

KIA ORA – GREETINGS

Welcome back to Term 2. The weather is changing as we head into the winter months. This is a great time to make sure polar fleeces are clearly named so they don't end up in our lost property box. We have a team here at school who regularly clear the box and return named property to forgetful owners.

Industrial action continues in our primary sector with a new offer on the table. Members will vote across the country in two weeks time to determine settlement or future action. We do appreciate the community support shown at this time as we do understand the impact on families during this process. However, if conditions improve within schools, then conditions improve for your child.

Winter sports are now underway and it is great to see so many students involved in team sports. Thank you to all our parent volunteers who have offered to help in a coaching or management role.

Ngā Mihi

Jared Bron

RIVERDALE SCHOOL APP TRANSITION



This term we will be transitioning from our old mobile app to our new reporting app called HERO. Please make sure you are signed up and have this application on your device.

All future notifications from today Friday 5th May will be sent through the HERO Application ONLY.

The Portal Icon will take you to the Sports Hub.

If you have any issues please see your whanau teacher or office staff.

TAX RECEIPTS – HERO

Through our new school app HERO you are now able to download your own tax receipts. This can be done through a laptop or computer, but not from your phones.

Below are some instructions on how to do this:

- Open HERO
- Click on "Finance" icon
- Then "View All Payments"
- Select appropriate Tax Receipt required
- Print or email to yourself



To our new students:

We wish you happy days at Riverdale School
Payton M, Greyson B, Henry V, Rapanui A, Noah C,
Marcus B, Josiah T, Ezra J, Saiorse G

TE AO MAORI

MĀ MUA KA KITE
A MURI, MĀ MURI
KA ORA A MUA



*Those who lead,
give sight to
those who follow;
those behind, give
life to those
ahead*

PINK SHIRT DAY

Pink Shirt Day works to reduce bullying by celebrating diversity in all its forms and supporting schools, workplaces and communities to be safe, supportive, welcoming and inclusive for everyone.

On **Friday 19th May** children are welcome to wear a pink top, instead of their usual school top in support of Pink Shirt Day. Children will take part in a range of activities in their class during the day to raise awareness and understanding.

This is the chance for us to
Kōrero Mai, Kōrero Atu, Mauri
Tū, Mauri Ora – Speak Up,
Stand Together, Stop Bullying!



RIVERDALES GOT TALENT ASSEMBLY

On Friday 2nd June Riverdale will be holding
Riverdale's Got Culture Assembly 2 - 2.45 pm.

This Assembly is a time for children to share a cultural talent with the school. They may like to share a cultural dance, song, act or a speech in their native language. Items should be a maximum of 3 minutes in length to ensure there is time for everyone who wishes to take part and perform.

Siblings may wish to perform together, perhaps even as a whānau.

If your child wishes to perform, or you have any queries, please contact Mrs Kenyon no later than Friday 26th May at lynette@riverdale.school.nz

CROSS COUNTRY EXPLORERS

Cross Country Explorers is now underway with some keen runners who want to improve their fitness and general well-being. We have started with the Beep test and Bronco test. Our aim is to improve our individual goals and develop a positive mindset.

All students are running each day in their teams in preparation for the school cross country on Friday the 2nd of June.



ANZAC DAY- PAE AKE & POUTAMA

Pae Ake spent the first 3 days of Term 2 immersed in a mini-inquiry around ANZAC day. They explored the food rations ANZAC soldiers had and compared the 'hard tack' biscuits in ration packs to the delicious ANZAC biscuits Mrs Ruawai helped us bake.

After learning some historical facts, the tamariki wrote and presented role plays related to the ANZAC story. Finally, we had a go at some poppy-related art. We are beginning to appreciate how hard it must have been for our brave soldiers, and realise why remembering is important.



In Poutama we acknowledged ANZAC Day through 3D printing, art and diary writing. We displayed our poppies on the fence in our garden and had art and our diary writing displayed in our break out space, Pohutakawa. Pohutakawa is a star from Matariki that represents Remembrance of those that have passed. Lest we forget, Kia maumahara tātou i a rātou

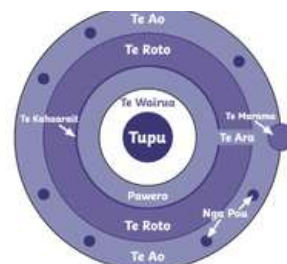


NGA TAONGA

This week, twelve of our Whānau Māori participated in Ngā Taonga Takaro at Whakarongo School. They were placed in mixed teams from around the Manawatū to engage with their peers and connect through their iwi, whānau and kura to learn traditional Māori games. We explored playing with rakau, poi toa and focused on working as a whole team, kotahitanga. The day was finished off by playing Ki-o-rahi. It was an amazing day and our ākonga showed true Riverdale mana with their exceptional behaviour and sportsmanship. Ka rawe koutou!



KI-O-RAHI



This week we had Pā Chris and Pā Jaydyn from Best Care Whakapai Hauora come in and begin coaching and teaching Ki-O-Rahi with Mr Carter and 20 students.

