

# Bromley School

Term 1 Week 10 2018

From the Principal

Kia Ora – Talofa Lava – Welcome

I hope you were all able to enjoy some relaxation time over the Easter Break. I don't believe the break next year will be separate to the normal school holidays as for this year, so any confusion there may have been should not occur again.

By now most of you will have seen the fences springing up around the school. Some will only be in place for a few weeks and others obviously much longer. If anyone notices any areas that seem unsafe please let us know immediately.

Please discuss with your child that the fences are there for their protection and in no circumstances, even if it is your favourite basketball, are they to try to climb, squeeze or otherwise get past them. Thank you

It seems a bit unnerving that after next week we will be a quarter of the way through this year. As we usually have done at this time of the year we will be holding an open evening to showcase some of the work done in the classrooms.

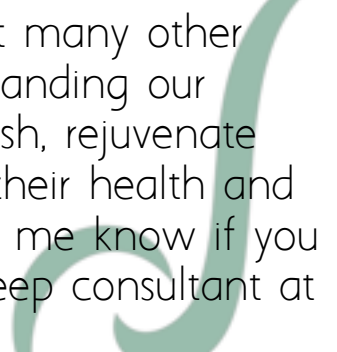
With limited space around the school the hall is no longer an option so the exhibitions will be in your child's class.

Please see the advertisement in this newsletter.

This week's newsletter is filled with information about upcoming events and points of interest.

Of particular interest to me is the article on sleep.

Many children come to school (and not just Bromley but many other schools) tired from lack of sleep or quality sleep. Understanding our children's need for sleep and the way our bodies replenish, rejuvenate and process information as we actually sleep is vital to their health and welfare. Please take the time to read this article and let me know if you would be interested in hearing a presentation from a sleep consultant at school in the future.



We are considering implementing a new uniform. This would take place over a long period of time (one to two years) to allow for parents to buy a new item of uniform as the old uniform wears out and of course the year 5 and 6s would not need to buy it at all unless they wanted to.

We would like to distinguish Bromley from the other schools in the area who are also bottle green. Most people who have responded to our survey have been concerned about the cost.

The cost for a new uniform should not be any more than purchasing the old uniform to replace various items that wear out.

Comments can still be made on the Bromley School App.

We also feel that as the school gets a new look and our buildings are refurbished or new buildings added to the school it would be nice to update the look of our uniform as well.

Our school app called skoolloop has had 132 downloads from Bromley School parents which is great. Please take time to download this App if you haven't already as a lot of our communication home is in this App. Please also update your email address as our school newsletter goes out through your email addresses if we have them.

Finally a word about road safety and teaching our children the need for caution on the roads and safely crossing the road. The roads around school are busy and even more so now we have the building in action on the school grounds. Please make your children aware of the need to exercise caution around our roads to and from school. Parents have witnessed children on scooters crossing roads without even checking on the traffic situation first.

Term 1 finishes next Friday 13th April at 3pm and Term 2 Commences Monday 30th April

Scot Kinley  
Principal

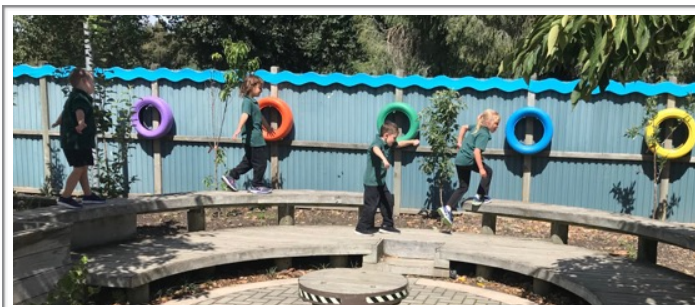
#### **PLEASE NOTE**

**Next Thursday 12th April is the school MAD (make a difference day). Children will be in their Hapu groups engaged in a range of positive activities. Please dress in school uniform not Hapu colours for this day.**

**\*\*\*\*\*LAST day of school Friday 13th is a PTA MUFTI DAY\*\*\*\*\***

**You're invited!**

**TUESDAY** APRIL  
**10**



## **BROMLEY SCHOOL EXHIBITION / OPEN EVENING**

**Anytime between 3.00PM and 7.00PM**

### **In Classrooms**

Come down and see what our classes have been learning about this term in relation to our school-wide themes and curriculum areas of focus. Your child will be able to tell you all about what they have been doing and teachers will be available for a chat.

