



CUST SCHOOL NEWSLETTER

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Friday, 11 June, 2021 - Week Six —Term 2

BE YOUR BEST

Kia Rawa Pai

CUST CONNECTS - WHANAUNGATANGA

CONNECT – SCHOOL CONNECT – COMMUNITY CONNECT – YOURSELF CONNECT - CULTURE

FROM THE PRINCIPAL'S DESK

Greetings to all the kura families

Tēnā koutou e ngā whānau o te kura

CONNECT – YOURSELF Optimism:

WEEK SEVEN: "Choose to be optimistic – it feels better" Dalai Lama

Think of 3 things that give you hope for the future

NORTH CANTERBURY CROSS COUNTRY:

On Wednesday we had a number of children compete at the North Canterbury Cross Country Championships.

Fantastic effort by the children as the results below show:

Results (Top 10 Rakahuri)

Year 5 Boys

4th Jed Croft
5th Hunter McLeod
8th Harry Merritt

Year 6 Boys

3rd James Trimboy
6th Brooklyn Bennett
7th Finlay Kearns

Year 7 Boys

6th Lachlan McLeod

Year 8 Girls

1st Lily Robotham

Year 5 Girls

1st Charlotte Nesbit
8th Kate McAllister

Year 6 Girls

10th Anna Gartery

Year 7 Girls

5th Elizabeth Shore
10th Ruby Taylor



Of these we now have the following children competing at the Canterbury Championships in a few weeks' time: Jed, Hunter, James, Brooklyn, Lachie, Charlotte, Elizabeth, and Lily.

Over the next few weeks I will be adding articles to the newsletter, all of them are over 10 years old! They are meant to be thought provoking, stimulate discussion and maybe cause self-reflection on what is happening around us.

SCHUYTING FROM THE HIP #1

CUST SCHOOL MOTTO

“BE YOUR BEST”

This motto drives our life at school. It is central to all activities we do and leads many children to succeed at school. There is an expectation that all Cust children “Be YOUR Best”.

Within this there is:

1. An element of effort and hard work.

That is, to Be Your Best, you must put some effort and hard work into the activity you are completing.

2. An element of competition.

That is, to Be Your Best, you must compete against yourself and others. Against standards and expectations that you set. Otherwise you can't measure what your best is or become better.

3. An element of fulfillment.

That is, to Be Your Best, means you will taste success and be happy, whatever the outcome, as long as you have tried your best.

After 40 years teaching / observation and from personal experience, learning from mistakes I made with my children, there are some parents who place unrealistic expectations on their children (I was one of them!). They are “helicopter / bulldozer” parents (see next week's newsletter) or they build a victim mentality when things don't go the way they think – blaming others or looking for excuses externally.

How much do you value winning above fulfilling values as human beings?

Let's look at sport for a moment.

I think sport is a fantastic vehicle to see expressions of the human spirit – good and bad!

Sport is innately competitive – either with yourself or against others. But success in children's sport (and competition) should be measured on whether you tried your best or exceeded your expectations, being able to applaud winners and if you lose go away satisfied with own performance.

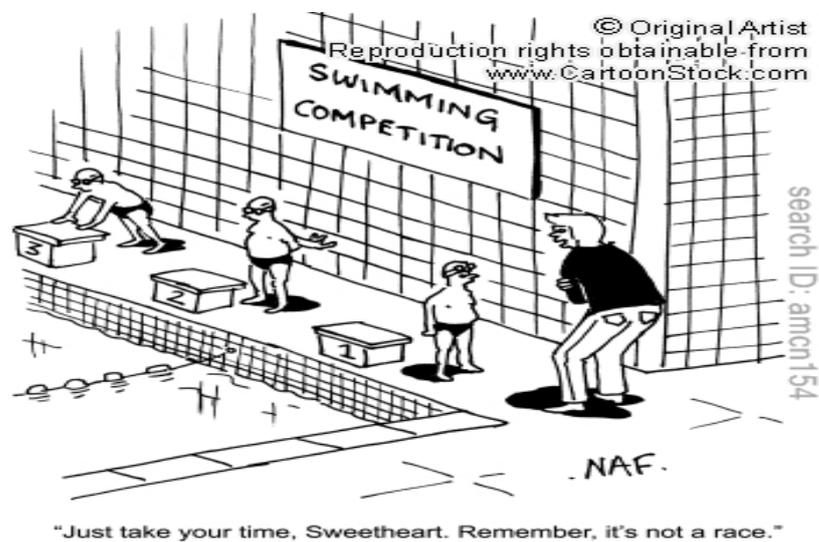
But what we see are children / parents distraught if they don't win or if not chosen for a team.

