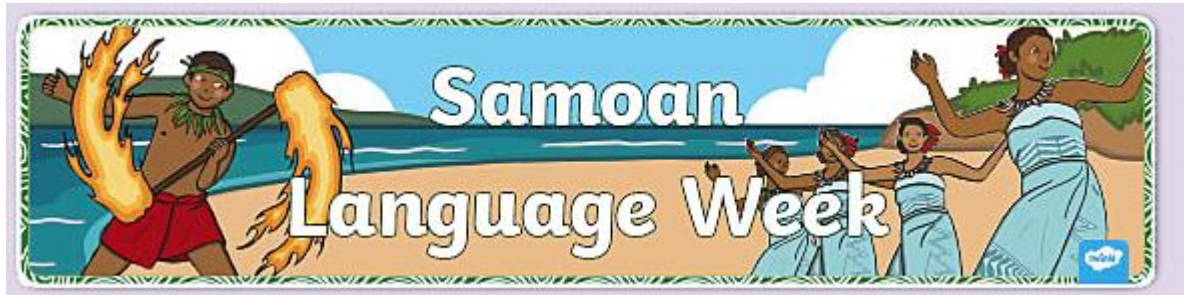


# Wainuiomata Primary School

Term 2, Week 6 2023

Dear Parents/Caregivers Talofa lava



Welcome to Vaiaso o le Gagana Samoa Aso Sa 28 Me – Aso To’ona’i 3 Iuni – Samoa Language Week Sunday 28th May – Saturday 3rd June 2023

This year’s theme for Vaiaso o le Gagana Sāmoa - Samoa Language Week 2023 is ‘Mitamita i lau gagana, maua’a lou fa’asinomaga’ which means ‘Be proud of your language and grounded in your identity’.

The theme encourages being proud of your ancestral language, spiritual language, Samoan language in the home, and Samoan written language.

Thank you for your support with Funky Friday last week - it was fantastic seeing staff and students in their funkiest of outfits. We have replenished our supplies and are hoping that we won’t have to use them!

It’s not too late to drop a can off at the school office if you forgot on Friday.

Paid Union Meeting – Wednesday 30 May  
2023 1:00pm – 3:00pm

I apologise for the short notice with the paid union meeting on Wednesday 30 May and appreciate your support with this picking your child/ren up at 12:30pm. Hopefully this offer will address some of the teachers’ concerns and an agreement will be reached shortly.

Please let me know if you need help supervising your child/ren on Wednesday as we may be able to support you.



## Chocolate Fundraiser

A big thank you to everyone who has sold chocolates to raise money for our camp and adventure weeks.

At the end of term invoices will go home to all year 5 & 6 students asking for \$50:00 deposit for camp and to all year 3 & 4 students for a \$20:00 deposit for the zoo sleepover.

A separate newsletter will go home to year 3 & 4 students about Adventure Week and years 1 & 2 about Ngahau Week in the next 2 weeks.



## School Assembly

Our next C.A.R.E. assembly is this Friday 2 June at 10:30am—parents, caregivers and whānau are welcome to attend – come and see the latest video about our new classrooms!!

## Kidscan Shoes

We are very fortunate to be a Kidscan school and receive black sneakers for any of our students. If your child would like a pair (we have a few sizes in stock and can get more if needed) please see Marlene in the school office.



Happy Birthday

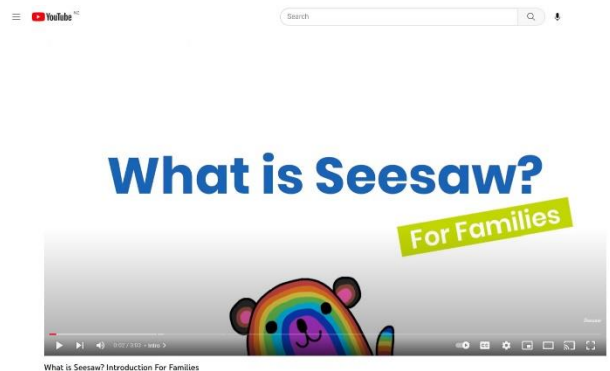
Best wishes to these students whose birthday is this week: Shahra, Lucy and Iliana

## Board of Trustees Survey

A big thank you to whānau who have already returned the survey – we have extended the return date to this Wednesday as we were made aware that some notices were late being given out. Remember all completed surveys go into a draw to win one of two \$50:00 Countdown vouchers and the class with the highest percentage of returns gets a prize. The Board of Trustees really appreciates you taking the time to share your ideas and opinions!

