



CUST SCHOOL NEWSLETTER

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Friday, 5 July, 2019 - Week Ten —Term 2

FROM THE PRINCIPAL'S DESK

INSPIRATION / RANGA WAIRUA Personal Inspiration Hauroa and Wellbeing

Personal Inspiration - Hauroa and Wellbeing

HOW TO HELP KIDS MANAGE WORRIES PART 2

Our tamariki mightn't have to pay bills, cook dinners or organise carpools but just like us they face daily demands and worries, and what seems trivial to us can be important to them. So what can we do to help?

Validate their feelings

Voice the feelings you pick up (e.g. "That sounds like it's worrying / bothering/ bugging you."). And thank them for chatting with you. Remind them that worrying is normal and can even be helpful – motivating us to study, be alert, focus and run faster.

Event-based worries: If something worrying is coming up – i.e. a test or their first day at a new school – encourage them to think of a similar challenge they overcame i.e. their first day of school. Talk about the strengths they have and how these can help. If your child is 11 or older, we recommend our [Find Your Strengths quiz](#).

Teach perspective and humour

Without minimising their worry, remind them that problems are temporary and solvable, and that whatever happens things will be okay. Where appropriate, humour can lighten the mood and foster resilience, as can reminding them that there'll be better days and chances to try again.

Guide kids to solutions

When possible, support tamariki to deal with challenging situations. If your child tells you about a problem, offer to brainstorm solutions together, resisting the urge to jump in and fix the issue. Then encourage them to pick the best solution. When children play an active role, you're teaching them how to problem-solve.

Offer Physical reassurance

If your child is frequently worried or anxious, look for ways to let them know their world is safe. This can mean going back to basics and providing physical reassurance through love, hugs, back-rubs, hand holding or keeping them close.

REMEMBER - SHOW THE WAY BY BEING A ROLE MODEL

MUFTI DAY

A big thank you to everyone who donated a gold coin for Mufti Day. We raised approximately \$250 that will be donated to the Child Cancer Foundation.

The end of the term is now upon us and we are all looking forward to a relaxing break – rest and recharge the body and mind.

After this week's Three Way Conferences you should have a clear picture of how your child is progressing, both academically and socially, and you should know what the next steps / goals are so progress can be maintained or accelerated. Our children overall do achieve very well and we do have high expectations of our children. We, the staff, appreciate the support you give your children and we know that together we can make a difference. It is the little things that help – reading to and with your child, learning those basic facts and learning the essential spelling words. I believe if you keep things simple and focus on what's important, then the rest tends to sort itself out.

Kathryn Winson:

As some people are aware Kathryn and her family are heading overseas for a few years.

Kathryn has had many roles at Cust School over the last 10 years or so, all of which she has filled in a very professional manner.

On behalf of the staff and Board of Cust School I would like to thank Kathryn for all the work she has done over the years here and wish her, Rich, Nate, Riley and Evie all the best for their upcoming adventure. It is not goodbye, but a bon voyage, farewell and see you soon.

Winter Tournament:

On Tuesday, we had six teams from the senior school compete at this sports tournament. This is a competitive tournament (whereas Friday is more participatory) with winners able to represent our zone at the Canterbury Champs.

We did extremely well:

Hockey:	Year 7/8	Second
	Year 5/6	Third
Football:	Year 7/8	First
	Year 5/6	Fifth
Netball:	Year 7/8	Second
	Year 5/6	Third

The Year 7/8 teams have qualified for the Canterbury Tournament – 3 teams!
Well done Cust children.

*Whai I te haraei nui
Have a great holiday*

Robert

PRINCIPAL'S STRIKE NOTICE

Primary principals across the country have voted to reject the government's offer for settlement of our negotiations. The government failed to make an offer that addresses our key issues. We are concerned that little is being done to ensure that being a primary principal is seen as an attractive career option.

While I'm really happy that our teachers won back parity with their secondary colleagues, the same wasn't offered to primary principals. We think that if parity with secondary is fair for teachers, then surely it's fair for principals. The offer also would have seen some principals in smaller schools paid less than some teachers in larger schools. It's important that all communities are able to attract teachers into becoming principals, and that won't happen if they can earn more as a teacher.

As a sign of our concern we have voted to withdraw the goodwill we extend to the Ministry of Education work that is additional to our day to day role running schools. I will not be participating in any form of work programme, taskforce, meeting with or reporting to the Ministry between July 8 and August 16. I will continue my professional leadership of the school during this time.

Principals continue to hope that the government will hear us and address our issues. We are committed to continuing our campaign until they do. Personally I am grateful for the support that our parent community has shown throughout the campaign. I hope you will continue to show your support next term if it is necessary.