We began learning the pūrākau (story) of Ki-O-Rahi, the rules and strategy, and played our first match together. They will be coming in throughout the term to help train this group with the goal of attending a tournament later in the term. The kids enjoyed learning and understanding the tradition and history of the game, and of course loved competing and being active.

SCIENCE EXPLORERS

On Monday we kicked off our first afternoon of Science Explorers with a session on gravity. Tamariki enjoyed forming theories and testing them using a range of fair testing methods. It was fantastic to see them working collaboratively to 'think like scientists'.



SCHOOL CAMP

Camp will be at El Rancho in Waikanae this year for our Year 4-6 students. Dates have been confirmed for

Monday 6 November - Wednesday 8 November
(Pounamu Atawhai)

Wednesday 8 November - Friday 10 November
(Poutama)

This is a fully catered camp which consists of meals, activities and trained supervision during rotations.

Parent volunteers are needed and forms will be sent out in Term 3.

Cost for camp will be confirmed by end of Term 2.

TERM DATES

Events also on the Parent Calendar via the School App and on the School Website;

Term 2 2023

Week 3

Manawatu Orienteering Y5 / 6 - Friday 12th May

Week 4

Pink Shirt Day - Friday 19th May

Week 6

Junior Tough Guy & Gal - Tuesday 30th May

School Cross Country - Friday 2nd June

Riverdales Got Talent Assembly - Friday 2nd June 2pm

Week 7

Interschool Cross Country - Wednesday 7th June

Week 9

Ki O Rahi Tournament - Wednesday 21st June

Week 10

Matariki Hangi - Thursday 29th June

Last day of Term 2 - Friday 30th June

Term 3 2023

First Day of Term 3 - Monday 17th July

PRINCIPALS AWARDS

Piako Tahī

Ezra J- having an amazing start to school life. Ka pai tō mahi.

Phyllis A- being an outstanding role model in Piako Tahī. Ka Rawe.

Piako Rimu

Leila L-J - striving for excellence in her learning. Piki ake te tihi!

Maasi S - being an outstanding role model, showing confidence and leadership.

Piako Rata

Josephine B - being an excellent role model and showing enthusiasm towards all learning

Theo P- working hard on his writing goals, ka mau te wehi!

Pae Ake

Lauren M - confidently taking on leadership roles in Pae Ake

Eadie F-C - always striving to do her best in all learning areas.

Noah W - being engaged and focused in writing times

Poutama

Brayden A - for being an outstanding Mathematician

Koni-Leigh L - for showing manaakitanga by being a kind and caring. Ka rawe!

Enzo A-M - for determination and effort to improve his numeracy.

Poutama Atawhai

Aiden G - his outstanding perseverance and determination in cross country training. Kia kaha tonu rā!

Ilma C - striving for excellence in everything you do. Piki ake te tihi!

Elliott P - for challenging himself across all areas of school life

Gracy C - being an independent and conscientious class member.



PHOTOLIFE SCHOOL PHOTOS

School photos were taken at the end of last term.

Your child will be sent home with a unique code within the next 2-3 weeks for you to view and order these photos online via the PhotoLife website if you wish.

MATARIKI CELEBRATION / HANGI – SAVE THE DATE

Thursday 29th June

Time TBC

Riverdale School

We're pleased to inform you that we will be holding a community evening to celebrate the start of **Matariki** and the incredible **science** mahi your tamariki have been getting up to at school.

The evening will include a shared school **hangi**.

Order forms and more information about this will come out later in the term.

We are keen to have new men and women helpers to assist in a successful hangi. You don't have to be an expert in laying a hangi - but we need many hands to make light work!

If you can help, contact:

Tash Whitta - tash@riverdale.school.nz

Karina - karina@riverdale.school.nz



PĀ HARAKEKE

Kia ora e te whānau,

We have a new Pā Harakeke behind Poutama that is in their pēpi stage. Please be aware of this area and let our harakeke grow.

Ngā mihi

Kati! Stop
Ki a tupato - please be careful



Please don't come in here

We are asking you to stay out of our Pā Harakeke as our plants are in their pēpi stage and they are needing to be left alone to be allowed to grow.



Ngā mihi koutou
Riverdale Kura

MARIST JUNIOR RUGBY - AUSTRALIA TOUR TEAM PRESENTS

Gin & Trivia

27.5.2023 | 7.00pm | PNBHS HALL

Gin Tasting | Trivia Quiz - Ken Benn Quiz Master | Auctions
Licensed Bar with Cash & EFTPOS
Tickets - \$25 individual or \$130 per table of 6 (includes nibbles & light supper)

To secure your ticket/table email: rach_odea@hotmail.com and
Payment to 12-3143-0337392-51

JUNIOR TOUGH GUY & GAL



Junior Tough Guy and Gal is a fantastic event for Palmerston North. The mud run is held out at the Massey campus.

Years 3 & 4 - 1.5km

Years 5 & 6 - 3km

On Tuesday 30th May a Riverdale School representative will attend and have a tent onsite.

