



**Royal Oak
Primary School**
HONOUR LOYALTY SERVICE

Week 11, Term 1, 10 April 2019.

Kia ora, talofa lava, malo e lelei, 问候, namaste, 인사, 拜啓, mabuhay, bem vindo, fakalofa lahi atu, kia orana, kohomada, bula vinaka, huān yin, foon ying, marhaba, oso oseyo, olà, welcome!

Kia ora koutou, welcome to you all.

After a wonderful assembly led by our Kauri teachers and children, and a staff after-school event, we have now farewelled our lovely Megan. I know she will be greatly appreciated at her new school and when she has learned to sleep past 4.30am she'll enjoy a much shorter commute and extra time at home. We all wish her every success for the future.

Next term, Vicky Stewart will pick up Megan's role and will be acting Acorns' Deputy Principal for the remainder of the year. Please contact Vicky on vickys@rops.school.nz if you need to make contact. We are so fortunate here at ROPS to have such high calibre staff who can easily take the lead and do it well. I look forward to working with Vicky in this capacity and I know she is very approachable and knowledgeable should you need her support.



What a wonderful day we had for our annual school carnival. I know that along with Myers' Magnificent Burgers, many of the food stalls sold out - which is always a very good sign. The variety of stalls and the ongoing, sensational entertainment on the stage made for an amazing, multicultural experience, with happy faces, full tummies and great bargains. I am told we have made at least \$70,000 and we'll give the final outcome as soon as we can. Thank you again to all involved for making the school event so successful.

Coins for Christchurch:



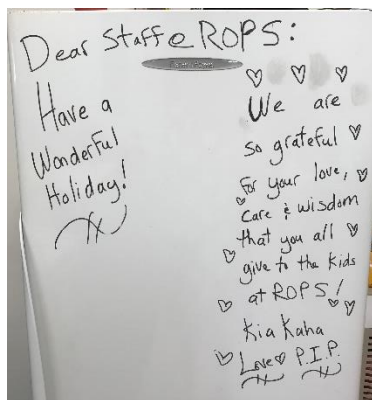
As last Friday was not a good day for us to join in with "Gumboot Up NZ" for Christchurch, we thought it would be great to hold our own fundraiser here at ROPS. Funds raised will go to Christchurch to support the free counselling initiative that is being set up. Children in need of counselling as a result of the March 15 terror attack, will be able to more easily access the support needed.

We plan to have a large heart drawn on the courts and we will get the classes to come out and add their coins to the shape. The children will find this very exciting as the coin trail gets longer and the heart

fills up! We all need full hearts don't we?

Please give generously to this act of atawhai - any coins: gold, silver or copper are appreciated.

Parents in Prayer (PIP):



Thank you very much to our lovely parents who not only left this sweet little note on the fridge door but also provided the staff with a very generous Easter-themed morning tea. Your kindness each term is greatly appreciated and what is more, the attention to detail that goes in to the setting up of the delicious treats makes us feel treasured by you.

THANK YOU!

An Informative Evening for Parents:

WHO: Nathan Mikaere-Wallis

WHEN: 25th June 7:30 - 9pm

WHAT: The Developing Brain - What 2 - 7 year old's need to know!!

(There will also be information about the teenage brain)

WHERE: Mangere Bridge School

COST: \$35pp

This is a Te Iti Kahurangi Kāhui Ako (Community of Learning) initiative and will support the work we are currently doing here at ROPS with regards to a more play-based approach in the first two years here.



Engage Your Brain

Tue 25 Jun 2019, 7:30pm - 9:00pm
Mangere Bridge School, Mangere Bridge
Hosted by Te Iti Kahurangi - Kāhui Ako

Te Iti Kahurangi - Kāhui Ako are proud to announce that host of the documentary 'All in the Mind', and co-host of the TV Series 'The Secret Life of Girls', Nathan Wallis, Aotearoa's renowned neuroscience educator, is coming to our community with his talk - Engage Your Brain.