Life is more than triumphing in competition - it is about testing yourself, reaching expectations and trying to exceed them. If that leads to winning great or if that leads to being internally satisfied fantastic.

Don't get me wrong - everyone likes winning (I like to win) and I believe you should always try to win. Play hard, play fair but accept the results.

At school there are many events / activities the children can participate and compete in. However, there are events / activities where only the best can compete.

It is not only sport - Cantamaths – a maths problem solving competition. This event is for the best mathematicians; it is not about letting children have a go. There are musicals, speeches, debating and sports events that dictate that we send only the best children to these events. After 40 years I know what it takes to represent the school and be “successful” at inter school and Canterbury level. There will always be children who compete in these - that's life - they are talented, gifted and / or work hard to get there. These particular events are not for everyone – there are other ways for children to experience these activities.



SO

Childhood, much like life, is full of competition. There is absolutely nothing wrong with healthy competition. Competition is actually good for all of us. It keeps us motivated to continue to improve and get better at whatever it is we want to do. To Be Your Best, succeed and be happy.

Healthy competition can teach children how to be their best along with encouraging teamwork and instilling in them a strong work ethic. Competition will also teach children invaluable lessons about sportsmanship, the importance of preparation and discipline. Perhaps the most important lesson it teaches is preparedness for the challenges that life will throw at them.

Keep in mind that I am talking about healthy competition. We have all seen the over involved parent that, in my opinion, is trying to live vicariously through their child that gets up and yells and screams and berates their child during a game. We have all seen the parents that show utter disappointment

in their child after a competition if their child doesn't come in first. Completely ignoring the fact that their child did their best.

We all want our kids to be the best, sometimes we have to accept the fact that they are not going to win everything they set out to do... and expecting them to is just unreasonable. Winning and losing both offer very important life lessons.

Here are seven tips to help you encourage healthy competition in your children.

Tip One: Explain the Importance of Doing their Best

No one knows your child better than you. What is more important is that no one can have the profound impact on your child that you have. If you take the time to instill in them that they should always do their best, in everything they do, you will be proud of them.

Tip Two: Lead by Example

This is a biggie. Children learn through what they see and what they hear, the number one person they are looking at to emulate is you. If you are making sure you are putting your best foot forward in all you do, then your child is bound to follow in your footsteps.

Tip Three: Discuss Family Values

Talk about what your family values are. Let your child know that it isn't ok to cheat in order to win. Stress the fact that it is important to work together as a team and accomplish things together. Try your best. Accept results without shifting the blame.

Tip Four: Focus on Their Effort Not the Outcome

Try not to send wrong signals to your child. When you are at your child's game, try not to focus on the fact that he / she won or lost, but the fact of how well he / she played. If your child thinks that you **only** value them winning, they may feel like they have let you down.

Tip Five: Though Shall Not Judge (a borrowed but well-known line)

Don't let your child judge others. Make it known that judging others is not the right thing to do. Try to watch how you act as far as other people are concerned. Do not let your child see that you envy others for what they have that you don't have.

Tip Six: Encourage Training/Practice

Help your child to try hard and work towards their improvement. If your child is trying to improve their running time, tell them to make a chart and keep track of every time they run, and record their time on the chart. That way over a period of time they can see how they have progressed or how they need to improve. Offer them praise when they do a good job.

Tip 7: Accept Your Child for Who they Are

Unfortunately, not all children have the desire to be competitive and not all children can be selected for the best team, lead roles etc. It is important to understand that this lack of wanting to be competitive doesn't mean that they don't try their best. Being happy with what has been achieved is more important... and less about whether or not they have beaten out anyone else.

