

The Rosehill Review

Term 4 ISSUE 2

31 October 2017

Principal's News

Greetings to all,

As you know resilience is one of our learner dispositions. It is also an attribute that is essential to cope with life's ups and downs. The following is an article from Kiwi Kids News that illustrates how important it is to show resilience and how simple it can be, when we recognise it as an essential part of everyday life.

Resilience is the ability to adapt and to 'bounce back' when unexpected things happen.

What do we do when something doesn't work out as we expect? Perhaps we get upset, start yelling, hit out at someone.... or simply give up. However, none of these reactions will help us to overcome the challenges that we face.

Resilience means being able to adjust to changing circumstances, and to respond in a positive way. Resilient people can handle change and think of ways to solve problems that happen in their lives.

Sometimes these problems may be small ones: Lucy really wanted to wear her red t-shirt today, but it's in the wash. She could get angry and feel that her whole day is ruined – or she could be disappointed, but then refocus on finding an alternative shirt to wear.

Some challenges might be bigger, and out of our control: Sam's family is moving away to a different city. Sam and Josh have been friends all through school – they don't want to be separated! Although they are sad and upset about it, they can make a strategy to make the best of their situation – perhaps it might be to email and phone each other, so they can still be in touch regularly.

We face challenges every day, in every area of our lives. Not getting picked for a team at lunchtime; having rain cancel a Saturday morning sports game; being sick on the day of a friend's birthday party; or not getting words right in a spelling test when we have studied – we face unexpected events all the time. And, while it is important to be mature and responsible in our reactions, it is also important to remember that it is OK to feel angry, or sad, or disappointed when things go wrong. If we can acknowledge our feelings while staying in control of our actions, we are acting in a resilient manner.

How can I be more resilient? • Accept that change happens – and will continue to happen – throughout life. Although we will make lots of decisions ourselves that change our lives, many other changes will be out of our control.

- Be positive about ourselves. Remember that you are special and unique, nobody else is just like you! Being positive and remembering our strengths can help us to deal with challenges.
- Keep things in perspective, and look at situations from more than one viewpoint. Remember that all things change over time, and even things that feel very difficult now will get better.
- Build positive relationships. Having people around us who are supportive and encouraging – whether they are parents, friends, uncles or aunts, teachers, or youth leaders – means that we have trustworthy people to go to when we need help and advice.
- Help others. Do some fundraising for a charity, or help elderly people in the community.
- Set goals. Working towards – and achieving – a realistic goal helps us to build confidence and self-esteem. Hoping we can all recognise ways that we can strengthen our own resilience. Kind Regards, Maria Owers



Farewell to Miss Imlach

Sadly we are saying goodbye to Anita Imlach this term. Following the huge success of our production High School Musical, Anita won the position of Head of Department of Arts and Drama at Papakura High School. We wish her all the very best for her new and exciting role.

POSITIVE BEHAVIOUR SYSTEM

Congratulations to the following students who continue to display our Values.

RESPECT

Ashley Lamb
Megan Dennis
Teatau Taeloa

INTEGRITY

Harnoor Sood
Olivia Rush x2
Chelsea Nicholas
Rachel Pan

SELF MANAGEMENT

Allen Wyatt
Alana Rennell
Anna Lo
Ashlyn Larnder-Te Rangi
Megan Dennis
Isabelle D'mello
Caitlin Carter
John Rogerson
Logan Pates
Natalie O'Leary

Two Badges

Integrity & Self Management

Kayla Gaskill
Jennifer Tuare
Harleen Khangura
Michaela Willmer
Emma Gibb

Respect & Self Management

Michael Nash
Tyler Brown

Three Badges - Respect, Integrity & Self Management

Xavier Harvey
Tipene Kennedy
Josiah Hill - Respect, Integrity x2 & Self Management
Nic Prosser - Respect x2, Integrity & Self Management
Olivia Lin - Respect x2, Integrity & Self Management
Kiyah McMillan - Respect, Integrity & Self Management x2

Touch

Good luck to our touch teams who are competing this week.

