



Kia Manawanui

Te Rāwhiti & Te Rā Pānui **21 May 2020**

Te Rā Waldorf School, Te Rawhiti Kindergarten, Nursery and Playgroups
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Tēnā koutou e ngā whānau,
dear parents, families, and friends.

It has been great to be back at school this week – the children returned ready to play, work and learn, resulting in a happy hum all around!

In our own conversations with friends and whānau, it has been clear that everyone has experienced the recent weeks in their own way. Many families valued the time to reconnect, while others experienced stress or uncertainty.

With all these varying experiences and perspectives, it has been fantastic to see the way that our tamariki have returned to school with such calm positivity. The attendance at Te Rā and Te Rāwhiti has been much higher than the national average. The teachers have really appreciated the way that this has enabled us to re-start with a good momentum and a relaxed atmosphere.

As principals, we recognise that we have been asking for patience, support and understanding from our community as we navigate our way through the return to school. Thank you all for your support and understanding.

Ngā mihi nā

David Nicoll & Kerstin Wagner (for the Te Rāwhiti & Te Rā College)

Many thanks to those of you who have been diligent with signing in and out when you do need to come on site! With yesterday's launch of the NZ COVID Tracer App the Ministry of Education has clarified that schools still need to maintain the normal contact tracing register at this time. This is because, at present, this app does not share data with organisations signed up to its QR code scanning.

Wonderful news from Svenja!

Right before we returned to school, we welcomed the very newest member of our community! Svenja's baby came into the world at 5.45pm on 16 May. His name is Xavier Martin Donlon and Svenja and Seth are very much in love with him!

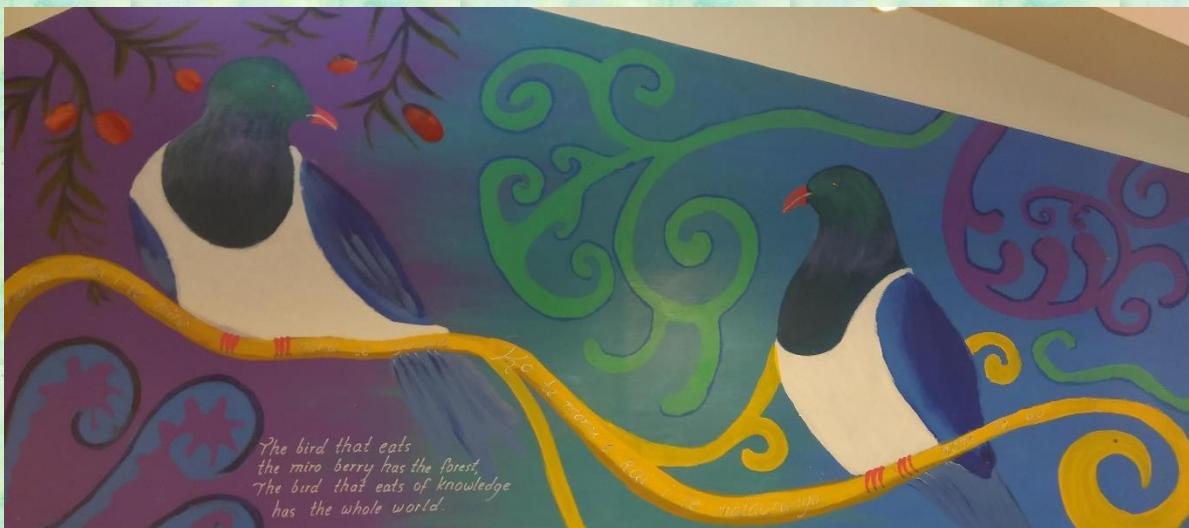
♥ Congratulations to you both and much love from all of us. ♥

Te Rā News / Pānui

The teachers have been focusing a smooth transition back to school and we have started looking forward towards how we manage curriculum requirements and other events in the light of the changes of the past few months. We will communicate soon about any changes and our new plans.

Well done to Abigail from Class 3 who came joint first in the under 9s for club champs at Paekakariki Surf Club this year.

The school bids farewell to Otis Maega (Class 1) whose whānau has moved to Whanganui.



