



27 August 2025
Newsletter No 14



Tena koutou Katou, Mālō e lelei

It's hard to believe we are already in Week 7 of Term 3. The past few weeks have been full of learning, activities, and events that have brought our school community together. I am so proud of the effort and energy our students and staff continue to show each day. As we head into the final weeks of the term, thank you for your ongoing support and encouragement—it makes a real difference for our learners.

Tongan Week Celebrations

Last week, we had the pleasure of celebrating Tongan Week, a meaningful time dedicated to embracing and honouring Tongan culture and heritage. The highlight of the week was our fabulous assembly on Friday, which brilliantly showcased the talents and spirit of our Tongan community. We extend a heartfelt thank you to the Tongan Society for their continued support and contributions that enrich our community.



Kapa Haka and FLAVA Festival

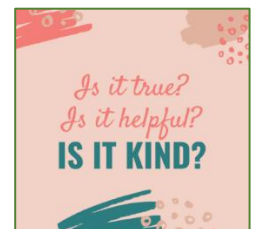
We are thrilled to announce that our Senior Kapa Haka group will be participating in the FLAVA Festival on Friday, 12th September, at 3 PM. This is a wonderful opportunity for our students to showcase their hard work and passion for kapa haka. I strongly encourage parents to collect their children early from school on this day to attend the festival and support our talented performers. Your presence will mean a lot to them and contribute to an enriching experience.



Concerns About Snapchat

Recently, we've noticed an increase in students discussing Snapchat and encountering social challenges from messages being sent via this platform. We encourage you to engage in open conversations with your children about their social media usage and the potential impacts it may have on their well-being and others. At school we are and will continue to promote these messages while using social media, as we do when interacting face to face:

- Is it true?
- Is it helpful?
- Is it kind?



Thank you for your ongoing support and commitment to our school community. Together, we can ensure a positive and productive environment for all our students.

How Parents Can Support a Child with School Anxiety

If you would like to read this article in full, please [click here](#).

School anxiety can be overwhelming for children, but parents play a crucial role in helping them manage it effectively. Here are some key ways you can support your child:

- **Open Communication:** Let your child know they can talk to you about anything. Encourage them to share their feelings, even if they don't have the words yet. Be there to work through it together.
- **Be Calm and Reassuring:** Demonstrate calmness and reassure your child that nothing they say will disappoint you. Your presence in their world is valuable, showing them that opening up is worthwhile.
- **Scheduled Conversations:** Set regular times to talk with a definite start and end. This gives your child control and a safe space to express their feelings without pressure or judgment.
- **Avoid Judgment:** Validate their feelings without criticism. This helps them feel understood and opens the door for them to build resilience.
- **Empathy Over Reassurance:** Instead of dismissing their fears, stay with them in their anxiety. Acknowledge their struggle and express your understanding, which can help calm their reactive mind.
- **Expand Emotional Vocabulary:** Help them articulate their emotions. Use simple language to discuss what might be happening in their brain during anxiety, making it relatable and understandable.
- **Normalise Anxiety and Courage:** Explain that anxiety is often a sign of bravery. Share personal stories of overcoming your own fears to help them feel less isolated.
- **Gather Information Calmly:** During calm moments, discuss strategies that help when anxiety peaks. Listen actively and avoid taking things personally.
- **Celebrate Small Wins:** Recognise every small accomplishment they achieve despite their anxiety. This reinforces positive behaviour and builds confidence.
- **Avoid Tough Love:** Understand that anxiety is not bad behaviour. Being tough won't help; instead, offer understanding and patience.

- **Trust the Process:** Recognise that progress takes time. Celebrate any steps forward, and trust in your efforts as a supportive parent. Supporting a child through school anxiety is about patience, empathy, and open communication. By being a steady ally, you can help them navigate their fears and uncover their potential.

Have a lovely week, everyone.

Ngā mihi nui

Beth Wills

Principal



NEW STUDENTS

We welcome the following student and his family to Grantlea Downs this week: Azaeh Tuari



Principal Awards

Term 3, Week 6

Te Aroha Karauria, Ayune Greenfield, Charlee Rawson, JJ Milne

Class Values Awards

Term 3, Week 5

Lee-Rose Young-Saunders, Dhyan Renjth, Sophia Leslie, Brax Brady, Stella Dunnage, Aiden Van der Merwe, Leandra Middeke, Ella Lambert

Term 3, Week 6

Tyrus Clifford, Bonnie Cross-Papuni, Max Willmott, Sage Fish-Jackson, Athena Rejeesh, Matilda Russell, Tessa Fifita, Safiya Waperi, Jozac Ioka, Keeva Fitzgerald, Mason Fitzgerald

 **SCHOLASTIC**

BOOK FAIR

Week 8

1st–5th Sept

Daily 8.30am - 9am & 2.30pm - 3.30pm

Great options for presents - Give a book

JUNK TO FUNK

COMPETITIONS

Best wearable item or costume

Most inventive creation from a book or magazine

Most imaginative egg carton creation

Entries to be delivered to the school hall
by Fri 29th Aug

SCHOLASTIC BOOK FAIR COMING UP 1ST SEPTEMBER IN THE SCHOOL OFFICE FOYER

Check out the competitions you can enter.
Be inspired and let your imagination run wild!