Health Curriculum Parent Survey

The Board of Trustees is obligated under the Education Act (1989) to consult the school's parent community every two years on the delivery of the Health Curriculum at Rosehill Intermediate School. The purpose of the Health consultation process is to:

- Inform the school community about the content of the Health curriculum, in broad outline
- Ascertain the wishes of the school community regarding the way in which the Health curriculum should be implemented, given the views, beliefs and customs of the members of that community
- Determine in broad terms, the Health Education needs of the students at the school

We'd really appreciate it if parents and caregivers would take the time to complete this short online survey on our Health curriculum. It can be found by typing the following link - <https://goo.gl/yV5qVw> - into your browser or scanning the QR code below.



Rangatahi Festival

We were all very proud of our Kapahaka and Pacifica group who performed at the Papakura Rangatahi Festival last week. They were spectacular. Thank you to Whaea Hanna, Mereana, Dylan, Mr Wickman, Ansebella Tuimaugapo, Charity Faoa Fomai, Vulangi Olosoni, Shalome Iosefa, Noel Lemalu for their ongoing support of the groups. Their performance will be available for viewing on our website soon www.rosehillintermediate.school.nz



Chess Nationals

The Chess Nationals took place in the school holidays over three sunny days in Christchurch. Rosehill qualified by winning the South Auckland Zonal in June. Over the three days we played 28 games. Rosehill battled very hard in every round to finish 12th from the 18 teams. Thank you to our Board of Trustees for their fantastic support for our team, such a great experience.

It was a lovely day when we arrived. It felt completely different especially with having no raging traffic. I couldn't wait for the games to start. Troy Wigley.

It was amazing weather when we flew down to Christchurch and the sun was so much warmer than Auckland. We had an amazing first round, some of the other team played unusual openings. Chris Thompson

It was really fun. The weather and temperature were great. Caleb Sitagata.

The first day I won two games out of four. I think I played very quickly, but otherwise I played pretty well and found playing every game extremely fun. Jose Bravo

Rosehill team: Jose Bravo, Ethan Coles, Caleb Sitagata, Christopher Thompson, Troy Wigley.



Rosehill Chess Fun Competition

Rosehill Intermediate School are hosting our annual Chess Fun Competition in our school hall on Thursday 16 November from 9am - 2.30pm.

Our student Chess Fun committee have been busy planning this event. The competition is open to all Primary, Intermediate, Secondary and Home Schooled students. The aim is to encourage students from beginners to experienced players to enjoy a day of playing chess with children from throughout Auckland and learn new skills. Prizes and certificates will be awarded and every entrant receives a Chess Fun prize.

Parents, Grandparents and Caregivers are very welcome to come along and watch during the day! Light refreshments will be available to you.

If you wish to play, pick up an entry form from the chess room at lunchtime.



<p>Rosehill Intermediate School</p> <p>5 Jupiter Street Papakura AUCKLAND 2113</p> <p>Postal PO Box 72-868 Papakura AUCKLAND 2244</p> <p>Telephone: 09 298 5827 Fax: 09 298 7496 office@rosehill.org.nz</p>	<p>Important Dates:</p> <p>Athletics Day 3 November Year 8 Rosehill College Visit 6 November Prizegiving 7 December Service Awards Assembly 8 December Year 8 Graduation 12 December Last Day of the year 14 December 12.30pm finish</p>
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Auckland Transport wants to know what you would change to make it safer, easier and more enjoyable to walk around Papakura. **We've got a \$200 PAKnSAVE voucher up for grabs for anyone that provides feedback.** . Now is your chance to give us your local knowledge – tell us where it is challenging for you (or your children) to walk around Papakura. Complete the online survey here: [Papakura Safer Community Survey](#). Public feedback is open until Thursday 30th November 2017.

Wanted Toys, Books & Food

Room 12 as part of their Service Learning project would like to help families in our community this Christmas in poverty.

We will be collecting packaged food, canned food, used toys and kids books in good condition.

Your child can bring items to school between Weeks 3 to 7 to donate to this cause.



Athletics

Athletics Day Friday 3 November 2017
Massey Park, Papakura

Students need to be dropped off by **8.50am** at Massey Park
and then collected from Massey Park by **2:30pm**.

For students who wish to walk accompanied to and from the venue, teachers will provide a walking bus, leaving Rosehill Intermediate School at 8:15am and there will also be a walking bus leaving Massey Park at 2:30pm to return to school.

Students will need to bring school hats, sunscreen, lunch and a drink.

Students need to be in full sports uniform and good P.E. shoes

If this event is cancelled due to wet weather a notice will be sent home through dojo, our website and hard copy.

