

# KELBURN NORMAL SCHOOL NEWSLETTER

## NGĀ TĀTARAKIHI O AHUMAIRANGI PĀNUI

THE BIRD'S EYE VIEW ISSUE 2 WEEK 2, TERM 1 2024 ~

RĀHINA 5 HUI-TANGURU ~ MONDAY 5 FEBRUARY



Where students learn creatively and strive for excellence in preparing for lifelong learning  
Kia auaha te ako a ngā ākonga me te whai i te iti kahurangi mō te akoranga tūroa

This week:

**Tuesday 6 February** - School closed for Waitangi Day

**Wednesday 7 February** - Parents/Whānau-Teacher Conversations (10mins) 3.15 pm - 5.55 pm

**Thursday 8 February** - Parents/Whānau-Teacher Conversations (10mins) 3.15 pm - 5.55 pm

**Friday 9 February** - School Hui @ 10.15 am -hosted by Māia / Whanake Swimming

Kia ora koutou,

Welcome to Ava M in Tupu Tahi.

We had a very good first-week last week. Wednesday was a hive of energy as the tamariki reconnected with each other but by Friday, we were well settled and into the learning. Each family will have received an Ara newsletter from their team leader outlining the learning plans for the term ahead - these are excellent newsletters and give you a good picture of how term 1 will be for your child.

We finished the week with a mihi whakatau welcoming our new students and whānau to the Kelburn family. Each year we farewell people from our school community, but schools are always evolving and it was lovely to be able to share our values and culture with new families. Each year our new kapa haka welcomes us to the school, and we were impressed with their performance even though they were missing last year's 8s, who are now at college.

**COVID** - We are aware that COVID is present in the school, and we remind whānau to exercise discretion and be vigilant to minimise the spread of COVID. Two schools are closed across Aotearoa New Zealand, due to COVID and the inability to staff the school, so by keeping up with the good practices, we can stay ahead of this. If your child is unwell please keep them home, and continue good hygiene practices to minimise the spreading of germs.

**Waitangi Day - The school is closed tomorrow** Tuesday the 6th for Waitangi Day.

**Parents/Whānau-Teacher Conversations - Wednesday 7th & Thursday 8th February from 3.15-5.55.**

~ this Wednesday/Thursday, we will have our Parents/Whānau-Teacher Conversations. This is a chance for whānau to 'meet the teacher' and talk to us about your child, as we start off the crucial triangular relationship between whānau - child - teacher with whānau voice. Please fill out the student profile sheet sent out last Friday and bring it along. You can book by going to the website following this [link](#) and entering the event code **dtf9v**

**School Hui this Friday** - Our first school hui is this Friday at 10.15 hosted by Māia.

**Student First Aid session** - This week, each HLT will have an opportunity to engage with St Johns on first response first aid that is appropriate to each age level. This will promote the awareness for the tamariki that they can play a part if someone is in need.

**ELL and International Student afternoon tea** - we have a number of English language learners and international students that we like to welcome with afternoon tea. We welcome whānau to join us for an introductory session on *Wednesday at 2.30pm in Te Whare Toi*. We will talk about our English programme and answer any questions you have. This is a great opportunity to make connections with other families. As mentioned last year Liz Brown will be finishing up at Kelburn at the end of this month and Rachel Smith will be taking on this role of English language teacher.

**Ensembles starting this week** - our choirs and kapa haka start up this week - Piccolo Wednesday, Lyrica Thursday and Kapa Haka Friday. The orchestra will start next Tuesday (13th) morning at 8:30am.

**Māia Tech starts this week** - for our Y7-8 students, their Technology programme starts this week at Newlands Intermediate.

