

**KAPAKAPANUI SCHOOL**  
**NEWSLETTER No. 13 17 May 2022**

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Web: [www.kapakapanui.school.nz](http://www.kapakapanui.school.nz)

For absences and events cancellations ring 902 5015

Kia ora Parents, Whānau, Caregivers and Children

### **New Children**

Welcome to Evelyn who started last week-it's awesome to have you join our school!



### **Star Gazing**

Well after months of awesome weather and clear nights it looks as though the stars may be difficult to see tonight and we are crossing our fingers that the skies will be clear tomorrow night. Becky from [Under the stars](#) has come over from the Wairarapa and has been running sessions for each class. Children love learning about space/tuarangi and Becky is providing a great balance of knowledge and facts with question posing and practical activities. I learnt an interesting fact yesterday...Australia is roughly the size of the moon! We hope to see lots of you at one of the Stargazing evenings where we are going to hear a set from our Kapa Haka rōpu (group) who will be doing their first performance of the year-it will be a fun evening!

### **Whakapau Kaha/Cross Country**

Next Wednesday we are holding our annual running event called Whakapau Kaha at Waikanae Park. As we have in recent years, children have the option to run in a competitive race or run, jog or walk in the non competitive event. This covers all bases and ensures kids are both exercising and enjoying it! Thanks in advance to Mr Wynne who is organising the day, we hope to see lots of parents and whānau to cheer their kids on!

### **Resilience in Children: Strategies to Strengthen Your Kids**

The following article provides some good practical examples for parents to help build resilience in their children. Getting through 'tough' stuff is a part of life and something which doesn't go away regardless of our age. For children building resilience may involve challenges such as making friends, dealing with being left out of games, not winning, having to do things out of their comfort zone (eg camps, stayovers, speeches, using the telephone, coping with grief or loss (parents divorce, a pet dies etc) or missing out on sports teams or not being invited to events - just to name a few.

As children move into teenage years and on to adults, the challenges life presents us don't go away - exams, money, relationships, housing, university, what to wear the the school ball, jobs, illness etc., so it is very important that we help teach our children to cope with the ups and downs of life. To quote from the article...

*“All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It’s not something that kids either have or don’t have; it’s a skill that kids develop as they grow.*

*Resilient kids are more likely to take healthy risks because they don’t fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.”*

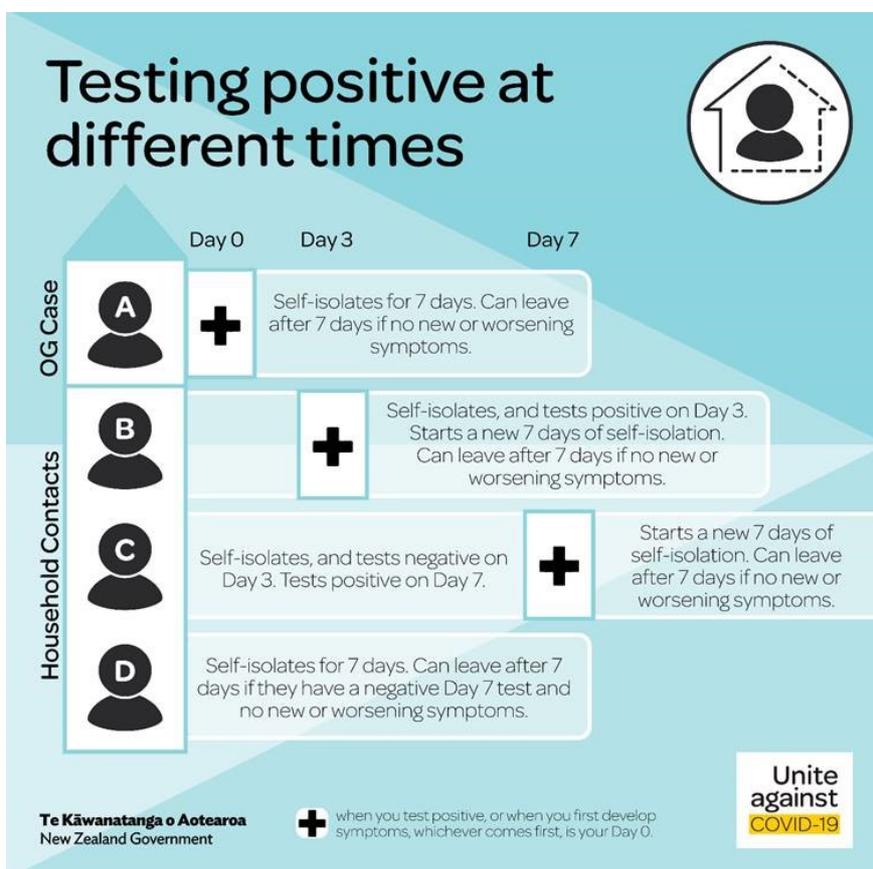
[Read the rest of the article here](#)

## Covid News

As you know we are at **Orange** Setting for Schools.

