



# TE AROHA PRIMARY

ACCEPT THE  
CHALLENGE

KIA TU KIA TOA KIA MAU

Believe  
ACHIEVE  
Succeed



## Tena koutou Parents and Whanau

Welcome to week five of term three. Another busy week for everyone. I have added some more information for parents about Digital parenting Knowledge below. Happy reading!

### District Cross Country

The Districts Cross Country will take place on Wednesday 21 August at Manawaru School.

Children who are participating in this event have already been notified. We have 45 children participating in this event.

We are looking forward to a great day of cross country running.

Children will be transported to Manawaru School by bus.



This is a reminder of the transition to school programme called "Ready, Set Go!" which we will be running at our school, on a Wednesday afternoon from 1.40 – 2.40pm.

If you have a child who is four and a half years old then you are welcome to bring him/her along to the programme.

Simply phone the office to inform us that your child will be attending. At least one adult must accompany the child. This is run in Room 1 by Mrs Johnson

This is an awesome opportunity to get your child school ready in a fun environment.

The next dates are:

**Wednesday**

**21 August**

**4 & 18 September**

### DIGITAL PARENTING KNOWLEDGE

#### SCREEN TIME ADVICE FOR PARENTS

The internet has changed the way we work, rest and play. With so many ways to connect to friends, family and all kinds of content, many parents worry about how much time their children spend online.

So, how many hours a day should kids be spending online? There's no simple answer to this question because not all screen time is created equal. Spending two hours on the internet watching cartoons isn't as beneficial as spending two hours on the internet learning.

Parents need to think about the age and stage of their children, and understand how their children use the internet to be able to decide how much time they'd like their kids to be spending online.

#### GETTING STARTED

Talk to your kids about what they're using the internet for, so you have a better understanding of how they're spending their time online. Are they using the internet to learn? To communicate and create friendships with others? To create music or videos? Really listen to what they have to say – what might seem like 'just a game' to you, could in fact be a way for them to connect with people who have similar interests.

#### HELPING THEM TO SELF-MANAGE THEIR TIME

As children get older we need to start teaching them how to manage their own screen time, so they have these skills in adulthood. You can start this by talking to them about their time online and how to manage it. Some questions you could ask to start the conversation with teens are:

- How much time do you think you spend online in a day?
- How can you tell when you've been online too long? (E.g. phone starts getting hot, eyes get sore or tired, start to feel unproductive or mood starts to change)
- How do you feel when you spend too much time online?
- The online space is great, but what are some of the positive benefits of putting down your phone and doing other activities?
- What are some different ways you could manage your time online or cut down when you need to?

Often we don't actually know how much time we're spending online. Some social media platforms have tools to help you keep track of how much time you're spending online and allow you to set up an alarm to notify you once you've spent a certain amount of time online. For Instagram, go to "Settings" and then select "Your activity". On Facebook, this is under "Settings & Privacy" and then select "Your time on Facebook". There are also phone settings and other apps that help you manage your time online too.

#### SETTING BOUNDARIES

There are two ways to manage setting boundaries:

1. **Good old fashioned parenting**
2. **Technological solutions**

How you use these techniques will depend on the age and stage of your children. Younger children will generally need more boundaries for spending time online, whereas older teens will need more education to help them manage their own time.

#### PARENTING TECHNIQUES

Parenting has always involved setting boundaries and explaining the responsibilities and expectations a family has for their children. This applies as much to internet use as establishing a bedtime routine, performing household chores or learning to drive. Establishing some ground rules early on can work wonders, for example when a young child first learns to use a tablet for games or drawing and later on when they get their own first device to call friends or go online.

- Setting boundaries as soon as a child gets their first device means it becomes normal for internet time to be limited in your household and less difficult to enforce later on.
- If your child has already been using devices for some time, an open and frank discussion around any changes is a good idea to help them understand new time limits.
- Parents can also model good behaviour, perhaps agreeing to no devices at the dinner table or after a certain time at night so emails and texts don't disrupt family time.
- Moderation is key – try to make sure your children have plenty of other activities to balance the time they spend online.

