

## Week 3

29/10/2019 by Karen Poole

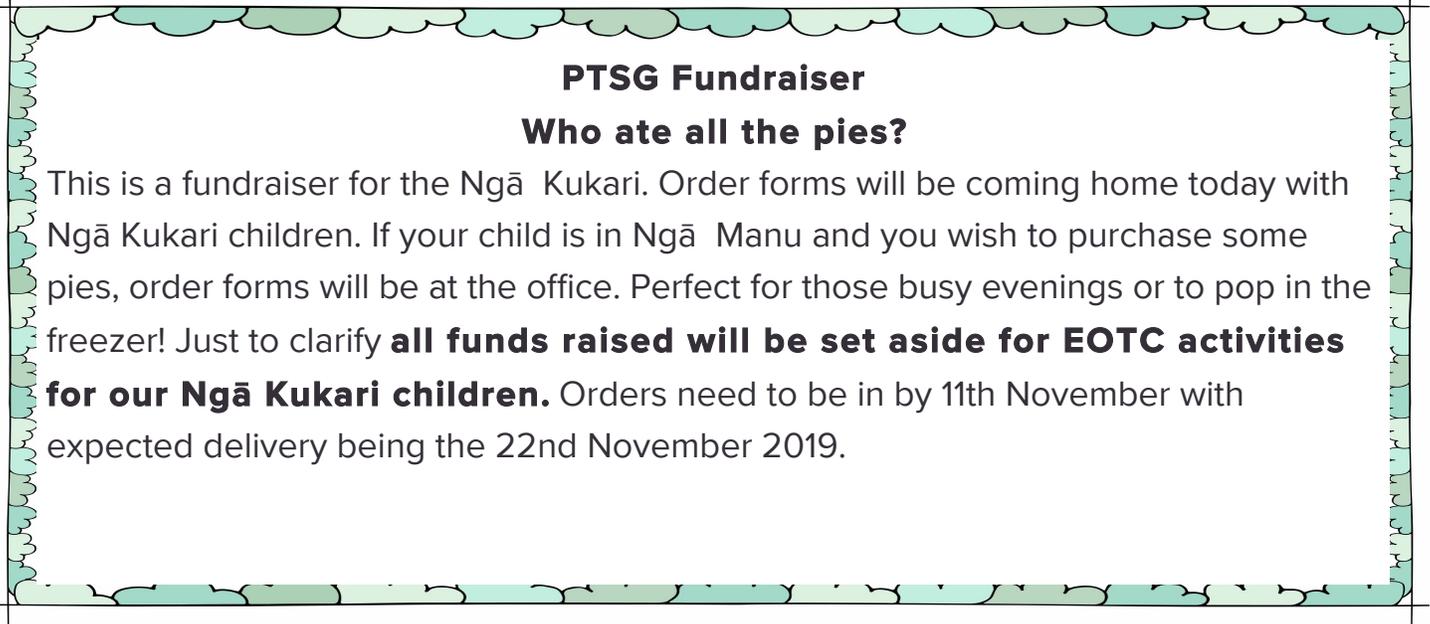
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Kiā ora koutou

Thank you for all your support for the Teacher Only Day on Friday. It was a hugely successful day with the Upper Hutt cluster. Teachers attended several workshops on a variety of topics e.g. Wellbeing, Play-based Maths, Knowing Our History, Reading For Older students, Trauma and lots more.

### **Staffing**

We can now confirm that Hannah Huria-Perry (soon to be working in Room 16) and Cleo Syph (soon to be working in Room 4), will be joining the Tawhai team in Week 5. A big thank you to Jessica Harris who is relieving in Room 16 and will continue to do so until Hannah starts, and to Lynley Poole in Room 4. Sharon Boese has also been helping out. What a fantastic team effort to ensure our children continue their learning.



### **PTSG Fundraiser**

#### **Who ate all the pies?**

This is a fundraiser for the Ngā Kukari. Order forms will be coming home today with Ngā Kukari children. If your child is in Ngā Manu and you wish to purchase some pies, order forms will be at the office. Perfect for those busy evenings or to pop in the freezer! Just to clarify **all funds raised will be set aside for EOTC activities for our Ngā Kukari children.** Orders need to be in by 11th November with expected delivery being the 22nd November 2019.

**Alert Programme**

## **A big thank you to the parents who attended our parent session on Alert.**

### **Below is some information for parents, family and whānau**

At Tawhai School we want to work with you to support all our children to thrive at school.

Self-regulation is an important skill that helps us all manage our own behaviour by noticing and managing our emotions.

At Tawhai we know how important self-regulation is and we are pleased to be part of a pilot programme to assist us all in self-regulation – the Alert programme.

This pilot is a joint project run by the Ministries of Health and Education. Staff from both Ministries are working with us to integrate the Alert programme across our school.

The Alert Programme teaches strategies to help students become aware of and talk about their different levels of stress or anxiety. It also enables students to learn strategies that will help them manage these stress levels.

Alert uses the example of a car - our engines can run, high, low or just right. We want everyone at school to learn how to keep their engines “just right” so they are ready for learning. We will work with our classes to learn and choose strategies to keep our engines running “just right”. These strategies will include activities related to movement, noise, smell, sight, and body position

We will learn how we can shift our engines to a “just right” state after lunch when our engines are running low from relaxing or high from running round. We think this will help our students succeed in class.

The pilot will be formally evaluated so we can learn how successful this programme could be in New Zealand schools.

Parents can play a part in the evaluation by answering questions in a questionnaire twice this term. The information will help us understand what worked (and may not have worked) for your child, and how we may improve supports in the future for children in New Zealand.

For more information please contact your child’s teacher.

Useful website: <https://www.alertprogram.com/>