



# CUST SCHOOL NEWSLETTER

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School's bank account number is 03 1592 0074218 00



Friday, 5 November, 2021 - Week Three —Term 4

**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 Courage:**

**WEEK THREE: "Courage isn't just for soldiers and knights in shining armour ."**

How can you help someone else to show courage?

### **Cust School - Camp:**

This week our Year 5/6 class went to Living Springs and took part in their annual camp. I visited them on Thursday and it was great to see the children take part in a variety of interesting activities. Thanks to Shannon and Rupert for organising this and to the parents who gave up their time to support this event.

### **Cust School - Athletics:**

Over the last few weeks the children have been practising their athletic events. This will continue, however each class / year group will be combining this with an actual competition in each event. These will not be on a specific day, but held at various times depending on weather and other events e.g. camps. Each child will still have an "Athletic Score Card" as we have done in the past. This will be a record of the achievements and placed in their portfolio.

Whilst there are some children who find athletics challenging, there is an expectation that all children have a go. **We want them to be COURAGEOUS – maybe having a fear of this but triumphing over it. Being courageous enough to take some risks.**

### **Cust School – Teacher Only Day:**

**Cust School Teacher Only Day – Thursday 11 November - Cust School is closed.**

**Canterbury Day – Friday 12 November**

## POLICY REVIEW

- Improving Educational Outcomes for Maori Students
- Religious Instruction

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.

## CUST SCHOOL ALERT LEVEL REMINDERS:

### School Procedures:

- **Parents are required to keep any sick children at home. Please do not send sick children to school.** If a child becomes sick at school, parents / caregivers will be rung and asked to pick their child up immediately.
- We are asking for parents to drop their children off at the gate as a preference, however if you do need to come onto the school site: **we encourage you to wear a face covering, stay outdoors, please adhere to social distancing protocol and you will need to scan or complete the contact tracing register – situated at each school gate.** Hand sanitiser will be provided.

## CUST SCHOOL CONGRATULATIONS

James Jones competed at the recent Amberley Show.

Results:

1st and Champion Herd Register GOATLING Kohinoor Carnation (this is the start of James' own breeding line)

Junior Judging 1=

Junior Showmanship 1=

Fantastic effort and well done - James

## MARSHALLS WANTED

The OxMan is NZ's newest long course triathlon incorporating a festival of race options to suit all athletes. As well as a long course triathlon/duathlon/aquabike (swim/bike) they have a Mini OxMan, a Junior OxMan for 10-16 year olds, a kids duathlon for 5-9 year olds and run only options over 21km and 7km distances. The Oxman triathlon will be held on Sunday, 12 December at Sparks Lake, between Harewood, South Eyre and Poyntzs Roads. They are in need of marshalls for the event, and have approached the PTA to see if we can drum up some! For each marshall that we can provide, they will make a donation of \$48 to the PTA. Time involved would be between 3-5 hours with something to eat and drink provided. The money that the PTA would raise from this will be used towards landscaping for around the new classes / staff room. Please send a PM to the PTA FB page, email [custschoolpta@gmail.com](mailto:custschoolpta@gmail.com) or text Kathryn on 0210391747, if you are able to help on the day.

Many thanks

Kathryn Taylor - PTA President

## NEXT WEEK:

**PTA Meeting – Tuesday 9 November –Library 7:30pm**

## CLASS CERTIFICATES

- Room Three: Well done Tom for showing success in Piko's tips – SOLVE PROBLEMS – for making good progress in his Basic Facts in addition to 20 and 2's, 5's and 10 x tables. Terrific effort Tom! Well done Amie for showing success in Piko's tips – be INDEPENDENT – for being a hard-working independent student who shows great initiative in the classroom. You are a Superstar!
- Room Four: Well done Henry for showing success in Piko's tips – SOLVE PROBLEMS – for a massive improvement in his reading skills.  
Well done Ted for showing success in Piko's tips – SOLVE PROBLEMS – for improvement in all areas of learning.
- Room Five: Welcome to Cust School Roisin.  
Well done Israel for showing success in Piko's tips – THINK – I am really impressed with your writing – how you are trying your best to sound out words and leave spaces between your words. Well done.  
Well done Faustina for showing success in Piko's tips – THINK – Great writing Faustina. I love the way you are sounding out the words and writing down all the sounds you hear. Well done.
- Room Six: Well done Caleb for showing success in Piko's tips – SOLVE PROBLEMS – for taking action to make our community a better place to be!
- Room Seven: Well done Walter for showing success in Piko's tips – PARTICIPATE – for showing care to a fellow classmate. You are a valued member of Room 7.

