



# Banks Avenue School



"Learning today to succeed tomorrow"  
*Kia mau ki ngā akoranga, kia tau ai āpōpō*

## NEWSLETTER

22 June 2016

Hi, kia ora, An-nyong, Ha-se-yo, Talofa, Mālō e lelei

Number 19

Phone: 03 385 4163, fax: 03 385 6581 email: [office@banksave.school.nz](mailto:office@banksave.school.nz), website: [www.banksave.school.nz](http://www.banksave.school.nz)

Wednesday 22 June	Canterbury Cross Country (postponement day 29/6)
Wednesday 29 June	Team Kahikatea Journey of Dance at Shirley Boys' High School 1:30 – 2:30pm
Thursday 30 June	Shirley Area Music Festival
Monday 4 July	PTA meeting, 7:00pm in the staffroom – all welcome
Thursday 7 July	Team Miro 'Changes Production' matinee and evening shows-Shirley Intermediate hall
Friday 8 July	Last day of term – children dismissed at 3:00pm
Monday 25 July	Term 3 begins

**Banks Avenue School trip / event postponements and or cancellations will only be heard on NEWSTALK ZB 1098AM and CLASSIC HITS and viewed on our website: [www.banksave.school.nz](http://www.banksave.school.nz)**

**SCHOOLGEN LINK:** <http://schoolgen.co.nz/schoolgen-schools/banks-avenue-school-christchurch>

**If your child is absent from school, for any reason, please let our school office know using one of the following options: Phone: 385 4163 / option 3 text 027 422 8032 email: [office@banksave.school.nz](mailto:office@banksave.school.nz)**

Or notify us via our website: <http://www.banksave.school.nz/absences.html>

**If your child arrives at school after 9:00 am they must check in at the office. This saves a lot of phone calls for unexplained absences in order to ensure the safety of all our children**

Dear Parents and Whānau

Ngā mihi mahana ki a koutou – a warm welcome to you all.

A big Banks Avenue School welcome to the following children and their families to our Banks Avenue School community.



William  
Rm 8



Luke  
Rm 8



Christopher  
Rm 8



Oden  
Tuis

Thanks to team Kahikatea teachers for organising an awesome fish and chip evening last week. Parents and whanau members came along to share kai and look at children's learning in relation to matariki. This was the highlight of the week for me!



### Eat Play Learn

For the last two weeks of this term we are rearranging our lunch hours. Lunch will still be from 12:30pm until 1:25pm, however, children will be sent to play for the first forty minutes then they will get the chance to eat their lunch at 1:10pm before going back into class at 1:25pm. The purpose of rearranging our lunch hour and trialling *eat play learn* is to see if it has benefits in the afternoon with children being more settled for learning. There is research that suggests this may be the case.

We intend to trial this for two weeks and then make a decision to see if we adopt *eat play learn* permanently in Term 3.

### Cross Country

All the best to Keiran and Emma who are representing Banks Avenue School at the Canterbury Cross Country Champs today. It is an amazing effort to make it through to this event. *Run with HEART.*

## Water Update

As you know we have had several children at school come down with tummy upsets. We also know of one child where they have been diagnosed with cryptosporidiosis which can be caught and passed on in contaminated water. As a precaution we asked that children bring drink bottles from home while we waited to get test results back from testing we had done.



We are pleased to announce that our water system is clear and there is no trace of any contaminants in it. We can resume using our drinking fountains again.

Cryptosporidiosis can also be caught and passed on through contaminated soil. We are now getting soil samples taken to check that this is not the case at BAS. As a precaution we are increasing our vigilance around hand sanitation. All teachers are reviewing with their classes the need to wash their hands before they eat and before they come into class after playing outside. We have hand sanitizers in each room. We will keep you updated with any new information. Thanks for your support.

## Team Miro 'Changes' Performance

Thursday 7 July

Matinee Performance: 1:30pm  
Evening Performance: 7:00pm  
Shirley Intermediate School Hall  
All tickets: \$2.00 each

On sale at the BAS office until sold out.



## Kind Actions

A big thank you to Margaret Ufton (grandmother of Tyler) who sourced and collected paper and card for our school. Your kindness is appreciated.



## Our Bear

After eight weeks of no name and after fifty-eight suggestions our gigantic Teddy Bear finally has a name. He is Banksy Bear. This was a popular name and it just sounded right. So, congratulations go to Tessa from Room 24 and Lucy from Room 2 who funnily enough both suggested the same name.



## Banks Ave Tiqbiz App

We can see 87 of you have downloaded our *tiqbiz* app. We want all of you on board!

It's quick, it's easy, only the people who need the messages – get the messages. We can see lots of you using the app for absentees – well done, easy for you, easy for us 😊 It really is amazing and it is FREE for you 😊



Go to: [www.tiqbiz.com](http://www.tiqbiz.com), download and follow the very simple instructions.

# Just do it... today!

## Donated Sports Equipment

Two weeks ago Mrs Savage was delighted to receive, on behalf of the school, a variety of used sports equipment that was donated to us from the Richie McCaw's iSport Foundation. The lovely lades from the Rangiora branch of Westpac dropped it off to us. This equipment has been given out amongst the classes and is being week used.



