

# Good Shepherd School



*...Care...Respect...Honesty...*

**Newsletter No 9, 11 June 2020**

## From the Principal

Ngā mihi ki a koe me to whānau

It really is a wonderful feeling to be almost back to normal - to welcome everyone back into the school grounds and to plan and participate in those many events that are such an important part of school life. Although we are celebrating reaching this milestone, we will continue to remain vigilant and to follow the 'Golden Rules' of Alert Level 1 (see details later in this newsletter). These really are golden rules for a healthy life, and along with keeping physically fit, will help us all to make the most of every day. We will also continue to monitor the wellbeing of our children as we know that the lockdown, despite bringing some benefits, was a traumatic experience for all of us. Please do not hesitate to talk to us if you have any concerns about your child's wellbeing over the next few weeks.

Physical fitness plays an important part in wellbeing. The [World Health Organisation](#) recommends that children and youth aged 5-17 years should accumulate at least 60 minutes of moderate-to-vigorous intensity physical activity daily, and that amounts greater than 60 minutes give even greater health benefits. Most of this daily physical activity should be aerobic and incorporate vigorous-intensity activities at least 3 times per week. Unfortunately we have had to let the cross

country training go at school this year, but below you can see details of our new physical activity programme. This is another area where we must work together to get the maximum benefit for our children. We ask that you make sure your children are on time and ready for fitness in the morning (see details below). We also strongly encourage you to complement our school fitness programme with your own home-based activities - perhaps retaining some of the gains made from frequent walks and bike rides during the lockdown.

Ngā mihi nui

**Jane Hahn**

## Upcoming Dates

**Monday 15 June** - Whole School Prayer - Room 3/4

**Thursday 18 June** - Mass @ 9am - Room 5

**Monday 22 June** - Whole School Prayer - Room 7

**Tuesday 23 June** - BOT Meeting

**Wednesday 24 June** - PTA Meeting

**Thursday 25 June** - Mass @ 9am - Room 3/4

**Friday 26 June** - Room 5 & Leadership Assembly

**Monday 29 June** - Whole School Prayer - Room 1

**Thursday 2 July** - Mass @ 9am - Room 6

**Friday 3 July** - End of Term 2

**Monday 20 July** - Start of Term 3

***Please note that some of these dates may change***

## Good Shepherd Parish Mass times

It will be wonderful to gather again for Mass on Sundays. We encourage all families to attend Mass, particularly those children who have made their Sacraments. Saturday Mass is at 9.00am followed by Reconciliation at 9.30am, and Vigil Mass at 6.00pm in the evening. Sunday Mass is at 9.30am and Phillipino Mass at 11.00am.

## Please Keep in Your Prayers....

We ask for God's blessing on all those members of our community who are suffering illness or loss in their families at this time.

## Special Character

### Good Shepherd Awards



**Levi Foskin** - for being kind, caring and supportive of others

**Ayden Kavia-Patel** - for being a role model in and outside the classroom

## In and Around School

### Reporting to Parents

Close communication with parents and whānau is very important to us at Good Shepherd. We know that students benefit hugely in both wellbeing and learning when home and school work closely together, and we saw this in action during the weeks at Alert Levels 4 and 3. Obviously, our formal reporting process has been interrupted by the COVID-19 crisis. We would, however, like to make contact with the families of each of our children before the end of this term to talk in a more informal way about their learning and the transition back to school after home learning. Next term we will be in a position to talk in more detail about individual student's progress and achievement levels.

## Room One Learning

Room 1 has been very busy learning since we got back to school. We brought our Teddy Bears into school to help us settle back into school and help us learn. Our Teddies helped us in school, if we felt a bit anxious we were able to give them a cuddle. We all got to meet each other's Teddies and we had fun playing with them! We all love our Teddy Bears and

each Teddy brought a different personality to our class just like the amazing personalities of all the boys and girls!