## Looking Ahead - Event Dates - Term 1, 2024

You can see the times and add these events to your calendar by using the KNS App

Week	Date	Event
<b>Week 2</b>	Tuesday 6 February	School closed for Waitangi Day
	Wednesday 7 February	Parents/Whānau-Teacher Conversations (10mins) 3.15 pm - 5.55 pm
	Thursday 8 February	Parents/Whānau-Teacher Conversations (10mins) 3.15 pm - 5.55 pm
	Friday 9 February	School Hui @ 10.15 am -hosted by Māia Whanake Swimming - Tahi 12pm-1.30 pm, Toru 12.30pm-2pm, Rua 1pm-2.30 pm
<b>Week 3</b>		Whānui Camp @ Makahika Wednesday 14 February to Friday 16 February
	Tuesday 13 February	Māia, Whanake, and Tupu - Ara Information Evening 5 pm - 6 pm
	Friday 16 February	School Hui @ 10.15 am - hosted by Whanake Whanake Swimming - Tahi 12pm-1.30 pm, Toru 12.30pm-2pm, Rua 1pm-2.30 pm
<b>Week 4</b>	Monday 19 February	PTA Meeting @ 7 pm in Tupu space
	Thursday 22 February	Whānui Ara Information Evening 5 pm - 6 pm
	Friday 23 February	Whanake Swimming - Tahi 12pm-1.30 pm, Toru 12.30pm-2pm, Rua 1pm-2.30 pm
<b>Week 5</b>	Tuesday 27 February	Tupu Island Bay Marine Centre Visit from 9.30 am to 12.30 pm Māia Camp Evening 5 pm to 6 pm
	Friday 1 March	Whanake Swimming - Tahi 12pm-1.30 pm, Toru 12.30pm-2pm, Rua 1pm-2.30 pm

### School Notices

#### Piano and theory lessons

Nicole Chao (MMus) has limited spaces available for piano lessons this term. For enquiries please email [nicole.ncps@gmail.com](mailto:nicole.ncps@gmail.com)

### **Recorder lessons at Kelburn Normal School**

Kamala has a few places for recorder students to begin lessons this term. Child-centred approach with a focus on the love of playing music. If interested, please contact: [kamala.bain@gmail.com](mailto:kamala.bain@gmail.com)

### **Clarinet, Saxophone or Flute Lessons @ Kelburn Normal**

Our woodwind teacher Mark Cookson has space for new students on clarinet, saxophone or flute in 2024. Please contact him on 022 4242 846 or [cookson.mark@gmail.com](mailto:cookson.mark@gmail.com) if you would like to discuss lessons or arrange a free trial lesson.

### **Drum Lessons @ Kelburn Normal**

Our drum teacher, John Rae has a few spots for new students, so if your child wants to learn the drums please contact John [contact@johnrae.biz](mailto:contact@johnrae.biz)

### **Singing Lesson @ Kelburn Normal**

Our singing teacher Anna Sedcole, has some space for singing and/or voice lessons, if your child loves singing this could really help them improve! [anna.sedcole@gmail.com](mailto:anna.sedcole@gmail.com)

**Parking Boundary Rd ~** Please **do not** park in front of the garages on Boundary Road. We have received complaints from neighbours who regularly have their vehicles blocked in by parents who have parked in front of their garage.

### **Some reminders for school and the summer months :-**

- Please ensure your child has their sunhat at school every day and that it is clearly named.
- Please name all clothing, lunchboxes, drink bottles and tupperware so we can find the owner if left outside.
- As the weather is warmer, please consider walking to school as often as possible. We know a large percentage of the school population live within 1km of the school therefore, a good brisk walk to and from school is a great way to look after the physical well-being of whānau as well as look after the environment.
- If your child is going to be away then please notify the school via the App, ring 04 4759351 or email [admin@kelburnnormal.school.nz](mailto:admin@kelburnnormal.school.nz)
- For those using the drop-off zone on Kowhai Rd please ensure you adhere to the time restrictions.

**Enrolling for Bee Healthy** - If your child missed out you are able to make an appointment directly with Bee Healthy. There's two easy ways to enrol your child with Bee Healthy Regional Dental Service:

1. Complete an [online enrolment form](#), or
2. Visit your nearest [Bee Healthy Dental Clinic](#) and complete an enrolment form.

Babies born in the Wellington Region are enrolled at birth with Bee Healthy.

If you have questions about enrolment, eligibility, or unsure if your child is enrolled with Bee Healthy, please call 0800 TALK TEETH (825 583).