This talk focuses on the social/emotional aspects of your brain development - how feeling impacts our thinking. While the times that this brain really has the steering wheel is 2-8 and again in the middle of adolescence, it is relevant to all learners that want to feel engaged, enthusiastic and passionate about what they do. The fundamental mistake New Zealand society has made over the last few decades, is thinking that a two-year-old is a little seven-year-old and that the earlier we get ready to be seven, by learning numeracy and literacy, the better off we will be. That's just not how our brain develops. A large part of intelligence is problem-solving and problem-solving is hugely dependent on creativity. Creativity largely comes online, between the ages of two and seven, in a free-play, child-lead environment. Its development is inhibited if we focus instead on seven-year-old formalised literacy and numeracy. Learning is so much easier when the learner is engaged.

Come along and learn how to engage your brain.

Tickets are available at www.eventfinda.co.nz.

Get in quick as tickets will sell out.

@nathanwallis
@nathanwallisfactorededucation

Entertainment Books:

You can now pre-order your Entertainment Book online. You can use the following link to go through to our school fundraising page and order your book through us. Please also pass this onto your family, friends and workmates who also want to obtain a copy. <https://www.entertainmentbook.co.nz/orderbooks/9919z1>

Flippa Ball:

This term ROPS has had three teams playing Flippa Ball each Sunday in the Central Auckland competition. Last weekend was super exciting as all three teams made the finals including our two Year 3/4 teams who had to battle it out against each other! Both finals were nail biters with some great displays of teamwork and perseverance. At the final whistle our Year 5/6 team beat Diocesan School by one goal to take away first place and our Year 3/4 teams placed second and third in their division. A big thank you to all those who have supported the teams and a special thank you to Jude Walter, Talia McNaughton and Alyssa Helleur for coaching the teams. We look forward to hearing more about their efforts next term.

Parent Group:



Royal Oak
Primary School
Parents Group

Parent Group Annual General Meeting -
Wednesday 8th May.

Please mark this date in your diaries as our annual AGM is an opportunity to hear an overview of what the parent

group has been up to for the last 12 months. We present our financial report, the chairperson's report, the principal's report and vote in our executive committee for the coming year. We hope you can join us in the staffroom at 7.30pm on the 8th May.

Nominations are open for Parent Group Executive Committee positions:

At every Parent Group AGM we vote in our executive committee for another year. If you would like to put your name forward for consideration for any of the following positions or would like more information on what is involved please contact us at parentgroup@rops.school.nz. Our committee consists of a chairperson, a vice chairperson, a treasurer, and a secretary. The current members will be putting their names forward for another year except for Rachael Kum, who has advised us that she is stepping down from her role as Treasurer. We would like to say a HUGE thank you to Rachael for all of her hard work, dedication and effort over the last two years, she has been an invaluable part of the team!

For your interest:

With holidays coming up and a great deal more time being spent with your beautiful children, I thought this article might be a good read. I could have just sent you the link but all sorts of other "not so helpful" pop ups kept arriving!!

Harvard Psychologists Reveal: Parents Who Raise 'Kind' Kids Do These 5 Things...

Parents are saddled with the difficult task of raising tiny humans. These tiny humans learn all kinds of things from their parents. Most importantly, though, children learn how to treat other people. Raising a child who is considered "kind" may seem easy, but many parents can tell you that it's not always the case.

"Grades and athletic/artistic accomplishments matter, but most of us would agree raising kind kids matters more. If we spend our days drilling math facts and chauffeuring our kids to "enrichment activities," it begs the question: What are we prioritizing most—and why," adds Dr. Robin Berman.

Thankfully, Harvard psychologists have pinpointed the best ways to raise your child to be "kind", and to retain that kindness throughout their lives.

1. BE THEIR ROLE MODEL

Nobody is perfect, and everyone makes mistakes. However, being a parent means that your child is going to soak up information from you like a sponge. Especially during their formative years, **children are going to be looking to you as a role model**. To raise a child that is kind, it's especially important to know how to be "kind" yourself.

