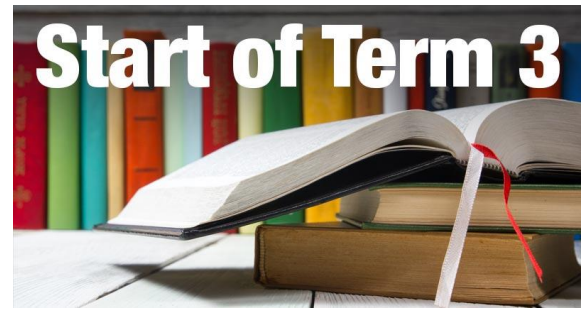




22 July 2024



Te Kōhure (Years 7-8) Newsletter, Term 3 2024

Kia ora to parents and caregivers

We hope you have had a chance to relax and enjoy some family time, and that you have stayed healthy after a term where many of us were sick. We enjoyed meeting parents at mid-year conferences where it was good to share your child's success and talk about how best we can support each other and our students. Term 3 sees Te Kōhure students involved in winter sport, we also have teams representing us in EPro8 and Cantamath, and our learning programme's science focus is the Living World: Human Systems, with an investigation into Sport Science.

Stationery

Now is a good time to do a stocktake of your child's stationery. Many students need new pens, glue sticks, rulers, and pencils; those without such things may be hampered in getting work completed. Some stationery items are available to purchase at the school office.

Lateness:

A gentle reminder that school starts at 8.50. Being punctual is an important skill and something we feel strongly about, here at school.

EPro8 team

We have two teams involved in the EPro8 competition during Week 1 - best wishes!

Winter Sport

Winter sport begins on Friday afternoons starting this week. Students in travelling teams will also participate in the North West Zone Tournament on Friday 16 August. Teams that qualify for Centrals will have their tournament on 5 September. Many thanks to those in our parent community who are giving their time to coach and manage teams. We have training sessions during the week and **a change of clothing is required for training, plus required sports equipment** such as shin pads and mouthguards.



Whenever we return from holidays, we review our classroom routines. In the next few days, teachers and students will revisit the following:

- **Eating and hydrating well.** Students experience their second-biggest growth spurt at intermediate age and their brains are (usually!) busy working as well. Many lunch boxes often contain a lot of packaged/processed food which can negatively impact a child's ability to concentrate. Thank you for supporting your child with full lunch boxes to get them through the day. We ask that students bring a named water bottle to school every day.

- Ensuring **excellent sleep habits** and that students are getting enough sleep - around ten hours a night. Occasionally our Mondays are disrupted by tired students whose sleep routines have been disturbed over the weekend.
- **We strongly encourage having no devices or screens in bedrooms.** Store devices on the kitchen bench when children go to bed. Buying a cheap alarm clock for their bedroom instead of allowing them to use their phone as an alarm is a good idea.
- **Limiting device time** as much as possible and swapping it for conversation/reading time.
- Completing **work requirements** for learning may also be necessary at home. Try to get these assignments completed early in the week.
- Ensuring children get enough **exercise** (studies suggest 8 to 10 hours per week).

If you allow your child access to social media, be proactive and involved in what they are doing on such sites. Many parents can monitor their child's use of social media on their own phones - we recommend you do this regularly. Often, teachers must deal with social media issues in Team Te Kōhure. Whilst the issue usually occurs out of school (and thus we cannot get involved) it impacts on the relationships of our students within school. At this age, children do not have the social maturity to deal with many of the issues found on social media. **Remember - what we do as parents on social media is a big influence for our children.**



Home Learning / Excellence Awards

We ask students to read for at least 20 minutes a night.

Anecdotally, we are noticing a drop in the amount of reading at home by some students. This may be impacting their reading, writing, and spelling achievement in class.

Students are also asked to complete either a spelling or word study task in class, and some choose to do this at home. They may also have some maths work set by their teacher to be completed at home. Many students in Te Kōhure undertake the optional home learning programme and we already have some in the process of completing this and earning an excellence badge. Students may ask their teachers for more information.

Uniform

We have high expectations that Te Kōhure students will follow the uniform code for Russley School, setting a good example to younger students. **Please clearly label all clothing.** If you are unsure of the uniform requirements, click here: <https://www.russley.school.nz/uniform.html>



Don't hesitate to ask if you require further information. You can contact your child's classroom teacher by emailing teachers directly. We look forward to working with you and your children again this term.

Yours sincerely

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