### **In Room 9**

#### **Digital Tuakana Group**

Some of our senior students will be showcasing what we have been doing in the area of digital technologies, which is becoming an important part of the New Zealand Curriculum. You will be able to see what they are doing, talk to them and have the opportunity to get involved!

**We look forward to seeing you on April 10th!**





Bromley School PTA is fundraising for a new playground at Bromley School with a musical flavour. If you purchase the electronic book as an app or the hard copy (available in the office), you will get free bonus vouchers to use immediately. The electronic book gives others access to the same book in your family as well.

# We're fundraising with *entertainment*™

Just  
**\$70**  
giving you over  
**\$20,000**  
of value!

Discover thousands of valuable 2-for-1 and up to 50% off offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!




Help us fundraise, and purchase yours today!

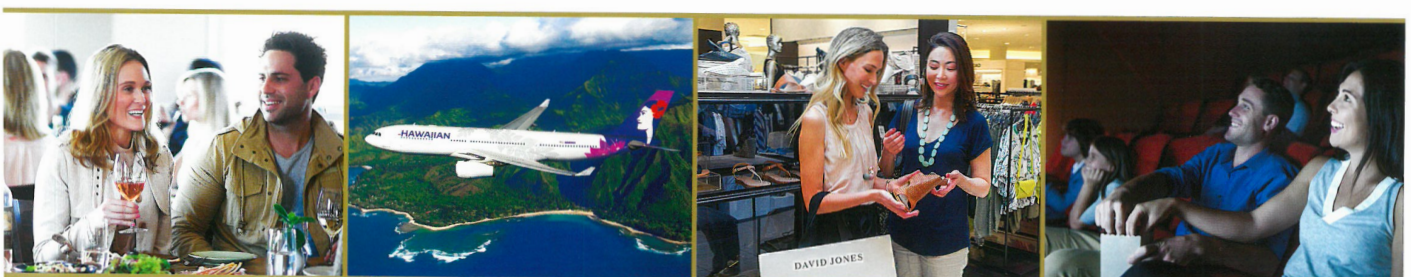
## Bromley School

To order your Entertainment™ Membership Visit: [www.entbook.co.nz/9460e10](http://www.entbook.co.nz/9460e10)

Contact: Gill & Vicki Phone: 03 389 7716 Email: [office@bromley.school.nz](mailto:office@bromley.school.nz)

You will be helping us fundraise towards...*a new playground*

Snap to support with your  
iPhone camera or from  
Snapchat to order NOW! 





*'Dear school families, as you may be aware the Bromley School App (The Skool Loop App ) has had a number of updates in recent days.*

*This is to ensure your experience of the Bromley School App is smooth and seamless.*

*When you next open the school app there is a prompt which asks you to tap on the link to take you to the new and updated version of the Skool Loop app.*

*Please click on this link and download the new version of the Skool Loop App. Choose our region and school and the app will automatically stay on the Bromley school app.*

*Once this has been done please delete the old version of the Skool Loop App off your phone*



**Have you downloaded our School app yet?**  
**Never miss important school information again!**

- ✓ Events
- ✓ Notices
- ✓ Instant school messages
- ✓ Absentee
- ✓ Newsletters
- ✓ Permission Slips



**Simple free download:** In Google play & App Store search '**Skool Loop**' & choose our school once installed.

# M.A.S.H

MY AFTER SCHOOL HEADQUARTERS

## APRIL HOLIDAY PROGRAMME

- Awesome trips
- Great on site activities
- WINZ subsidy available
- Short day and full day sessions

FOR FURTHER INFORMATION PLEASE VISIT OUR WEBSITE



**MASHKIDS.CO.NZ**  
**(03)3669408**



### SCHOOL UNIFORM

There is some new and some second hand uniform for sale in the school office.