## SEESAW

Here is a quick guide for connecting to Seesaw. Seesaw is a great tool we use to give whanau a window into the classroom.



[https://www.youtube.com/watch?v=t2UgfXZyjDs&ab\\_channel=Seesaw](https://www.youtube.com/watch?v=t2UgfXZyjDs&ab_channel=Seesaw)

[Parenting is really hard - Having a growth mindset helps.](#)

Research shows that parents can have a powerful impact on their children's mindsets. The language you use and the actions you take show your children what you expect. Giving process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices you can begin today.

## Say This, Not That

The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child's effort is what led them to success. Want more tips on what to say, and what not to say, when praising your kids? Say This, Not That!

SAY THIS	NOT THAT
<b>I can see you worked hard on this!</b>	You are so smart
<b>It seems like it's time to try a new strategy</b>	It's okay. Maybe you're not just cut out for this!
<b>I like watching you do that</b>	You're a natural at that!
<b>It looks like that was too easy for you. Let's find you something challenging so your brain can grow</b>	That's right! You did that so quickly and easily; great job!
<b>That's not right, You don't understand this yet. What strategies can you try to understand it better?</b>	That's not right> Are you paying attention in class? It seems like you're not even trying
<b>That was really hard. Your effort paid off!! Next time you'll be ready for this kind of challenge!</b>	That was really hard. I'm so glad it's over and you don't have to do that again
<b>You've worked hard to become a good writer. You should challenge yourself with an advanced class, and learn something you don't know how to do yet</b>	You have a real talent for writing. You should take a creative writing class because you're so good at it

## Talk About the Brain

The brain is far more malleable than we once thought. Teaching our kids that they actually have control over growing their brains through the actions they take is empowering! Tell your children that when they work hard, that's the feeling of their neurons connecting. The dendrites are reaching out to other dendrites, trying to connect to make a stronger brain. What strengthens those connections is practice, asking questions, and actively participating in learning. When children learn that their brains physically change with effort, it leads to increased motivation and achievement.

## Accept Mistakes as Learning Opportunities

One of the best ways you can model a growth mindset is to speak candidly about the mistakes you've made, and what you've learned from them. Speak positively about your mistakes and struggles, and this will show your children that taking risks and making mistakes are a natural part of the learning process. Explain to your children that trying hard things is what helps us grow, and you can't be perfect when you try something hard!

## Understand the Role of Emotions in Learning

When we get angry, scared, or feel threatened, our fight or flight response is activated. This can happen anytime, whether we're scared of a spider or scared of math! Our brains are wired to protect us when we feel threatened, and stress symptoms such as sweating, stomach cramps, and your mind going blank are completely normal. There are strategies we can use when the fight or flight response tries to take over, to help us learn. One of those strategies is called Square Breathing and it helps to break down the adrenaline that is flooding the bloodstream and preventing learning from occurring.



### Slow Down...

1. Breathe in for the count of 4.
  2. Hold it for the count of 4.
  3. Breathe out for the count of 4.
  4. Hold it for the count of 4.
- Repeat four times.

From: <https://www.mindsetworks.com/parents/growth-mindset-parenting>

### Important Dates

- 31st May - Teachers Paid Union Meeting – School finishes 12.30pm
- 29th May – 2nd June – Junior Swimming Wednesday 31st Wed now on Friday 2nd June)
- 2nd June - School Assembly
- Monday 5th June - Kings Birthday

Hei konei ra - Kind regards

*Allison Burdon*

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