Te Rāwhiti News / Pānui

We welcome Luna Simmonds to our Ruru Kindergarten as she moves from Nursery. We farewell Maturangi Edwin (Olivia's Ruru Group) and wish her the best for the next part of her journey.

Last Day of our School Bubbles



Yay!!! Level 2 allowed us to mix our three school bubbles to celebrate with apples and potatoes on the fire.

From the Finance Office

The beginning of the month is a good time to check your available Kindo balances and to apply your balances across to anything that is available to be paid.

To do this please log into Kindo and apply available balances across to your list of Fees and Donations.

We will send this reminder at the beginning of each month as we know life is particularly busy (especially at the moment) and it is easy to forget.

We hope you are all well in your bubble. If you have any questions about costs loaded onto Kindo, please feel free to email Tonia or Rhonda.

News from the Beehive

Our two school beehives have just been wintered down and are both looking good. The treatments against Varroa mites have been completed and no signs of American Foulbrood were found. While we are actually in winter now, the beautiful warm weather during the last couple of months has not let queens slow down their laying rate and there is still a lot of young brood in the hives. There is also a lot of pollen coming in. It is good to go into winter with lots of bees, but it also means that they will consume a lot of honey to stay warm. Both hives have plentiful stores of honey to last them through winter though. On warm days we will still peek into the hives with the beekeeping club, but generally they won't be disturbed much over the next three months.

Immunity Boost Advice

Get enough quality sleep

Get up and go to sleep at the same time each day. Guidelines for enough sleep are:

1-3 years: 12-14 3-6 years: 11-12 7-12 years: 10-11
12-18 years: 8-10 hours Adult: 7-9 hours

Risk of catching a cold when exposed to a virus in adults				
Amount of sleep	More than 7 hours	6-7 hours	5-6 hours	Less than 5
Risk	17.2%	22.7%	30%	45.2%

Reference: PMC6689741

Healthy kai

Eating food rich in magnesium such as nuts and nut butters, seeds, green leafy veggies and tahini can help calm the body and support good sleep. Avoid desserts with an evening meal. Stay away from processed foods that are pro-inflammatory. Maintaining a healthy weight also benefits your immune system, as does a healthy gut flora. As a guide half the plate should be veggies, one-quarter carbs and one-quarter protein. For fun, see how many different veggies you eat per week.

Screen free evenings (for adults too!)

Turn off screens two hours before bed, enjoy family games in the early evening or have an Epsom salt bath before bed. Children may benefit from a gentle massage, cuddle or reading calming stories. Turn off any wireless internet at night and keep your digital devices out of bedrooms.

Cut down sugar, or out altogether

Each time you eat sugar, it reduces your immune system for a few hours afterwards. If you can't cut out sugar totally, try introducing a one-day a week lolly or sweet treat day. Fruit is good and healthy but also higher in sugar than veges – make sure there's a balance.

Drink water

Drink enough water (0.03 x your body weight in kilos)

Reduce stress

High stress levels reduce immunity. Practice stress reduction techniques like deep breathing, yoga, walking on the beach, playing with pets and meditation. There are great online tools for adults and kids on youtube. Give yourself a hug, dance to your favourite music, write a journal or do a hobby you've always wanted to do.

Exercise

Encourage kids to go out and run around several times a day in between homeschool work and inside play. Aim for 45 min of more active exercise daily to get your heart rate up. Kick a ball in the garden or at the beach, walk the dog, play hide and seek in the garden or do some family gardening activities.

Beware of pollution!

Pollution has been associated with an increased infection rate and severity of COVID-19. In New Zealand we are very lucky to have low air pollution however the internal air in our houses can be poor. Ensure adequate ventilation opening all windows and doors 2-3 times a day for 20 minutes. Spend more time outside. Wipe down windows for mould, wash curtains and look out for areas of dampness and get to the root cause of any mould found, especially coming up to winter. Mould exposure causes inflammation of the airways and makes us more likely to get a respiratory tract infection and to do more poorly.