Photo from 2024's Book Fair

VOTE FOR OUR SCHOOL

Attention - parents and caregivers,
Illuminate is coming back to Timaru, and we're excited to share that our school has the chance to win a **very special prize** - but we need your help to make it happen!

Chance Voight
INVESTMENT PARTNERS

WIN

FOR YOUR CLASS AND SCHOOL

Entries close 05 September 2025.
A parent/caregiver must enter on behalf of the student.
Terms and Conditions apply.



ILLUMINATE
EXPERIENCE MORE THAN JUST LIGHTS

TREAT YOUR CLASS AND FAMILY TO A NIGHT AT ILLUMINATE

- TIMARU
- BOTANIC GARDENS
- 2 - 14 AND 19 - 21 SEPTEMBER
- OPEN 5:45PM TO 9:30PM EACH NIGHT

Chance Voight
INVESTMENT PARTNERS

ILLUMINATE

EXPERIENCE MORE THAN JUST LIGHTS

Thanks to **Illuminate** and **Chance Voight Investment Partners**, every student in one lucky class from participating schools will win:

- A family pass (four tickets) to attend Illuminate Timaru
- A goodie bag with light-up gifts and branded merch

PLUS: A \$1,000 donation to the winning school!

It only takes a minute to enter.

Just fill out the entry form using the link:

<https://www.chancevoight.com/sponsorship/illuminate-light-and-sound-experience-timaru/school-family-pass/form>

Parents must enter for their children. One entry per student, and the more entries our school receives, the better our chance of winning.

Entries close: Friday 5th September at 12pm

Even if we don't win, every school that takes part will receive an exclusive discount code to share with students as a thank you for participating. Thanks so much for getting involved - we'd love to see our school take the spotlight and win big!

COMING UP SOON:

BOARD MEETING: Tuesday 2ND

September 6.30pm - The School

Board meeting will be held in the Administration Office Board Room. All parents are welcome to attend. Please note that while members of the public can attend this meeting, it is not a public meeting.

Calendar						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OPIHI TABLOID SPORTS: Thursday 11th September

11AM (Rooms 1-6) More information to come on HERO.

MUFTI DAY: Friday 12TH September

Our mufti day this term will be in support of Hospice South Canterbury Jeans Day. Gold coin donation, your support is appreciated.

COMMUNITY NOTICES

BE EYE SMART

Myopia (short-sightedness) is on the rise, particularly among children. Vision is vital to learning - around 80% of classroom information is processed visually. Healthy vision helps children stay engaged, confident, and able to reach their full potential.

[Educational Video – A quick, engaging explainer on six simple steps to protect eye health – Watch here - https://www.youtube.com/watch?v=kpVMYufKn88](https://www.youtube.com/watch?v=kpVMYufKn88)

Be eye smart

1. Spend time outside everyday
2. Less screen time - take a break
3. Book an eye test
4. Wear sunglasses

South Canterbury Drama League
Juniors - Primary

Community TRUST
Aotea

Production of
FRANKIE BUILDS ANDROIDS
A NEW MUSICAL

On Stage
19-27 SEPTEMBER 2025
The Playhouse Timaru

Book by KERRY KAZMIEROWICZTRIMM
Music & Lyrics by DENVER CASADO
Concept, Additional Music & Lyrics by ANDREW FOX

DIRECTOR Jess Diamond
MUSICAL DIRECTOR Emily Rentoul
CHOREOGRAPHER Kat Thompson

Book at www.iticket.co.nz
or phone 0508 iTICKET (484-253)
* service fee may apply

Timaru Information Centre

FAIRLIE PRIMARY SCHOOL
SUPPORTING THE JOURNEY - DISCOVERING THE POTENTIAL

SKI RACE

SEPTEMBER 5TH 2025

Entry Fee \$20

(BOYS & GIRLS)
•YEAR 3/4
•YEAR 5/6
•YEAR 7/8

Sausage sizzle
Please bring cash

FOR ENTRY FORM AND FURTHER DETAILS PLEASE VISIT www.fairlie.school.nz

Mt Dobson Ski and Snowboard Club
SKI SHACK
SKI & SNOWBOARD HIRE
RETAIL SALES

TENNIS SOUTH CANTERBURY

Free! hot shots tennis

Beginners Tennis Coaching Sessions

7th - 28th September
Starting Sunday's from 9:30am (30 Minute sessions)

4 weeks of fully subsidised coaching sessions for beginner players.
At the Trust Aoraki Tennis Centre.
(27 Benvenue Ave)

Session times are dependent on the number of participants.
Pre-registrations are essential!
Please register online by Friday 29th August.

Register Now!

www.tennissouthcanterbury.co.nz

Wheelie Good Tip

RECYCLE BIN
Paper and cardboard,
but no shredded paper