

# The Rosehill Review

Term 3 ISSUE 5

1st September 2020

## Principal's News

Kia Ora,

It is great to see all our students back at school again. Thank you all for your support over the last two weeks. We are all looking forward to getting back into our Term 3 programme.

I have included a short article by Michel Grose, a leading parent educator, [Help Kids to Beat COVID Induced Anxiety](#), which I hope may be helpful for some of you.

We are very lucky to have two counsellors available at RIS to work with students and whanau. Family referrals and student referrals can be made on line with Louise [lbelcher@rosehill.org.nz](mailto:lbelcher@rosehill.org.nz) or Julie [jhyland@rosehill.org.nz](mailto:jhyland@rosehill.org.nz) .

Nga mihi nui



**Maria Owers - Principal**

## Help Kids to beat COVID induced anxiety

Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids who with COVID induced anxiety.

It's wonderful to see how kids' mental health and wellbeing is being prioritised, and importantly, resourced. However these conversations show we still have some way to go as a community to fully grasp the nature of anxiety.

While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people.

In *Anxious Kids*, the book I co-authored with Dr. Jodi Richardson we wrote, "Anxiety doesn't have to be the shadow that clouds the days of children and young people. Understanding that anxiety is a well understood and manageable condition brings anxious kids such relief."

We wrote this pre-COVID and nothing since has caused me to change my mind. In fact, experiences of this COVID era have reinforced that the more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

### There is no cure for anxiety

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking and the desire to over prepare when they face new or unfamiliar situations.

### The impact of anxiety can be minimised

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort.

It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

### You can build anxiety resistance

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that build strength against the psychological ravages of anxiety.

### You can help kids reduce their ongoing anxiety

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its effects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help.

#### Online Mental Health Resources

Kids Helpline

Parenting Anxious Kids online course

Smiling Mind app

Eheadspace

### **Enrolment for 2021**

**We are awaiting information from the Ministry of Education regarding the enrolment process for Out of Zone students. Watch this space or call the school office for updates concerning this.**

Unfortunately we will not be holding an Open Evening at school this term. We will be staging a live open evening information event on our website later in the term. We will let you know the date closer to the time.

Because of this, enrolment information for 2021 will be sent to the following contributing schools:

**Park Estate School**

**Papakura Central School**

Anyone else wanting enrolment information for 2021 can either:

- Enrol online through our school website <https://www.rosehillintermediate.school.nz>
- Ring the school office @ 2985827 and order a pack to be sent out from Monday 7th September 2020
- Call into the school office and collect a pack from Monday 7th September 2020.

## **School Administration at Level 2**

### **Parental Access the School**

Parents and visitors are discouraged from coming into school. Please ring the office for entry first and use the QR code that is located on the front door of the office. The office doors and front gate will be locked at **8:45** every morning.

All parents are welcome to contact teachers if necessary by using class DOJO, emailing or calling the office to request a callback.

### **Bus Contact Tracing**

Please ensure you children are clearly informed that they are required to complete their bus contact tracing details every day before school.

### **Teacher Only Day**

**Friday 25th September.**

Teacher only Day - The school will be closed for instruction on this day to enable the teachers to engage in Professional Development.

Please make alternative arrangements for your child.

There will be **no** provision for children to attend school on that day.

### **Level 2**

Sadly the following is on hold until we move into Level 1.

**Cafe RISE will be closed at Level 2**

**School canteen will be closed at Level 2**

**After school clubs will not be running at Level 2**

**School Assemblies will not take place at Level 2**

**Interschool sports will not take place at Level 2**

## Unisex shorts for 2021

Next year we will be introducing grey unisex shorts for our students to wear if they choose.

They will be available from SAS, 28a Wood Street, Papakura by the end of this year.

Our culottes and grey shorts are still part of our uniform.

The unisex shorts are an additional choice for all students.



