



WHAKATANE INTERMEDIATE SCHOOL NEWSLETTER 28th MARCH 2018

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Dear Parents, Guardians and Caregivers,

**TEACHER ONLY DAY – THURSDAY 29TH MARCH
SCHOOL CLOSED
EASTER TUESDAY – TUESDAY 3RD APRIL
SCHOOL CLOSED
HAVE A GREAT EASTER**

Future Schools Conference - Sue Harris and Shannon Crook attended the Future Schools Conference last week. Speakers included Sir Ken Robinson and Dan Haesler. The message delivered centred around moving from conformity, compliance and competition to collaboration, creativity and diversity, and seeing our students as complex individuals with endless possibility. Sir Ken Robinson encouraged schools to re-think their systems to get conditions right so kids can learn voraciously to meet this potential.

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.” (Malcolm X)
Doug McLean (Principal.)

INTERSCHOOL SWIMMING CHAMPIONSHIPS

Our swimming squad had a very successful Bay of Plenty/Poverty Bay Championships in Rotorua two weeks ago. **Jamie Forsyth, Deshan Eliyadura Senavirath, and Ben Jackson** were our top achievers of the day, claiming a raft of medals.

Well done to our squad - **Mia Shepherd, Hannah Baxter, Layla Rowland, Kate Murray, Ashleigh Lawlor, Ben Jackson, Caitlyn Esterhuizen, Josh Hansen, Jamie Forsyth, Deshan Eliyadura Senavirath and Joshua Jackson.**

Special thank you to the Whakatane Swimming Club, especially the Childrens' Coach Richard.

Congratulations to the team which is pictured below.
Mr Doney (Team Manager.)



MOUNTAINBIKING CHAMPIONSHIPS

Last week 9 mountainbiking students represented WIS over two days at the **Crankworx MTB Nationals** in Rotorua. On Day 1 the students raced in an individual competition over 23km of challenging terrain. Day 2 was a school teams' event where our students raced in the 'Junior' category (16 years and under). A big congratulations to **Ollie Fredericksen, Xavier Shepperd, Zak Boonen, Zoe Christie, Jess Cleghorn, Caitlyn Esterhuizen, Ben Cleghorn and Morgan Purcell** for your amazing courage, grit and sportsmanship. The students rode their hearts out and placed very well overall. Our Year 8 girls won the Junior Girls National MTB Bronze Medal. A very big thank you to all the parents for their support over both days - it is greatly appreciated! Pictured Left-Right: Morgan Purcell, Zak Boonen and Xavier Shepperd Mrs Warneford (Team Manager.)



**TOP SCHOOL
YEAR 7 TEAM 2nd AND YEAR 8 TEAM 3rd**
We will have a full report on the day in next week's newsletter (along with photos!)

UPCOMING DATES - note that some dates may change

Thursday 29th March - Teacher Only Day - School closed
Friday 30th March - Good Friday - School closed
Monday 2nd April - Easter Monday - School closed
Tuesday 3rd April - Easter Tuesday - School closed
Thursday 5th April - School Photos
Tuesday 10th & Wednesday 11th April - School-wide Electives
Friday 13th April - Last Day Term 1
Monday 30th April - First Day term 2
Wednesday 9th May - Parents Evening
2nd - 4th June (Queen's Birthday Weekend) - Whakatane Intermediate School 50th Anniversary Celebrations
Wednesday 27th & Thursday 28th June - Gisborne Exchange
NZAIMS - Monday 10th - Friday 14th September

Mission Statement

“A friendly, caring school with quality learning and quality behaviour that respects the needs of the individual student in the spirit of partnership between the school, caregivers and the community.”

“He kura manaaki, he kura atawhai i nga tikanga rangatira, nga tikanga ahua noho o te taura i roto i te wairua ngatahi kei waenganui i te kura, nga kaiitaki me te iwi kainga.”

INTER-INTERMEDIATE SCHOOL

BAY OF PLENTY/POVERTY BAY TOUCH COMPETITION

Last Friday on the 23rd of March four teams from our school competed in this Touch competition at Neil Hunt Park in Rotorua. The Year 8 Girls and Year 7 Boys teams played well but didn't get a placing in the top 3. However, the Year 7 Girls ended up being placed 2nd after a fierce round robin competition. The highlight was the Year 8 Boys team which played superbly, displaying high ball handling skills, teamwork, and some brilliant individual skills on the field with the ball and running. Our Year 8 Boys won their section beating Te Puke in the final 4 - 2.