According to a study by Harvard University, *"Being a role model doesn't mean that we need to be perfect or have all the answers. It means grappling with our flaws, acknowledging our mistakes, listening to our children and students, and connecting our values to their ways of understanding the world."*

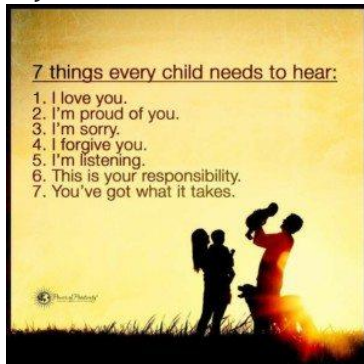
Being honest with your child, especially when it comes to difficult emotions, is one of the best ways to be a good role model. Children will learn their values and how they interact with the world from their parents.

2. TEACH YOUR CHILDREN USING EMPATHY

When you're teaching your child how to interact with the world, it can be hard for you to imagine how they see things. Children have all the same kind of emotions and feelings that adults have. However, they're not fully prepared to express them yet. When you teach your child by using empathy, you can show them how to care for other people.

Kind children know how to connect with other people on a personal level. That connection involves being able to feel what other people feel. Show them how by empathizing with them

first. *“Unfortunately, selfie culture is not helping our children grow their highest or happiest selves. Studies show that the more we connect to others, the happier we are. So we need to make sure we are spending more time looking out, rather than looking at our own selfies,”* says Dr. Berman.



3. MAKE CARING FOR OTHERS IMPORTANT

As humans, we often make caring for ourselves the most important thing. And sometimes, that's what we need to do to get through life. However, **making caring for others an important part of their life will teach your children how to reach out to other people.**

“With guidance from adults and practice, young people can also develop the skills and courage to know when and how to intervene in situations when they and others are imperilled. They can become effective “upstanders” or “first responders” states the study from Harvard University.

Show your children that caring for others is important to you, and it will also become important to them. You will no doubt raise a child that thinks of others before themselves and works hard to make sure that they're being their best and kindest every day.

4. HELP THEM PROCESS THEIR EMOTIONS

Not all emotions are fun. Some emotions, like anger and frustration, can be difficult for children to understand. When children become upset, they need to be taught how to deal with those feelings. Children who aren't taught tend to lash out physically - hitting, kicking, and screaming. That kind of behaviour doesn't make for a “kind” child at all. Instead, Harvard psychologists say to focus on dealing with and processing emotions in a healthy manner.

“We need to teach children that all feelings are ok, but some ways of dealing with them are not helpful. Children need our help learning to cope with these feelings in productive ways,” add Harvard psychologists. Children need to learn that it's okay to feel unpleasant emotions, but also how to handle them and let them go.

5. PRAISE ONE ANOTHER CONSISTENTLY

“The power of mindful words can't be overstated. Words can inflame or inspire. The diplomacy you teach will allow your kids to be heard in the future. It also feeds a gentler narrative in their head.” - Dr. Robin Berman

Praise and consistency are key to raising a child who is emotionally well-rounded. It's also key to raising a child who is kind. Kindness comes from practice, and all practice requires consistency. When your child does something kind, make sure you recognize and acknowledge it. **Praise them for their kindness, so that they know that they're on the right track.** Don't just do it with your children, either!

Parents should praise one another for kindness, because your tiny humans are always listening. Get the rest of the adults in your child's life to get on board, too. The more they

see adults being kind, recognizing it, and reinforcing it with praise and thanks, the more they'll learn.

Final thoughts

Kindness is something that children have to learn - like manners, please and thank you, right and wrong, and empathy. Learning kindness becomes way easier when their parents are on board and know the right ways to instil kindness into their children. Don't be afraid to make mistakes, though! Just know how to correct them - because your child is always learning.

What's coming up?

