

RICHMOND SCHOOL NEWSLETTER

15th May 2025



From the Tumuaki desk this week ...

ROCK'N'ROLL



This term our school-wide focus is 'The Arts'. All the Kārearea (Senior) syndicate children are involved in preparing for a production throughout term, culminating in shows at the Hope Community Hall in Week 9 last week of Term 2).

As part of our Arts unit, Keith Adolph, (Mrs. Andrews' uncle), has been teaching basic rock 'n' roll to the Kārearea syndicate. Keith has many years of experience as a highly skilled Latin dancer and teacher. The engagement and enjoyment shown by the students have been

fantastic. If you attend the 'Pirates of the Curry Bean' production, you might see some students showcase what they have learned.



SUPPORT STAFF WEEK

This week we have been celebrating Support Staff Week. This is a nationwide celebration of all the numerous things Support Staff do for children and schools generally. Our Support Staff team includes our office staff, library assistant, teacher-aides, caretaker and cleaners (some 21 in total). Without their involvement we would struggle to cater so well for all the numerous needs of our children and our school. A very big THANKYOU from us all.



HELPFUL PHRASES IN TE REO MĀORI

Each week we will add to the newsletter a 'Helpful Phrase' we are promoting at school. These can also be used at home.



Too-re-too-re/hoy-hoy

JUNIOR SYNDICATES' CROSS-COUNTRY

Friday 16th May

(Weather dependent)

TOMORROW

Richmond School back field

1.40pm – classes meet at back field

1.45pm – children & teachers walk the course

Races 2pm – 2.40pm

Starting with 5-year-old girls, then 5-year-old boys

2.40pm – presentation of place getter certificates

**We ask that parents please sit on the wooden fence on the edge of the field
closest to the road.**

Please avoid parking in the Church carpark – it will be closed 1.30 – 2.45pm.

SENIOR & MIDDLE SYDNDICATES' CROSS-COUNTRY

Thursday 22nd May

(Postponement date Friday 23rd May)

Rabbit Island

Races start approx 10 am

Starting with year 3 girls, then year 3 boys

Junior syndicates (excluding Room 21) join us at mid-day for bbq lunch and beach afternoon.

**Info and Permission slip given to children on Tuesday. Please
return permission slips to your class teacher by Monday.**

Ways I can foster my child's resilience

Build Positive Relationships

Foster strong, healthy relationships within the family and with friends. Encourage open communication, empathy, and mutual respect. Children feel safer in their environment when they know they're loved and belong. Trusting others for support will help them develop a better handle on any adversities.

Teach Problem-solving

Guide your child through problems by helping them identify a challenge, brainstorming potential solutions, and then evaluating which outcome would be best. Failures are learning opportunities that should be recognised. Help them become resourceful so they can face whatever comes, on their own.

Promote Emotional regulation

There are many ways people manage stress, some of which are taking deep breaths or finding a quiet space. In order for children to grow into emotionally intelligent adults, they need to be able to express themselves openly. Validating their emotions while helping them find healthy coping mechanisms will create an optimal environment for their growth.

Be Resilient Yourself

Actions speak louder than words especially when it comes to observing resilient behaviour. You can tell your child about how great resilience is but until you show perseverance and optimism yourself when things go wrong, will anything change?

Encourage Successful Opportunities

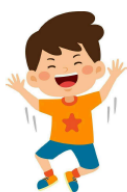
Give your children chances at feeling what success feels like in all aspects of life – schoolwork, sports, hobbies. Small achievements will make children feel good about themselves and what they are doing. It doesn't always mean winning or being the best. Once you can acknowledge their achievements and celebrate with them, your child will start feeling more confident and motivated when faced with challenges.



Inside Out movies are great and relate to the 'Zones of Regulation'.



Mindfulness is good to teach:
The Mindfulness Teacher - YouTube



Resiliency

Resilience is the ability to bounce back from difficult or challenging situations. It is a quality that has long been valued and encouraged in children, as it helps them to overcome obstacles, build confidence, and develop a sense of self-reliance. However, in recent years, there has been growing concern about the declining resilience of children. Today, many children seem to lack the resilience that previous generations possessed, which can make it harder for them to navigate the challenges of life. Here are some of the key reasons why our children may no longer have resilience.

Overprotective parenting

Parents today tend to be more anxious and protective than in the past, which means that children are often shielded from risks and challenges. While this may seem like a good thing in the short term, it can have negative consequences in the long run. When children are never allowed to experience failure or struggle, they don't learn how to cope with adversity. Instead, they may become overly reliant on their parents to solve their problems, which can lead to learned helplessness.

