



Banks Avenue School

Living and Learning with HEART

Te oranga me te ako ki te Ngākau



NEWSLETTER

26 September 2018

Talofa, hi, kia ora, Mālō e lelei, Merēdita, Ahalan

Number 29

Phone: 03 385 4163, fax: 03 385 6581 email: office@banksave.school.nz, website: www.banksave.school.nz

Thursday 27 September	Senior School Athletics (postponement day 27/9)
Thursday 27 September	BoT meeting – 6:15pm In the Sky Room – all welcome
Friday 28 September	Loud Shirt Day
	Huihuinga (<i>school assembly</i>) 2:00pm in the Library
	Last day of term – children dismissed at 3:00pm
Monday 15 October	Term 4 begins
15 – 26 October	Team Miro Tairoa QE11 Aquatics Programme
Wednesday 31 October	Whānau Hui from 2:00 – 3:00pm. More info nearer the time
Monday 3 December	Community Meeting to share new school detailed design: 2:00pm in the library

Banks Avenue School trip / event postponements and or cancellations will only be heard on NEWSTALK ZB 1098AM and CLASSIC HITS and viewed on our website: www.banksave.school.nz

If your child is absent from school, for any reason, please let our school office know using one of the following options: Phone: 385 4163 / option 3 text 027 422 8032 email: office@banksave.school.nz

Or notify us via our website: <http://www.banksave.school.nz/absences.html> or via our Flexibuzz app: www.flexibuzz.com

If your child arrives at school after 9:00am they must check in at the office. This saves a lot of phone calls for unexplained absences in order to ensure the safety of all our children.

Dear Parents and Whānau

Ngā mihi mahana ki a koutou – a warm welcome to you all.

Team Miro Tairoa QE11 Aquatics Programme starts on the first day next term, Monday 15 October.

Please make sure you have paid to ensure your child's participation in the programme. Please check with our office if you have any questions.

End to Term 3

Term three is just about over. It has been filled with a myriad of learning, sporting, cultural and social opportunities.

Our Walkathon was last week. Thanks to all the parents who came to help or to support their children. Sponsorship money should ideally be handed in by the end of term. If you wish you can deposit sponsorship money directly into our school bank account, just make sure you identify it as walkathon money.

Bank Account details: Westpac, The Palms
03 1700 0077767 00. Reference: Walkathon

On Monday we had our school photos; parents will shortly get proofs of these so they can order copies. School photos make great presents for relatives.

On Tuesday we had to postpone our senior athletic sports due to weather - this event will now happen tomorrow, Thursday 27 September. Parents are once again encouraged to come down to support their children participating.

Our term finishes on Friday with a whole school assembly; parents are always invited to these assemblies. Friday is also *Loud Shirt Day*. This year the theme is Villians and Heroes: I am looking forward to seeing how creative our tamariki and staff are with their costumes.

I hope all whānau, tamariki and staff have a safe and relaxing break. I look forward to seeing everyone back refreshed on Monday 15 October.

Our office will be re-open on Friday 12 October from 9:00am – 3:30pm for enrolments and enquiries.

The Importance of Sleep

We have some very tired children at school at the moment. Some of this is because it is the end of the term but a significant reason is children not sleeping.

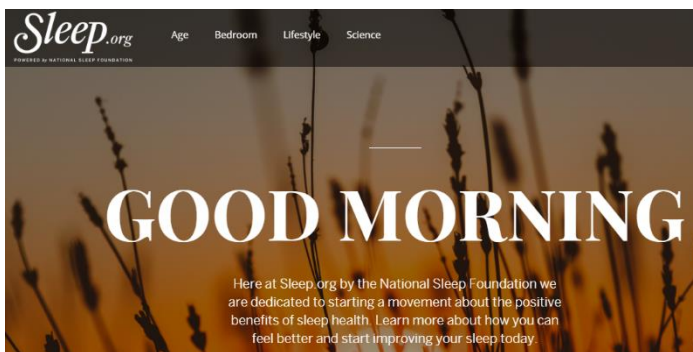
Lack of sleep can be for a number of reasons:

- We have children with sleep disorders. If you think your child may have a sleep disorder take them to your GP.
- Children are on devices once they are in bed. We have a huge number of senior pupils who are playing games on devices once they are put to bed. In particular *Fortnite* seems to be causing a number of issues. As a parent please make sure your child's bedroom is device free. When your child goes to bed take their device from them and put it in your room. If needed turn off the wifi.