I guess... in the long run, that is what healthy competition is all about, doing your best and being happy with what you have done.

Regards Robert

REPORTING TO PARENTS REVIEW

1. Visit the website <https://cust.schooldocs.co.nz/1893.htm>
2. Enter the username (cust) and password (piko).
3. Follow the link to the relevant policy as listed.
4. Read the policy.
5. Click the Policy Review button at the top right-hand corner of the page.
6. Select the reviewer type "Parent".
7. Enter your name (optional).
8. Submit your ratings and comments.
9. If you don't have internet access, school office staff can provide you with printed copies of the policy and a review form.

SCHOOL DONATION AND ACTIVITY PAYMENTS

Thank you to those families who have paid the school donation and/or other school activities. If you would like a copy of your child's statement/invoice/receipt emailed to you please contact the school office and this can be arranged.

Remember that all school donations are tax deductible and a full tax receipt will be provided upon request. Payment can be made through the Cust School Bank Account Number 03 1592 0074218 00. Please use your child's name and what the payment is for in the reference.

Please note that we are no longer using KINDO as a payment provider and would appreciate payment being made via internet banking to the above account number.

Any questions please be in touch.

CLASS NEWSLETTERS ROOMS FIVE AND SIX

Well done to our speech finalist this week - you all did so well and we are very proud of you!

Over the past few weeks, we have been busy working on making products to sell for our Enterprise unit. There has been a huge amount of learning involved as children figure out how to find the balance between quantity and quality of products. There is also a level of frustration as students work as a team with finite resources, and tools that we are not always familiar with. It has been a great opportunity to utilise the strengths of our community, and we appreciate the help that parents have provided in the form of both expertise and materials. The products are truly looking fantastic! Our market day is scheduled for Week 9 of this term. Watch this space for more details.

Our seniors are also working on novel studies. For most groups, this requires some work at home; reading a few chapters, or completing tasks. Please discuss these with your child to keep up to date with expectations.

Have a great weekend,
Miriam and Eleanor

ROOMS ONE AND TWO

Kia ora koutou,

The last few weeks in Rooms 1 and 2 have been as busy as ever. Last week the children presented their speeches to the classes, and what a great job they did! It was very tough to judge, and they should all be extremely proud of how they conducted themselves throughout the writing and presenting process.

In the next few weeks we will be testing for our mid-year data to check the children's progress, and inform our next teaching steps. The testing we have completed in the last week has been very pleasing and great to see the children using what they have learnt in this situation.

Friday Sport is back in full swing, with the tamariki enjoying playing in a low-key environment with their friends, and for some trying out a new sport. We have also started our Passion Projects, where the children have to come up with some wonderings around a certain topic they are interested in, then research these and present their findings.

As always, you are welcome to pop in anytime and see what your child has been up to!

Ngā mihi,
Rupert & Shannon

ROOM THREE

Kiora Katou

The weeks are flying! A huge thank you to all parents for your support with our speeches. Ros and myself have been very impressed with how most children have shown great independence in writing and practising for this. Congratulations to Phoebe, Leo and Sam for getting through to the Cust Finals. And hopefully, by the time you read this we will have a winner amongst us.

Our Matariki unit is well under way. The star cluster will be able to be observed from around June 24th till the end of July. We will be doing lots of activities based on this theme. Weeks 6/7 will involve Maths, Reading and Writing assessments for the children.

With nasty viruses floating around we are trying to be a little more vigilant with hand washing etc. We always appreciate boxes of tissues to help keep those germs at bay.

Have a great weekend.
Nga mihi nui
Linda & Ros

ROOMS FOUR AND SEVEN

Kia Ora Whanau

It has been a very short week in the Junior Hub this week. On Thursday afternoon we had the Junior Speech finals. Everyone spoke really well and the standard was very high. But a big congratulations to Harper for winning the speech competition. Also, well done to all the children in Room 4 and Room 7 you all worked hard on your speeches.

In Room 7 and Room 4 this week we have continued focusing on writing, reading and numeracy. Room 7 has had a big focus on number this week. The children have been having double numeracy lessons.

