



Week 1, Term 4, 16 October 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!

Fakaalofa lahi atu kia mutolu oti,

Welcome back to Term 4. We have another very busy term ahead. For some of our tamariki, this will be their last term at Royal Oak Primary School. I am sure that they will take away treasured memories. For our new tamariki, their journey in our waka is just beginning. This is a very exciting term for all.

As we immerse ourselves in this last term of 2019, some of our tamariki may also face a variety of challenges. Please read the tips below relating to building resilience in children, taken directly from:

<https://www.psycom.net/build-resilience-children>

Building Resilience:

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it. 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.

Stress and Resilience

All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect kids from obstacles. Kids get sick, move to new neighborhoods, encounter bullies and cyberbullies, take tests, cope with grief, lose friends and deal with divorce to name a few. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to kids. Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

Strategies to Build Resilience

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity.

Build a Strong Emotional Connection

Spend one-on-one time with your kids: Kids develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. This means you need to put down the smart phone and focus on your child. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

Promote Healthy Risk-Taking

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something

that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

Resist the Urge to Fix It and Ask Questions Instead

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

Teach Problem-Solving Skills

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions *with* kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labeling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

Demonstrate Coping Skills

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

Embrace Mistakes—Theirs and Yours

Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus on end results, kids get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives kids the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

Promote the Bright Side—Every Experience Has One

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

Model Resiliency

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process.

Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

Tournament Of Minds

Fantastic news! Two of our Tournament of Minds teams represented Auckland at the national competition in Wellington before the holiday break. Both teams represented Royal Oak Primary School (and Auckland) outstandingly well.

One of our teams won their section at the national competition and will now go on to represent New Zealand (and ROPS) on the world





stage at the international competition in Hobart. Congratulations to Santiago, Olivia, Sophie, Zoe, Nathanael, Hamish and Aditya. This is an outstanding achievement and we are extremely proud of you. To Felicity Boyd and Robyn McConnell, huge congratulations and thank you to you both for all that you have done to enable this success.

We have been frantically fundraising, as you can imagine, it is not cheap to send a group of seven children and supporting adults overseas with very little time to fundraise. Thank you so much to all those folk who have supported the team already, financially and with baking for the bake sales. We really appreciate all that you have done. If you would like to make a contribution to support the team, you can do so on the Give a Little page: <https://givealittle.co.nz/cause/rops-international-tournament>

TOM Raffle



Huge thank you to Pak n Save who have donated three fabulous raffle prizes to help our Tournament of Minds students fundraise for their trip to Hobart.

1st Prize - \$150.00 gift basket

2nd Prize - \$100.00 gift basket

3rd Prize - \$50.00 PaknSave Royal Oak gift card

Tickets are available for sale at the school office and look out for TOM team members selling before and after school too. \$2 per ticket or 3 for \$5.



2020 Planning

If you know that your child **will not** be returning next year (other than Year 6 children) please let Leonie know as soon as possible in order for us to plan accordingly.

Kura Café

Although I do know many of you, I would really like to connect with more of our community on a deeper level. Every second Friday (even weeks) I plan to be in the staffroom from 9am to 10am and look forward to catching up with whoever would like to join me for a cuppa and a catch up. This is also a chance for families new to our school to connect with other families. All are welcome. I look forward to seeing whoever may be available at our first session on Friday 25 October at 9am in the staffroom. ☺

Books

Thank you so much for purchasing books for our school library during the week of conferences last term. Now that you have had time to read the books, please return the donated books back to the library ready to be accessioned for others to read them. There are still a number of these outstanding. We very much appreciate your support with this.

Children's Songs and Singing Games Collection Project

Amelia Giles, our music specialist is continuing to collect Children's Songs and Singing Games that represent the many different cultures and spoken languages present in our ROPS school community. If you, or your child, have songs or singing games that are culturally important to you, and that you would like to share, Amelia would be very excited to learn them! Please email them through to ameliag@rops.school.nz. Thank you. ☺

Bake Sale containers

Many thanks to everyone who contributed to all our bake sales last term. Your support for our school is very much appreciated. Please remember to collect your containers from the staffroom.

Lost Property

Lost property is located outside the Rimu Room. Please remember to name all uniform items, **especially sweatshirts and hats**, as they are often taken off during the day as the temperature warms up in Term 4. All named items have been able to find their owners, however there are currently a number of unnamed jumpers in the lost property.

Parent Group

After School Café will take place this Friday. Please remember to send along a gold coin to purchase a yummy cake and support our TOM team going to Hobart. ☺
Please see the order form for samosas attached to this newsletter.