#### TECHNOLOGICAL SOLUTIONS

For younger children, internet content filtering tools and safe search settings can be a good way to prevent them stumbling across unsuitable adult content and restrict the amount of time they can spend on devices. It gets harder to implement filters and restrictions as children grow up and have access to their own technology and data plans but families can explore a range of options that include:

- Setting parental controls on a specific device
- Restrictions at the router or modem level to limit the time online through device 'scheduling' settings or a service like OpenDNS
- Routinely changing the Wi-Fi password and only giving access once chores or homework are completed

Most modern operating systems for computers, tablets and smartphones have parental controls so it's a good idea to become the 'administrator', set up parental controls perhaps via a separate account.

#### IS YOUR CHILD SPENDING TOO MUCH TIME ONLINE?

If the time your child is spending on the internet is having a negative effect on other areas of their development, it's important to look at their internet use.

#### Questions to think about

- Is excessive internet use affecting their sleep?
- Is excessive internet use affecting the quality of their schoolwork?
- Has their behaviour changed?
- Do they become angry or even aggressive if you try to limit their time online?
- Are they spending so much time online that other hobbies are becoming less important?

If your children take their phone to bed with them to ensure they can keep communicating with friends late into the night, this can lead to disrupted sleep and leave your children tired, grumpy, keen to skip school or have an impact on their learning.

A change in behaviour may also be clues to other issues such as cyberbullying or grooming, so it pays to ensure your children feel they can share problems with you. Assure them that can talk to you about any problems they come across online, and that you won't take their device away if they ask you for help. This is often a barrier for young people seeking help from parents.

Enjoy the week.

**Ngaa mihi nui**  
**Kevin Johnson**  
**Principal /Tumuaki**

### TERM THREE DATES 2019

1. District Cross Country	21 Aug 2019
2. Totara Springs Week Yr7&8	26 – 30 Aug 2019
3. TV Cross Country	4 Sept 2019
4. <b>Maori Language Week</b>	9 – 13 Sept 2019
5. School Speech Finals	10 Sept 2019
6. School Photos	12 Sept 2019
7. Int Schools Bowls Comp	13 Sept 2019
8. Int Schools Rotary Speech Comp	19 Sept 2019
9. School Closes for the holidays	27 Sept 2019

#### Sports News

**Cross Country:** Well done to all the children who qualified for District Cross Country on Wednesday. Please make sure you are well prepared for this. Food will be available for purchase. We are still needing some marshalls, Please see Mrs Paul if you can help. We have a very busy morning that day, so all children will travel on the bus together. If the \$4 is a problem please see us.

**Netball:** Well done to all the coaches, managers and players who wrapped up their netball season on Saturday. It was nice to see the improvements as the season progressed. Thank you to the parents who stood on the sideline each week cheering the girls on.

#### TUESDAY LUNCHES – NOODLES \$2

Beef, Chicken & Oriental. Please give orders to class teacher

#### Te Aroha Netball

The Netball season came to an end last weekend. We would like to thank all the girls for their hard work this year. Good luck to all the Year 8's who are moving on next year, to the rest of the girls we hope to see you all next year. Thank you to all our supporters, parent helpers, especially our coaches who volunteered their time.

**Reminder:** please return uniforms to the office by the end of the week, (invoices will be sent home if the uniform is not returned)

#### Classroom Round Ups

**Room 1 (Mrs Johnson):** Our Letterland work is p, o and e. This week is a busy one beginning with big ball skills lessons on Monday and Tuesday with Nicole from Project Energise and Science in a van visiting the school on Wednesday. We will keep you posted about all the events on Seesaw. The children have brought home their story writing books to share with the family / whanau. They are all very proud of the effort they have put into learning to be a writer so please feel free to write back to them in the books. Story writing books need to be returned to school on Tuesday please.

**Room 2 (Miss Green)** We welcome Mrs Maisey into Rm 2 today. You will notice reading books that come home today you would have already seen but it is great for kids to be practising reading books with fluency like they do during book box reading time. In writing we are focusing on recording the dominant sounds in words and using a word card to find words needed. A lot of the children are working on adding further detail to their story to make it more interesting. In Maths we are working on addition to 20 and practising recording numbers correctly. We began our science unit last week by making popcorn. The children had so much fun learning what makes popcorn pop! Cross country has finished so no need for a change of clothes anymore.

