



Phone: 07 8787709  
Mobile: 0210355692  
Email: admin@centennialpark.school.nz

**PĀANUI**  
Te Wahanga tua tahi mo te wiki tuawha  
Tokohia ngā tamariki: 61



21<sup>st</sup> February 2023  
Kia ora e te whanau,

We have given out to all our students a large range of stationery which has been supplied by The Warehouse Group and KidsCan for free to our kura. This will help whaanau save more money and so far it has been great to hear from whaanau how little stationery items are costing this year for their child. At some stage during the term, we will thank The Warehouse team by putting on a performance for them at their shop. The stationery items included pencil cases, colouring pens, 1B5 lined books, glue sticks, pencils, large refill pad, rubber, a notebook and a wide brimmed hat. We really appreciate and thank the team at The Warehouse group and KidsCan for their generous support.

Unfortunately, due to the delays of transporting our goods, the normal fruit supplier for our tamariki has been delayed. We are hopeful of this returning to normal by next week. In the meantime, we will be finding an alternative supply and organizing fruit for our tamariki for the rest of this week.

We have booked the town pools to allow our senior tamariki an opportunity to swim lengths before the main Interschool event. We will also have in next week a specialist swim coach who will teach our tamariki about swim safe.

Enclosed with this Paanui is some information on building resilience in your child. There are a number of challenges our tamariki are dealing with that are totally different to how we grew up. The research supports the current environment and at the moment there is a lot of different and difficult things going on.

Heoi ano  
Kevin Ikin, Principal

**Upcoming Events this Term**

Fruit in kura starts - for all tamariki Mon 27<sup>th</sup> Feb  
Swim Safe NZ Lessons for classes Wed 1<sup>st</sup> March  
Interschools Swimming Sports Friday 10<sup>th</sup> March  
CP School Swimming Sports Tuesday 14<sup>th</sup> March  
Last Day of Term One Thurs 6<sup>th</sup> April  
Easter Friday - No School Fri 7<sup>th</sup> April  
School starts again Term 2 Mon 24<sup>th</sup> April

***EOTC in our local catchment area  
(Education outside the classroom)***

***Maara kai: Visiting some of our local places:***

Last week, some of the classes visited the community gardens on Esplanade Street. For some tamariki, it was a new experience of pulling up rewai (potato) and other vegetables. Some of them could not believe how big a potato grew. Hopefully they are now inspired to grow their own and have a go at having a garden at home. The cost of kai is bad enough, but lately it is getting hard to find available in the supermarket. Thank you to the team at the community gardens for the opportunity for our tamariki.

***Squash:*** Last week, a few students had their first go at playing squash. For most of them, it was also the first time they had been in the large concrete building by the park. The experience was a positive way to build skills and motivate fitness. There are more tamariki lining up now to have a go which is great. We might make this a regular event on a Friday and see how it goes. We had a few old squash rackets that can be used to practice their skills.

***Returning forms:*** Please make sure whaanau that the EOTC form (for local visits) is returned so your tamariki can attend all these outdoor local events without having to fill in extra forms for each and every event that is outside the kura grounds. Health and Safety is important to us all and the generic letter gives Kaiako and the kura the green light for visits within the local catchment area of town. Any visits outside this area, will be followed



## **A moment in time – History in New Zealand**

**10<sup>th</sup> February 1967:** End of Free school milk: New Zealand schoolchildren received free milk between 1937 and 1967. The first Labour government introduced the scheme – a world first – to improve the health of young New Zealanders (and make use of surplus milk).

**13<sup>th</sup> February 1869:** Killings at Pukearuhe: A Ngāti Maniapoto war party sacked the redoubt at Pukearuhe (White Cliffs) in northern Taranaki, killing military settlers, family members and the missionary John Whiteley.

**14<sup>th</sup> February 1998:** New Zealand's new national museum, the Museum of New Zealand Te Papa Tongarewa, was officially opened on Wellington's waterfront after a decade of planning and construction.

**15<sup>th</sup> February 1882:** First frozen sheep shipment leaves NZ: New Zealand's first successful shipment of frozen meat to Britain in 1882 had a huge impact on the colony, paving the way for the trade in frozen meat and dairy products that became the cornerstone of New Zealand's 20th-century economy.

## **JOIN US FOR BREKKIE**

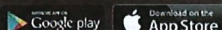
### **Breakfast Club** **Every Tuesday and Thursday.**

7:45am – 8:45am  
Nau mai haere mai



## **A NEW JOURNEY BEGINS!**

DOWNLOAD OUR SKOOL LOOP APP TO  
KEEP TRACK OF ALL SCHOOL NEWS AND  
IMPORTANT DATES FOR 2023.