Weetbix Tryathlon

If you are interested in competing in a Weetbix Kiwi Kid TRYathlon, we have a school group entering. Here is the link: <https://www.registernow.com.au/secure/PersonalDetails.aspx>
It is for the event at Keith Hay Park on the 8th December.

Board of Trustees Meeting

Our next Board meeting is **Tuesday 29 October 2019** at 7.00pm - please note the change. The focus for this meeting will be Literacy/Te Reo and Health and Physical Education. You are always most welcome to attend.

Noel Leeming Friends and Family Offer

Please see the flyer for a great opportunity to get a discount at Noel Leeming Royal Oak and to support our school.

Show this flyer when you make a purchase at the Royal Oak Store to receive the discount and Noel Leeming will donate 2.5% of all sales to Royal Oak School. Offer available between 30 October and 5 November 2019.

noel leeming
friends & family deals

Royal Oak Primary • 30 Oct - 5 Nov 2019

cost* + 10% storewide
excludes* IT accessories, PC Software, AV Accessories & PC Consumables See below for terms & conditions.

**+2.5% of total sales will go towards
Royal Oak Primary**

Get great deals on the brands you love including:

FISHER & PAYKEL hp acer Westinghouse SIMPSON SAMSUNG smeg
logitech Lenovo oppo FUJITSU REMINGTON Sunbeam SONY LG
Canon Microsoft Russell Hobbs Breville HUAWEI Panasonic Haier

**Got a bit of a tech problem?
We've got a solution.**
From getting it home, to figuring out what it all does - we'll help you get the most out of your technology.
Want to know more? Get in touch 0800 555 889 or visit us in store.

PartPay
**Get it now.
PartPay later.**
Pay over 6 weeks. No interest. No fees.
*T&Cs apply. Ask in store for more details.

Print and present this flyer or show it on your device in store. Pricing available in store only.
Offer runs 30 Oct - 5 Nov 2019 and is only available at Noel Leeming stores listed below, while stocks last. Cost* +10% storewide excludes IT accessories, PC software, AV accessories, & PC consumables. *Average cost reflects the average price of the product including any administration and handling costs, and does include any volume related adjustments which may apply and GST. Offer is not available online and cannot be used in conjunction with any deferred credit or interest free credit offer other than PartPay which is available for purchases. Offer cannot be used with any other promotional offer. Offer does not apply to any Noel Leeming Gift Card purchases, Tech Solutions, extended warranties, laybys, delivery fees, Dyson products, Apple hardware (including iPhones), gaming consoles and bundles, iTunes cards, mobile phone top up cards, bonus, free or half price items. Fly Buys points consist of 1 standard point for every \$50 of cumulative spend at Noel Leeming over a 12 month period. Visit noelleeming.com for more details. An additional 2% surcharge applies when purchasing items on a credit card. See in store for details. Some of our nationally advertised specials may be at a lower price than this offer but you will receive the best price on the day for the items you choose.

noel leeming
In store offer available at Noel Leeming Royal Oak

visit us in store
call 0800 44 44 88

What's coming up? Colour code - **Acorns** **Oaks**

Term 4 2019

Week 1 Niue Lang Week	14 70 Enrolments	15	16 Year 5/6 Marae Trip (and Yr 4 Roopu Rangatahi) Parent Group 7.30pm	17	18 Year 2-3 Tennis 1.45pm school assembly Nikau/Kohekohe
Week 2 Diwali – Indian culture Week	21 MOTAT Yr 5/6 Kauri Futsal 3-6	22	23 Year 1 / 2 / 3 Cross Country Futsal 3-6	24 TOM - Hobart	25 Kura Café Diwali Celebration – time TBA Year 2-3 Tennis TOM - Hobart