TERM THREE DATES – refer to website for more information

Monday, 22 July	Term Three commences
Tuesday, 23 July	PTA Meeting 7.30pm
Wednesday, 7 August	BOT Meeting NC Cantamaths
Friday, 9 August	School Disco
Thursday, 22 August	Canterbury Winter Tournament EPro8 Yr 7 & 8 Kaiapoi 5pm
Friday, 23 August	EPro8 Yr 5/6 Kaiapoi 9am
Saturday, 24 August	Quiz Night
Monday, 26 August	School Musical practice in Rangiora
Tuesday, 27 August	School Musical performance 6pm
Wednesday, 28 August	Cantamaths
Tuesday, 3 September	Choir Rehearsal 11.30am
Monday, 9 September	Court Theatre
Wednesday, 18 September	BOT Meeting
Friday, 27 September	Term 3 ends

PTA NEWS

The PTA has closed their bank account with Heartland and has opened up a new one with BNZ. Please update your details with this new bank number.

02-0876-0291500-000

Cust School PTA

CERTIFICATES

- Room One: Well done to Andie for showing success in Piko's tips for showing independence in her maths skills.
Well done to Charlie for showing success in Piko's tips for developing his confidence in Room One.
- Room Two: Great work awarded to Sam, Anna, Ruari, Izzy and Andie – thank you for being fanblimintastic role models in Room Two.
Great work awarded to Andie for showing independence in her writing skills.
Spelling Superstars for Term Two awarded to Harry and Jed
- Room Three: Great work awarded to Sam for your amazing resilience in class and at lunch time when playing rugby. Well done Sam!
- Room Four: Well done to Alesha for showing success in Piko's tips by being a confident writer and speller.
- Room Five: Well done to Violet for showing success in Piko's tips. You put great effort into your work and take your time to make sure it's your very best. That's why you create such beautiful art works!
Well done Caleb for showing success in Piko's tips. You put great effort into everything you do. Every week you go above and beyond on your reading contract and you worked so hard to create a beautiful water colour painting.
- Room Seven: Well done to Oli for showing success in Piko's tips for showing initiative at organizing your Enterprise team.
Well done to Harry for showing success in Piko's tips for showing persistence and effort to make sure Maths work is accurate.
Well done to Alex for showing success in Piko's tips for excellent communication skills. You are able to articulate clearly your goals and how you can achieve them.

ROOM THREE

Another term down and a well needed rest awaits. This term has been full of experiences for Room 3 and now is time to reflect and rest up before beginning Term 3. It was lovely to speak with you all about your children's progress, they have worked really hard this term and should be very proud of their achievements.

I wish you all the safest holidays and I will see you all next term.

Nga mihi
James

ROOMS ONE AND TWO

With the end of term approaching we need to acknowledge the children's hard work over the term. There have been significant shifts in the children reading, basic facts and written language results and all three of us are well pleased with these results.

A big thank you to all the parents who attended the Three Way Conferences over the last few days. There were a lot of good discussions had.

The children in Room 2 have enjoyed having Mrs Mcleod as a reliever for Mrs String this week. She has a warm and positive nature and a great sense of fun.

We also thoroughly enjoyed having Sharron Jackman coming in to teach our Y3/4 about both sketching, and using water colour. Some of the efforts were outstanding and everyone left feeling confident and enthusiastic about future attempts. Many thanks Sharron.

The children in both classes also enjoyed the theatre troupe performing some well-known Fairy Tales on Tuesday, as well as a winter sports tournament for the Y5s.

We would like to make a special acknowledgement to Mrs Winson for her wonderful work at Cust over the years. The children and staff will miss her positive enthusiasm and creativity in teaching. She has been a great support to all staff over the years and we wish the whole Winson family all the best for their travels.

Next term, as well as our usual action packed weeks, we have both the school musical and our annual speech competition to look forward to. All the more reason to have a lovely restful and relaxing holiday.

Keep safe,
Eddie, Linda and Ros

ROOMS SIX AND SEVEN

Thank you to all parents and whanau who were able to make it to 3 Way Conferences. It is a very valuable and powerful way to discuss your children's learning and social development, identifying areas for development, supporting them in setting goals as they make their journey through primary school in preparation for high school.

Congratulations to all of our tamariki who participated in Tuesday's winter sports tournament. You all represented Cust School with pride....giving your very best!!

For those who remained at school on Tuesday, we had the Playhouse Theatre visit us and perform a variation on the 'Gingerbread Man'. It was lots of fun and appealed to all ages.

