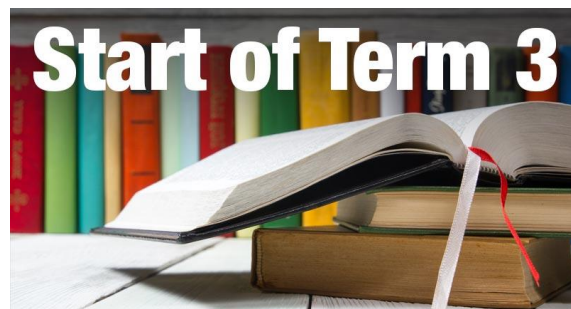


25 July 2022



Team Moana Newsletter, Term Three 2022

Dear Parents and Caregivers

We hope you have had a chance to relax and have some family time, plus that you have stayed healthy after a term where many of us were sick. Term Two was an excellent term, especially our involvement with STEM projects and of course our first Matariki national holiday. We also enjoyed meeting you at our learning conferences – teachers were very pleased with the high turnout of parents. Term Three sees Moana beginning winter sport, our camp to Hanmer Springs and continuing our learning programme.

Camp: 24 - 26 August at Hanmer Springs

Coming home shortly will be permission forms that we require for student participation at camp. Please complete these as soon as possible and return to your class teacher. **If any of your child's medical information has changed since term one, please inform us.** Included will be a gear list - if you need help with some items, please contact Moana teachers as we may be able to help.

Stationery

Now is a good time to do a stock take of your child's stationery. Many of the students in the team need new glue sticks, rulers and pencils; those without such things may be hampered in getting work completed. Some of these stationery items are available to purchase at the school office.



Winter Sport

Winter sport begins this week, on Friday afternoons. Students in travelling teams will also participate in the North West Zone Tournament on Tuesday 30 July. Teams that qualify for Centrals will have their tournament on 25 August. Many thanks to those in our parent community for giving your time to coach and manage our teams. **We have training sessions during the week and a change of clothing is required for training, plus their sports equipment such as shin pads and mouthguards.**

Class Routines

When we return from holiday, we review our classroom routines. In the next few days teachers and students will revisit the following:

1. Eating and hydrating well. Students experience their second-biggest growth spurt at intermediate age and their brains are (usually!) busy working as well. Many lunch boxes often contain a lot of packaged food which generally means *processed* food, which can impact the ability to concentrate in class. Thank you for supporting your child with full lunch boxes to get them through the day. We ask that students bring a named water bottle to school every day - water only.
2. Ensuring excellent sleep habits and that our students are getting enough sleep - around ten hours a night. Occasionally our Mondays are disrupted by tired students as their sleep routines have been disturbed over the weekend.

3. Having **no devices or screens in bedrooms** - store devices on the kitchen bench when children go to bed. Buying a cheap alarm clock for their bedroom instead of allowing them to use their phone as an alarm is a good idea.
4. Limiting device time as much as possible and swapping it for conversation/reading time.
5. Completing work requirements for learning may also be necessary at home.
6. Ensuring our children get enough exercise (studies suggest between 8 to 10 hours of exercise a week).

If you allow your child access to social media, be proactive and involved in what they are doing on such sites. Many parents can monitor their child's use of social media on their own phones - we recommend you do this regularly. We consistently have to deal with social media issues in Team Moana - whilst the issue occurs out of school (and thus we cannot get involved) it impacts on the relationships of our students within school. Children of this age do not have the social maturity to deal with many of the issues found on social media.

Home Learning / Excellence Awards

We ask students to read for at least 20 minutes a night.

Anecdotally, we are beginning to notice a drop in the amount of reading at home by some students. This may be having an impact on the reading, writing and spelling achievement in class.



Students are also asked to complete either a spelling or word study task in class, and some choose to do this at home. They may also have some maths work set by their teacher to be completed at home. Many students in Team Moana undertake the optional home learning programme and we already have some in the process of completing this and earning their Excellence badge. Students can see their teachers for more information.

Drink Bottles and Uniform

We have high expectations of Moana students to follow the uniform code for Russley School, setting a good example to our younger students. **Please clearly label all clothing!** If you are unsure of the uniform requirements, click here <https://www.russley.school.nz/uniform.html>. Please ensure your child has a drink bottle for school.



Don't hesitate to ask if you require further information. You can contact your child's classroom teacher by emailing teachers directly. We look forward to working with you and your children again this term.

Yours sincerely

Team Moana Teachers

Phil Innes

phil.innes@russley.school.nz

Kari Visser

kari.visser@russley.school.nz

Michelle Duxfield

michelle.duxfield@russley.school.nz

Rochelle Paul

rochelle.paul@russley.school.nz