

Waikite Valley School

1090 Waikite Valley Road, RD 1, Rotorua 3077 Tel 021 294 9633

www.waikitevalley.school.nz office@waikitevalley.school.nz*We are: Confident, Optimistic, Unique, Respectful, Adventurous, have Grit, Enthusiastic*

The Heads-up for the week ahead.....

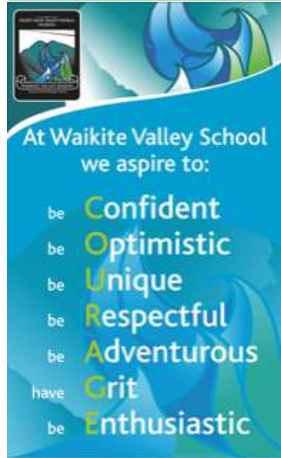
Monday 7th June - Queen's Birthday holiday

Monday 7th-11th June - Hillary Outdoors Camp - Kelly Teague, Daniel Hornby, Bayden Moyes, Harriet Topp & Mr Topp

Tuesday 8th June - PTA Meeting 7pm (Settler's Hall)

Thursday 10th June - Room 3 Sharing Assembly 2pm Settlers Hall

Kia ora school whānau,



Last Tuesday we were able to enjoy our annual Waikite Valley School Cross Country, held across the road from school on the Schnuriger farm. This is a wonderful chance for our students to get out into the open air and enjoy a jaunt across some rolling to rugged rural turf. According to Sport NZ Young People consultant Karen Laurie:

"Running in the natural environment is a tremendously accessible form of physical activity. If we think about offering a variety of options for structuring the event and for how kids can participate, we can ensure cross country is fun for everyone. Considering different kids' needs would mean that all the students running out there at this time of the year have a chance to develop a life-long love."

This aligns well with our school vision "Developing Learners for Life" and our school values of C.O.U.R.A.G.E. If you felt like your child/ren did not enjoy the cross country this year (or they told you they didn't), consider this information from Athletics NZ, who suggest that when it comes to school cross country our support can be very straightforward:

"Cross country running is about learning to run on different terrain with different challenges and obstacles along the way," says Catherine O'Sullivan. "It's also about learning to run continuously for a period of five to eight minutes, which can be off-putting for some children. To increase confidence and enjoyment we encourage parents to help children learn and explore running at home through fun games and exploring parks and paths around their home."

The teachers promote daily training as a routine and we encourage them in the lead up to cross country to keep a steady jog for 5-10 minutes (depending on the age group). This allows them to monitor their progress and feel the success when they can achieve their fitness goals. Research shows that physical activity in the outdoors is an excellent and accessible enhancer of long term mental and physical health. This is why we celebrate and continue to enjoy our Cross Country season.

Teresa Topp (PRINCIPAL) - mob: 027 634 4744 E: principal@waikitevalley.school.nz

Cross Country 2021 - Tuesday 1st June





NETSAFE DAY - July 6



Please **set this date aside** as we have arranged for a Netsafe educator to visit our classes on this day to teach about cyber safety, cyber citizenship (our rights and responsibilities online), gaming and social media, and answer questions our children have. They are also hosting an afternoon workshop for staff; followed by an **evening workshop for parents, whānau and other interested community members.**

UPCOMING DATES

Monday 14th June - Civil Defence Training night 7pm

Tuesday 15th June - BOT meeting 6.30pm

Wednesday 16th June - NYLD (Yr 8's) Claudelands Arena 9.30am-2.30pm (Mr Topp taking in School Van)

Thursday 17th June - SHARING ASSEMBLY Pod 1 - 2PM

- Meeting for Camp (all parents/caregivers invited to attend) 3.15pm

Tuesday 22nd June - Rural Schools Cross Country (Kaharoa)

Waikite Valley School Contacts:

Principal (Teresa Topp) - 027 634 4744

Office (Kelly Curtis) - 021 294 9633

Board of Trustees Chairperson - Shelley Schnuriger 333 2248

Parents-Teachers Association Chairperson - Crystal Carroll 021 175 0487

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