Week 11	8 Year 1 enrolments starting day Lockdown Practice 9.30am.	9 Beach clean up	10	11 GRIP Leadership conference 12 whanau leaders	12 Coins for Christchurch Trail 1.45 End of term school acknowledgement assembly Final Day term 1. School closes at 3.00pm
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Term 2

Week 1 May NZ Music Month	29 YO Enrolments	30 Powhiri 10.30am	1 2nd hand Uniform sale 8:30 - 9:00am Kiwisport-squash 3-6	2 kiwisport-squash 3-6	3 kiwisport-squash 3-6 1.45pm school assembly Karaka
Week 2 Road Safety Week Sign Language Week	6 kiwisport-squash 3-6 Lockdown Practice 9.30am.	7 kiwisport-squash 3-6	8 kiwisport-squash 3-6 Parent Group AGM 7.30pm	9 kiwisport-squash 3-6	10 kiwisport-squash 3-6
Week 3	13 YO Enrolments kiwisport-squash 3-6	14 kiwisport-squash 3-6	15 kiwisport-squash 3-6	16 kiwisport-squash 3-6	17 Pink shirt anti bullying day Cultural Celebration Day Showcase afternoon 2 to 3
Week 4	20	21	22	23 BOT meeting 7.00pm	24 Parent Group Fundraiser: Samosas arriving for delivery
Week 5 June	27 YO Enrolments	28	29	30	31 1.45pm school assembly Totara

Week 6	3	4	5	6	7
Cultural awareness week	Queen's Birthday		2nd hand Uniform sale 8:30 - 9:00am Parent Group 7.30pm		Cultural Celebration Day

BOT Elections:

The Board of Trustees elections will be held again this year with voting closing at noon on 07 June, 2019.

There are 3 positions to fill.

The main roll can be inspected at the school office during school hours.

Nomination forms will be posted to all eligible persons on the school's caregiver roll and nomination forms must be received at the school office by noon on 24 May 2019 together with the candidate's statement.

If a voting election is required then voting papers will be mailed out by 29 May, 2019.

BOT Meeting:

Our next Board meeting is, **Thursday 23 May 2019 at 7.00pm.** The focus for this meeting will be on special interventions and programmes, including gifted and talented for 2019. You are always most welcome to attend.

Lockdown Practice:

It was good to have a practice of our lockdown procedures on Monday. Thank you for your part in the exercise as well. You can be assured that should there ever be a need to lock down, we have effective processes to keep our children safe. There were a few small glitches with the practice so we plan to have another one to ensure everyone is fully conversant with their roles early next term.

Have a happy holiday with your children and I look forward to seeing you all back again, safe and well on Monday 29 April.

There may be some ideas in this link that will turn the "surviving" the holiday into "having fun with your kids."

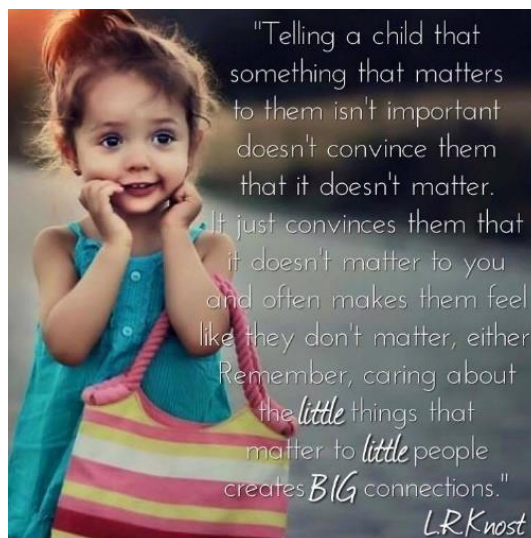
[Holiday ideas](#)