# 30 Days of Notable November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 7 Buy a gift for yourself	1 Go for a brisk walk in the fresh air	2 Light an aromatherapy candle and enjoy the aroma	3 Write a thank-you note for a special person in your life  <span style="background-color: #0070c0; color: white; padding: 2px;">Teachers Matter BookClub</span>	4 Buy yourself some flowers	5 <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch  	6 Cook your favourite meal and enjoy with someone special in your life
14 Sit in the sunshine and soak up the rays <small>(and if not today as soon as you can.)</small>	8 Book a massage, manicure or pedicure this week	9 Savour your favourite chocolate or sweet treat today  	10 Do something small that scares you today  <span style="background-color: #0070c0; color: white; padding: 2px;">Teachers Matter BookClub</span>	11 Be encouraging to your colleagues and friends  	12 <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch  	13 Blow up some balloons and give them away to a child  
21 Delete 3 apps off your phone that you don't need	15 Finish your day with focusing on your favourite things  	16 Buy, download or borrow an inspiring book to read	17 Donate some items that you no longer use or need  <span style="background-color: #0070c0; color: white; padding: 2px;">Teachers Matter BookClub</span>	18 Write a list of your great qualities	19 <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch  	20 Take a bubble bath or pampering shower  
28 Plan your week, including some pamper and downtime - just for you	22 Dance like no-one is watching  	23 Focus on what you are grateful for today	24 Ring, hug and/or spend time with the people you love  <span style="background-color: #0070c0; color: white; padding: 2px;">Teachers Matter BookClub</span>	25 Eat cake & enjoy  	26 <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch  	27 Watch a sunrise or sunset today  
30 Write a list of all your achievements in your life  			 Karen & Meg's Happy Healthy Teachers Online Summit IS BACK! 21-23rd January 2022 *New Speakers & New Topics <a href="http://www.happy-healthy-teachers.com">www.happy-healthy-teachers.com</a>		<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>**NEW**</b>                          The Power of Gratitude Inspirations   </div> Gratitude Inspirations This tiny book is packed with gratitude and love, to inspire and remind you there is good in every day. You just have to look! A wonderful personal daily reminder of gratitude or a thank you gift for someone you appreciate. Get your copy/s today... <a href="http://www.spectrumeducation.com">www.spectrumeducation.com</a>	

## COMMUNITY NOTICES

# SCHOLASTIC BOOK CLUB ISSUE 7

To view what books are available go on line - <https://www.scholastic.co.nz/schools/book-club/>

All parent credit card orders must be placed via the LOOP platform. You can order online at [scholastic.co.nz/LOOP](https://www.scholastic.co.nz/LOOP), [mybookclub.scholastic.co.nz](https://www.mybookclub.scholastic.co.nz) or via the LOOP mobile apps. **NOTE:** skip the box that asks for suburb, enter Cust in the school name and then proceed. If you require any help just ring them and they are happy to talk you through. (0800 266 525)

Issue 7 closes on 27 November. (However, due to Christmas and Covid I would suggest that you order before this date to ensure delivery and supply).

## Latest Book Club Offer

**ISSUE 7 2021** **ORDERS FOR BACK BY:**

# Book Club

**WELCOME TO Book Club**  
Want to learn more?  
See our Parents' Guide  
[scholastic.co.nz/parents](https://www.scholastic.co.nz/parents)

**001 NEW! Spooky Surprise**  
Ella is determined to find out what all the strange noises are.  
144 pp. AGES 7+  
~~\$16.99~~ **\$10**

**002 NEW! Tool Time!**  
Hotdog, Lizzie and Kev start The Fix-it Friends, to make money fast!  
128 pp. AGES 6+  
~~\$16.99~~ **\$10**

**003 NEW! Monday**  
Justin's mum has just married a vampire. His dad is driving a giant toilet on wheels. And a psychotic bully is making life miserable...  
192 pp. AGES 8+  
~~\$26.99~~ **CLUB PRICE \$12.00**

**004 Wings of Fire: The First Ten Books**  
Five dragonets must fulfill an ancient prophecy and reunite the seven dragon tribes.  
Each 336 pp + 16 pages.  
AGES 10+  
~~\$220.00~~ **\$89**  
SAVE \$41.00

**005 The Little Yellow Digger Saves Christmas**  
Santa has run into a spot of bother! Once again, it's our favourite digger who is on hand to rescue Santa and his truck full of presents.  
32 pp. AGES 3+  
~~\$19.99~~ **CLUB PRICE \$12.00**

**006 NEW! Another Book About Santa**  
Santa is very busy and so tired of starring in every Christmas book!  
48 pp. hardcover. AGES 5+  
~~\$24.99~~ **CLUB PRICE \$19.00**

**007 NEW! The Bad Guys Episode 14: They're Bee-Hind You!**  
Don't forget to look behind you because THE MULTIVERSE IS GETTING WORSE!  
172 pp. AGES 7+  
~~\$16.99~~ **\$10**

**008 NEW! Going on a Kiwi Holiday**  
A celebration of summer, family holidays and the great Kiwi roads.  
24 pp. AGES 3+  
~~\$20.99~~ **CLUB PRICE \$15.00**

**009 Where's Santa?**  
Help Detective Inspector Scrooge track Santa down in time to save Christmas.  
24 pp. AGES 4+  
~~\$16.99~~ **\$3**

**EVERY CHILD DESERVES A BOOK**

**SCHOLASTIC**

# 7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

## 1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.

## 2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

## 3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

## 4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

## 5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

## 6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

## 7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)