Get enough Zinc

Zinc is essential for a health immune system. New Zealand soils are poor in zinc and deficiency is common. Little white flecks on the nails can be associated with low zinc. A vegetarian or vegan diet is sometimes associated with low zinc too. You can boost zinc by eating red meat, eggs, pumpkins and sunflower seeds. The richest source is from sustainably grown oysters 😊 Consider seeing your doctor if you are concerned.

Boost Vitamin D

Get outside for fresh air and safe intake of sunshine to promote Vitamin D. Vitamin D is very important for fighting infection and increasing your immunity and many people, especially in NZ have low levels. Consider seeing your doctor if you are concerned. You can eat

Boost Vitamin C

Our bodies cannot make or store Vitamin C. It is essential for healthy immune function and a great antioxidant which are important for preventing and treating COVID-19. In fact, it has become a topic of hot research since the COVID-19 outbreak. Foods rich in Vitamin C are berries, capsicum/peppers, citrus fruit, kale, kiwifruits and broccoli. Higher and longer cooking times reduce the amount of Vitamin C.

Keep connected

Social isolation can increase stress, which decreases the hormone oxytocin and reduces immunity. Reach out to people through keeping in touch over the phone, with neighbours over the back fence, via social media. Do random acts of kindness.

Gratitude

Being thankful for what you have and choosing to see the glass half full can powerfully boost your immune system.

Remember that your body has it's own powerful innate healing ability and with a little bit of love, care and fuel it has the capability to keep you safe and healthy.

Many thanks to Joanna Bauer-Savage for providing our community with this comprehensive and inspiring advice!

Winter Sports News

Netball

We are still uncertain when winter netball will start. What we do know via Netball NZ is that there is to be no training etc before May 29th and no competition before 19th June.

Hockey

We are still waiting to hear from Kapiti Hockey regarding this hockey season. Teams have not yet been registered and they will be finding out more soon.

Community Notices and Advertising

These notices may not reflect the opinions of kindergarten & school.

House Available To Rent

Raumati South 3 bedroom, 1 bathroom house available mid to late July.

To register early interest please phone 021 2234993

Horse Grazing Wanted

Hi, I am looking for short term, periodic or long-term grazing for two horses, and wondered if you would be interested. The horses have a home base on Paetawa Rd, but not enough grass for winter so we are hoping to find somewhere where they could graze perhaps periodically, or move to, if that worked better.

Please let me know if that might be possible.

Thanks Rebecca – 027 863 1112

(P.S. We have very good references.)

Tiny House Parking Wanted

Hi there, Te Ra School Community

I'm a Steiner parent, I have a tiny house on wheels and I'm looking for a lovely quiet place to park it, where my son and I can live. We are quiet, peaceful and respectful. If you have some land I can use, or if you know of somewhere, can you please contact me on 027 563 0019. Love and blessings - Katie.

AUROROA Newsletter

Nurturing Health, Developing Resilience

[View this email in your browser](#) (Follow the link to read their latest newsletter)

At Aurora Collective Inc. you will find complementary medical practitioners and therapists working in the Wellington region.

Kapiti Benefit Information and Advocacy Service

The April launch of a long awaited Kapiti benefit information and advocacy service, under the auspices of the Hutt Valley Benefit Services Education Trust (HVBEST), had to be deferred due to the COVID 19 pandemic. Our community has been impacted by the economic consequences of the pandemic, with large numbers of Kapiti residents accessing Government (WINZ) assistance for the first time. With those numbers projected to increase, the need for a Kapiti based benefit information and advocacy service has never been greater. Navigating the WINZ system can be challenging for many and accessing supportive knowledgeable guidance throughout the process can help ease what is already a stressful time.

Pending launch of its physical Kapiti presence, HVBEST provides benefit information and advocacy via its telephone **04 529 8108 or 028 424 6295** and online support service **hvbest@xtra.co.nz** - **http://www.hvbest.co.nz/**. HVBEST operates under a strict Code of Ethics, with all clients valued and treated with dignity, information and support provided impartially and all private and personal information treated in the strictest confidence.

Staglands

We are excited to announce that both The Reserve & Cafe from Thursday 14th May!

