



GIS NEWS

1 October 2021

Kia ora koutou

Message from the Principal

I hope this message finds you and your family well. This is the final newsletter for term 3, 2021.

What a term it has been. We started on the 26th July with a full term planned with our annual Open Nights, School Tours, Science Fair, Band Quest and various other events. None of us could have anticipated what was going to happen next. On August 17th, all those plans went out the window and we had deal with the challenge of COVID-19 again. I am so very proud of what happened over the next seven weeks. Our school vision of INSPIRE, CHALLENGE and EMPOWER, and our core values of RESPECT, RESPONSIBILITY, RESILIENCE and RELATIONSHIPS were never more important.

Firstly I would like to acknowledge our tamariki, and the way that you have embraced the challenge of being away from school, and engaged with the distance learning programme. You have continued to demonstrate resilience and take personal responsibility for your learning, I am so proud of all of you.

To our whanau, once again I would like to thank you your support over the lockdown. I know how difficult it is to juggle running a household, looking after your whānau, working from home and then having to supervise/facilitate home learning. Thank you for all you have done.

Lastly to the amazing staff at GIS. I am in constant awe of the commitment and passion that each and every one of you display towards our tamariki. I can not thank you enough for meeting the challenge head on and doing such a superb job. Kai pai!

As you know, we are waiting for an announcement from the government on Monday 4th October. We all hope that on Monday, 18 October, Auckland will be at Alert Level 2 and staff and students will be walking through the school gates and into classrooms.

Take care, stay safe and have a good break.

Ngā mihi

Mark Whitford - Principal

Message from the Board Chair

It has been a roller coaster ride for weeks now for us all. We can appreciate the challenges and frustrations that we have all faced during this term, both at home and at school. A big shout out to our students who have remained focused, our teachers and staff who have had to adopt new ways of doing things. Although everyone has been there before, it doesn't make it any easier.

The Board of Trustees would like to acknowledge everyone's efforts and hope that a change in level restrictions during the school holidays mean that we all have a chance to relax.

We look forward to a return to school for term 4.

Bridgette Ferguson

Chairperson

Glenfield Intermediate School Board



[Click here to watch assembly](#)

Congratulations to the following students who have received the Term 3 Principal's Award for consistently showing all of our core values of RESPECT, RESPONSIBILITY, RESILIENCE and RELATIONSHIPS.

Bethany - Year 7

Emma - Year 8

Veekay - Year 8

Anabelle - Year 8

Teyla - Year 7

Dylan - Year 8

Andrei - Year 7

Hannah - Year 7

Aaryn - Year 8

Nadia - Year 8

Ezekiel - Year 8

Mia - Year 7

Saascha - Year 8

Caleb - Year 7

Anyada - Year 8

Lachlan - Year 8

Georgia - Year 8

Hasung - Year 7

Gabriel - Year 7

Milan - Year 8

Leila - Year 8

Frank - Year 7

Adrian - Year 7

Zyrene - Year 7

Sayuki - Year 8

Callum - Year 8

Orlando - Year 7

Charlotte - Year 7

Peyman - Year 7

Isaac - Year 8

Safiya - Year 8

Azariah - Year 7

Ella - Year 7

Anthony - Year 7

Moosa - Year 7

Marckus - Year 7

Upcoming dates

- 18th October - Term 4 starts
- 25th October - Labour Day holiday
- 26th October - Teacher Only Day - THIS HAS BEEN CANCELLED
- 9th November - GIS Athletics Day
- 23rd-26th November - School Camp

Enrolments 2022

Enrolments for 2022 may not be a top priority for your whanau at the moment but we have had several queries regarding enrolments for 2022. If you have another child that will be attending Glenfield Intermediate in 2022/2023, we are accepting enrolments now.

To ensure we are planning accurately for 2022, it is essential that we get all enrolments in as soon as possible.

Click [HERE](#) to see our school website for details and enrolment Information. You can enrol online anytime.

Camp Fees

If your child is going to attend school camp in November, please make sure that the fees are paid by 18 October. Please contact the office if you have any questions.

The account number to make payment to is: 12-3109-0012535-001 - Glenfield Intermediate School.

First payment due: \$100 deposit already paid

Final Payment due: \$280 by 18 October

Please make payments online (with camp and student name and room number as the reference), or email the office about setting up an automatic payment.



Sports



Unfortunately, a number of our sporting zone days have had to be cancelled or postponed along with all outside school sporting codes and of course our own Sport Camp.