Each Friday Room 4 and Room 7 get together to do some art. Last week we finished off our umbrellas in the rain. Below are some photos of the artworks. If you get the chance please come in and see them.

Have a great weekend
Eddie and Kennys



CUST SCHOOL SPEECH COMPETITION RESULTS

Year 0 - 2

1st Harper Reynolds
2nd Addison Moore
3rd Georgia Bird
4th Annabelle Bertie

Year 3 – 4

1st Amelie Bell
2nd Sam Gartery
3rd= Maddy George
= Phoebe Woodbury
4th Leo Wright

Year 5 - 6

1st Kirah Galbraith
2nd Harry Robotham
3rd Petal Carroll-Rossiter
4th Kate McAllister

Year 7

1st Ethan Lord
2nd Elizabeth Shore
3rd Harry Mehrtens

Year 8

1st Liz Eginton-Abbott
2nd Caleb Bell
3rd Millie McAllister
4th Takoda Kaiser Leyendecker

COMMUNITY NOTICES

Kiwi Farmers' Guide to Life

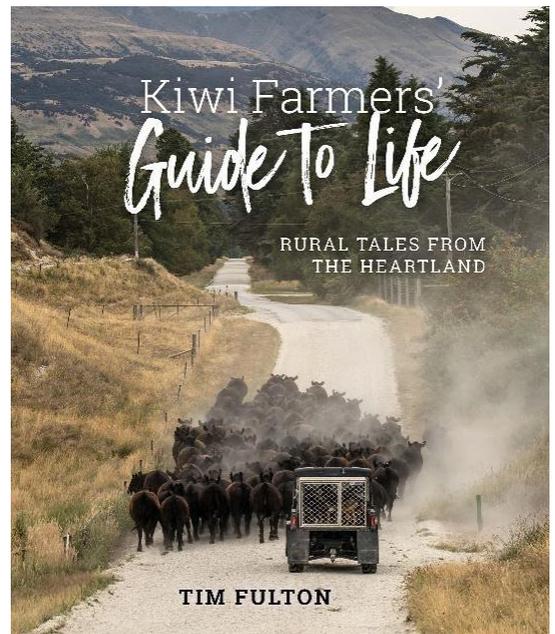
by Tim Fulton

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For interviews, review copies, extracts or promotions please contact publicist Lise Clayton, (021) 748-117, lise.clayton@outlook.com

For direct purchase from the author
www.timfultonmedia.co.nz/books
\$40 per copy (\$45 if postal delivery required)

Also available from www.batemanbooks.co.nz



Tim Fulton always wanted to tell the stories of rural New Zealanders, so he jumped at the chance to gather profiles of New Zealanders making a life on the land.

In *Kiwi Farmers' Guide to Life* Fulton tells the stories of New Zealand farmers and their families, tracing the ancestral journeys that brought them to their particular piece of rural Kiwi paradise.

From a dive into farming history to a probe of modern agricultural issues, *Kiwi Farmers' Guide to Life* shows farmers at their finest and – in some cases – their most vulnerable. At heart, it explores *why* farmers do what they do, rather than how.

New Zealand primary industry deserves to be described to the full. Through the lens of the people living these issues every day, Fulton captures the joy of rural life, but also canvasses racial discrimination, waterway pollution, sheep farming philosophy and parasite control technology.

This book showcases some of the country's most innovative farmers: their motivations, frustrations and legacies. It is a tribute to a way of life that the author loves himself, having grown up on a farm and come to deeply respect the people and families that make up agriculture in New Zealand.

Tim Fulton grew up at 'Larundel', a sheep and crop farm at Swannanoa in North Canterbury. Swannanoa school only had a couple of classrooms and the school bus used to cut through the Fultons' farm to scoop up as many local kids as possible. The lane would sometimes be blocked by a yard-full of sheep so the bus driver (quite possibly the school principal) would swing right by Tim's home, stopping by the veranda where he and his brothers would hop aboard.

Inspired by family farming stories, as a journalist Tim has written much about the transformation of farming since the early 2000s, when agriculture first started to emerge from the status of a so-called 'sunset industry'. Tim loves telling rural stories, helping readers to understand the joys and complexities of life on the land.

