



## School Newsletter Week 7, Term 1, 2021

Dear Parents, Caregivers, and Whanau



Christ-centred

As a mum, hearing my children cry is one of the hardest things to do. When they are little it's their way of communicating and they need us to be fully tuned into their tears so we can provide them with the food or sleep or comfort they need. New parents race to their child as soon as the first sound emerges; with each consecutive child we realise it's usually not the 'emergency' we are led to believe. As they get older, the tears reduce and crying changes from being a primary form of communication to a way of releasing emotions. We see them as being a negative thing but I have been reading about the positive effects of crying recently. Did you know...crying releases oxytocin and endorphins which soothe us, help to relieve pain, and improve moods. Tears contain stress hormones and other chemicals which are washed out of the body when we cry, they also fight bacteria as they contain lysozyme. I also read about other positive effects of crying that are still being researched.



Truth

Our natural instinct when we, as parents, hear our child crying is to remove them from the situation. But if they are not in physical or emotional danger, allowing a child to express their emotions through tears, while facing that challenge in a supportive environment will enable them to face new challenges and develop resilience. And pretty soon, hopefully we'll be crying tears of joy alongside them as they conquer the challenges in front of them.

Nga manaakitanga. Many blessings.

Bethany Rentoul

Principal

### Basketball Draw: Round 3, Monday 22<sup>nd</sup> March

Girls - 4:30 pm TCS Aces, Court 1 - v Sacred Heart Magic.

Please be there at 4 pm for warm up.

Boys - 5pm TCS South, Court 2 v Bluestone Bandits.

Please be there at 4:30 pm for warm up.



Love

### Congratulations

Well done to the following students who received certificates last week:

**Tobiah Bird** for working hard in his Devotion book and showing great leadership skills.

**Charlotte Kerr** for showing great perseverance in getting her work done.

**Georgia Ayto** for great work in reading and spelling

**Nina Kerr** for awesome work on her Maths.

**Naomi Courage** for working hard and encouraging others.

**Gabriella Brits** for caring for others and helping with their learning.

**Jeongeun Kim** for showing perseverance during Literacy: learning new vocabulary, and checking for understanding with the teacher.

**Minu Lee** for diligent work and following up on feedback in all his subjects.

**Rebekah Purcell** for persevering with difficult work and doing it with a positive attitude.

**Malachi Gilchrist** for putting consistent effort into miming activities in Drama.

**Our Vision: "Christ-centred learners with servant hearts"**

**Our Values: Love and Grace through Servanthood, Truth and Perseverance**

**HONOURING GOD IN ALL WE DO**



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### Froggy Fun

On Monday, a student in Teina Tahi brought two frogs to school. The children were very excited and engaged.

We decided to write about them which led to lots of rhyming and learning. Here are some of Teina Tahi's stories:

"The frog put on his togs and sat on the log in the fog and the dog did a jog with the hog and the frog. This frog is poisonous so do not touch it. (Mathilde)

The frog is sitting in the fog. (Masada)

The frog sat on a log in the bog. (Eli)

The frog sat on a log. (Tobiah)

I looked at the frog and we took it home to play with. It is poisonous. (Paige)

This is a frog. He has four legs. He has lots of eyes. (Ryder)

Frog, bog, tog, fog, dog, jog, log, hog. (Shekinah)

This is my frog. (Naomi)

Frog, bog, tog, fog, dog, jog, log, hog. (Asher)



### Upcoming Events

**25<sup>th</sup> Mar** – Chapel 2:30pm; BoT Meeting 7pm

**31<sup>st</sup> Mar** – SC Swimming Sports (pp 9<sup>th</sup> April – tbc)

**1<sup>st</sup> Apr** – Teacher Only Day (School closed)

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

**9<sup>th</sup> Apr** – SC Swimming Sports (tbc)

**16<sup>th</sup> Apr** - Last day of term

**3<sup>rd</sup> May** – Start of Term 2

### 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

#### **Year 5-10 Camp**

A notice is being sent home today on unmissable orange paper. This contains a permission slip which needs to please be returned to the office by Wednesday, 31<sup>st</sup> March.

**Mums and Dads Coffee Group** meets on Friday mornings in the Whanau Room from 9am-10am. Come along and spend time getting to know, support and encourage one another in this informal setting.



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**Procedure Review** – This term we are reviewing C6 Homework procedure. It can be found on our school's website. If you have any suggestions for changes, please let Bethany know by Friday 26th March.

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

**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.

### Developing Resilience in Ourselves and Our Children



Perseverance

#### **Teach your child self-care**

Teach your child the importance of basic self-care. This may be making more time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun, and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.

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



Learners

### Community Events

**Junior “Have a Go at Football” and Registration Day** – For all new and returning junior players, if you are interested in having a go at football this season, come along to Thistle’s Have a Go and Registration Day. Have fun meeting others, kick a ball around, and try out a range of drills and skills. Don’t forget to bring your drink bottle. When: Sunday 28<sup>th</sup> March 2 pm at the Anzac Square (beside the old Century Pool). For any queries please contact Rebecca Shepherd 027 684 3153 or [rebeccashepherd22@gmail.com](mailto:rebeccashepherd22@gmail.com).

**Tupu Aotearoa** – Fale Pasifika o Aoraki (Fale Pasifika) and the Ministry for Pacific Peoples (MPP) have pleasure in inviting you to join in celebrating the official launch of Tupu Aotearoa to be held on Thursday the 25th of March from 5.15pm at Trust Aoraki Tennis Centre, 27 Benvenue Avenue, Maori Hill, Timaru. Our communities flourish when people have work or access to learning opportunities. Tupu Aotearoa supports Pacific people to lead fulfilling and prosperous lives. We want to ensure that Pacific people have the right tools, education, training and employment opportunities to really succeed and thrive! Eligibility: Pacific people aged 15 years and above, NZ citizens and permanent residents, Currently not in employment, education or training. Numbers are limited, for catering purposes, please RSVP to [Di di.cleverley@falepasifikaooraki.org.nz](mailto:Di.di.cleverley@falepasifikaooraki.org.nz) by Monday 22nd of March. Further information can be found [www.mpp.govt.nz/our-work/tupu-aotearoa](http://www.mpp.govt.nz/our-work/tupu-aotearoa)

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## School Newsletter Week 7, Term 1, 2021

**Excelsior Junior Hockey** invites you to our Hockey Registration Day on Thursday 18th March 2021 at Timaru Town and Country Club at 4pm. If you are unable to attend, please use our Google Doc link to register. [https://docs.google.com/forms/d/e/1FAIpQLSdMIz0Pa49h4meAOHh5SVre4SvYcNfT9I3FpkK3d\\_qX27BuwA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdMIz0Pa49h4meAOHh5SVre4SvYcNfT9I3FpkK3d_qX27BuwA/viewform?usp=sf_link)

⊗⊗⊗ **Northern Hearts Football 2021 Registrations** – If your child is keen to play football for Northern Hearts this season you can find all the details on our Facebook page - Northern Hearts AFC Juniors - or contact us on [nheartsjuniors@hotmail.com](mailto:nheartsjuniors@hotmail.com). Ages 5/6yrs (this includes 5year olds turning 6yrs this year) to 13yrs. Registrations need to be completed by the Wednesday 24th of March.

**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.

### 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](mailto:marlene@cp.org.nz).

#### **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](mailto:autotechpnp@yahoo.co.nz)

“Asking for help isn't giving up, it's refusing to give up.”