Technology

Technology is another factor that has contributed to the decline of resilience in children. While technology has many benefits, it has also changed the way children interact with the world. Today's children spend more time on screens than ever before, which means they have fewer opportunities to engage in unstructured play and exploration. As a result, they may not develop the same level of creativity, imagination, and problem-solving skills that children of previous generations did.

Pressure to succeed

In today's society, there is a lot of pressure on children to succeed. They are expected to excel in school, extracurricular activities, and social life. This pressure can be overwhelming for some children, and it can lead to anxiety, stress, and burnout. When children are constantly striving for perfection, they may not learn how to handle setbacks or failure. Instead, they may feel like they have to be perfect all the time, which can be a recipe for disaster when they inevitably encounter challenges.

These are just a few of the factors that have contributed to the decline in our children's resilience.

Read more at [5 Key Reasons Why our Kids No Longer Have Resilience](#)

PINK SHIRT DAY

Our school's values are centred around AROHA.

Values are described in *The New Zealand Curriculum* (2007) as 'deeply held beliefs about what is important or desirable. They are expressed in the ways that people think and act'.

Teachers at Richmond School develop learning experiences that provide students with opportunities to learn about values and develop value-related capabilities.

AROHA is about treating others like you want to be treated – this has an overall emphasis on love and kindness. Today we have been celebrating Pink Shirt Day. Thank you to parents for encouraging our students to wear pink. Teachers have explained the reasons for the day once a year. However, we want children to treat each other well, every day!



Pink Shirt Day in New Zealand is an annual anti-bullying campaign that promotes kindness, inclusivity, and diversity. It encourages people to stand together against bullying by wearing pink and fostering safe environments in schools, workplaces, and communities. The campaign is led by the Mental Health Foundation and has been celebrated in Aotearoa since 2009.



This is a photo of our Student Council leaders who have been behind promoting Pink Shirt Day at Richmond School (led by Mrs Armstrong – Associate Principal).

Room 7 retell the story of 'THE LEAF THIEF' by Alice Hemming.

THE LEAF THIEF

Squirrel is sleeping in his tree. When he wakes up from his big sleep he counts his leaves. 1, 2, 3, 4, 5. Wait, one of my leaves is missing! "Bird, Bird, one of my leaves is missing. Mouse, did you steal my leaf?" said Squirrel.

"No I did not steal your leaf. I found this leaf, it is my boat" said Mouse.

"Hey hey, did you steal my leaf, Woodpecker?" said Squirrel.

"No, I worked hard for this", said Woodpecker. Next morning squirrel woke up. The grass was covered in snow. "Who stole the grass" said Squirrel.

By Hunter A

THE LEAF THIEF - Introduction

One morning Squirrel was counting his leaves. "Red, gold, orange" he said.

"Red. Gold. Wait! he said. "Oh no! My leaves are missing!"

Squirrel looked everywhere but he didn't see the leaves so Squirrel asked Bird for some help.

"Bird!" Squirrel said. Bird said "what's the matter Squirrel?" Squirrel said "my leaves are missing".

By Maddy

THE LEAF THIEF

Once in a wonderful forest, there lived a squirrel. He woke up from a big sleep and said "What a wonderful time of year". Squirrel was counting his leaves. Wait! Hang on! Somebody stole my leaves. "Bird" shouted Squirrel. "What's going on?" said Bird. "Someone stole my leaves" said Squirrel.

Squirrel looked at Kiore. "Did you steal my leaves?" "No" said Kiore, "These are my leaves. I made my own boat out of my leaves." Squirrel said "Hey Woodpecker, did you steal my leaves?" "No, I collected all of these by myself", replied Woodpecker.

"Hey Squirrel, try and relax" said Bird. "Ok" he replied, and went back to his house and relaxed.

"Bird!" yelled Squirrel the next morning. "More leaves have been stolen." Bird was getting angry. He went to show Squirrel who the thief was. "The thief is the wind," said Bird.

By Lewis



KĀREAREA SYNDICATE PRODUCTION TERM 2

Tuesday 24th & Wednesday 25th June

Hope Community Church

Pirates of the Curry Bean

HELPERS – A huge Thanks to all those in Kārearea syndicate that have returned their 'orange' notice and offered to help make, sew, paint or organise things for the production.

If you haven't yet and are still keen to help, (or you don't have to have children in Kārearea but are happy to help) please pop in or let the office know. All help is greatly appreciated.