Acacia Standing



Hannah Saxton



Ty Parkes



Enzo Mowday

## Student of the Week - Celebrating Student Success

### Room 1

**Hannah Saxon** - For having a go at the STEM Challenges, great to see.

**Bella Sing** - For writing the most excellent piece of narrative writing.

### Room 2

**Silvana Ram** - For consistently demonstrating a high level of commitment to her learning online.

**Kelly Xing** - For her quiet yet determined efforts and completing work to a high standard online.

### Room 3

**Palvi Kaur** - For her consistency and commitment to completing her online learning.

**Avetonutasi Aumua** - For supporting other students and her commitment to online learning.

### Room 4

**Brianna Broome** - For crafting excellent writing pieces and responding to feedback while online learning.

**Kaleb Rodgers-Timmo** - For having resilience when learning online.

### Room 5

**Hunter Apiti** - For completing a range of tasks during online learning.

**Kamy Desai** - For writing a well detailed descriptive writing piece.

### Room 6

**Kayla Brown** - For trying hard to complete her online learning.

**Sophie O'Connell** - For trying hard to complete her online learning.

### Room 7

**Lovely Fakapulua** - For completing all her learning to a high standard.

**Mikhail Zinoviyeu** - For trying hard to complete his online learning.

### Room 8

**Ty Parkes** - Strongest catapult built during stem challenge

**Xymuz Sitchon** - Strongest catapult built during stem challenge

### Room 9

**Claire Phillips** - For gaining second placement in the Education Perfect Mini Competition in English.

**James Sim** - For completing all Distance Learning tasks with detail, care and achievement in mind.

**Isla Dumper** - For completing all Distance learning tasks to a high standard. Well done!

### Room 10

**Amber Fletcher** - An excellent start at your new school! Welcome to RIS.

**Hamish Paterson** - An excellent effort to show Rangatiratanga by managing your time well!

### Room 11

**Levi Byers** - For showing great resilience with his online learning and submitting mahi completed to a high standard. Well done Levi!

**Joshua McGarry** - For a great effort with this persuasive writing letter! Keep up the amazing writing Josh!

### Room 12

**Ezra Henderson** - For always completing his online learning to a high standard.

**Pawanpreet Kaur** - For showing a lot of resilience, self management and integrity when completing online work.

### Room 13

**Tipene Thompson** - For demonstrating commitment to his learning during Distance Learning.

**Caleb Shaw** - For always being ready to learn, and giving all Distance Learning tasks 100% effort.

### Room 14

**Keira Barron Morton** - For being an awesome distance learner. Great self management and perseverance shown

**Alyssa Iles** - Dedication and creativity shown in her online learning.

### Room 15

**Acacia Standing** - For being a committed distance learner and a great scientist.

**Cort Knapman-Smith** - For being a committed distance learner and a great linguist.

### Room 16

**Lile Faisalau** - For getting on board with on-line learning and producing excellent results.

**Mathen Selu** - For writing an excellent piece in response to a short video.

### Room 17

**Seth Leslie** - For showing amazing work ethic with online learning.

**Ashley Jones** - Super attitude towards online learning and an excellent effort at report writing



# October Holidays

for Secondary School Students

**FREE**  
thanks to Break-Away!

	MONDAY 28 September	TUESDAY 29 September	WEDNESDAY 30 September	THURSDAY 1 October
<b>Week One</b>	<b>Sports Day</b> Play like a CHAMPION!  9.30am - 4pm	<b>Youth Make the Rules!</b> Youth development day It's all about you.  9.30am - 4pm	<b>Master Chef</b> Think you have what it takes to be a Youthtown Master Chef?  9.30am - 4pm	<b>Tip Day</b> Head off on an ADVENTURE with us.  9.30am - 4pm
	MONDAY 5 October	TUESDAY 6 October	WEDNESDAY 7 October	THURSDAY 8 October
<b>Week Two</b>	<b>Sports Day</b> Let's get physical!  9.30am - 4pm	<b>Youth Make the Rules 2.0!</b> Have your say on youth development day.  9.30am - 4pm	<b>Movie Marathon</b> Grab a bean bag, grab some popcorn & join us for a movie marathon.  9.30am - 4pm	<b>Tip Day</b> Get out & about with Youthtown! Where will we go today?  9.30am - 4pm

At Rosehill College Sports Centre via Chichester Drive

Get the details → [WWW.YOUTHTOWN.ORG.NZ](http://WWW.YOUTHTOWN.ORG.NZ)  
0800 004 556 | [info@youthtown.org.nz](mailto:info@youthtown.org.nz)  
Programme Coordinator : 027 605 6491

Rosehill - Auckland



# ROSEHILL INTERMEDIATE WEEKLY TIKANGA



**Week: 7**

**Tikanga: Tuakana/Teina**

- Think, pair, share. Working in pairs with any tasks given.
- “More experienced helping less experienced”
- Tuakana–teina is like a buddy system. Students with less experience can benefit from those with more.
- Using what you know to help and support others to build their knowledge



