



CUST SCHOOL NEWSLETTER

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Friday 20 August, 2021 – Week Four —Term 3

BE YOUR BEST
Kia Rawa Pai

CUST CONNECTS - WHANAUNGATANGA

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

FROM THE PRINCIPAL'S DESK

Lockdown: less strange, but different?

This will challenge us all, in many ways.

So be kind, keep safe, and look after each other.

Let's keep strong and keep connected.

As you are very aware...

All of New Zealand will continue to be at Alert Level 4.

This setting means that school is closed on Monday 23 August and Tuesday 24 August.

I will keep you up to date with any further communications as they come to hand. Please keep monitoring these.

Thank you for your ongoing support of our school staff and school community.

IMPORTANT: There may be some anxiety/worry around and the children will hear and feel this. We need to reassure/comfort/love our children and families. We are all social beings so although the idea of being off school sounds awesome, they are probably picturing a fun time like a holiday, not the reality of being trapped at home and not seeing their friends. So it is important to **CONNECT**. Play outside and go on walks. Bake biscuits and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. We have a plan to support home learning and when we are back at school we will ensure they continue to progress from where they are. It will be ok!

At the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day...

Over the next few days you will receive two types of communication:

1. Cust School Updates - these will be from me and will provide general information about school etc. These will summarise detailed information from the Ministry of Education.
2. Cust School Distance Learning Plan - these will from the teachers, providing you details around what, how, when... a Distance Learning Plan (DLP) for Cust School will look like.

[See attached for Cust School DLP - Parents](#)

IMPORTANT:

"Distance Learning" reflects our belief that quality learning can occur at a distance without solely relying on computers. We will be encouraging Cust School students to read, communicate and engage in learning experiences outside of the home, while continuing to be physically active. This plan will look different at various age levels.

1. **Be a family - spend time together doing fun stuff - READ together!**
2. **Establish routines and expectations**
3. **Encourage your children to engage with the learning activities provided. As there is an expectation to engage with this work, it will require you to develop a rhythm / routine at your home. This is not a holiday, and while we are mindful that each family situation is different and challenging, we need the children to BE ACCOUNTABLE AND ACTIVELY ENGAGE in the learning activities provided, and your support would be appreciated. All we ask is that we do our best to work together.**
4. **Monitor communications from your children's teachers**
5. **There will be mistakes, frustrations and we will have to experiment. Take it easy on the children, take it easy on yourself and take it easy on the teachers if it's not working 100%. It's ok – we will work it out together. Stay in contact with the school and teachers – we will support you.**

Access to hard materials / devices – I am working through details on how to enable whānau and caregivers to collect hard materials and/or devices –

"a managed contactless collection system for families."

Hopefully I will be able to communicate further information regarding this asap.

Please keep checking your emails.
Take care.
Robert

CONNECT - HAPPINESS:

Week Five: "Start each day with a positive thought and a grateful heart."

How can having, feeling and showing gratitude improve your life?



SENIOR DISTANCE LEARNING

RESPECT MYSELF

- Get enough sleep
- Complete my tasks independently
- Try my best
- Take breaks
- Keep private information to myself online
- Eat at regular times
- Go outside every day
- If I feel upset, talk to a trusted adult
- Only submit complete work

RESPECT PEOPLE

- Read all instructions before starting
- Re-read instructions before asking for teacher help
- Let my family get their work done
- Provide kind, helpful feedback to others on their work
- Stay in touch with friends and family

RESPECT SURROUNDINGS

- Be gentle and careful with technology devices
- Keep my room tidy
- Put things away when I'm finished with them

JUNIOR DISTANCE LEARNING

RESPECT MYSELF

- Go to bed at the normal time and get lots of sleep
- Complete work my teacher sets me
- Try my best and don't give up
- Only use set learning websites
- Use a computer with an adult near you to keep you safe online
- Go outside every day
- Eat healthy snacks

RESPECT PEOPLE

- Use kind words to my family
- Let my family get their work done
- Share some work with my teacher
- Stay in touch with friends and family
- Play nicely with my siblings and help them with their learning if I can

RESPECT SURROUNDINGS

- Be gentle and careful with technology devices
- Keep my room tidy
- Put things away when I'm finished with them

Staying grounded and feeling good

10 ways to look after yourself and your whānau, and have some fun along the way! These activities incorporate the principles of positive psychology, and are easy to adapt and reuse.



DANCE:



So easy! Raise the feel goods in your body by having a wee boogie for a song or two.

MAKE TIME FOR FRIENDS:



Connecting with others is a winning way to wellbeing. Make time for your mates and rellies, or plan a playdate with a whānau you haven't seen for a while!