If you have changed address or phone number/s and need to update your details [click here](#)

### **KNS Parent Chat WhatsApp Group**

The PTA has a WhatsApp group to enable all the KNS community to communicate with each other about all things KNS. If you want to join this group, please email us on [pta@kelburnnormal.school.nz](mailto:pta@kelburnnormal.school.nz) with the following information:

- Your name
- Your phone number
- Your child's name and class

**School App - Contact Details** - Please check your contact details on the school app to ensure we have the correct details. If changes are needed please email these to [admin@kelburnnormal.school.nz](mailto:admin@kelburnnormal.school.nz)

**Teacher Messages** - a sort option has been added to the teacher messages section on the school app so parents can easily search for the latest message in date order.

**Downloading the app** - for those needing assistance with downloading the app please check the app [login video](#) on our website for parents

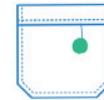
**EzLunch Menu** - Subway Wednesday / Pizza Thursday / Sushi Friday [Click here for the Menu](#)

# How to Help Your Anxious Child Feel Confident

If your child struggles with anxiety, here's a practical tip to boost their confidence and ease their worries:

## Create a Confidence Bead:

Sew a small bead into the bottom of your child's pocket and explain its purpose. Whenever they feel anxious, they can put their hand in their pocket, touch the bead, and quietly repeat a confidence mantra like, "I am strong, I am brave, I can do anything."



## The Power of the Bead:

This bead becomes a source of safety and self-assurance for your child. When they feel anxious, they can rely on their confidence bead to bolster their spirits and give them extra strength throughout the day.

This tangible tool can provide comfort and a sense of empowerment, helping your child manage their anxiety and build confidence as they face their daily challenges.

As your child touches the bead, have them focus on how it feels. What is it feel like to squeeze the bead? Does it feel cold? Can they roll the bead between their fingers Can they alternate the fingers they use?

These thoughts can help to ground your child during moments of feeling anxious in addition to repeating a mantra or calming thought.

Here are a few more thoughts your child can think about. They can repeat any of these mantras to themselves as they feel the bead between their fingers.

- \* "I am safe, and I am okay."
- \* "I can breathe, and everything will be fine."
- \* "I am strong, and I can handle this."
- \* "My feelings are temporary; they will pass."
- \* "I am in control of my thoughts and feelings."
- \* "I am capable of handling new situations."
- \* "I trust in myself and my abilities."
- \* "I can focus on my breath and relax."
- \* "I am free to be myself, and that is enough."
- \* "I let go of what I can't control."
- \* "I am resilient, and I can overcome challenges."
- \* "I am a good friend to myself."



## PTA News

### Inviting new members to the Parent Teachers Association (PTA)

We are the PTA and we undertake the important roles of fundraising activities and community engagement. The PTA are a vital part of the school community, we raise funds for many essential items you see around the school such as chromebooks, ipads, kapa haka uniforms, sports equipment, library books and numerous other items the Ministry of Education funding and school

donations do not cover.

The PTA get together once or twice a term in the Tupu space to discuss funding goals, plan fundraising events and school community events. It is a wonderful way to learn about the school, meet other parents and make new friends. The more that volunteer time and support, the more we can do to make the school a vibrant and inclusive place of learning and ensure your child has the best opportunity to thrive.

Our first PTA meeting of 2024 is on Monday 19<sup>th</sup> February at 7pm in the Tupu space and this is an opportunity to plan some fun events and activities for 2024 and put your hand up for the vacant role of Secretary. All are very welcome, and we would love to see you there so please come along! Any questions don't hesitate to contact us at [pta@kelburnnormal.school.nz](mailto:pta@kelburnnormal.school.nz)

Many thanks,  
Andrea, Anneke and the PTA



# Book Club



## Welcome to 2024 Scholastic Book Club

There will be 8 issues during this school year and we will be distributing leaflets for  
Issue 2 in March, then  
Issue 4 in June,  
Issue 6 in September, and  
Issue 8 in November

To order and pay online:

<https://mybookclub.scholastic.co.nz/Parent/Login.aspx>

or download the **LOOP** app from the AppStore or Google play

Books will be delivered to school and given to your child

or if you mark them as **GIFT** books will be kept at the school office for you to pick up. We will email you when they are ready <https://scholastic.co.nz/media/3484/loop-gifting-parent.jpg>

If you would like to order from issues 1, 3, 5 or 7 - you can still do so using the online catalogue and LOOP or the App. Books will be delivered to school free of charge and given to your child in the same way - we are just not distributing leaflets for these issues.