English Language Partners NZ

Do you know anyone born overseas who wants to improve their English?

Please tell them about English Language Partners.

We offer online lessons.

One-to-one help (1-2 hours a week). Classes in Levin (2 hours a week). Speaking, Listening, Reading, Writing

All levels (beginners to advanced)

Our tuition is for new arrivals and also those who have lived in New Zealand for years

FREE for most people.

To contact English Language Partners phone 0800 NEW KIWI or 0800 639 5494

horowhenua-kapiti@englishlanguage.org.nz

<https://www.englishlanguage.org.nz/levin/> for more information.

Diary of Dates

ALL OF THE FOLLOWING DATES ARE TENTATIVE ONLY:

Mon 1 June

Queen's Birthday Holiday

Tues 2 June

Teacher Development Day

(No school/kindy/nursery/playgroup)

Wednesday 3 June

Information Afternoon 2:30pm

Thursday 18 June

Paekakariki Kindergarten Matariki Festival
(Evening Time TBC)

Saturday 20 June

Working Bee 9:00am-4:00pm

Monday 22 June

Raphael House Upper School Information
Evening at Te Rā School, 7:00pm-8:00pm

Tuesday 23 June

Korimako, Keruru & Ruru Kindergarten
Groups Parent Evenings 7:30pm

Tuesday 23 June

Class 7 Visit to Raphael House

~~Thursday 25 June~~

~~St John Lantern Festival for School
(5:30-7:00pm) Postponed until early Term 3~~

Tuesday 30 June

Class 8 Interviews for Raphael House at
Te Rā

Wednesday 1 July

Class 8 Interviews for Raphael House at
Te Rā

Fri 3 July

Last Day Term 2

***** SCHOOL HOLIDAYS *****

Mon 20 July

First Day Term 3

Sunday 5 July

Matariki Celebration at School, 6am

Friday 24th July

Raumati Kindergarten Groups Matariki
Festival, 5:30pm

Mon 27 July

Class 2 Whānau Hui, 7:00-9:00pm

Wed 12 August

Junior Winter Tournament (Yr 5/6)

Fri 14 August

PP Date Junior Winter Tournament

Mon 24 August

Teacher Development Day
(No school/kindy/nursery/playgroup)

Sat 29 August

Working Bee 9:00am-4:00pm

Wed 16 September

Senior Winter Tournament

Fri 18 September

PP Date Senior Winter Tournament

Fri 25 Sept

Games Day for School

Fri 25 Sept

Last Day Term 3

***** SCHOOL HOLIDAYS *****

Mon 12 October

First Day Term 4

Wed 14 October

School & Kindergarten Photo Day

Sat 17 October

Working Bee 9:00am-4:00pm

Tues 20 October	Class 2 Whānau Hui 5:00-7:00pm
Tues 20 October	Interschool Mountain Biking (Yr 5-8)
Thurs 22 October	PP Date Interschool Mountain Biking
Mon 26 October	Labour Day Holiday
Fri 30 October	Early 1pm Finish (School & Kindergartens)
Saturday 31 October	Open Day 11:00am-2:00pm
Mon-Fri 16-20 Nov	Class 5 Olympic Camp - Ngaruawahia
Fri 20 November	Kapa Haka Fundraiser Evening
Mon 23 November	Teacher Development Day (No school/kindy/nursery/playgroup)
Sat 28 November	Advent Wreath Making – School Hall
Fri 4 December	Kāpiti Kapa Haka Festival
Tues 15 December	Last Day for Kindergarten for 2020
Wed 16 December	Last Day for School (early Finish)

Waldorf Education on the Kapiti Coast

- ❖ How can we help young people develop a lifelong enthusiasm for learning and work?
- ❖ How can the way in which children are educated foster a healthy self-awareness?
- ❖ How can education help them understand the needs of people of all cultures and the needs of the environment?

All prospective school and kindergarten parents
are warmly invited to find out more about us

Wednesday 3rd June at 2:30pm

at Te Rā Waldorf School, 89 Poplar Ave, Raumati South

04 299-0812 or email office@tera.school.nz
www.tera.school.nz [Find us on Facebook](#)