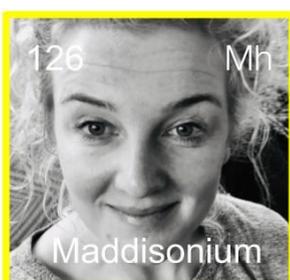


Nga Wai

Term Three Newsletter 2019



Kia ora koutou Nga Wai Community.

Welcome to the third term of what has already been an exciting year in Nga Wai. Students and teachers alike have explored, experimented and presented a vast range of topics from the local neighbourhood to the Local Group.

Again we set our sights forward on a term full of learning and adventure. This term brings with it the senior production, Tournament of Minds and Mathswell.

Important dates in Term 3

August 14 Mathswell. Karori West Normal School 6.30pm

August 14 EZ swimming

August 31 Tournament of Minds regional finals - Vic Uni

18 Sept EZ floorball

Senior Production Week 10 (Sept 25-26)

Literacy

For literacy this term we are integrating our big idea, 'My Body, My Temple'. We are working towards a bake off to be held in Week 7. Our learning will be based around the question 'How many vegetables can you hide in a cake?' We are looking at encouraging positive food selection, preparation and assessing the impact of substituting vegetables for main ingredients in a traditional recipe. Our reading programme will be focussed on reading articles about health, fitness, nutrition and well-being. The students will be completing reading contracts to go with the articles they are reading. Each reading contract consists of a *reading lab*, *computer lab*, *independent lab*, *writing lab* and *vocab/spelling lab*. The students will receive a new contract every two weeks. In preparation for our bake off, we will be learning to write formal invitations in addition to procedural/recipe writing. Our Bake off is scheduled for Week 7 (Sept 2-6). If you are a dab hand with an oven and a spatula we would love your help. Contact your child's classroom teacher if you are free to help.

Mathematics

Our focus turns to fractions and proportions for this term. Early in the term students will look at the connection between fractions and division, strengthening this understanding and breaking down barriers at the same time. Our intention is that proportional numbers become far less scary.

We are also bringing back a programme that we used in 2018. We called it Cafe Maths then but it has gone through a rebranding to connect to our "My Body, My Temple" and will now be known as Body Maths. These are whole team maths sessions with open ended problem solving tasks that will be run fortnightly. It is a great way for students to share knowledge, build working relationships and use mathematical language in a task that is relatable to them.

Inquiry

My Body, My Temple

We are conducting a fully integrated inquiry this term. In Term one we honed in on self, who we are, where we come from, where we live and what makes us, us. Term two saw us spread out and look at the wider world around us, the elements, the stars, and volcanoes among other phenomena. Now we are bringing it back to us, what we are made of and how our body works. It will also look into how we make our body work to its best ability.

PE

Once again we have Kelly Sport coming in to run a program focused on Athletics. Last year's sessions were very popular and they paved a perfect pathway to our school athletics in Term Four. Alongside these sessions we will continue to have our short fitness sessions run by the Nga Wai PE Leaders. Many of these sessions will include data gathering to provide information for our learning in Maths and Literacy.

Homework

The first few weeks of homework have been distributed via your child's Google Drive and Class Dojo. Many of these activities will connect to classroom tasks in maths and literacy. Our homework has been prepared in the hope of critical discussion about health. We have built our Inquiry around questions like the following:

-What is health? Is it the same for everyone? Why/why not?

-Is BMI an accurate measure of health? Why/why not?

-What is normal/average?

-Can we judge health by someone's appearance? why/why not?

We hope this stimulates a rich discussion at home and beyond.

Production

The wheels are in motion for this year's senior production. This is always a fantastic learning experience with students participating in some aspect of the performance. It could be; creating the scene, costume design, acting, singing, dancing, lighting, sound or promotion. Keep an eye out for further email communication regarding materials and parental help. Don't be shy if you have special skills to share!

Tournament of Minds

In 2018, 14 students from Nga Wai participated in this challenge. It was the first time Hataitai had entered the competition and it was an incredible learning experience. This year we are entering two teams which must be made up of a mix of Year 5 and 6 students. For five to six weeks they will work independently on a task. By the end of week one or early week two we intend to have named those in the teams. At the end of Term Two we conducted activities across the team that were designed to highlight the attributes required for this competition. Participation in this will limit interaction with the production. Students will be incorporated back into the production at the completion of the regional event.

Hauora Sessions

Starting week two, Nga Wai will be engaging in Hauora Sessions with Maddi. These sessions will run every Thursday until the end of Term 3. Each class will have a 20 minute mindfulness and movement session. There is an emphasis of stillness, breath, relaxation and, of course, fun. A Hauora Session in Nga Wai will look like this:

Stillness and breathwork (2min)

Mindful movement where we focus on building strength, balance and flexibility (10min)

Relaxation/Breathing exercise (2min)

Relaxation with music (5min)

Lion's breath to re-energise (1min)

Why?

Mindfulness (including mindful movement) is proven to improve self-confidence and build a positive self-image. It is also a great way to engage in physical activity that is in a non-competitive environment. Students will learn to independently use breathing techniques to help cope with stressful situations, allowing them to reason more effectively and ultimately make better decisions. Furthermore, students learn to be resilient, present, calm, happy and grateful.

What can you do at home?

Here are a couple of things you can do at home to reinforce the tools that are being learnt during these sessions:

- Ask your child about the **breathing exercises** they are learning about. Your child can teach you how to do the exercise. Do one together each morning and/or night.
- Ask your child about the **relaxation exercises** they are learning about it. Your child can guide you through a relaxation exercise and then you can swap. These are great to do before bedtime.
- Talk about gratitude, eg. *What are three things you are grateful for today?*
- Talk about kindness, eg. *What have you done today that has shown kindness to yourself? What have you done today that has shown kindness to others?*

General Reminders

Last term, our lost property was fit to bursting. Please name all clothing that can easily become a “peeled off” layer. Jackets, hats, long sleeve tees and sweatshirts were the most common items in the pile. We have noticed a distinct reduction in plastic wrapping and packaging in lunchboxes which is absolutely awesome. It does however leave us with stray reusable containers. We love these for storing things, but we are in no doubt you do too! -Even if they are part of “that cupboard” in the kitchen which no one wants to sort! If there is some sort of marking on these, we can make sure they get home to you.

Education outside the classroom TERM 4

2019 is our non camp year. This means we have a week of locally based activities for the students. In the past we have travelled to Somes Island, headed to flying fox park and then to a movie, and a scavenger hunt around the Hataitai neighborhood. This year we are heading back to the harbour but in waka, and the team are busy planning the other activities. This is scheduled for the week of November 18th -22nd. To make it all happen we require your help. If you are able to help for one day, or more, on these dates please email Glen. Our Waka experience is scheduled for November 19th. A full list of activities will be circulated early Term Four.

If you have any questions do not hesitate to contact your child’s classroom teacher.

Thank you

Nga Wai teaching team

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