## The Great GSS Invention Challenge

Thank you to all the students who participated and handed in an invention in the Great Good Shepherd Invention Challenge! We are very impressed with all of the inventions. They are amazing! On Tuesday June 9 and Wednesday June 10 the inventions were on display at lunchtime in Room 9. The inventors were there to describe what their inventions are and what they do. Now the judges have a difficult job in front of them! It is important that students stay creative and continue to learn. Winners will be announced at whole school prayer on Monday. Well done!

Rosa Lewthwaite



## Sport

### New fitness programme:



Next week we begin a new school wide fitness programme every Tuesday and Thursday morning. The children will rotate around stations in their class groups, starting a new one each week. Children will need to be ready to proceed directly to their fitness station (or meet beside the turf if they need to leave school grounds to get to their station) *as soon as the bell goes*. If children are late parents can escort them directly to their stations after checking in at the office.

Connolly children will change into their PE gear and shoes before the bell each morning. Year 1-3 children need sneakers but not sports clothes and Year 1/2 children may come to school in their sneakers on Tuesday and Thursday mornings. (Parents and caregivers, please ensure they have their school shoes in their bag and that they do not dirty their sneakers on the field before school as this will be tracked into classrooms.) The emphasis for our fitness programme will be on starting promptly, full participation, getting pulse rates up and having fun!

For your information here is the timetable showing which station each class begins at next week. Classes will begin the next station on the list each Tuesday with station 8 proceeding to station 1.

| Station | Class Starting Wk 10 | Activity/Location                |
|---------|----------------------|----------------------------------|
| 1       | Room 4               | Room 3/4 Aerobics                |
| 2       | Room 8               | Running around Rooms 5-9         |
| 3       | Room 6               | Fitness Trail                    |
| 4       | Room 2               | Upper body strength - playground |
| 5       | Room 3               | Skipping on turf                 |
| 6       | Room 5               | Hall activities                  |
| 7       | Room 7               | Netball court activities         |
| 8       | Room 1               | Running around up top grass area |

## Information for Whānau

### Health and Safety Reminders for Schools for Alert Level 1

There are no specific public health requirements for schools at Alert Level 1 but Good Shepherd School will be following these Golden Rules that apply to everyone:

- If you're sick, stay at home
- Wash your hands, wash your hands, wash your hands
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces
- Physical distancing is encouraged when around people you don't know

There are no restrictions on numbers at gatherings or on physical activities including cultural and sporting activities, practices and events. So for the most part, Alert Level 1 is very much business as usual for schools, with good hygiene practices and people who are unwell staying away remaining a priority.

### Enrolments at Good Shepherd School

Thank you to all those families who have filled out enrolment forms for siblings of current students. We also appreciate the support of our school families in recommending Good Shepherd School to their friends and whānau.

### PTA Meeting

We're back! Please come along to our first PTA meeting of the term:

**Wednesday 24 June, 7pm in the staff room**  
**All welcome!**

### Sushi and Pie Days

Sushi lunch is available for you to order for your child's lunch on Fridays.

We also have a Pie Day coming up on Tuesday 30th June, with pies supplied by Jester's Pies.

Ordering is done online only, by setting up an account on Kindo. To set up an account, please go to the Kindo website:

<https://shop.tgcl.co.nz/shop/index.html>

Thank you to our parent volunteers that will be helping with sushi/pies this term. It would not be possible to offer this service to our children without you!



## Change of Clothes

With the final arrival of the rain, our school field will begin to get muddy. Children must bring in a change of clothes if they want to play on the field during break times. This way we can keep their uniforms looking smart and clean. Remember that senior students in Years 4-6 should be bringing their PE uniform in every day.



**Art teacher** is opening an **Art Studio** for children. In a warm and inviting home studio environment, your child's **creativity** will be nurtured through fun **art activities**, in a small group setting.

### Our focus:

- Art knowledge and skills development
- Improvement of artistic expression and confidence
- Teaching about inspirational artists
- Experimenting with various techniques, tools and media processes on a wide range of styles.

Lessons **Monday and Wednesday, 3:30pm** during **school term**.

**Holiday workshops available.**

**Contact Olesya on 021 145 3254**

creative.spirits.art.studio@gmail.com ● studio located at Halsey Dr, Lynfield