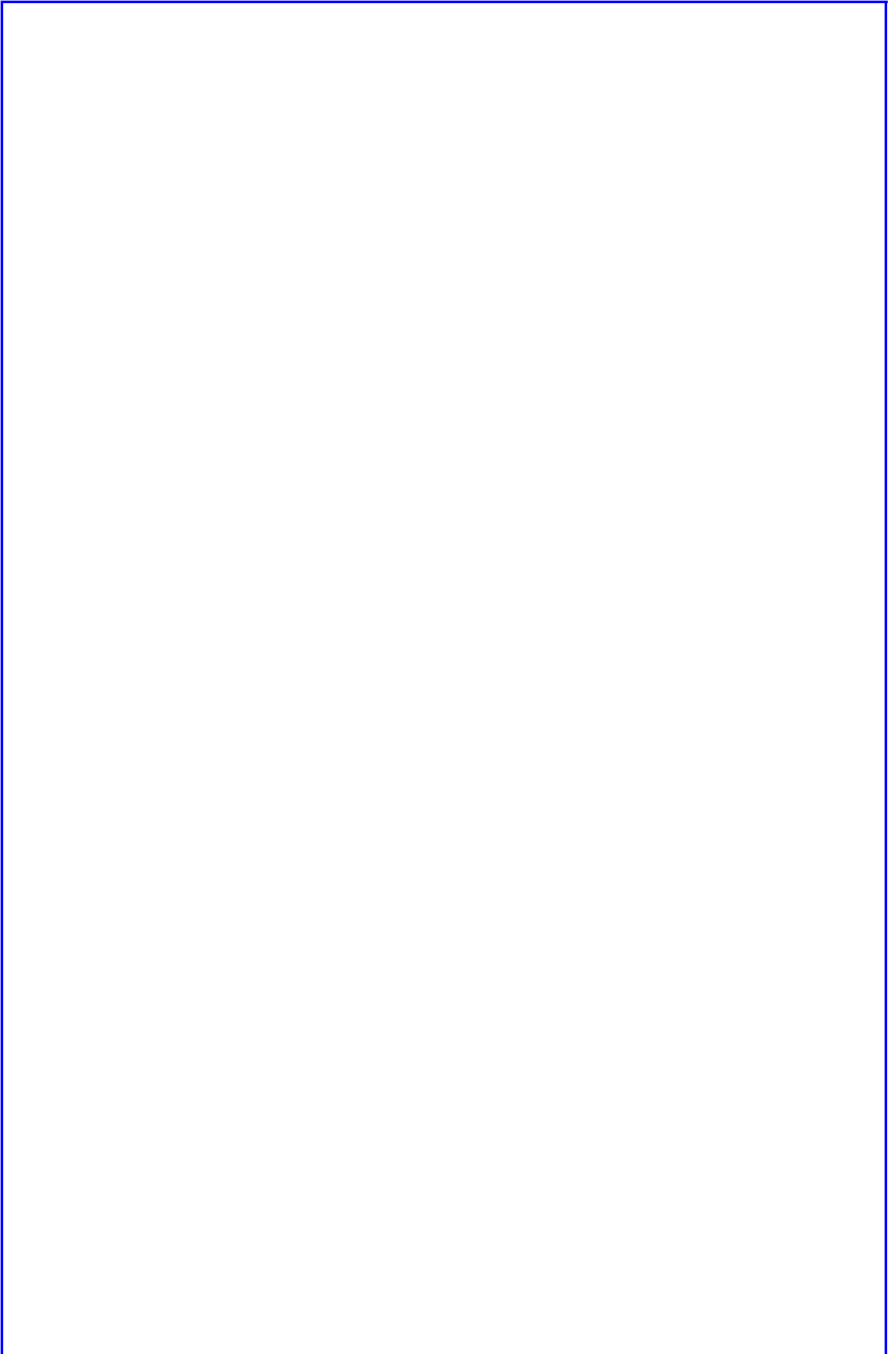
# ROSEHILL INTERMEDIATE WEEKLY TIKANGA



**Week: 8**

**Tikanga: Kaitiakitanga**

- Guardianship, protection, preservation.
- “Guard our classroom and school resources so that others can use them”
- Reciprocity-Giving Back
- Resources, grounds, facilities are left in the same condition as when we started
- Pick up rubbish and keep our class and grounds clean



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**Our School Website :** <http://www.rosehillintermediate.school.nz/>



## Supporting success in your school.

If you are a parent, staff member or member of the school community and you draw down a new ASB home loan of \$250,000 or more, ASB will donate \$500 to your chosen participating school. Visit [asb.co.nz/schoolbanking](http://asb.co.nz/schoolbanking) for full details.

**ASB**