**Room 3 (Mrs Hodgetts):** Kia Ora Room 3 Whanau, This week is a very exciting week for Room 3. We have lots on. First we will be doing ball skills with Sport Waikato so expect to see some photos on Seesaw. Science in a van will be here on Wednesday so we are looking forward to that. We are also invited to see the Kapa Haka show case which is a great way to support our big children and learn a little more about this. Unfortunately, we have head lice doing the rounds again. Please check your child and treat them if necessary. We will have to send your child home if we notice they have headlice. Nga Mihi - Have a great week

**Room 5 (Miss Entwisle)**

In Writing we continue to look at Explanations and Instructions. We will be delving into liquids, gases and solids in our topic work "What's the Matter?". In Mathematics we are continuing to develop our Number Knowledge with some groups working with Fractions and others grouping with their Tens and Ones.

#### Homework Reminders

\*Homework grids \*Spelling Words

**Room 6 (Ms Boyd)**

Welcome to week 5. This term is flying by really fast. This week we are looking forward to Nicole from Sports Waikato coming to show us some more hockey skills. We will get into our 'Whats the Matter' topic

this week. We will be starting to write our speeches this week.

Reminder to choose another activity to do this week from the Homework grid. Enjoy the week.

**Room 7 (Mrs Paul)** This week we will finish our speeches and start practising them ready to put on cards. It is best if the whole speech isn't on cards but whatever works best for your child is fine with me. In week 6 we will start hearing the speeches in class. In reading this week we will be looking at Ernest Rutherford. Some children are preparing powerpoints and others are looking to produce Kahoot quizzes. In numeracy we continue to explore decimal numbers. The 8 and 9 times tables will also be a focus.

**Room 8 (Mrs Young): Exciting week ahead - SCIENCE IN A VAN / DISTRICT CROSS COUNTRY**

**Maths-** This week we are focusing on Decimals and Percentages. Websites to use- Khan Academy, Prodigy and Study ladder.

**Literacy-** HOLES Chapter Chat study - New trello boards with activities. **Home learning - Science Fair** - Students are welcome to print results, recordings and photos at school. Paint is also available if students need. Remember to keep up with recording for the log book (a must if your work involves growing, or measuring).

Science Fair suggested timeline - **Week 5- Review work - look at the checklist to see if you have covered the requirements.**

Weeks 6/7- Complete. Place all work on board before gluing in place.

Check format is correct. Week 8- Monday 9th September. All entries to be displayed in the school hall at 9am. Judging will commence at 11am. **WEEKLY QUIZ** - The Weekly Quiz is interactive via this link <https://socrative.com/> Click on Student Login and enter TAPSR00M82019. Hardcopies available.

**Totara Springs** - Trainings this week - Monday, Tuesday afternoons and Thursday and Friday full days (excluding Kapa and Tech). Calan, Miles, Noah, Chenara, Alesha and Reegan and I will be away next week at Sports Camp. Room 8 will join Room 10 and Room 9 for the week with a continued exciting programme in place. Please feel free to email me [kyoung@tearohaprimary.school.nz](mailto:kyoung@tearohaprimary.school.nz) Have a great week!

**Room 9 (Mrs Robertson & Mrs Gamble)**

**Mrs Robertson** It's great to be back home and into daily routine once again. And with a hint of spring to make my day. I gave my 'sharing' of ideas about Whistler, a town in the Canadian Rockies, with the class. Te Aroha has heaps of potential to develop as a major tourist attraction so we will be watching and discussing local ideas submitted about our town. In maths we will commence working with percentages. Reading and writing will be a focus on rounding off work in progress. Speeches and science fair projects will be checked for progress. Homework: weekly current events quiz, speeches, science fair projects.