Prop Search for Week 3:

Below is a list of props we are in search of, if you have any of the following items at home and are happy to lend or donate them, please send them into school (**NAMED** with your Childs **NAME and ROOM NUMBER**).

These can be delivered directly to Mrs Lams in Room One.

Props

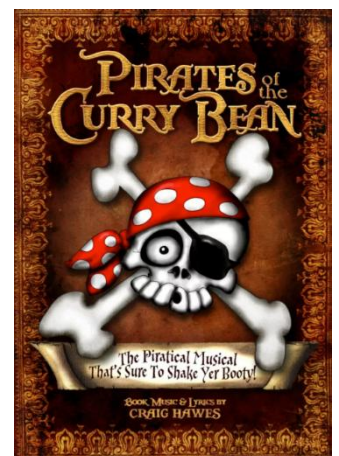
- Set of scales (preferably older style)
- Oversized pair of round glasses.
- Plastic bottles (for tavern stock)
- Tankards (metal) several
- Plastic Bananas
- toy telescopes (2)



tankard

Thanks

Glenna Armstrong & Grant Irvine – Production 2025



ACCORD DAY

Our next Accord Professional Development day is Friday 30th May. This is an extension of King's Birthday Weekend (Saturday 31st May – Monday 2nd June).

Richmond School will closed for instruction that day as all staff (teachers and teacher-aides) will be involved in Professional Development.

The Minister of Education has approved two Professional Development days for 2025 for schools to upskill and implement the government's new Structured Mathematics approach. There will be a second day later in the year.

Many of the schools in the Waimea Cluster will be closed for instruction on the same day – Friday 30th May.

DISCLAIMER These are notices we include on request of organisations and individuals.

COMMUNITY NOTICES

Waimea College Kapa Haka Walk/Run/Bike-athon

HELP US RAISE FUNDS FOR WAIMEA COLLEGE'S KAPA HAKA CULTURAL EXCHANGE TO HAWAII

INSTRUCTIONS & SPONSORSHIP FORM HERE



18TH OF MAY
9 AM - 5 PM
WAIMEA COLLEGE - BACK FIELD
60 SALISBURY ROAD RICHMOND

DONATE HERE!



WALK IN IMMUNISATION CLINICS

Tuesdays
from 18th Feb 2025
3 PM - 7 PM

Fridays
from 21st Feb 2025
9AM - 1 PM

281 Queen Street Richmond
All funded vaccines available except Shingrix

Health New Zealand
Te Whaitu Ora
Nelson Marlborough

bookings available via the QR code



Word Whizz

Give your child the confidence to read & write with ease

Word Whizz is an online, self-paced platform designed to nurture your child's early literacy skills.

Start Learning at wordwhizz.co.nz

★ Lifetime Access ★ Structured Literacy



SPORT TASMAN CHESS IN NELSON

WED

CHECKMATE, PAWN
COURSE | RICHMOND

3.30 - 4.30 pm

All levels | 5-13 years
50% OFF ON THE 1ST CLASS!



Raising Resilient Children with Kathryn Berkett

Nelson College for Girls and the Parents and Friends Association are proud to host Kathryn Berkett on Wednesday 21st May at 7pm

WE USE THE WORD RESILIENCE ALL THE TIME, WE WANT IT FOR OURSELVES AND FOR OUR CHILDREN. BUT WHAT DOES IT ACTUALLY LOOK LIKE? AND HOW DO WE DEVELOP IT?

Come along to this unique, local opportunity to hear what might be the most useful information of your life!

Tickets are - \$20 adults
\$10 students
\$55 for 2
(plus booking fee)
Available at eventbrite.co.nz



21st OF MAY

OPEN MIC NIGHT

\$6 ENTRY for 1 **\$15 ENTRY for Family**



Help fund our kapa haka groups Hawaii trip! Enjoy live entertainment or be part of it! Come have fun and spread the word!

6:00 - 9:00

WAIMEA COLLEGE HALL
FOOD & DRINKS TO PURCHASE \$



BEFORE*/AFTER SCHOOL CARE & HOLIDAY PROGRAMMES

shineline KIDS
TE WHAI O NGA TAMARIKI PIAATATA

- NELSON CENTRAL SCHOOL**
- BIRCHWOOD SCHOOL**
- RICHMOND TOWN HALL**
*BEFORE SCHOOL CARE OPTIONS AVAILABLE
- PICK UP AND DROP OFF OPTIONS AVAILABLE**

WINZ SUBSIDIES AVAILABLE

shinekidsnelson@gmail.com **022 675 2122**
www.shinekids.co.nz

