lacey – I not only loved your art for the auction because it was bright, well thought out and reflective BUT that you managed your time well in getting it finished.
- Room Three: Awarded to James M. – you are an amazing artist – I love the colours you use and how you create such interesting things to look at. You are a little legend!
- Room Four: Awarded to Eva - you have mana as an artist. You created a wonderful piece of art for our school fundraiser. You had a clear art plan, and took your time to create a beautiful bloom with lots of detail. Ka pai.
- Room Five: Awarded to Emily – your art work is always amazing. You gain mana by being proud of what you do.
- Room Six: Awarded to Scott – you are an artist! Fantastic work on your intaglio prints – wow!
- Room Seven: Awarded to Petal – you are kicking so many goals this year! Your recent artwork was a credit to your creative skills!

CLASS CERTIFICATES

- Room One: Well done Evie for showing success in Piko's tips – be INDEPENDENT – excellent effort at all class tasks Evie! You show initiative and focus.
Well done Tom for showing success in Piko's tips – be INDEPENDENT – fantastic focus on class work Tom! You put maximum effort into all tasks!
- Room Two: Well done Ted for showing success in Piko's tips – be INDEPENDENT – well done on your amazing writing, reading and now measurement. I would trust you to build me a house. Keep up this great work. You really are working so well – and you are still in Year 3!! Proud of you.
- Room Three: Well done Maddy for showing success in Piko's tips – be INDEPENDENT – you show so much independence in class with your learning. You impress me every day! Well done.
Well done Patrick for showing success in Piko's tips – be INDEPENDENT – in Room 3. Keep it up!
- Room Four: Well done Archie for showing success in Piko's tips - be INDEPENDENT - Archie awesome mahi in all learning areas. You always try your best / take pride in your work, and have a positive attitude. Miharo!
Well done Grace for showing success in Piko's tips - be INDEPENDENT - Grace awesome mahi in literacy. Fantastic spelling, handwriting, and reading skills. Koia kei a koe!
- Room Five: Well done Ashwyn for showing success in Piko's tips – be INDEPENDENT – you are amazing. We are so impressed with the way you are coping with life's challenges. Your resiliency is inspiring.
- Room Six: Well done Fraser for showing success in Piko's tips – be INDEPENDENT – you are really impressing me with your resilience and organisation. You know how to get things done!
- Room Seven: Well done Poppy for showing success in Piko's tips – be INDEPENDENT – you are engaging more in class discussion as well as doing extra work at home. Keep up the good work!

FISH AND CHIPS, AMERICAN HOT DOGS, PIES – Thursday, 8 June

All orders need to be in the office by 9.00 am. No late orders as we will not be going down to the hotel. 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 or 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 | | |

Further dates, for Term Two, will be 22 June. Put a note on your calendar.

Term Three dates starting Week Two then alternate weeks

27 July, 10 August, 24 August, 7 September, 21 September (last one until next year)



Kiln Dried Pinecone Fundraiser for Year 7 & 8 Camp \$5 sack

email acjones1@xtra.co.nz text/call 0272538264

THANK YOU TO THE PTA



From all of us

What a great effort!