



GIS NEWS

3 December 2021

REMINDERS

There are few reminders as we head into the last couple of weeks of school.

Friday 10th December 'Formal Friday' - Year 8 students are welcome to wear the clothes they had planned for graduation or their own clothes

Monday 13th December School will close for **ALL** students at 12.30pm
Year 8 students can collect their belongings from the textiles room between 8am and 11am, all students must scan in and wear a mask

Tuesday 14th December School will close for **ALL** students at 12.30pm
Year 7 students can collect their belongings from the textiles room between 8am and 11am, all students must scan in and wear a mask

DEVICES - URGENT

If you were issued with a school chromebook during lockdown, this is now due back to school, even if you are continuing to learn from home.

Please make sure the chromebook you were issued is returned as soon as possible in the box it came in, along with the charger.

If you are continuing to learn from home, you can ask the classroom teacher or the school office for a hard copy learning pack.

Devices should be given to your classroom teacher if you have returned to school or handed into the office if you are learning from home.

Health reminders for families and students

General reminders:

- Wear a clean/new mask at school each day
- Maintain your social distancing from other people
- Stick to your allocated group while at school

Personal Hygiene includes:

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues
- Put used tissues in the bin or a bag immediately
- Wash your hands with soap and water often (for at least 20 seconds)
- Use hand sanitiser whenever you enter or exit a room
- Avoid touching your eyes, nose or mouth if your hands are not clean
- No sharing of food or personal items

Not feeling well

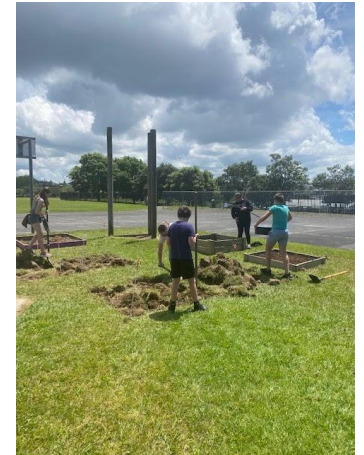
- Any student that is unwell needs to stay home and contact a medical professional for advice
- If they have flu like symptoms they need to return a negative COVID test before returning to school. This is essential to keep everyone safe.
- If a student feels unwell during the day, they will come to the office and parents will be contacted immediately. The expectation is that a parent/caregiver will come to school immediately to collect the child.



Bunnings Warehouse - Glenfield has kindly donated a range of gardening tools, seeds, plant food, and equipment to help our tamariki at Glenfield Intermediate get the school vegetable garden up and running and ready to produce some delicious produce over the upcoming summer months.

During Term 3 and 4 the students have been working hard to get the foundation down and have created some garden boxes, all made from recycled wood and materials! We have started planting a range of vegetables including tomatoes, cucumbers, beans and silverbeet.

We cannot wait to watch them grow and eat them!





Congratulations to the following students who have been recognised for building relationships.

Sangbeom - Year 7
Hunter - Year 8
Connor - Year 8
Joan - Year 8
Jackson - Year 7
Joseph - Year 8
Chelsea - Year 7
Tiana - Year 8
Emma - Year 8
Sofia - Year 7
Hayley - Year 8

Dylan - Year 7
Hyugo - Year 8
Ishika - Year 7
Jack - Year 8
Daniel - Year 8
Sean - Year 8
Sayuki - Year 8
Khleo - Year 8
Sean - Year 7
Juah - Year 7
Millie - Year 8

Cole - Year 8
Len - Year 7
Maseila - Year 7
Ashton - Year 8
Amos - Year 7
Jessica - Year 8
Ryan - Year 8
Nadia - Year 8
Lyall - Year 7
Hannah - Year 7

Aaliah - Year 8
Jacob - Year 8
Shea - Year 7
Sierra - Year 7
Marvin - Year 8
Kaleb - Year 8
Herene - Year 8
Georgia - Year 8
Lily - Year 7
Isabell - Year 8

Vaccination

We know that the best defence against Covid-19 is vaccination. There are several places in our community where you can receive your free vaccination. Click this link to book yours, or find a walk in centre:

<https://bookmyvaccine.covid19.health.nz/>

If you have not completed the vaccination survey we sent out recently, you can complete it [here](#)



Aotearoa
New Zealand,
you're up

It's never been easier to get
your free vaccination

Don't wait. Book today at
BookMyVaccine.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**

Sports



All out of school sport competitions have been cancelled for 2021. If you have any sports uniforms or training bags, please make sure these are returned to classroom teachers as soon as possible. If your child is not returning to school these need to be dropped off to the office.

Trials for Netball in 2022 will be held on 7 March 2022, a \$50 deposit is required prior to trialling.

Basketball trials - trial date will be advised in early Term 1

BOOST



The Programme

The programme is run over two days during the holiday's giving year 7 & 8 girls the opportunity to try different sports and physical activities. We have coaches from different sporting codes come in and take the girls for a session. We understand not all girls want to play a sport, so we also include activities such as Dance, CrossFit, Boxing for Fitness and Spin classes, showing the girls there are other ways to be physically active.

We would love to see the Girls who like sport or want to be more active but not sure where to start or what they might enjoy doing.

There is no cost to attend the Programme, but Girls will have to apply as we have limited numbers.

All girls aged 12 and above will have to have a vaccine pass to attend the programme.

Thursday 16th December, Friday 17th December

9am – 2.30pm

PITA PIT LUNCH PROVIDED EVERYDAY

NORTHCOTE COLLEGE GYM

For application form: anthyde@taniadalfonfoundation.org.nz

Or follow the link: <https://forms.gle/kZzkDVJdsWrkLP49A>

The very popular Boost programme for girls is back again.

This is a great chance to try out some different sports and physical activities.

There is no charge for attending but you do need to apply as there is a limit to numbers.

You can apply here:

<https://forms.gle/kZzkDVJdsWrkLP49A>



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

X SPARX

TAKE CONTROL



Everyone feels down from time to time. Most of the time those feelings go away. If they don't, SPARX may be able to help you. SPARX can help you learn how to TAKE CONTROL with Smart, Positive, Active, Realistic, X-Factor thoughts



SPARX is an interactive e-therapy tool in a gamified world, designed to help rangatahi who are feeling down, low, or anxious. You can find more information on the SPARX website -

www.sparx.org.nz

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**](#)

College 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

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>

NORTH SHORE

youth music



**APPLICATIONS
NOW BEING
ACCEPTED
FOR 2022**



**Con Brio
Choir**

Premier Choir
Auditioned
10 - 17 year olds



Stringalongs

Beginner string group
Non-auditioned



**Junior
Orchestra**

Auditioned
2 Years+ playing experience
10 - 16 year olds



Songsters

Non-auditioned
Beginner choir and musicianship
5 - 8 year olds



**Children's
Choir**

Non-auditioned
9 - 12 year olds



Resound

Auditioned
Youth choir
16 - 25 year olds

**To apply or to find out more information about the above groups,
visit our website or find us on Facebook**

www.nsym.org.nz