Please see Sheryl on  
Mon to Thurs 1pm to 1:30pm in the office or  
Wednesdays 1pm to 3pm

### 2018 Term Dates

**Term 1**- 1 Feb – 13 April

**Term 2** - 30 April – 6 July

**Term 3** - 23 July – 28 Sept

**Term 4** - 15 Oct – 18 Dec



## Why Sleep is Good for Children?

Our brains are always active, even when we are asleep. While sleeping, the brain clears out its waste, sorts and stores information into our memories and regulates many of our body's functions.

Sleep is important for everyone, especially children as they are growing and learning at a great rate. Here are some of the reasons why.

### Growth and development

While a child sleeps growth hormone is released which is responsible for the development of bone and muscle bulk. Children who get less sleep have less growth hormone.



### Memory and therefore learning

While a child sleeps the things they've done and learnt during the day get sorted and stored in their long-term memory. If they are sleep-deprived they'll store 40% less information than those who get enough sleep. Also sleep prepares them for learning, ensuring children can stay awake, concentrate and pay attention.

### Emotional, Social and Mental Health

Studies show when sleep deprived we become 60% more emotionally reactive and are physically slower responding to things; much like being drunk. Lack of sleep may explain why some children are hyperactive, miss social cues, have regular "melt downs", are anxious or appear clumsy and uncoordinated. This may also account for some childhood accidents.

Poor sleep is an issue in most mental health problems - anxiety, depression, post-traumatic stress disorder.

### Improves our immune system

A child's immune system keeps developing until adulthood. While sleeping they produce cytokines (small proteins), which help them fight infections. After just one poor night's sleep the activity of cytokines reduces by 75%, making a child more susceptible to infections such as the common cold.



## Maintaining a healthy body weight

Sleep helps regulate the daily fluctuations in the appetite hormones ghrelin (stimulates appetite) and leptin (suppresses appetite). This means children don't feel the need to eat constantly throughout the day or to store excess calories, so they don't gain too much weight. If they eat a healthy amount they will sustain their bodies and gain some muscle mass.

Those children who don't get enough sleep are more likely to be overweight, although there are other factors that influence weight gain.

The bodies of children who get enough sleep are able to react to insulin levels better. Insulin controls the levels of glucose in the blood. Those who don't get enough sleep have higher blood sugar levels and are at higher risk of developing type 2 diabetes.

## How much sleep is enough?

Eric J. Olson's (MD) guidelines recommend the following:

| Age group      | Recommended amount of sleep                                      |
|----------------|--|
| Newborns       | 14 to 17 hours a day   |
| 12 months      | About 10 hours at night, plus 4 hours of naps                    |
| 2 years        | About 11 to 12 hours at night, plus a 1- to 2-hour afternoon nap |
| 3 to 5 years   | 10 to 13 hours   |
| 6 to 13 years  | 9 to 11 hours  |
| 14 to 17 years | 8 to 10 hours  |
| Adults         | 7 to 9 hours   |

Our next post on sleep will give some tips on how to establish good sleeping patterns for your children.





**Therapy  
Professionals Ltd**

Physio, Speech Language, Music,  
Occupational Therapists & Dietitians

## **Physiotherapist /Occupational Therapists/Exercise Class Leaders**

If you are wanting a little *casual* or *part time* work we could have the job for you.

Therapy Professionals is a community based trans-disciplinary practice of Physio, Speech Language, Music and Occupational Therapists and Dietitians, working with people of all ages with disabilities.

We provide services wherever people live, work, play and learn.

We seek experienced NZ Registered Physiotherapists, Occupational Therapists and trained exercise class instructors. Therapy experience should include work in some of the following areas:

- paediatrics / schools
- neurology
- stroke
- elderly
- rehabilitation/ACC

If you or anyone you know might be interested please contact me.

Shonagh O'Hagan

Phone: 03 377 5280

Email: [admin@tpl.nz](mailto:admin@tpl.nz)

## **SURFKIDS SURFING PROGRAMME**

This is a note about our Surfing programmes for the April Holidays  
Our [Surfkids programme](#) runs each day in the holidays, 10am -12 pm.  
Autumn time is the best time for surfing in Christchurch with consistent waves and mild water temperatures (still 17 C !).

