



11th May 2022

Dear parents/caregivers

***He aroha whakatō, he aroha ka puta mai.  
If kindness is sown, then kindness is what you shall receive.***

This was the whakatauki (metaphor) I shared at our first outdoor Pōwhiri for the year with the warmth of the autumn sunshine enhancing the specialness of this formal occasion and welcome for settlers to New Zealand, new families, Whānau and staff to our school. Although our current kapahaka have had minimal opportunities to practice or perform in public, their karanga and voices echoed through the perfectly still morning with the warmth of our kura's "Haere Mai".

It was also very exciting to have our new tiered seating and courtyard near the library and staffroom completed to start the term, with our Middle School playground due for opening in a matter of weeks. Thanks to Simon Shore for all his work on these two property improvements.

With so many disruptions to school sports in the last two years it is fantastic to see so many of our teams in training for the upcoming hockey and netball season, with basketball and miniball competitions already running. Many thanks to Michelle Molesworth and Jan Munroe for their effort organising team registrations, and to all parents who have stepped up to take on coaching and managing roles of our teams.

Our Year 3-6 students are currently training three times a week in readiness for the up-coming Cross Country event on Tuesday 31st May. Please ensure all students have a change of clothes in their school bag, as we cannot rely on current dry conditions continuing. Although relevant neighbours within affected streets have been informed of our student practice routes by letterbox drop, if you live around our school please do let your neighbours know to take extra care when backing out of driveways as our students are running on footpaths.

Many thanks to parents that have informed us of their child(ren) testing COVID positive, or that family members are in isolation, as this informs teachers of the reason for ongoing absence and saves our admin staff having to contact you each day. As to be expected a number of our staff have also been affected or are in isolation, in some cases for extended periods. We are extremely grateful for our fantastic team of relievers, and appreciate your support for them and the teachers during this period. COVID numbers have once again been low in our school for the start of the term. At present we have the following information about the school community:

- Of the full school roll of 698 students, this week (last 7 days) we have been advised of only 9 children testing positive for COVID-19.
- We have 5 staff members isolating due to household contacts / COVID-19 cases.
- 86% of our roll is currently onsite. We expect ALL students to be attending school unless medically unwell or required to be in isolation. If contact has not been made regularly with the school regarding a legitimate reason for ongoing absences we must then take students off our roll or record as Truant.

Now the Auckland Omicron peak appears to have passed, we will no longer be informing of positive case and isolation numbers this term, unless there is a significant pattern of spread within a class or our school, or any changes in our current Health and Safety plans, such as requirement for the whole school to move into a "circuit breaker" situation. Information from the Ministry of Education follows regarding Influenza as just as with COVID / Omicron it is essential you keep your child home should they be unwell.

Congratulations to Jennifer Faulkner, nee Pearce (class teacher of Area 6) on her recent marriage.

Please note key dates over the page as there are two public holidays this term which both fall in June. [Queens Birthday \(Monday 6 June\)](#) and [Matariki \(Friday 24 June\)](#). For convenience to families the school has selected [Friday 3rd June](#) as our Term 2 Teacher Only Day this year, as by joining this on to an existing long weekend this may assist families with travel arrangements out of Auckland. As a staff we do appreciate Teacher Only Days can be difficult for leave and childcare arrangements, but these NZEI Union negotiated non contact days provide opportunities for our staff to have external facilitators focusing on shared professional practice as well as keeping abreast of the updated New Zealand curriculum. Kelly Club before and after school care will be available on Friday 3rd June. Bookings are essential—phone: 022 693 7732, web: [www.kellyclub.co.nz](http://www.kellyclub.co.nz), email: [albany@kellyclub.co.nz](mailto:albany@kellyclub.co.nz).

Together in learning,  
Maree Bathurst, Principal



## Information regarding Influenza from the Ministry of Education.

With Term 2 underway, we're looking ahead to what might come next – not just from COVID-19 but the upcoming winter season and illnesses that may come with it.

With New Zealanders mostly sheltered from exposure to flu in the last two years, health experts are concerned about our lower immunity to flu. This winter there is the very real possibility of getting the flu and COVID-19 within a short space of time. This can lead to very serious illness and high mortality rates.

If you are normally someone who hasn't in the past or considered having a flu vaccine, we strongly encourage you to get your flu vaccination this year and get your whānau up to date with any other vaccinations (for example, measles, whooping cough).

### [Flu \(influenza\) vaccines – Ministry of Health](#)

In 2022, flu vaccinations are free for:

- pregnant people
- people aged 65 years and over
- Māori and Pacific people aged 55 years and over
- people who have a long-term medical condition like diabetes, asthma, or a heart condition (ages 6 months+)
- children under the age of four who have been in hospital with respiratory illness such as asthma.