They will collect all Riverdale School entry packs at the event in the morning.

You can register your child on the Junior Tough Guy and Gal website - <https://eventpromotions.co.nz>

SAFER SPEEDS AROUND SCHOOLS CONSULTATION – PNCC

Palmerston North City Council is proposing to change the speed limits on some streets around our school. This is part of the Government's national road safety plan.

You can search for the proposed changes and make a submission by visiting their Safer Speeds webpage; www.pncc.govt.nz/saferschools

Have your say on the council's website before Friday 2 June.

Council wants to hear from you if you think there are any roads around our school that they've missed, or if you believe the areas where the proposed speed limits apply should be longer or shorter.

Council staff are holding several drop-in sessions at schools in May, which they're doing at school pick up time to make it easier for you to attend and ask any questions. The schedule is on the council's Safer Speeds around Schools webpage listed above.

The closest meeting is at Awapuni Primary School, Monday 8th May at 2.30-4pm.





ACROSS Triple P - “Fear-Less” Anxiety Programme



“Reducing your 6- to 12-year-olds anxiety”

NOTE: We also have a daytime 3 session course for parents of 4- to 6-year-olds – contact ACROSS Triple P for more details

Who is it for and what is the cost?

For parents and caregivers of children aged 6 to 12 years of age. If your child **often** feels worried, fearful, nervous, anxious, or scared, then this programme can help you to reduce your child’s anxiety. FREE for all parents and caregivers who are in the MidCentral region (Palmerston North, Feilding, Tararua, and Horowhenua). More than one adult involved with a child can attend – they just need to be in the “parent” role or attending with someone who is in the “parent” role. There is no cost as the Ministry of Health is funding this programme.

How many sessions and what time are they?

Parents/caregivers need to attend all 6 sessions, delivered over one school term. Sessions are interactive with everyone given opportunities to share and ask questions at each session. 2 programmes run each term, both starting on the same week (Usually start on week two or three of the term). One programme runs on Thursday afternoons (12.15pm – 2.30pm) and the other on Thursday evenings (7.00 – 9.30pm). Parents choose which one works best for them. Parents can swap between sessions if they need to e.g., if you have an evening function, you can attend the afternoon session.

Where is it held?

All sessions are delivered on ZOOM where you are given an internet session link the day before each session. So, no need for babysitters or travel time/costs! All you need is a laptop/tablet/phone with internet for 2.5 hours for each session. Phones need to have a screen so you can see the videos.

NOTE: A laptop/tablet is not needed between sessions, meaning you can organise to use someone else’s device for the sessions. Some parents who haven’t had devices or internet use, have gone to a business or friend they know, and that business/friend has supported them by allowing them to use their internet and a device for the sessions. If this is a problem, please talk to the presenter who is happy to problem solve this with you. We want this programme available to all parents.

Who is delivering the programme?

Programme is being delivered by Prue Savill. Prue has been delivering Triple P “Positive Parenting Programmes” since 2017. Prior to this Triple P role, Prue worked for the Ministry of Education Learning support for 10 years, working directly with families and school teams to create individualised plans and programmes for children with additional needs. Prue loves to see all children succeed, and delights in seeing the adults around a child gain the knowledge and skills to be a child’s long-term support. It’s all about empowering those already in a child’s world.

What does the programme cover?

Session Topic	Session Content	2023 Term 2 dates
Session 1 – Understanding anxiety	<ul style="list-style-type: none"> ➤ Understanding what anxiety is, what may have caused it and what might be keeping it going ➤ Setting a goal and bringing your family on board 	Parent chooses afternoon or evening sessions 18 May 2023
Session 2 – Promoting emotional resilience	<ul style="list-style-type: none"> ➤ Learning about the building blocks for developing emotional resilience ➤ Supporting your child to recognise and verbalise their feelings 	25 May 2023
Session 3 - Setting a good example and encouraging realistic thinking	<ul style="list-style-type: none"> ➤ Looking at how parents can model behaviours and ways of thinking, to help their child/ren ➤ Understanding how you can move your child towards more flexible and realistic thinking 	(NOTE 2 weeks between) 8 June 2023
Session 4 - Overcoming avoidance	<ul style="list-style-type: none"> ➤ Looking at how avoidance comes about and what we can do to overcome it. ➤ Learning how to develop a fear ladder with your child 	15 June 2023
Session 5 - Responding to children’s anxiety	<ul style="list-style-type: none"> ➤ Understanding the advantages and disadvantages of the most common ways parents respond to children’s anxiety 	22 June 2023
Session 6 – Constructive problem solving and maintaining progress	<ul style="list-style-type: none"> ➤ Learning how to guide our children through a step-by-step problem-solving approach ➤ How to maintain progress and plan around hurdles 	29 June 2023

To register either click on the link to the registration form or Phone/Email ACROSS

- Fear-less 2023 Term 2 Registration link: <https://forms.office.com/r/YJgy96GesN>
- ACROSS Phone and Email: 06 356 7486 or reception@across.org.nz