All North Harbour Zone days (conducted during school time) will only recommence once Auckland is back at Alert Level 1. As yet, we do not know when that will be.

We have had a number of enquiries about what is happening with after school sports such as basketball and touch. At this stage we are still waiting for confirmation from the sports organisations. As soon as we have any information, we will pass it on to you.

Anyone wanting to play touch (subject to alert levels) for \$50 for the term on a Thursday afternoons that haven't already registered, please contact Miss Campbell acampbell@glenfieldint.school.nz

JOIN SOFTBALL TODAY



Youth age groups U5 – U19

9 clubs all play at
Rosedale Park, Albany

U15/17 Girls – Friday night – Starting 29th October

U17/19 Boys – Monday night – Starting 1st November

All other age groups on Saturday mornings – Starting 30th October

Seniors Saturday afternoon

Find your closest club

www.northharboursoftball.co.nz

Lockdown Fatigue

Is lockdown fatigue a real thing?

I've actually just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are challenging and heating up.

I didn't mention anything to the washing machine as she puts a different spin on everything.

Certainly not to the fridge as he is acting cold and distant.

In the end the iron straightened me out as she said everything will be fine, no situation is too pressing.

The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over!

The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip.

The front door said I was unhinged and so the curtains told me toyes, you guessed itpull myself together

I had a similar conversation with my pantry and she said I needed to spice things up, but the toilet paper said I was on a roll and not to worry

Then the computer told me to shut down.

Support Agencies

Below are some agencies that can provide support if required

Helplines that are available 24 hours a day, seven days a week:



- *Mental Health Crisis: 0800 800 717*
- *Lifeline for counselling and support: 0800 543 354 or 0800 LIFELINE*
- *Samaritans for confidential support for anyone who is lonely or in emotional distress: 0800 726 666*
- *Depression Helpline to talk to a trained counsellor about how you are feeling or to ask any questions: 0800 111 757 or free text 4206*
- *Healthline for advice from trained registered nurses: 0800 611 116*
- *Suicide Prevention Helpline: 0508 828 865*
- *Counselling Free Call or Text 1737.*

Also available:

- *Family Services 211 Helpline for help finding and direct transfer to community-based health and social support services in your area: 0800 211 211*
- [**Family Services Directory online**](#)

FEELING STRESSED?

LET'S GET IT SORTED



GET MOVING

Soon as you begin exercising, you will feel less stressed. Do this regularly to reap a whole bunch of benefits!



GET ORGANISED

Organise your time and stick to it. Whether it be work, responsibilities, or revision, keeping track of things will help your stress levels.



GET BUSY

Make time for the things you enjoy. Play some sport, cook some food, Snapchat the results, teach your grandparents how to use Instagram.



GET TALKING

Call up a friend, send a text, go hang out. Talking with others will help chill you out. Grab a drink and relax.



GET LAUGHING

Cat videos, Fail Army, cringe comedy. Whatever makes you laugh, go and watch it until you wet yourself.



GET LISTENING

Relaxing music helps you... relax. Go grab some soothing sounds, a big pair of headphones, and chill.

LESSON
CHEST

How to Practice Mindfulness

While mindfulness might seem simple, it's not necessarily all that easy. The real work is to make time every day to just keep doing it. Here's a short practice to get you started:

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, in lotus posture, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
Notice when your mind has wandered. Inevitably, your attention will leave the sensations of the breath and wander to other places. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 5**
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.



HOW TO HELP KIDS MANAGE WORRIES



Our tamariki mightn't have to pay bills, cook dinners or organise carpools but just like us they face daily demands and worries, and what seems trivial to us can be important to them. So what can we do to help?

BE A FIRST-RATE LISTENER

Think about when you were a child or young adult. Did anyone make you feel truly listened to? If so, what did they do? Copy this! Be available and interested. Ask your tamariki how different things are going.



SHOW YOU CARE

If your child does share a worry, avoid intensely questioning them. Just listen attentively, be interested and show you care. They'll be more relaxed when the focus isn't completely on them so try talking to them while you're doing the dishes or in the car.



VALIDATE THEIR FEELINGS

Voice the feelings you pick up (e.g. "That sounds like it's worrying / bugging you."). Thank them for chatting with you. Remind them that worrying is normal and can even be helpful – motivating us to study, focus, be alert and even run faster.

TEACH PERSPECTIVE AND HUMOUR

Without minimising their worry, remind them that problems are mostly temporary and many don't even eventuate. Where appropriate, humour can lighten the mood and foster resilience.