GARDEN:



The combo of being outside, being a lil' bit active and being in the moment are great wellbeing boosts, but there's also evidence that learning how to care for and nurture plants can reduce stress, and help shift our mindset and give us perspective.

LEAVE A CHALK NOTE FOR SOMEONE:



This combines being outside and acting with kindness, or 'giving' – both wonderful ways to wellbeing. Make sure your note is sincere and add a compliment to make the recipient's day.

DO SOMETHING FOR SOMEONE ELSE:



Drop off some baking, give some home-grown flowers, or plan a special surprise. Anything that helps others... do it just coz!

HAVE SOME ALONE TIME:



Make sure you all get to spend time on your own – in separate rooms or places just quietly doing something for yourself. Schedule it in if needed or tag in and out with your partner. Take some time to just relax for a short while.

TRY MEDITATION OR YOGA:



Another winning combo! Being active builds strength and flexibility, and focusing on our breathing can help us become more mindful, focused and relaxed. If you're new to it, be gentle on yourself. Try some kids yoga together!

STAR GAZE:



This is a great way to take some notice and find a moment of 'wonder'. Feeling 'awe' is a powerful positive emotion that can prompt lots of good questions and learning. A great way to help us have meaning and feel good.

GRATITUDE FOR THE TINY THINGS:



The science of gratitude is very compelling. Recalling people we're grateful for helps us feel thankful, and recognise all the cool things others contribute to our lives. Nice huh? This can be a great meal-time game or even card making exercise.

GO FOR A WALK OR BIKE RIDE:



Some time outside and physical activity can give us a boost for sure. You can turn each outing into a new adventure by setting a mission: how many birds can you spot? How many cyclists will you see?



BOT update

We hope you are keeping well in level 4, and are able to spend time together as whanau. Wellbeing is a school focus this year, but also a focus for our school community. Please remember a friend, some advice, or help is just a phone call away.

At our board meeting last week we reviewed midyear student achievement data. The results were great and a lot of reflection, discussion and planning around the student's learning needs was evident. Many thanks to the staff for all their hard work.

Unfortunately the classroom replacement project is behind schedule, we are looking at moving in at the end of the term instead the middle. The junior playground project is progressing well and thanks to Steve Bell as our local contractor for this work.

As a board we are looking to 2022 and will be needing new trustees, we encourage parents to think of this as a possibility. Please contact any board member to ask questions and express your interest.

Nga mhi

Katie Croft on behalf of Cust School BOT

PTA

Calling Marshalls!

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 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.

Please contact me if you are interested in helping. This would be a great fundraiser for the PTA if we can rein in as many helpers as possible.

Many thanks. Kathryn Taylor, custschoolpta@gmail.com or 0210391747

Second Hand Uniform

Second hand uniform is available from the small room (former coal bunker) opposite the office.

See Mrs Thompson for the key. Items are available for a gold coin donation. If purchasing items, please pay at the school office, and don't forget to relabel these items.

If donating items, please leave them at the school office - clean and in good used condition (no stains or holes). Remove the name tags.

For more information/contact details:

Website: www.cust.school.nz (School Info Tab)

Facebook: Cust School Parent Teacher Association

Email: custschoolpta@gmail.com

Cust School PTA Bank Account: 02 0876 0291500 000. Please note – this is different to the Cust School Bank Account which you pay school fees etc into.

SEFTON RIDING CENTRE PRIMARY SCHOOLS SHOW JUMPING COMPETITION - Saturday 18th September 2021

Hi Cust School Horse Riders!,

Just thought I would pop this out to see if we can drum up a team from our fabulous school to compete in this event.

Lily is keen to get a team together so that's one!

Shoot me an email on muheehee@hotmail.com or text on 021 0222 5976 if you are keen to be part of this and we can get the ball rolling and start organising things.

The heights are 45cm, 60cm and 80cms.

Sarah Robotham

Year 1-8 eligible.

2 rounds per rider at any height

Composite teams accepted.

Sausage Sizzle running.

Competition 2 - 12 Midday Start Approximately

ALANA ADAMS TROPHY

Class 3 - 45cm

Class 4 - 60cm

Class 5 - 80cm

- 4 in each team any mix of class 3/4/5

We will organise things once we have enough riders:

For your information below -

Entries to:

Email: clipclopequestriannz@gmail.com

Please include

Child's name

Class

Manager's name

Team name

School

\$80 Per team

Entries close 9th September

No late entries

Sefton riding centre

03-1395-0168899-000

Ref - Name of school

If you don't have enough riders please email in the riders details you have and I will make up composite teams

Many thanks Nicola Grigg – Sefton Riding School