Here is the link to the online catalogue for issue 1 of 2024:

<https://scholastic.co.nz/media/7198/nzbc124-final-web.pdf>

**The closing date is the 20<sup>th</sup> of February**

Leaflets for issue 2 will be distributed in early March.

If you have any questions please e-mail [bookclub@kelburnnormal.school.nz](mailto:bookclub@kelburnnormal.school.nz)  
or message Andrea Bergstrom or Tania MacKay



## School Term Dates 2024

Term	Start Date	End Date	Public Holidays/Teacher Only Days
Term 1	Wednesday 31 January	Friday 12 April	<b>Tuesday 6 February - Waitangi Day</b> <b>Thursday 28 March - Kāhui Ako Teacher Only Day</b> <b>Friday 29 March - Easter Friday</b> <b>Monday 1 April - Easter Monday</b> <b>Tuesday 2 April - Easter Tuesday</b>
Term 2	Monday 29 April	Friday 5 July	<b>Friday 31 May - Teacher Only Day</b> <b>Monday 3 June - King's Birthday</b> <b>Friday 28 June - Matariki</b>
Term 3	Monday 22 July	Friday 27 September	<b>Friday 30 August - Teacher Only Day</b>
Term 4	Monday 14 October	Wednesday 18 December	<b>Monday 28 October - Labour Day</b> <b>Tuesday 29 October - Teacher Only Day</b>

### Kelly Club - Changes to Childcare Assistance - check if you qualify!

More families will now qualify for Childcare Assistance and the rate will increase for those already qualified, which means you may be eligible for assistance to send your child to Kelly Club. Please follow this link to find out more:

[https://drive.google.com/file/d/1EgHRGbeAEvTHYilaBHp7uauZzw\\_mwIJA/view](https://drive.google.com/file/d/1EgHRGbeAEvTHYilaBHp7uauZzw_mwIJA/view)

### Kelly Club - Check us out on Facebook - [Click Here](#)

For enrolments and enquiries, contact the Supervisor on 021 744636 or [kelburnnormal@kellyclub.co.nz](mailto:kelburnnormal@kellyclub.co.nz)

Kelly Club Programmes focus on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive, and encouraging environment.

Kelburn to Enrol go to [www.kellyclub.co.nz](http://www.kellyclub.co.nz)

### TERM 1 2024

29 Jan - 12 April

Weekly Theme Planner  
Kelly Club Kelburn

Wk 0 29 Jan	DIY Extravaganza!		We're getting crafty this week as we come up with all the best crafts to take home with us!
Wk 1 5 Feb	Year of the Dragon!		Chinese New Year is a time for families to reflect and connect. Let's do it at Kelly Club.
Wk 2 12 Feb	Dungeon Masters		Adventure Awaits! Join us as we journey through the land of dragons and find the hidden secrets.
Wk 3 19 Feb	KC Top Chef		We're cooking up a storm as we take to the kitchen to create masterpieces!
Wk 4 26 Feb	Staff Choice		The staff have got you covered with a week filled with their favourite activities.
Wk 5 4 Mar	Lost World Explorers		We're visiting the past as we experience the coolest history week yet!
Wk 6 11 Mar	International Sports		Sports is played all over the world! Let's bring some of it to Kelly Club!
Wk 7 18 Mar	Ooey Gooley		It's going to get messy this week as we explore all things ooey & gooey!
Wk 8 25 Mar	Egg-stra Special Easter		Get creative and celebrate Easter the Kelly Club way!
Wk 9 1 April	Book Worms		Let's be transported into the magical world of our favourite books!
Wk 10 8 April	Kids Choice		It's up to you what we do at Kelly Club this week.

E: [kelburnnormal@kellyclub.co.nz](mailto:kelburnnormal@kellyclub.co.nz)
P: 021 744 636

## KELLY SPORTS TERM 1 – BACK TO SCHOOL SPORTS!!

Kelly Sports is back for Term 1 with our fun and exciting classes!. Kelly Sports encourages children to have fun, build confidence and to give sport a go.