# **SURFKIDS**

## **Childrens Surfing April Holiday Programme.**

Learn the skills of Surfing in a fun, safe environment. All equipment provided and professional instruction from Aaron Lock and team. For kids 8 - 14 years.

April Holidays Week 1 and 2.  
16 -20th and 23 -27th April 10am to 12pm.

Cost \$30 per day or \$135 for five. Bookings essential.

Venue :Sumner.

Call Aaron on 0800 80 SURF (7873) or register online at  
[www.surfcoach.co.nz](http://www.surfcoach.co.nz)

### ATTENTION NGĀI TAHU FAMILIES

Firstly, I'd like to introduce myself. My name is Tahu Stanley and I am a newly appointed Kaitoko Mātauranga for Ngāi Tūāhuriri. I will be filling in for Rhea Waretini while she is on parental leave.

I am contacting you because you may have Ngāi Tahu whānau at your school who may be interested in an upcoming wānanga named "He Toko He Tūāhu" that is due to take place during the school holidays (April 25<sup>th</sup>-27<sup>th</sup>). This particular wānanga will be held in Koukourārata (Port Levy).

He Toko He Tūāhu is for Ngāi Tūāhuriri rangatahi aged between 8-15 years old who are keen to connect with their hapū. We will be learning about the history and interconnected relationship with Koukourārata marae and the hapū of Ngāti Irakehu and Ngāti Huikai. We will explore the Banks Peninsula environment, learning about whakapapa and the traditions and stories that connect us together. With all of the knowledge we have gathered, we will be creating projects that encourage and strengthen our relationship with Ngāi Tūāhuriri. Rangatahi who whakapapa to Ngāi Tūāhuriri and/or Koukourārata will be prioritised, although we encourage all interested Ngāi Tahu youth to register.

Registrations of interest can be made here: [https://docs.google.com/forms/d/e/1FAIpQLSekZzaUX2ln\\_nR7dGgFbNODKP4LOnLNM0t5RksCLCTnMZrcyA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSekZzaUX2ln_nR7dGgFbNODKP4LOnLNM0t5RksCLCTnMZrcyA/viewform?usp=sf_link)

If you have any questions please feel free to ask.

# SCRATCH THE ITCH NiT KiT



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- **iNSTRUCTIONS**

**\$20**



**200ml Pine Oil refills are available for \$10**

**For enquiries please contact Bronwyn 0212351764**





AUTUMN FESTIVAL

# Saturday 28th April 2018

(Postponement 29th April)

## Hororata Domain

Witness hot air balloons firing up the night sky as they glow in unison to music; surrounded by an Autumn Festival with the Sensational Selwyn Food and Wine Trail, live music, food trucks, science demonstrations, family entertainment, stalls and much more. This is the only event of its kind in the South Island.

**KIDS!** Brush up on your Hot Air Balloon knowledge before the event and you could be into win a **TranzAlpine** Family travel voucher.

Head to the Demonstration marquee at the Hororata Night Glow where the University of Canterbury will be exploring the 'Science Behind the Balloons', answer four questions on hot air balloons to enter. *Simple as that!*



[www.hororatanightglow.org.nz](http://www.hororatanightglow.org.nz)

TranzAlpine voucher is for a family of four - 2 adults and 2 children. The winner will be drawn at random at 8.30pm at the Hororata Night Glow; the winner will be contacted by phone on the 30th April. The prize is non-transferrable or redeemable for cash.



TRANZALPINE

A Great Journey of New Zealand



**Welcome to our Stop Smoking Clinic**  
**Mondays 11:30-1pm @**  
**Bromley Community Centre**  
**45 Bromley Road**

This programme is for you, if you are ready to stop, thinking about stopping or just want more information.

What we can offer you

- Free support and access to patches, lozenges and gum (Nicotine Replacement Therapy).
- Personalised treatment plan with a Stop Smoking Practitioner.
- Support to identify triggers, maintain strategies and develop coping skills.
- Informative mini education sessions.
- Peer support, meet other people in a non-judgemental space.



*Feel free to drop in on Mondays between 11:30-1pm, we're in the Kiwi Room*

For more information about our service <http://www.stopsmokingcanterbury.co.nz>