



# Waipipi School Newsletter

"Knowledge for Life"

100 Creamery Road  
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*Our vision: Waipipi Students are successful learners, who communicate confidently and interact positively with others.*

## Waipipi's New Health Programme "Bounce Back"

*The "Bounce Back" health programme is designed to support schools and teachers in their efforts to promote mental health, well-being and resilience in their students.*

The programme encourages children to understand and manage their own emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Students will be introduced to the **"Bounce Back" acronym** appropriate for their age level. The senior school definition is:

**Bad times don't last. Things always get better. Stay optimistic.**

**Other people can help if you talk to them. Get a reality check.**

**Unhelpful thinking makes you feel more upset. Think again. Nobody is perfect- not you and not others.**

**Concentrate on the positives (no matter how small) and use laughter.**

**Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.**

**Blame fairly. How much of what happened was due to you, to others, to bad luck or circumstances?**

**Accept what can't be changed (but try to change what you can first)**

**Catastrophising exaggerates your worries. Don't believe the worst possible picture.**

**Keep things in perspective. It's only part of your life.**

**There are 10 curriculum units the teachers can access in the Bounce Back Health Programme:**

- |                               |               |
|-------------------------------|---------------|
| 1. Core values                | 8. Humour     |
| 2. Social values              | 9. Being safe |
| 3. People bouncing back       | 10. Success   |
| 4. Courage                    |               |
| 5. Looking on the bright side |               |
| 6. Emotions                   |               |
| 7. Relationships              |               |

## Introducing our three 2019 School Leaders



Congratulations to our three new school leaders.  
From the left: **Skye Wright, Tauke Kirkwood-Ing and Caitlyn Burden.**

**A group of Glenbrook Mill Fire Fighters, are visiting our school to have some fun with obstacles that are used in fire safety training this Friday 15th February.**

**To support the firefighters raising money for a great cause, "Child Leukemia" children are invited to wear mufti for a gold coin donation on this day.**

**Please send your children along with a second set of clothes they can get wet and dirty.**

## 2019 Swimming Sports

We are working alongside Awhitu School to try and get a swimming pool date for our swimming sports at Whiteside Swimming pools in Waiuku. We will let you know this date as soon as we have it confirmed.

**The school/syndicate assembly timetable will be out in the next newsletter. We are fine-tuning the details around timing.**

Last week these students were given a certificate for the school value "Respect"

Rm 1 Carleigh Hall  
Rm 2 Jonathan Oliver  
Rm 3 Jordyn Hatfield  
Rm 4 Skye Wright  
Rm 6 Olivia Williams  
Rm 7 Sam Hopping  
Rm 8 Taylor Alexander  
Rm 9 Kenzie McCoy

Last week these students were given a certificate for the key competency "Managing Self"

Rm 1 Wade Hornell  
Rm 2 Isabel Taylor  
Rm 3 Ronan Tout  
Rm 4 Stella Macfarlane  
Rm 6 Ochre Haitsma  
Rm 7 Haedyn Dalgety  
Rm 8 Emilie Long  
Rm 9 Bryn Mair

Last week these students were given a certificate for the Educultural Value of Manaakitanga

Rm 1 Emma Smith  
Rm 2 Ariana Mataira  
Rm 3 -  
Rm 4 Sam Dickey  
Rm 6 Rebekah Edwards  
Rm 7 Alize Bennett  
Rm 8 George Harrod  
Rm 9 Deb-Tidah Kirkwood

## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10	11	12	13	14	15 TECH Steel Mill Mufti Day Gold Coin	16
17	18 Boat Safety	19 Boat Safety	20	21	22 Waterslide Day	23
24	25 Board Meeting 7pm In Room 5	26	27	28		

## March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 TECH	2
3	4	5	6	7 Waiuku Swimming Group Day	8 Years 4-8 Wheels Day	9
10	11	12 Franklin Swimming Years 7-8	13	14	15 TECH Franklin Swimming Years 6 & B Years 1-3 Wheels Day	16
17	18	19	20	21	22	23
24	25	26	27	28	29 TECH	30