

Term 2, Week 2 2021

Dear Parents/Caregivers - Greetings, Kia Ora, Talofa

Children have been really settled coming back to school and it has been fantastic seeing our tamariki get back into their learning journey in term 2.

Today we welcome back Bek Galloway. Bek will be working with our teaching staff over the next two days to support them with learner agency, the teaching of writing and planning for our Akoranga learning units. We all find working with her invaluable and learn so much from these days.

We are including a term calendar for parents with this week's newsletter – we will continue to highlight upcoming events in weekly school newsletter.

We welcome Logan and his whānau to our school.

### Electives Programme

This term we are introducing an Electives programme for students across the school which teachers can opt into. A range of programmes will be offered which include arts and crafts, dance, cooking, sports and drama. Each elective programme will run for 4 weeks on a Friday from 11:30am to 1:00pm starting week 3 and we would love to have parents / whānau come in and work with a small group sharing a skill or interest they have during this time.

If you are interested or would like more information on being part of the elective programme please come in and see me, email me on [principal@wainuiomata.school.nz](mailto:principal@wainuiomata.school.nz) or call me on 021 851 412.

Thank you to those parents who have already offered to help with this!



### Happy Birthday

Best wishes to these students whose birthday was last week or is this week: -  
Sophie, Sophie, Aalis and Paige

### Pink Shirt Day Reminder

On **Friday 21 May** our school will again be supporting Pink Shirt Day. Pink Shirt day was started in Canada in 2007 by two high school students (David and Travis) who took a stand against bullying. David and Travis bought dozens of pink shirts and gave them out to their classmates to wear the next day in support of one of their classmates who was being harassed and threatened for wearing pink. The word got out online and hundreds of students showed up in pink, some from head-to-toe, to stand together against bullying! This action captured hearts across the world and the campaign went global! It has been celebrated here in Aotearoa since 2009.

The theme of Pink Shirt Day is Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying!

Staff and students are encouraged to wear pink on Friday and bring a gold coin donation – money raised will go to the Mental Health Foundation NZ.



## Getting to know our staff at Wainuiomata Primary School

### Janet Low – Office

1. *What do you do at our school?* Executive Assistant (EA): which means I look after Payroll, Finances, ICT, the Board and many other admin tasks
2. *How long have you been working at our school?* Since 1998 so 23 years
3. *Tell us a bit about your family* – I am married to Stuart and I have two children Hayden (29) who lives in Canberra and Ashleigh (24) who lives in Johnsonville. Recently my son got married in Australia so I had to watch the wedding online which was a bit sad
4. *Do you have any pets?* I have two dogs Sam and Lucy and a cat Ramona
5. *What is your favourite food?* I love roast chicken with roast potatoes
6. *If you could meet anyone alive or dead who would it be?* Freddie Mercury
7. *What is your favourite TV programme?* Shortland Street
8. *What are your pet hates?* People that follow me too close when I'm driving and tripe
9. *What is something people might not know about you?* – I really like K-Pop. In 2019 I went to Melbourne for a K-Pop concert and I own all of BTS's albums
10. *What are your interests and hobbies?* Listening to K-Pop (BTS, Blackpink, Shinee and GOT7) and watching K-Dramas on Netflix



Funky Friday is coming - look out for details in upcoming newsletters

### Important Dates

- **Monday 10<sup>th</sup> May – BOT Committee Meeting**
- **Friday 14<sup>th</sup> May – School Assembly**
- **Friday 21<sup>st</sup> May – Pink Shirt Day**

## ASSERTIVENESS TIPS FOR STUDENTS

Assertiveness is the sweet spot between two extremes:



- **Aggressive** – Prioritising your own needs; using threats or violence to get your way;
- **Passive** – Doing things you don't want to do because of pressure or threats;
- **Assertive** – Standing up for yourself without diminishing others; strong, not mean.

Assertive communication is a hard skill to learn. Our culture sometimes tends to reward aggression. Putdowns are framed as humour in cartoons and sitcoms, and the Internet can be a platform for bullying. It's hard to find

examples of assertiveness in the public sphere. That's why teachers and parents need to explicitly teach assertiveness so students internalise skills and use them in everyday situations.

### Some techniques:

**The "nice no"** – When a student feels pressured to go along with other people's ideas or invitations ("Do you want to trade lunches?"), it can be effective to say, "No, thanks" or "Thanks for asking, but not today".

**Setting a boundary and holding to it** – When asked to do something outside your comfort zone ("Can I copy off your paper?"), it's effective to say, "No, I'm not comfortable with that" and not feel compelled to give reasons.

**Asking for some thinking time** – When asked for something and you're not ready to answer, an assertive response is to say, "I'm not sure how to answer that right now. Can I get back to you later today?" Ask for the amount of time you need to get more information, weigh other options, and reflect on your feelings about the situation.

**Stating your needs** – It may seem that others are ignoring or disrespecting your needs when the problem is that you actually haven't articulated them clearly enough. For example, a student might say to a teacher, "Could you please repeat that? I need to hear the directions again".

**Using an "I feel" message** – This may be the best way to communicate your feelings and emotional needs so others have a chance to understand – for example, saying to a friend, "I feel sad when you cancel our plans, because I love hanging out with you".

**Responding to aggression** – Sometimes an assertive statement is met with an aggressive response. A good next step is to calmly remove yourself from the conversation, saying, "I think I communicated my thoughts clearly, so there's not much more to talk about".

*Acknowledgment: "Modeling Assertiveness with Students" by Kristin Stuart Valdes in Edutopia, January 25, 2018*

Hei konei ra - Kind regards

*Allison Burdon*

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