**Mrs Gamble** It is so nice to have Mrs Robertson back on board with us. We look forward to hearing about her trip. **Maths:** We learnt a great deal about histograms and pie graphs last week, this week we will focus on line and scatter plot graphs. **Writing:** I will continue to work alongside those students who need extra help with their speeches, we will also write persuasive debates on topics relevant to the students.

**Reading:** Guided reading will continue as normal.

Have a great week everyone.

**Room 10 (Mrs Brittenden)** Kia ora koutou.

An action week ahead. In preparation for Totara Springs, students will continue to be practising and developing their skills in the afternoon. Thursday and Friday will also be used in preparation. Students not attending Totara Springs will have normal learning activities as per usual.

**Ukulele** - we are really loving learning our new songs and we sound amazing!

**Speeches** - these should be completed, on cue cards and being practiced!

**Science Fair** - these should be well on the way now. Make sure your child is following the guide so they are on track.

\*there will be a small time allocated for Speech and Science Fair prep at school - please make sure students have what they need to do this.

**Maths** - we are having a great time learning about Fractions. We will be looking at fractional number conversion this week. (knowing your times tables is a must!)

**Reading** - we will begin a novel study this week. Students are encouraged to have a book that will help them to explore concepts about the author's message and purpose.

Topic - we enjoyed our Naked Egg experiment last week. This helped us to understand the science process.

Looking forward to an AMAZING WEEK!

Arohanui - Mrs B (dp@tearohaprimary.school.nz)

# THANKS TO OUR SPONSORS



07 884 9522  
217 Whitaker Street, Te Aroha  
Monday - Friday 8:00am - 5:00pm  
Saturday 9:00am - 12:00pm  
www.tearohavets.co.nz



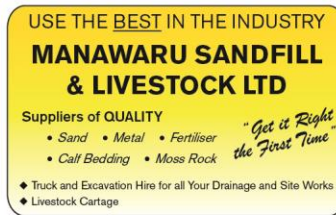
0800 JT CARTER (58 2278)  
15 Lipsey Street, Te Aroha  
www.jtcarterplumbers.co.nz



07 884 7707 24/7  
shackellelectrical@gmail.com  
17 Lawrence Ave, Te Aroha  
Residential, Commercial & Rural



07 884 8053 | 28 Church Street  
8.30-5.00 Monday-Friday  
On Call until 10pm weekdays  
Te Aroha Weekend clinic 12-1pm Sat/Sun  
Paeroa Medical Centre 9am-10.30am Sat/Sun  
No weekend clinic in Te Aroha on a Statutory Weekend.  
Paeroa Medical Centre is open 9am - 12 noon Statutory Weekends



Richard Cornes  
027 445 2090 07 884 6625  
Manawaru Road, Te Aroha



Meli Matafeo - 027 788 4840  
twenty20concrete@hotmail.com  
Proud winners of "New and Emerging Business" and "Bayleys Supreme Business" Awards



Te Aroha Tyrepower  
The Biggest Brands  
at the **Lowest** Prices

Tony Lauder  
47 Kenrick St, Te Aroha  
Phone 07 884 8107 Mob 021 909 190  
tyrepower.co.nz



Self Service, Coin operated  
Domestic Use Only  
14 Lawrence Ave, Te Aroha



07 884 0002  
199 Whitaker Street, Te Aroha  
www.ryanlaw.co.nz



027 462 6101  
glenarmstrongbuilders.co.nz



*For all your hair care needs*

07 884 9456 027 481 7893  
184 Whitaker Street, Te Aroha



07 884 8055  
Abacus House  
53-61 Whitaker Street, Te Aroha  
www.diprosemiller.co.nz



07 884 9547  
tearoha@propertybrokers.co.nz  
152 Whitaker St, Te Aroha  
www.propertybrokers.co.nz

Ultimate Bobcat Services Ltd

- Driveways
- Calf Sheds
- Concrete Prep
- Yard/Garden Clearing
- Trenching
- Laser Leveling
- House/Garage pads
- Much more!

Gazz - Owner Operator  
027 633 0103  
ultimatebobcatservices@gmail.com



www.designjuice.co.nz  
Branding | Marketing | Print | Web  
Design | Signage