## **Answers to last weeks Quiz:**

1. What is the name of the meeting house at Te Kuiti Paa? (Te Tokanganui a Noho)
2. Name the Tyre business on Te Kumi Road? (Carters Tyres)
3. Who is the current Mayor of Waitomo? (John Robertson)
4. What activity happens in the large building on Ngarongo Street? (near the Centennial Park playground) (Squash)
5. Name the walkway bridge that crosses over the railway line near the middle of town? (Te Ara Tika)

**Two lucky winners who will both get a small prize: Kiana Perawiti- Winikerei and Tamai Peters**

(See if you can name all 5x questions and bring in your answers with your name and age to the Kura office by the end of this week)

1. **Name the local rugby club the late Sir Colin Meads used to play for?**
2. **Name the street, Te Kuiti Kohanga Reo is on?**
3. **What is our Caretaker's name?**
4. **What is the name of the new sports stadium located at Te Kuiti High School?**
5. **What is the name of the river that passes through the middle of Te Kuiti?**

(answers in next weeks paanui)

## Building your child's or teen's resilience

A child or young person's world can be shaken by any number of difficult life issues, from the real shaking of an earthquake, to illness, injury, bereavement, parental break up, accidents, crime, or broken relationships. Whatever has happened, parents or other caring adults can play a key part in helping and encouraging them build their resilience and to move forward. Showing them kindness, caring, compassion and understanding is important, and so is teaching – and showing them – key life skills.

***Waiho i te toipoto, kaua i te toiroa.***

***Let us keep close together, not wide apart.***

Research confirms that there are key factors that adults can encourage in their child's or teen's life that will build their emotional resilience to life's knock backs. They can all be built up in everyone – whatever their age. Everyone is different, with differing strengths and vulnerabilities, so as you look through these you may see straight away that some of them sound like your child and some just do not!

1. Knowing it's ok to ask for help and support in difficult times, and knowing how to.
2. Having a support circle of positive relationships with supportive family, whanau, other caring adults, friends, workmates.
3. Having easy access to health and counselling support (including for mental health and/or addiction).
4. Knowing others appreciate and care about them – having others believe in them and their potential.
5. Feeling connected to their school – sensing they belong there, willing to be involved.
6. Feeling connected to their community – sensing they belong, willing to be involved.
7. Having key life skills, including knowing how to problem solve, make choices and decisions, communicate well with others, set goals, find information, put positive values into action in their everyday life, resolve conflicts, how to apologise and set things right, ask for support/help when it's needed and care well for their day to day, personal needs.
8. Having a sense of self worth and self respect – believing they are good at something and that they have skills and abilities.
9. Having respect for the worth and value of others – recognising everyone has strengths, weaknesses and things to offer – having empathy – considering others' needs.

**The right help at the right time in the right way**

10. Being flexible at times and able to adjust as situations change – realising that changes and challenges are part of life for everyone – giving things a go.

11. Thinking creatively – willing to try some new things and to look at things with fresh eyes, or from different angles.

12. Persevering – willing to give things a go and keeping on trying, understanding that set backs are often part of the territory.

13. Having a sense of humour – able to laugh at things, to see things in a different way and to relieve tension.

14. Having a hopeful outlook – able to look to a more positive future – understanding things can get better – having cultural, faith and life beliefs that promote their own wellbeing – having a sense of purpose – having things to look forward to.

15. Having anti-bullying policies and programmes used in their schools and workplaces – or in any group they're involved in e.g. youth groups, teams, clubs.

### **SO TAKE A MOMENT TO THINK...**

Developing a child or young person's internal strength starts at home, with their family or those caring for them. Our young people watch us and learn from adults – from our words and our actions, and from what we don't say and don't do as well.

- Think about how you learned to cope with tough times as a young person. What's helped you the most since then? Who has cared for you and supported you?
- Which of the 15 factors listed above can you see in your own life now?
- Think about your child or young person. Which of these 15 factors can you see in their lives? Which ones need to be strengthened or added?
- Think about some ways that you could help your young person to build up these factors in their lives, so they can better cope with life's tough times.

Get practical. They can't be nagged into developing them. Are there other adults who could help too? Young people need to learn skills that they can practice and improve on – and expect mistakes from time to time. They're human, after all!

**Kids may forget what you said,  
but they will never forget how you made them feel.**

**The right help at the right time in the right way**

# A NEW JOURNEY BEGINS!



**DOWNLOAD OUR SKOOL LOOP APP TO  
KEEP TRACK OF ALL SCHOOL NEWS  
AND IMPORTANT DATES FOR 2023.**