If you're not eligible for a free flu jab, and not covered by an employer-funded programme, it costs between \$25 and \$45 depending on the vaccine and provider.

There is further information about the symptoms and danger signs for flu on the Ministry of Health website.

### [Flu symptoms – Ministry of Health](#)

As always, we want to keep our ākonga and kaiako as safe as possible from the harms from illness and to have as many ākonga learning on site as we can. All those good actions we already have in place to reduce the risk of harm from COVID-19 will also help to prevent seasonal illnesses including:

- staying away if unwell and seeking advice about getting tested
- regularly washing hands
- using well-ventilated spaces
- wearing masks when indoors
- cleaning and disinfecting high-touch surfaces regularly
- covering coughs and sneezes
- having a highly vaccinated community (and not just for COVID-19).

You can do the same at home and hopefully together, we will keep our community healthy this winter.

## TERM 2 2022: MONDAY 2ND MAY—FRIDAY 8TH JULY

Monday 16th May	Year 2—Young Ocean Explorers incursion in school hall
Friday 20th May	Pink shirt mufti day supporting anti bullying. Gold coin donation. Refer page 3
Thursday 26th May	Board meeting, 6.00pm
Tuesday 31st May	Year 3-6 cross country (rainsaver—2nd June)
Friday 3rd June	Teacher only Accord day—school closed
Monday 6th June	Queen's birthday public holiday—school closed
Thursday 16th June	Rippa and tackle rugby tournament—select students (rainsaver—21st June)
Wednesday 22nd June	Year 6 netball tournament
Thursday 23rd June	Board meeting, 6.00pm
Friday 24th June	Matariki public holiday—school closed
Wednesday 29th June	Northern Bays Cluster—Year 3-6 cross country final (rainsaver—1st July)
Thursday 30th June	Student Led Conferences—school closes at the earlier time of 12.30pm
Thursday 30th June	FOS fundraiser—Scholastic Book Fair, 12.00pm onwards
Tuesday 5th July	School class and individual photos
Wednesday 6th July	School class and individual photos
Friday 8th July	Last day of Term 2—school closes at the usual time of 2.55pm

Some Year 3-6 students will bring home a free Safety Wise newspaper. This resource has a number of relevant articles for family discussions and awareness about safety procedures in and around the home, with several student activities.



### TRAVELWISE UPDATE—This week is ROAD SAFETY WEEK

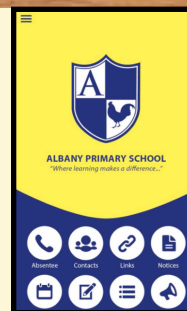
A reminder to all parents/caregivers to remind the road rules around our school, and our specific school rules regarding our bus bay pick up/drop off zone and driveway. Our focus this week is for students who bike or scooter to/from school. Parents/caregivers—please ensure your child's helmet meets safety codes, and is worn correctly. Check out this link for further information—[Helmet check](#)

Due to building renovations, there will be no tuckshop service for Term 2.

### Albany Primary School App RESET

We have now re-set our School App.

If you are no longer receiving notifications on our App, then you will need to download 'SchoolApps NZ' through your phone's app store and select 'Albany Primary School'.



### FOS Update

We held our FOS meeting last Tuesday evening. This term we will be supporting the Scholastic Book Fair and assisting photographers with class and individual photos.

If you would like to assist our team with the Book Fair (the role involves keeping the fair tidy, assisting with eftpos and cash sales), or photo day (the role involves assisting the photographers / teachers / student runners to call classes to the hall, help teachers get classes in height order, correct uniform, etc) - please contact Jan in the school office either phone 09 415 9668 or email [jmunroe@albany.school.nz](mailto:jmunroe@albany.school.nz).

We are looking forward to working on the pergola in the spring time, and will keep you updated on this project.

Thanks for your support—the FOS team



Albany Primary School's Health Project Team present:

# Pink T Shirt day

*to celebrate our value of Aroha and Caring*



*Speak UP*  
**STAND TOGETHER  
STOP BULLYING**

KŌRERO MAI, KŌRERO ATU, MAURI TŪ, MAURI ORA

**FRIDAY 20 MAY 2022**

MUFTI DAY – Gold Coin Donation

You are invited to wear an item to school that is pink.

This could be clothing, hair ties, socks or shoes.

To celebrate diversity, you could even wear white, or red,  
as together, they make pink.