We believe that sport and physical activity has so much to offer young people; it improves fitness, develops communication skills, team work and gives them a place to channel their energy.

Back to School Sports (Years 0-4) – Wednesday's 3.05pm-4.05pm – The sports we will focus on this term are: *Athletics, Ultimate Frisbee, Turbo Touch and Dodgeball.*

It's a great way to try new sports, learn new skills and improve ability. We use games & drills to teach game sense and team play. Your child will learn the basic fundamental skills for all sports – throwing, running, jumping, striking, balance and many more – all while having a great time!

Sessions start on Weds 14 Feb 2024 and runs for 8 weeks.

For full details and to enrol into our programmes visit [www.kellysports.co.nz](http://www.kellysports.co.nz) email [adminwgtn@kellysports.co.nz](mailto:adminwgtn@kellysports.co.nz).

### Community Notices

**Aikido for juniors.** Aikido is a martial art with a difference, its focus being on defence rather than attack: a non-violent, defensive art. Aikido is renowned for its benefits for self-control, co-ordination and posture, and like all martial arts promotes confidence and provides fun, fitness and friendship. We are a not-for-profit organisation teaching the art of aikido, based in Kaiwharawhara, in our 30th year. Classes for 'Aiki Kids' (around 6+ to 12 years) 5:30pm every Monday in school terms, and our 'Aiki Teens' train every Monday and Wednesday 6:30pm. First 3 lessons free, then \$80 per term, with 10% discount for families. City Dojo, 132 Hutt Rd, Kaiwharawhara, Wellington, directly above Animates pet shop. Turn up and give Aikido a try - and parents, you can join in too :-). Contact Conrad at [conrad@aikido.org.nz](mailto:conrad@aikido.org.nz) or 021 843 467, or visit [www.aikido.org.nz](http://www.aikido.org.nz).

**Karori Arts & Crafts Centre** is excited to continue our excellent after-school art classes kids around the Karori area have grown to know and love. You can find our after-school classes on our website [www.KACC.org.nz](http://www.KACC.org.nz). There will be a few new additions to the after-school classes this year. We have a new sewing tutor with two classes on Tuesdays and a new class specifically designed for ages 11 to 13 that will meet on Wednesdays.

Karori Arts & Crafts Centre has much to offer the whole family. We have classes for teens to adults most days of the week. Members of Karori Arts & Crafts enjoy a discount on our teen to adult classes and free access to any of 30+ interest groups. If you are interested in learning more about what we offer, please visit our website or give us a call 04 476 6817.

**If your child loves doing cartwheels, handstands, trampolining, flips, dancing, or parkour, then they will thrive at Bigair Gym!** Bigair Gym classes are excellent for fun, focus and fitness! Children learn new skills and develop personal confidence and self-achievement! Strong focus is given to safety and technique, ranging from fundamentals to advanced skills. The structured classes follow a Bigair Badge Programme, which creates focused learning, and allows children to achieve and feel personal progression! Bigair classes include GYMNASTICS, TRAMPOLINING, TUMBLING, FREE RUNNING(thats parkour with flips) & CHEERLEADING! Inquire about Bigair BIRTHDAY PARTIES too!

Book online for Term 1 now at [www.bigairgym.co.nz](http://www.bigairgym.co.nz) or please contact us for any inquiries:

Bigair Gym Tawa: ph. 232 3508, e. [office@bigairgym.co.nz](mailto:office@bigairgym.co.nz) at 10b Surrey Street, Tawa.

# Gymnastics is fun!

Capital Gymnastics is open for bookings!

After School Classes  
Open Mon to Sat  
Recreational Gym  
Competitive Gym  
Trampoline  
Tumbling  
Preschool Classes  
Adult Classes  
Birthday Parties  
Qualified Coaches  
All coaches police vetted



 CAPITAL  
GYMNASTICS

[office@capitalgymnastics.nz](mailto:office@capitalgymnastics.nz)

[www.capitalgymnsports.org.nz](http://www.capitalgymnsports.org.nz)