Bedtime routines are essential for sound sleep e.g., 5:00-6:00pm dinner, 6:00-7:00pm free time, 7:00 - 7:30pm bedtime routine (teeth, shower, story, bed with no tv or devices in the bedroom).

There is more and more research coming out about the benefit of a good night's sleep. It is recommended that:

- **3-6 Years Old:** 10 - 12 hours sleep per day e.g., going to sleep at 7:30pm at night and getting up at 7:30am in the morning.
- **7-12 Years Old:** 10 - 11 hours sleep per day e.g., going to sleep at 8:30pm at night and getting up at 7:30am in the morning.



Children who are refreshed after a good night's sleep will have optimal learning.

<https://www.sleep.org/> have some good articles and tips on creating calm and peaceful sleep environments.

The Dangers of Fortnite - The Game

If you've not heard of Fortnite you likely don't have children of-a-certain-age. Fortnite is the latest super popular shooting game for kids: it is violent, addictive and can cause rage in children.

Fortnite has been around for a while on PlayStation 4, Xbox One, Windows, and Mac but recently added iOS to this list. It is free and so easily accessible to children. It is addictive.

The main game focuses on a *Save The World* mode where you attack and shoot enemies with weapons and

build defences. The weapons are described in detail and children become very knowledgeable about the specs and capabilities of a range of weapons.

In the UK the *Video Standards Council* rate Fortnite as **PG 12** because of frequent scenes of violence; "players use guns, swords, and grenades to fight skeleton-like monsters (husks) in ranged and melee-style combat. Players can also defeat enemies by using various traps (e.g., electric, spikes, poisonous gas). Battles are highlighted by frequent gunfire, explosions, and cries of pain."

While playing the game, players can hear profanity and racist name-calling from others as well as exchange voice chat messages with strangers. Because *Battle Royale* is played by hundreds of people at once, the range of people they encounter will be wide.

What can parents do to mitigate negative effects of Fortnite?

1. No child under twelve should be playing Fortnite.
2. Limit game time - set the rules before children start. As Fortnite cannot be paused children get angry when they are told to get off immediately so use a pre warning system, e.g., *in fifteen minutes you will be off the device*. Note a game on Fortnite lasts about twenty minutes. It may be worth using a limit of the amount of matches they play rather than a time limit e.g., *after three matches you will stop playing for today*.
3. Restrict payment methods *Fortnite: Battle Royale* is a free to play game, but there are still options to make additional purchases. Check that your child is not making online purchases without consent (some children do!)
4. Show children how to make a report: If a child believes a player is playing or talking inappropriately, you should advise them to report them. To report a player, you can use the in-game feedback tool located in the Main Menu of the game. Additionally, a player can be reported in-game when spectating them.
5. Prevent them from talking to strangers. There is an option to turn off the voice chat feature, which means the child wouldn't be able to talk to anybody, including their friends. They will still be able to use the in-app chat and hear other people's conversations. To turn off voice chat, open the Settings menu in the top right of the main Fortnite page, then click on the cog icon. Open the Audio tab at the top of the screen. From there, you can turn off voice chat.
6. Fortnite should not be played before bed - it is not calming and it is likely it will stop children being able to go to sleep in a timely manner.

HEART Values

Our HEART values are central to all that we do at Banks Avenue School. Children are given HEART tokens for showing individual values. These tokens are collated by the class teacher. When a child has twenty five HEART tokens for a value their name goes in the newsletter. When they have earned fifty tokens for a value they receive a value wristband. Once a child has received all five HEART wristbands they work towards the Black wristband - This makes them a Banks Avenue Star.

Some children earn more than one wristband for the same value. These children get to have lunch with the principal once a term.

Children belong to four different houses; each term all HEART tokens are added to see which house has received the most tokens for the term. There is always a small treat for children in the winning house.

Congratulations to the following children who have all earned **25 HEART tokens** - well done!

Hauora: Max C, Nonor G, Emma R, Summer B (Tui), Nimeet M, Piper M (Kea).

Excellence: Mythys E, Keyaan N, Amelie O (the Landing), Jasmine C (Kea).

Aroha: Ariana McK (Roto), Shaylah S (AWA).

Respect: Ella C, Natalie H, Blake Mc (The Landing).

Togetherness: Chase W, Jasmine C (Kea), Alley-Rose T (AWA).

Fifty HEART Tokens

Congratulations - these children have earned a wristband.