## Anxiety Workshop

We had a variety of interested parents, caregivers and teachers come to our workshop last night. Cherie Bennis and Carolyn Doughty, two clinical psychologists who work in Christchurch, spoke about the flight and fight response, calming strategies and ways to diffuse some emotional moments that children may be experiencing.

We thank all of you who could make it on the night and we hope that you gained some calming strategies to put into practice for yourself too.

See page 4 of the newsletter for helpful tips.

## Parent Library

We have a parent library of books at our school that can be borrowed from the office. There are a wide variety of book titles that deal with topics such as children with anxiety, developing social skills and how to use manners.



These books can be seen on display in the foyer of our library and also right beside the sign in machine in our office. Please have a look at our selection the next time you are here

## Reading Together Workshops



We would like to invite you to take part in our Term 3 Reading Together workshops for parents. We are positive that you will find it of great help for yourself and your child(ren), as you support their education. We all know how very important reading is for children to succeed.

Research shows that support from home really helps children to become good readers. The Reading Together workshops will show you how best to do this.

The programme consists of four workshops - each approximately 1 hour. It is best that you attend all the workshops.

These will be held in our school library on:

Thursday 11 August 1:30pm,

Thursday 18 August 1:30pm,

Thursday 25 August 1:30pm and

Thursday 22 September 1:30pm.

If you would like more information please contact Lynley Watts in Room 7 or Helen Stowers in Room 16.

## 'HOT SHOT' LEARNER'



Gwen from Room 2 is making significant progress in all areas of her learning. We have been especially proud of her story writing.

Well done Gwen. Keep up the great work!



## Congratulations

Congratulations to Hugo from Dudley on gaining his Silver PIA. Well done Hugo!



## Shirley Area Music Festival 2016!

We have a wonderful choir again this year and we have our first performance of the year on Thursday 30 June at Shirley Intermediate School.

Matinee Performance: 1:30pm

Evening Performance: 7:00pm

Tickets are \$5.00 for adults and \$2.00 for children.

Come along to be entertained and to support your children.



Tickets are available from our school office.

## PTA NEWS

# THANK YOU!

The PTA would like to say a huge Thank You to Julie-Ann Painter who has stepped down recently. Julie-Ann has been a part of the PTA since her eldest daughter started school and who is now at intermediate. Julie-Ann organised our discos and was always willing to help with all fundraising events and ideas. She will be missed and we wish her all the best.



We also farewell Jemma Wilder who has been with us just a short time but has given great support with the PTA and lunch on line.

You both will be sorely missed.

**Uniform shop** open Friday 2 July from 2:45-3:15pm. We are on the hunt for some girls winter uniforms, 8+, if anyone has some in the cupboard they would like to donate that would be amazing, or any other clothing.

For any enquires outside of these times please contact Katrina on 021 899 141

### Entertainment Books

Books can be collected from the uniform shop on Friday 24 June between 2:45-3:15pm Cash only unless you have pre-paid.



Our check out our face book page for online details or go directly to: [www.entbook.co.nz/1348e93](http://www.entbook.co.nz/1348e93),

### Lost Property

Please have a look in the corridor at the end of Rooms 15 and 16 for junior lost property Room 23 for senior lost property

**Next Meeting: Monday 4 July at 7:00 pm in the staffroom.**



Everyone is welcome. This is a great opportunity for our new parents to see how our PTA functions.

### Shirley Intermediate School Open Night

Thursday 28 July at 6:30pm

In the school hall.

Performances and displays. Principal's and children's address and stage display begin at 6:30pm.

Come and find out about our new vision statement, new FIRE values and new logo. Refreshments provided.

### Tips for Managing Anxiety

- Anxiety is a set of behaviours which are sometimes triggered unnecessarily
- Anxiety can be managed like any other behavior – attention encourages behavior.
- Answer anxious questions once only (then prompt the child to answer for themselves)
- Anxiety is catching – think about who is best to manage the situation.
- Remember there is no woolly mammoth (no real danger).
- Breathe slowly – In, 2, 3 – Out 2, 3.
- The best way to eat an elephant is one bite at a time! Break down daunting tasks into manageable 'chunks' and work your way through them one at a time. Keep moving. Make a list and tick them off.
- General de-stressing ideas – try to get enough sleep, maintain a healthy diet, get some exercise.
- Plan some nice things (short, medium and long term goals). Be creative – some of the things we used to enjoy are no longer available so think of some new fun things to do.
- Relax, meditate, be mindful.
- Avoid coffee, caffeine based drinks and too much alcohol.
- Try to keep things in perspective – things could be worse, look at what you have, look at what you can contribute, ask yourself "how much will this matter in 10 years time?"
- De-clutter and prioritise – show yourself the same kindness you would show a friend. Ask yourself "what is the most important thing here"? Let go of things you don't need to do.
- Worry time. A great strategy for children and adults, set aside a specific, brief time towards the end of the day (maybe 10 minutes) for worrying, any worries are put aside till then. Chances are they'll be forgotten!
- See your GP and ask for a referral if you need to, there is help available.