POWHIRI WELCOME ASSEMBLY—TUESDAY 4TH MAY



## Online Course through Hearts & Minds

Online Every Day with ADHD Parenting

Course starting on Tuesday 31 May



This online course is run over six Tuesday mornings, **9.30am – 11.45am**. This is the first time we are trialling the morning time, as some people find it difficult to attend the evening courses, and we also thought it may be useful for stay at home parents.

This dates for this online course are: Tuesday 31st May, 7th, 14th, 21st, 28th June and 5th July. Please use the [website link](#) for further information, or to register.

A second **Online Every Day with ADHD Parenting course starting in Term 3 on Wednesday 24 August 2022**. This online course also a six week course, run on Wednesday evenings, **7.30pm – 9.45pm**.

The dates for this online course are Wednesday 24th and 31st August, 7th, 14, 21st and 28th September. Please use the [website link](#) for further information, or to register.

Feel free to explore our website: [www.adhd.org.nz](http://www.adhd.org.nz) which has a lot of articles and information about ADHD. Also, for anyone on Facebook, there is a private Facebook groups for “Adults with ADHD”, and “Parents of Children with ADHD”, which some may find useful and supportive. They are certainly great places to get recommendations and personal experiences.



## PARENTING TWEENS & TEENS THROUGH STRESS & ANXIETY

[Link to Parenting Tweens and Teens through stress and anxiety online course](#)

In a time of great change young people's stress and anxiety is increasing. This supportive group helps parents manage the challenges that parenting young people aged 11-18 can bring. Join a supportive, non-judgmental space to learn strategies and tools to help you parent young people through the challenges they face.

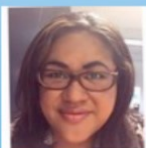
### (GROUP 1)

**DATE** Thursdays  
5th, 12th, 19th and 26th May

**TIME** 7:00pm - 8:30pm (4 sessions)

**VENUE** Online (Zoom)

**COST** FREE



**FREE  
WELLBEING  
GROUP**

### (GROUP 2)

**DATE** Thursdays  
9th, 16th, 23rd and 30th June

**TIME** 7:00pm - 8:30pm (4 sessions)

**VENUE** Online (Zoom)

**COST** FREE

## Wellbeing and Resilience Groups for Adults

**Our Wellbeing and Resilience Groups** are led by qualified counsellors and therapists. These safe and inclusive online groups provide valuable tools and tips for improving your wellbeing, including:

- Wellbeing Kete
- Confidence & Self-Esteem
- Creative Arts Therapy for Wellbeing
- Managing Change & Stress
- Positive Wellbeing & Resilience
- Managing Depression & Anxiety

Online groups are being offered at various times and days throughout the week, contact our friendly team for the latest offerings at: [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz) or phone 09 441

For further information and to register use the [website link](#).



**Hearts & Minds**  
Manawa Ora me te Hinengaro  
Strengthening the Wellbeing of People and Communities

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





## NEUROSCIENCE OF DEVICE ZOMBIES

Understanding the Impact of Device Use on the Brain

**There are positives and negatives of technology, it is confusing and there is no simple answer. Come along and hear KATHRYN BERKETT explain, in easy to understand language, the neuroscience behind the complex world our children are living in.**

Our world is changing so quickly, it is hard to keep up. The messages we get can be so confusing – is technology bad for us, or good for us? In reality, it isn't that simple. This session is not about telling you to stop using technology, it is about helping you understand it, so you can make more informed decisions. We are all individuals, and we will react and interact differently with technology. Come along to hear more about what this means for each of us.

This session will discuss the reaction in the brain that can happen when we play games or engage on social media. We will discuss why, for some people, this can lead to addiction. This will help us some way towards combatting it.

We will learn what the brain needs from the environment in order to develop to full potential, and how devices can both support and inhibit that. It is a session aimed at supporting you, so you can make an informed decision.

Kathryn is a mother of two children, has her Masters in Educational Psychology and is a Certified Neurosequential Model of Therapeutics practitioner. She has a TEDx talk on this subject "Neuroscience of Device Zombies", trains organisations all over NZ and abroad, and is a frequently called on by media to provide support and opinion. She will explain what is going on in simple, real language. You will leave her session with practical tips that you can use IMMEDIATELY

### Whānau ki te Ako



Better together: A connected pathway for empowered learners.

**Date: Tuesday 7<sup>th</sup> June**

**Time: 6pm Doors open  
Presentation 6.30pm-8pm**

**Where: Albany Junior High School, Albany Highway**

**Cost: Free**

*"Excellent presentation, loved the examples, easy to understand. Have heard some of the info many times before however the way you explained things CLICKED for me!"*