Hauora: Ryan C (Black Robins), Kai Kai O (Roto), Sam A, Cheyenne B, Hidayat A (AWA).

Excellence: Meliame H (Kea).

Aroha: Jack R (Base Camp), Cody W (Black Robins), Rai Rai O (Roto).

Respect: Kane E, Nimeet M, Poel P (Kea), Chris M (Roto).

Togetherness: Cooper H (Kea), Brooke W (Roto).



'HOT SHOT' LEARNER'



Verity is a confident and independent writer. She uses initiative when beginning a new writing task and constantly seeks feedback to improve on her writing. Verity is a superstar member of Team Roto and has also made the most of extracurricular activities offered at Banks Ave – jump jam, choir, ukulele – you name it. She also takes on additional responsibilities within her class with a positive attitude.

You are a fantastic role model Verity ☺

Loud Shirt Day - Friday 28 September

On Friday 28 September we would like all the children to come to school dressed as superheroes or villains to help raise funds for **Loud Shirt Day**.



Loud Shirt Day raises money for The Hearing House and the Southern Cochlear Implant Programme.

The Hearing House and the Southern Cochlear Implant Programme are the two organisations in New Zealand that teach children with cochlear implants to listen and to speak. There will be Duffy book prizes for the 'most interesting' costumes in each team and of course we are looking for the learning hub that raises the most funds, so make sure you bring along a gold coin donation!

From the Student Council

Drink to Think

Thanks to all the parents who are ensuring their children come to school each day with a drink bottle filled with water. We are a *water only school* so there should not be juice or cordial options. Keeping hydrated is important for optimal learning so keep up the good job of sending those drink bottles along!



NEW SCHOOL

We are continuing to have meetings about the design of our new school. We are through the masterplan stage and are now looking at detailed design. There will be a community meeting on Monday 3 December at 2:00pm to share the detailed design. Put this date in your calendar.

ENROLMENT SCHEME – Out of Zone Applications 2018

Enrolment at Banks Avenue School is governed by an enrolment scheme, details of which are available from the school office.

Nominations are now being called for out of zone placements for 2019.

Please contact the school office to register your intention to enrol by Wednesday 17 October 2018.

If a ballot for out of zone places is required the ballot date will be held on Friday 19 October 2018. The results of this will be advised in writing by Wednesday 24 October 2018. If a ballot is not required you will be advised in writing by the same date confirming placement at Banks Avenue School.

If you live in the home zone and have not yet signalled your intention to enrol your child for the 2019 school year, please contact the school immediately to assist us to plan appropriately.

Please contact the school office should you have any further enquiries regarding enrolling at Banks Avenue School.



Paua Shells

Do you have any paua shells you no longer want? Bring them in to Helen Stowers in the Kea Learning Hub. She has a project going on in our entrance way. Check it out next time you are passing. ☺

PTA News

Our PTA is desperate for new members. If you are willing to give an hour a month to help organise events for the benefit of all of our children it would be much appreciated. Our next meeting is Monday 5 November at 7:00pm in the staff room - new parents would be most welcome. If you would like to know more please ring Rachel Campbell on 021 111 2303.

Lunch Online – Unfortunately Kidds Bakery will not be offering their services in Term 4 for Lunch Online. Subway and Sushi will still be on offer.

Calendars – Remember that orders close this coming Monday (1 October) at 9:00am. Make sure you get your order in by Friday. They make a fantastic Christmas pressie!

The PTA would like to thank Scott McCormick who kindly provided the DJ services for both the discos this year. The music was fantastic, and really, without it, it wouldn't have been much of a disco! Thanks to Scott and his team.

It is with regret that we say goodbye to Wendy who has been a trooper on the PTA for the last few years. Wendy has been our wonderful Treasurer and such an enthusiastic member of our team. You will be missed Wendy and thanks for all your hard work over the past few years.

Tune in to HEARTbeat 106.7FM

Listen to our students master broadcasting radio. If you live close to the school (within 6kms) you can tune into 106.7FM on your radio, to listen. If you live further away, you can access HEARTbeat 106.7FM online, from our school website. For quick access just click on the link below.

<http://www.banksave.school.nz/heartbeat-1067fm.html>

Programmes are broadcast every day before school from 8:30am-9:00am and at lunchtimes from 12:50pm-1:20pm.



Whakatauki

He kotuku rerenga tahi

A White heron flies once

This is used on an occasion when something very special and unusual takes place.