Another highlight of the week was the 'Market Day' on Wednesday. Thank you to all whanau who came along and supported us purchasing the creative efforts of the children. Well done Miss Smith and Room 5, Mrs Bell and Room 7 and Room 6 - a fantastic team effort!! Thank you to all those who supported the children in their learning both at home and at school. We would especially like to show appreciation to Caroline Smith, Fiona Barton and Grandma Barton, Jo Mills, Kathryn Taylor, Leanne Chapman, Rebecca Gartery, Sarah McAllister, Sarah Shore and Tanya Van Wyk. Your extra 'helping hands' to assist at Enterprise time in the afternoons were wonderful!!

The students have decided on the charity to which they will donate their profits - the SPCA. Any 'non-perishable merchandise' left over has been recorded in a thorough stocktake. We will make a decision of when and how to sell what is remaining next term. All profits will be donated to our chosen charity. We will let you know in our first newsletter next term the final amount raised. What a fabulous and highly successful learning experience!

Have a safe and happy holiday!!
Nga mihi,
Miriam Robert & Annmaree

ROOM FOUR

It was lovely to see all those who could make it to the Three Way Conferences and share with you your child's progress.

Over the last couple of weeks we have been talking about friends and last week some children from Room 1 came in and added their thoughts on what made a good friend. Thanks for your help.

Three mornings a week we do a Perceptual Motor Programme in the Multi-purpose room, working on hand-eye co-ordination, eye tracking, upper body strength, vestibular – balance and other basic movements.

In Maths the children have been working on groups within 10, addition and subtraction to 10 and numbers from 1-20.

Over the holidays a little reading, writing and maths practice would be appreciated.

Enjoy the break,
Kennys

ROOM FIVE

It's hard to believe we're half way through the year already.

It was lovely to stop and reflect on the children's progress already this year at our conferences. They should be proud of their hard work.

We've been working on measuring angles using protractors in maths and tying up our loose ends on The Block.

The children have all chosen a country to research for their reading contracts this week, and have displayed their findings in an information report.

We've had some more stunning writing this week. Inspired by a YouTube clip of Dream Land, an abandoned Japanese theme park.

Here are a few examples of their work:

'Vegetation and silence enveloped the foreboding, eerie, once festive park'- *Caleb Bell*

'The old rusty poles remain silent, covered in blankets of dust. The ancient rotten mascot costume sits in the dark.' *Katelyn Gough*

'As the colourful flowers grow all over the rides, the park sits in pure silence.' *Sophie Thompson*

Have an amazing holiday!
Eleanor

FISH AND CHIPS, AMERICAN HOT DOGS – Thursday, 1 August (Week Two – Second week back)

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

Please 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 monies (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	\$2.00	½ scoop chips	\$1.50
Hot Dog	\$3.00	Fish	\$3.00
Sausage	\$3.00	American Hot Dog	\$3.50
Mince Pie	\$5.50	Mince & Cheese	\$5.50
		Hash Browns	\$1.00

COMMUNITY NOTICES

ROAD SAFETY WHEN PICKING UP CHILDREN FROM SCHOOL

Many children are hurt or killed getting in and out of the family car at school.

Notes for children

- If you're being picked up from school, always wait within the school gates away from the road
- Always remember to get in and out of the car from the side closest to the footpath
- When your lift arrives, don't rush across the road but wait for your parents to meet you at the school gate.

Notes for parents

- Meet your child at the school gate if possible
- Always meet your child on the same side of the road as the school or bus stop
- Do not wait for or call your child across the road
- Model the right behaviour – don't expect your children to do what you say if you are doing something else
- Don't double park and ask your children to jump out of the car when it's unsafe to do so
- Always remember to tell your child to get in and out of the car from the side closest to the footpath, not opening doors in the path of oncoming traffic

Reproduced from the 900° Child Safety Handbook – A guide to promote health and safety within our community. Supporting families and the community

FREE TO GIVE AWAY

Appleyard cross ducks and drakes...

Several to go to a new home.... Great pets and very friendly. Lots of eggs over Spring and Summer.

Ring/text Sue 0279630299

GRAZING WANTED

For 30 in-lamb ewes for approximately two months. Cust, Summerhill, West Eyreton area.

Phone Tim Gorton 0274642186.

GRAZING WANTED

For 4 beef yearlings for approximately two months. Cust, Summerhill, West Eyreton area.

Phone Tim Gorton 0274642186.

