



School Newsletter Week 5, Term 1, 2021

Dear Parents, Caregivers, and Whanau

Our children are exposed to a lot of things at a much younger age than we were. It's done both intentionally and subliminally through the media, through our interactions with others, through the sorts of conversations they overhear that used to be kept away from us when we were kids. Because they are surrounded by it, there is an expectation they will either ignore it or they can handle it, but a child's emotional development and their interpretation of what they are seeing and hearing is different to ours. They often don't have the words to describe their experiences or feelings, and when they are overwhelmed they may end up having a meltdown rather than dealing with things the way we would hope.



Christ-centred

The key thing I have been learning about resilience is that we need to experience success with managing little things and build on that so that we know we can handle the bigger things. My concern is that if we expose children to the big things before they are mentally, physically and emotionally ready for them, we risk doing more harm than good. There is a good reason social media organisations have age restrictions on them. We need to protect our children from the things they are not ready for and expose them to age-appropriate situations and challenges in the right way. This will ultimately empower them with more resilience in the long run.



Truth

Nga manaakitanga. Many blessings.

Bethany Rentoul

Principal

Basketball

First game for the **Boy's Team** (TCS South) is at 5:30 pm on **Court 3**. Please be there at **4:50 pm** for a warm up and to meet Mr Morris and the rest of the team.

First game for the **Girls' Team** (TCS Aces) is at 7 pm on **Court 3**. Please meet at **6:20 pm** for a warm up and to meet Mrs Withington and the rest of the team.

Many thanks to our wonderful coaches for taking teams this season.



Love

If anyone still has a **Sports Survey form** at home, please fill out and return to school ASAP.



Upcoming Events

9th-10th Mar – Year 9-10 Camp in ChCh

11th Mar – TCS Swimming Sports; Chapel 2:30pm; SC Triathlon

25th Mar – Swimming for Years 1-8; Chapel 2:30pm; Board Meeting 7pm

31st Mar – SC Swimming Sports (today or 9th April – tbc)

1st Apr – Teacher Only Day (School closed)

2nd Apr-6th Apr – Easter Break (please note: Tuesday is a school holiday also)

8th Apr – SC Swimming Sports (tbc)

16th Apr - Last day of term

3rd May – Start of Term 2



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Opportunities to Serve

Weekly Prayer meetings are held in the Korero Room on Thursdays at 9am. If you would like to serve in this way, by praying for our School Community, feel free to drop in.

Our **Manaakitanga Group** helps to meet needs in our School Community. If you know of someone who needs a ride to school for their child, a meal or two to help through a difficult time, or just a friendly face to come and visit, please let us know at the Office or contact Nicki Law on 0272040688.



*Servant-
heart*

Important Notices to Notice

Mums and Dads Coffee Group – no meeting tomorrow (5th March) due to Level 2 restrictions.

Wanted – our lovely cleaning lady is looking for empty foaming hand-soap bottles. These can be delivered to the office.

School Community Event – On Friday 12th March we will be hosting a School Community Event at TCS from 5:30pm-7:30pm. The theme is Perseverance and Resilience and families will be competing to complete activities, earning points for their children's house group. We start by having a picnic tea (bring your own food; tea and coffee will be provided), then we take part in a problem-solving challenge, a physical challenge and a creative challenge. While there is a competitive aspect to the activities, the focus is on modelling perseverance to our children. For planning purposes, please text the school or email the office (office@timaruchristian.school.nz) to let us know how many of your family will be attending.

Safe Travel Plan Consultation – There is a display in the hallway near the old main entrance which describes what we are aiming to do to make the car park and crossing spaces safer, and to encourage more active transport to and from school. Please take time to give us feedback by simply placing stickers on the board. There is also a quiz with spot prizes.

Wanted: Newspapers – If you have any newspapers you no longer need, including The Courier, please send them along to school for our upcoming School Community Event. Thank you.

Developing Resilience in Ourselves and Our Children



Perseverance

Accept change

Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well, and to have a plan of action for what is not going well.

<https://www.apa.org/topics/resilience-guide-parents>



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Community Events

Children's Day Cancellation

Unfortunately, Children's Day this Sunday has been **cancelled** due to Covid-19 restrictions.



Learners

Old Boys JAB registration – Saturday 20th March 11 am – 1 pm and Wednesday 24th March 4-6 pm at Old Boys Clubrooms, Timaru. For more info, see Facebook Timaru Old Boys JAB.

Tots to Teens Magazine - your link to the new MARCH ISSUE digital magazine is available here <http://issue2102si.totstoteens.co.nz>.

The Dance Barre – There are available spaces in some dance classes, for ages 5 right through to adults. Contact Katrina Mehrtens on 027 452 8628 or thedancebarrenz@gmail.com.

International Food Festival: Celebrate our rich cultural diversity on Race Relations Day. Saturday 20th March 2021, from 8.30 am to 1 pm. Free Event at Timaru Artisan Farmers Market, George St Timaru. International food stalls, events and activities, and local cultural performances.

Werry Workforce Whāraurau invites you to attend their online Lunchtime Learning event:

Leading the way in understanding self-regulation skills

with Abby Wilson, Occupational Therapist. 11 March 2021, 12pm - 1pm. This presentation will review emotional regulation across school-aged children, factors influencing self-regulation and ways to support the development of emotional regulation skills. Please click the link below to join the webinar:

<https://auckland.zoom.us/j/93743338076?pwd=ZXFOZko5V3JkQ1J5cGRucHgzYlJzQT09>

Passcode: 408957

School Family Businesses You Can Support

King Street Takeaways

39a King Street
688 8191



Grace

Compliance Partners

Compliance Partners delivers practical solutions that meet the requirements of current health and safety legislation and provides customised Health & Safety systems for your business which are easy to understand, use and implement.

We would like to assist Timaru Christian School parents to ensure their businesses are health and safety compliant. We are offering all TCS parents a free 1-hour health and safety assessment of their business. Simply reference the school when you contact Marlene Battiss on 0272929716 or e-mail marlene@cp.org.nz.



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Autotech Paint & Panel

Automotive panel and paint, Tyre fitting, general painting. Come and see Patrick and the boys at 50 Redruth Street Timaru for minor to major rust repairs, touch ups to full resprays, custom paint job, fiberglass repairs and fit body kits, painting small boats, insurance work, motor bikes. We are now doing trucks, buses and campers.

03 688 6488 / autotechpnp@yahoo.co.nz

“When life gets tough and you’re faced with defeat, remember somewhere in the world a flower is popping through some concrete.”