EVENT-BASED WORRIES

If something worrying is coming up – i.e. a test or their first day at a new school – encourage them to think of something similar they overcame i.e. their first day of school. Talk about their strengths and how these can help. If your child is 11 or older, we recommend our Sparklers at Home [Discover your Strengths](#).

GUIDE KIDS TO SOLUTIONS

If your child tells you about a problem, offer to brainstorm solutions together, resisting the urge to jump in and fix the issue. Encourage them to pick the best solution, this way, you're teaching them how to problem-solve.

OFFER PHYSICAL REASSURANCE

If your child is frequently worried or anxious, look for ways to let them know their world is safe. Going back to basics and providing physical reassurance through love, hugs, back-rubs, hand holding or keeping them close.



PLAY TOGETHER

Spend time playing with your child each day. Even if it's just 10 minutes. Give them some undivided attention - bounce on the trampoline, build the Lego tower. Let them see you having fun and enjoying being with them.

EXTERNALISE WORRIES

For an easy means to talk about worries, we recommend books such as [Maia and the Worry Bug](#). Maia stomps on her worries and throws them out the door. Externalising worries is fantastic for tamariki aged 4-8 years, while Rising Tide has great strategies for children aged 8-13.

Books are also a great way to talk about and make worrying less scary. Our favourite books live at alright.org.nz/sparklers/kids

BUILD SELF ESTEEM

If your child worries often, give praise when they:

- Walk into a new place. E.g. "thanks for coming to the supermarket with me, I loved having your company."
- Manage a new situation: "I liked the way you walked into your class today. You looked really confident and it made me proud."
- Try something new: "I love that you gave that a go, and kept at it."
- Make a decision: "Great decision. Well done."
- Converse with you: "I love talking with you."

SHOW THE WAY

The most powerful lessons we teach are the ones we demonstrate.

Your response to worries, stress, and frustrations can go a long way toward teaching your tamariki how to deal with everyday challenges.

If you're rattled or angry when dealing with a to-do list, your children will learn that this is how we respond to stress.

Instead, look on the bright side and voice optimistic thoughts as often as you talk about what bothers you.

By showing your children you can bounce back, you'll help them learn to respond to small problems with optimism, confidence and perseverance.



SPECIAL REPORT: Transitioning Back

As lockdown restrictions are slowly being lifted to varying degrees, we are entering a time of transition and adjustment. The circumstances of this situation have significantly impacted us all. For some it has been an opportunity to reflect on what is important, whilst others have embraced the opportunity to learn new things.

Many young people may be excited at the prospect of restrictions being lifted, whilst others may be feeling mixed emotions. Reactions will differ depending on how well they cope with stress and change. Keeping a check on your child's mental health and wellbeing as they adjust to new routines, will be vitally important.

There is still a lot of uncertainty ahead of us, so focusing on the things you can control or enjoy doing, can help establish predictability and familiarity for the whole family. Adult carers need to provide young people with reassurance by acknowledging any concerns and fears they may have at this time. Consider this to be a normal reaction, however it may be best to focus more on their feelings and emotions, rather than the practicalities at this stage.

In this Special Report, we share a few ideas about how to help ease this time of transition. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

https://glenfieldint.nz.schooltv.me/wellbeing_news/special-report-coronavirus-transition-back

College Enrolment



Glenfield College are still accepting enrolments for next year. Please use this link to enrol your Year 8 child. Enrolments need to be completed as soon as possible to allow time for the college to plan for next years intake.

<https://portal.gc.ac.nz/index.php/enrolment>



YEAR 9 2022 ENROLMENT

ONLINE ANYTIME - WWW.GC.AC.NZ

IN PERSON - CONTACT ELLIE NEWTON TO MAKE AN APPOINTMENT
E.NEWTON@GC.AC.NZ OR 444 9066

Virtual Tours

Being able to get away on holiday isn't possible right now, but here are some virtual trips you can take.

Visit the Louvre museum in Paris

<https://www.louvre.fr/en/online-tours>

Check out the animals at San Diego zoo

<https://kids.sandiegozoowildlifealliance.org/videos>

A virtual tour of Walt Disney world

<https://www.youtube.com/channel/UCYyJUEtYv-ZW7BgjhP3UbTg>

A trip to Mars!

<https://accessmars.withgoogle.com/>

Or a visit to the Amazon rainforest

<https://www.conservation.org/stories/virtual-reality/amazon-under-the-canopy>