SEEKING HOMESTAY FAMILIES FOR INTERNATIONAL GROUPS IN TERM 3

At Rangiora High School we are fortunate to host group programmes. In Term 3 we will be hosting two groups;

Japanese Group - 15 students. Single placement. Friday 02 August - Monday 19 August 2019.

Chinese Group - 20 students. Double placement. Monday 19 August - Monday 26 August 2019.

We are looking for some families from the Rangiora High School community to assist us by hosting these short term students during their stay in New Zealand. These students are coming to experience life in New Zealand and an important part of this experience is living with a kiwi host family.

We are also fortunate to host wonderful long term students from China, Japan, Thailand, Vietnam, Korea, Germany, Belgium, Italy, France and Switzerland.

Hosting an International Student is a rewarding experience and it is a great way for your family to learn more about another country, culture, language and to establish lifelong friendships.

We also make a homestay payment **per week** for the duration of their stay.

If you are interested in the opportunity to host short term or long term students, have any questions regarding hosting or have friends and family that might be interested in hosting, please contact Linda Strachan, Homestay Manager on 311 8888 or stl@rangiorahigh.school.nz

Thank you

International Department



SHORT DAY (8:30-3) **\$45.00**
LONG DAY (8:30-6) **\$55.00**

OSCAR SUBSIDY AVAILABLE

- ★ FREE afternoon tea (long day only)
- ★ FREE jumping
- ★ Daily structured activities
- ★ Daily supervised free play
- ★ Located in the Party Room

\$10 MEGA AIR VOUCHER FOR EVERY JULY ENROLLMENT

megaair@mashkids.co.nz

M.A.S.H HOLIDAY PROGRAMME

We recognise that the holidays are a break away from school for the children and a great time for them to be exposed to new and exciting experiences. So that's what we do!

All MASH Holiday Programmes offer three structured activities per day (morning, afternoon and 3-6pm), so there is plenty to keep your child/ren busy, stimulated and smiling.

[Further information or to Book Now](#) contact Mega Air Trampoline Arena, 03 3442446 or info@megajump.co.nz

THE CHRISTCHURCH BRICK SHOW

13 & 14 July, 9am – 5pm

Horncastle Arena - \$5 entry (free for kids under 2yrs)

Some of our highlights this year will be a 7m long LEGO interactive carnival scene and back on display we will have the LEGO replica of the New Brighton Pier.

We are excited to have more than 200 exhibitors displaying an assorted variety of LEGO sets and individual creations. Children will have the opportunity to go hands-on with various LEGO focused activities in Imagination Station's huge build and learn zone. Free activities include building spaces, mechanics benches, mosaic walls, gaming area, remote control LEGO vehicles and epic ramp races.

Win a family trip to Dreamworld, Gold Coast, Australia (see website for terms and conditions).

This event is not affiliated with the LEGO Group, LEGO and the LEGO logo and trademarks of the LEGO group.

Join in for a fun-filled weekend as we raise money to support Imagination Station.

For more information - www.christchurchbrickshow.nz



TIPS FOR STAYING WELL DURING THE SCHOOL HOLIDAYS

With flu circulating widely in the community, Canterbury DHB has some simple tips for how you can stop the spread, and look after yourselves and your whānau if you do get sick.

Stop the spread

If you or your whānau are feeling unwell with flu-like symptoms such as a fever, headache, muscle aches, shivering, and a dry cough:

1. Stay at home
2. Cough or sneeze into a tissue or your inner elbow
3. Wash and dry hands often, or use hand sanitiser

Treat the symptoms at home

Most of the time, the symptoms of flu can be managed at home.

Canterbury DHB has produced the 'Coping with the flu at home' brochure, containing practical advice for caring for someone with the flu, such as:

- how to treat the symptoms at home
- danger signs to look out for, especially in young
- children/babies
- when to seek medical advice and where to go.

The brochure is available online in the following languages: English, Māori, Hindi, Korean, Samoan, Simplified Chinese, Traditional Chinese and Tagalog.

Where to seek help

If you are concerned about you or your whānau's symptoms, call your general practice team 24/7 for advice rather than visiting in person. After hours, follow the instructions to be put through to a nurse for free health advice.

Avoid the hospital unless it is an emergency.

Update on the flu vaccine

Thanks to a great response from Cantabrians, flu vaccine supplies are now limited but they are still available from GPs and some pharmacists for the following priority groups:

- people over 65
- pregnant women (any stage of pregnancy)
- those with long-term health conditions such as heart disease, stroke, diabetes respiratory disease (including asthma that requires regular preventive therapy), kidney disease and most cancers
- children aged four years and under who have been hospitalised for respiratory illness or have a history of significant respiratory illness.