- Masks are strongly encouraged to be worn indoors.
- For all ākonga/children aged 12 years and above, masks are mandatory on school transport.
- There are no restrictions on numbers of visitors on site.
- All visitors, including parents and caregivers, if they do come onsite, are strongly encouraged to wear a mask when indoors.
- Proof of Vaccine passes are not required.

As always staying at home if unwell, hand sanitising and keeping a sensible physical distance from others are good public health measures. I will update you on additional information when/if it comes to hand. Below is a useful guide for working out isolating times within households. If you have any questions please contact Craig.



**Whakatauki/Proverb**-what an awesome whakatauki this one is!



### **Whānau Wellbeing Hub @ Kapakapanui School (not on this week)**

Each Wednesday an increasing number of parents have started meeting with a facilitator, Donna Redman, who is coordinating a Parent Whānau Network. It is a welcoming and friendly space at school providing:

- Support for enjoying parenting
- Guidance, strategies and encouragement
- Empathetic listening
- Navigation role to link with other agencies

If you would like to join this group or have questions, please contact Craig or email Donna [whanauwellbeing@kks.school.nz](mailto:whanauwellbeing@kks.school.nz) All welcome!

### **Last thoughts....**

- Go Liverpool, 2 cups in the bag. City hopefully fall over this week and then it's the Champions League Final-so easy!

### **Whakapau Kaha (Cross Country) 2022**

The school event Whakapau Kaha is to be held on **Wednesday 25 May** at Waikanae Park for Years 3-8. The Year 1-2 events will be held on the Kapakapanui School field. A timetable of events will be published next week. The timetable for the school cross country event Whakapau kaha:

- 10.00am - Year 3 Event - Boys & Girls
- 10.05am - Year 3&4 Walk - Boys & Girls
- 10.20am - Year 4 Event - Boys & Girls
- 10.30am - Year 5 Event - Boys & Girls
- 10.35am - Year 5&6 Walk - Boys & Girls
- 10.45am - Year 6 Event - Boys & Girls
- 11.00am - Year 7 Event - Boys & Girls
- 11.10am - Year 7&8 Walk - Boys & Girls
- 11.20am - Year 8 Event - Boys & Girls

Year 1&2 Event is to be held at Kapakapanui School - me to be confirmed

### **Tough Guy and Gal**

Date **31st May 2022** in Palmerston North. Parents can register online and organise their own transport.

## **New Zealand Playhouse Show - 'The Emperor's New Clothes'**

Date: Friday 10 June

Time: 11.20am

Venue: School Hall

Years: 1-6

Cost: \$5.00

Please pay via KINDO or at the school office

## **School/Mediator Hoodies**

Great for winter months. Available via KINDO or at the school office for \$50. Orders close

**FRIDAY 20 MAY.** Delivery approximately mid June.

## **Absences**

If your child is going to be absent from school, please email or call the office: admin\_2@kks.school.nz phone 902 5015 for the absence line.

## **School Lunch Menu**

Lunches are available to order via KINDO on Monday and Friday.

See menu using link below:

[https://shop.tgcl.co.nz/shop/pdf/school/kapakapanui\\_school/Menu.pdf](https://shop.tgcl.co.nz/shop/pdf/school/kapakapanui_school/Menu.pdf)

Ngā mihi nui

## **Craig Vidulich**

Principal

### **Community News**

#### **ON SITE Before & After School Care @ Kapakapanui School – Fun Zone**

Enrolments are now open! In the School Hall & open ll 7pm! Our fun, safe and friendly 'on-site' After School Care Programme has casual and permanent spots available for Kapakapanui School students! Enroll and book ONLINE! Check us out @ [www.funzone.co.nz/aerschool-care](http://www.funzone.co.nz/aerschool-care) or contact our friendly Fun Zone Enrolment Team. Alternatively pop into the School Hall from 3pm for an enrolment form. \*OSCAR Approved – Childcare Subsidies apply\* E: [info@funzone.co.nz](mailto:info@funzone.co.nz) | T: 0800 543 9696 | M: 021 711 531

#### **House of Sound in School Music Lessons**

House of Sound provides professional but fun, curriculum based music lessons during the School day. Classes are 30 minutes long and are in groups of 3 - 5. Options available are: Mean Beats (Percussion and Drums), Six String All-Stars (Guitar) and Star Finders which is an introduction to music for year 3 Students covering Piano, Ukulele and Percussion. Mean Beats & Six String All Stars are only available for years 4 and up. All Lessons are \$160 per term. For more information please email: [info@houseofsound.co.nz](mailto:info@houseofsound.co.nz)