To qualify for the finals our Year 8 Boys beat Otumoetai 6 - 1; Ilmunster 4 - 0; Rotorua 2 - 0; **Mokoia 4 - 2**

To qualify for the finals Te Puke beat the Mount 4 - 1; Tauranga 4 - 3; Gisborne 1 - 1; Taupo 3 - 1, and Kaitao 5 - 0.

So this win is huge for our school. Well done boys. You guys are CHAMPIONS.

Thanks to Whaea Stacie for helping out with the girls during the day. George Faga (Touch Coach/Selector)

EQUESTRIAN NEWS - On Tuesday 27th March

Kyra Seymour (Rm19), Sophie Mills (Rm11),

Rosa McCleary (Rm5) and Tahlia Good (Rm5) represented

Whakatane Intermediate School at the Bay of Plenty

Gamblers Stakes equestrian event. The girls had a

fabulous day and big congratulations must go out to Kyra who placed fourth in the Year 7 & 8 group.

Thank you to the wonderful parents who supported them!

Jose Missen (Team Manager.)

MIKE KING – TOUR OF HOPE

WEARING YOUR I AM HOPE WRISTBAND

When you wear your I AM HOPE wristband you're telling your friends that you're there for them. That you'll take the time to listen to them. That you won't judge them. And that you'll support them if they want to go to a teacher, counsellor or someone else for help. When you wear your wristband you're promising that:

I will not judge will not shame

I will not anger or inflame

I will not gossip or react

I am hope I've got your back

Hands up for Hope!

WHAKATANE INTERMEDIATE SCHOOL

50TH BIRTHDAY CELEBRATIONS

QUEEN'S BIRTHDAY WEEKEND

1ST-2ND JUNE 2018

Get out your old school photos, jump on the phone & internet and get in touch with old school mates, teachers and whanau who have been a part of the Whakatane Intermediate Family over the last 50 years. We are ready to celebrate....spread the word.



With seasonal temperature changes it's time to think about your child's asthma treatment. Consider having your child checked if:

They have a persistent night cough or cough after exercise

Suffer breathlessness & or wheezing (noisy breathing)

They experience a tight feeling in the chest

For asthma sufferers:

1) If they have a preventer – now is the time to ensure regular use

2) Ensure your child has a stock of their asthma medication & that it has not expired!- check the date on the cartridge

3) Administering the inhalers with a spacer is the most effective method - for adults & children

If your child is using their reliever (blue) inhaler more than 3 - 4 times a week on a regular basis then the asthma is not under control.

Restart the preventer if you have one and are not using it, or seek advice from your GP or the Asthma Centre. It may be that technique with the inhaler or that a review of medications is needed. Free advice, information & care is available from the Asthma Centre. Phone 577 6738 or your Doctor. Contact the Public Health Nurse for support of student health and wellbeing. Contact can be made via the office staff at school (3086480) or 021 2408273.

WHY SCREEN TIME BEFORE BED IS BAD FOR CHILDREN

RECOMMENDED SLEEP TIME FOR SCHOOL AGE CHILDREN 6-13 YEARS IS 9-11 HOURS PER NIGHT

Sleep is an essential part of our development and wellbeing. It is important for learning and memory, emotions and behaviours, and our health more generally. Yet the total amount of sleep that children and adolescents are getting is continuing to decrease. Why? Although there are potentially many reasons behind this trend, it is emerging that screen time – by way of watching television or using computers, mobile phones and other electronic mobile devices – may be having a large and negative impact on children's sleep.

There are many advantages to the advancements in technology that go alongside the exposure to screen time, such as broader opportunities for learning and communicating, and development in general. However, the worrying trend of increased screen time at the cost of essential behaviours such as sleep should not be ignored.

With a more balanced approach to screen time and the use of electronic devices, the clear benefits can be obtained while still maintaining and prioritising sleep, health and development.

Although it is yet to be established how much is too much when it comes to screen time, it is recommended that children under the age of 13 are limited to two hours per day, and children below five to less than one hour.

Sarah Loughran, Research Fellow, University of Wollongong

ICAS ENTRY FORM 2018

ICAS Subject	Fee	Entries Close	Exam Dates
Digital Technologies	\$9.50	CLOSED	8 th May
Science	\$9.50	13 th April	29 th May
Writing	\$20.50	11 th May	14 th June
Spelling	\$11.50	11 th May	13 th June
English	\$9.50	22 nd June	31 st July
Mathematics	\$9.50	22 nd June	14 th August

Please cut out the ICAS Examination Form and return with payment to the school office

Name of Student..... Room No. Yr My payment of \$ Is enclosed.....Signature of Parent/Caregiver