Week 3 November	28 Labour Day TOM - Hobart	29 Y0 Enrolments Year 1 / 2 / 3 Cross Country Saving day BOT meeting 7.00pm	30 Futsal 3-6	31 1.30pm ANI Testing (hall)	1 Year 2-3 Tennis
Week 4	4 Lewis Eady lunchtime concert (hall) Futsal 3-6	5 Science Students Display 9:30 – 12:30pm Hall	6 2nd hand Uniform sale 8:30 – 9:00am Lewis Eady lunchtime concert (hall) Parent Group 7.30pm Futsal 3-6	7 MM2 Trip pm 30 year 4-6 ecowarriors	8 Kura Café Year 2-3 Tennis Mufti Day: Books Lewis Eady lunchtime concert (hall) 1.45pm school assembly Kohanga Ako
Week 5	11 Y0 Enrolments Lewis Eady lunchtime concert (hall) - TBC Futsal 3-6	12 Oaks Athletics Day	13 Oaks Athletics Day FINALS Futsal 3-6	14 Year 6 ROI Open Morning 10-11am	15 Year 2-4 Tennis Sat 16 th Ukulele Festival Trust Arena 10am-3pm Sun 17 th Nov ROPS String Recital 1.10pm for 1.30pm start: Hall
Week 6	18 Futsal 3-6	19	20 Year 2/3 Athletics	21 Year 2/3 Athletics (saving day)	22 Kura Café Parent Group Disco – hall needed all day 9-12 Remuera intermediate sports morning. Some Year 6 students.
Week 7	25 Y0 Enrolments Futsal 3-6	26 Zone Athletics - 5/6	27 Year 0/1 Athletics	28 Year 0/1 Athletics (saving day)	29 Music showcase 11.45-1.00pm 'Christmas Lights' 7-9pm Jellicoe Park 'Royal Harmonics' TBA
Week 8	2 Choir Performance Probus@St Johns Church Exact Time TBC (10.30-11.00 suggested)	3 Parent Group Picnic 4.00 to 6.00pm	4 Parent Group 7.30pm	5 BOT meeting 7.00pm Mufti Day: Clothes	6 Kura Café? TBC Oaks Onehunga Pools
Week 9	9 Acorns Ambury Farm Day	10 Awards Assembly 7-9pm	11 Reports out Leavers Assembly 9.30 – 11.00am then luncheon 12.30pm	12 10.30am school assembly - staff School closes 12.00pm	13 Day in lieu of Carnival

Monuina e aho,

MEGAN CLOTWORTHY



Megan Clotworthy

meganc@rops.school.nz

Community Notices



Mt Albert Tutoring Centre
AFFORDABLE EXCELLENCE

Y1 to Y13
■ MATH | CRITICAL THINKING & PROBLEM SOLVING |
■ ENGLISH | GRAMMAR & WRITING |
■ DRAWING | 5+ | SKETCH | WATERCOLOUR |
■ CHINESE | HANYU PINYIN | READING & WRITING |

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Auckland
Normal
Intermediate

2020 Enrolments

In Zone and Out of Zone Applications for 2020 are now live on our website
www.ani.school.nz/enrolment/how to enrol.

We have the following School Tours (book online) and Parent Information Evenings (do not need to book) on the following dates/times:

SCHOOL TOURS

TERM FOUR

Thursday 17th October 1.30-2.30pm

Thursday 7th November 9-10am

PARENT INFORMATION EVENINGS

Thursday 17th October 6-7pm

Thursday 7th November 6-7pm



ONE TREE HILL COMMUNITY KINDERGARTEN

OPEN DAY

Come and explore our beautiful spacious environment.
Meet our friendly established teaching team.
Discover some of the learning experiences we have to offer.

Free sausage sizzle.

Saturday 2 November 2019
10am -12pm
21 Massey Ave, Greenlane



PARENT GROUP SAMOSA FUNDRAISER



For Term 4 we're delighted to bring you our delicious Samosa Fundraiser, with the help of our friends at Tasti Indian. Samosa's are a delicious snack great for the whole family – lunchboxes, sports day, Girls nights, Boys nights...any night! There are 4x delicious flavours to choose from:

Lamb / Vegetarian / Chicken - \$20 per bag of 10
or Butter Chicken - \$22 per bag of 10

The samosas will arrive chilled and will be bagged at ROPS. They are baked fresh so are perfect for enjoying straight away or to pop in the freezer. Don't miss out, get your orders in and ask your family, friends, neighbours and workmates too.

Details:

- Preferred payment method via Kindo. Please submit your orders with payment by Thursday, 24th October .
- Samosa's will be delivered to your child's classroom on Friday, 1st November - all orders must be collected on this day. Each ROPS family is responsible for collecting and distributing any samosas they have sold.

Order Form: Preferred payment option is via Kindo. Alternatively, order forms and payment can be taken to the school office. Please enclose in an envelope with your Child's name and Room.

Student's Full Name: _____ Room: _____

Name	Flavour Option (tick box below)	Number of Bags (10 samosas per bag)	Total Cost \$20* per bag
	<input type="checkbox"/> Lamb		
	<input type="checkbox"/> Chicken		
	<input type="checkbox"/> Vegetarian		
	<input type="checkbox"/> Butter Chicken *(\$22)		
TOTAL ORDER			