Ngā mihi nui,

Linley Myers

Linley Myers


linleym@rops.school.nz



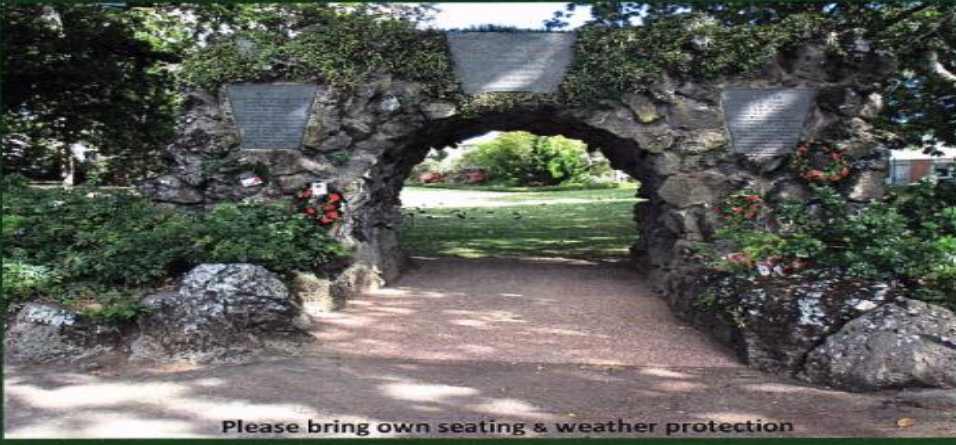
Community Notices

Epsom Memorial Archway Trust


EPSOM ANZAC SERVICE


Caterpillar Valley Langueval

11am Thursday 25th April 2019
Marivare Reserve
Corner Manukau and Ranfurly Roads Epsom



Please bring own seating & weather protection

Albert-Eden Local Board 

WE WILL REMEMBER THEM

Life's more fun on  **SNOWPLANET™** NOW RUNNING FOR 8 WEEKS!

OPEN SCHOOLS

Learn to ski or snowboard and make new friends, all while having fun!

WEDNESDAYS

8TH MAY - 26TH JUNE | 4:30pm - 5:30pm

\$34 per session
\$272 entire term

Includes 1 hr Lesson, Snow Pass, Skis/Snowboard, Boots & Helmet.
\$15 extra hour freeride

Groups available for First Timers, Beginners, Intermediate & Advanced.
Suitable for ages 5-12

CUT OFF DATE FOR BOOKINGS
1ST MAY 2019



REGISTER NOW!

For more information contact us at
schools@snowplanet.co.nz | 09 427 0193 | <https://openschoolsterm22019.eventdesq.com>

EPSOM COMMUNITY CENTRE

Term 1 Holiday Clay Program

bestpals.co.nz

Albert Eden Local Board and Epsom Community Centre are hosting a holiday clay program. Kids will use Air Dried clay to model and shape the products. No need to bake or paint. A great creative activity for kids to experience! Only **PARTIAL CHARGED**. Welcome to make a booking.

Location: Epsom Community Crèche – 200 Gillies Avenue

15th of April to 24th of April

Morning session 10:00-12:00 OR afternoon session 1:00-3:00

Fee: Shown as below

Age: 5+ , maximum 20 people for each session

Please make a booking via email bestpalsworkshop@gmail.com, including student's name age and preferred sessions

Epsom

195 Manukau Road
Mon – Thu 9:30 am – 6pm
Fri 9:30am – 5:30 pm
Sat 10am – 4pm, Sun 12pm – 4pm

Mt Albert

84 St Lukes Road
Mon – Wed 9 am – 6pm
Thu 9am – 7pm, Fri 9am – 6pm
Sat 10am – 4pm, Sun 12pm – 4pm

Mt Roskill

546 Mt Albert Road
Mon – Wed 9 am – 6pm
Thu 9am – 7pm, Fri 9am – 6pm
Sat 10am – 4pm, Sun 11am – 4pm

Pt Chevalier

Cnr Great North & Pt Chevalier
Road
Mon – Fri 9 am – 6pm
Sat 9am – 4pm, Sun closed

Weird, wild and wonderful April school holiday events

Albert-Eden Puketāpapa Libraries



Albert-Eden
Local Board
Auckland Council

Puketapapa
Local Board
Auckland Council

Phone 09 377 0209 or visit
aucklandlibraries.govt.nz

Auckland Council
Libraries
Nga Pātaka Kōrero o Tāmaki Makaurau



**MO
MM**

MIND OVER MATTER MUMS

Saturday 4 May

8:30AM - 2:00PM
MARIST COLLEGE, MOUNT ALBERT

A day dedicated to Mums self-care

Four amazing presenters:
Post Natal specific Pilates, exercises,
techniques & self care tips
Back to Basics HIIT workout
Post Natal Depletion & nutrition discussion
Yoga with mindfulness focus

www.mindovermattermums.com



Little Scientists

Science based holiday programmes!

**Mt Eden
Lynfield
Hillsborough**

Book online:

www.littlescientists.co.nz/enrol-online