



Te Kura o Puhinui
Warkworth School

Our Purpose:

Nurturing ACTIVE Learners

Adventurous

Collaborative

Thoughtful

Innovative

Valued

Empowered

Newsletter

Term 2 Week 2, 9 May 2024



Kahikatea C6 Camp

A small selection of photos so far from our Community 6 camp at Chosen Valley.

Dear Parents/Whānau and Caregivers

It has been a fantastic start to the term, with our students embracing learning and engaging in various activities both in and out of the classroom.

This week, our Year 6 students went off to camp, setting off on Tuesday morning on a journey filled with challenges, team-building, and great/fun experiences. We wish them all the best and look forward to hearing their stories when they return. A selection of photos so far can be found [here](#).

At the end of last term, it was great to see the enthusiasm and pride our Year 2-6 students showcased during our Student Learning Conversations. I certainly love seeing our tamariki sharing their progress and achievements with you, their families and caregivers. These nights are invaluable opportunities to empower our students and celebrate the journey of learning. We always strive to enhance these experiences, so we would like to ask you for some feedback. Please take a moment to share your thoughts by completing a short questionnaire here - <https://forms.gle/fYY24E59PiQWMKsW8>

In this changing world we need to recognize the importance of supporting our students through any challenges they may face. With this in mind, I encourage you to read the piece below on anxiety by Mrs. Bell our Deputy Principal. Understanding and managing anxiety in our young people is crucial for fostering their emotional well-being and academic success.

Winter is slowly creeping upon us. I imagine many of us will be spending many cold mornings on the sidelines of the many sporting fields these weekends. If my boy is not playing Rugby one weekend I will try to get down as well.

Wishing you all a wonderful week ahead!

Warm regards,



Karney Dawson
Principal
Warkworth School Te Kura o Puhinui

Anxiety

During the Pandemic in 2021, I (Mrs Bell DP) attended a workshop with Dr Camilla Nguyen on Anxiety in children and adolescents. Dr Camila Nguyen is an experienced clinical psychologist who has worked extensively with children in a range of settings including hospitals, schools, and communities in the United Kingdom and New Zealand. She specialises in autism/ADHD and adolescent mental health and is currently practicing at the Psychology Group in East Auckland where she offers therapy and consultation. One in 5 NZ children are struggling with anxiety. Since the onset of the Pandemic and subsequent to this, there has been a significant increase in referral of children through the educational and mental health pathways. This workshop was to inform educators as to how to support students and their parents with low level anxiety in the educational setting.

Anxiety is one of the most common experiences of children and teens. It is a normal, adaptive reaction that prepares children both physically and psychologically to cope with danger. The primary characteristic of anxiety is worry - the fear that future events will have negative outcomes. Children often feel a bit anxious about upcoming events, this is normal and in small doses it helps to improve our performance. Severe or chronic anxiety is not common and often needs to be addressed with the support of external agencies and qualified professionals. Students may feel anxious for a variety of reasons. Anxiety can develop after a stressful event; such as emigration, natural disaster and/or a traumatic experience. Anxiety can run in families and students inherit the vulnerability through genetic predisposition. Anxiety can be caused by cognitive factors - low resilience, feelings of not being able to cope. Anxiety in children can also be a mirroring of what is happening with adults. Anxious parents can transfer their anxiety onto their children.

Recent published research suggests that parents play a huge role in supporting students with anxiety. Parents have huge power to reduce their child's anxiety in the way that they respond to it. However, due to a parent's desire to be nurturing and respond to their child's needs, families tend to do the opposite. They overcompensate and accommodate. Accommodation behaviours include supporting avoidance behaviours (allowing child to miss school and/or activities), over-reassuring (answering texts/emails whilst student at school, answering questions repeatedly), changing the environment to avoid anxiety and/or tolerating aggression. The reasons for this are; it is easier in the beginning, parents feel that it will be helpful, they fear that their child will feel unsupported if they do not accommodate, they feel guilty or "mean" if they don't, it is very hard to tolerate a child's anxiety and parents fear the behavioural response. Unfortunately this response is associated with poorer outcomes in children with anxiety, it reinforces habitual practices, limits a child's opportunity to learn that feared consequences are unlikely to happen and reduces a child's motivation to change.

Parents can support and reduce anxiety by acknowledging that anxiety is a powerful emotion and that it can make one feel uncomfortable and even unwell. Work with your child to find out where in the body they may be feeling the anxiety. Reassure your child that the uncomfortable feeling will pass because it always does. Teach your child how to breathe and how to re-focus using mindfulness techniques. The experts suggest that students have a diary where they write down their worries. The idea is that once written down they will stop ruminating on them and that they have a set time (10 to 15 minutes) which can be called “worry time”. This is particularly helpful for students who spend a great deal of time worrying about little things. Encourage them to come to school and to face their anxieties, avoidance does not help them to overcome Anxiety.

Anxiety always follows a bell curve, it escalates and then reduces as students implement strategies to de-escalate. At Te Kura o Puhinui our teachers have had training both in the “Pause, Breathe, Smile” programme and with a psychologist trained in supporting our staff to create a consistent, predictable and calm environment for our students. This helps our students to calm and self soothe. We also have a “Hauora Room” where students can go for a period of time to calm themselves if need be. It is always our goal to work collaboratively with families to support our tamariki.

Dr Camilla Nguyen did emphasise that these strategies work for low level anxiety. If the anxiety is extreme and your child is at risk, it is critical that you access external support or you inform the school so that they can support you to access external agencies with trained staff.

From the PTA



Te Kura o Puhinui
Warkworth School

9.5.2024

UPCOMING EVENTS:

Term 1

Done 😊

Term 2

7 May: PTA AGM

14 June: 4 Seasons Disco

26 June: Bullrush & Mud Pies
Premiere

Term 3

23-26 Bookfair

25 & 26 Community Nights

Term 4

8 November Walkathon

6 December Ice Block Day

Introducing the Warkworth School PTA for
2024:

Chairperson – Kate Moore

Deputy Chairperson - Emily Sunderland

Treasurer – Chloe McKenzie

Deputy Treasurer – Catherine Osborne

Secretary – Kylie Botha

Secretary – Jess Brown

Social Media Officer – Gentle Spenceley

The Warkworth School PTA has an extremely exciting year planned and we are always looking for new members and volunteers! We are a friendly bunch who volunteer our time to make the school as excellent as possible for our kids!

DISCO VOLUNTEERS NEEDED

The 4 Seasons Disco is happening for the 14th of June, if you are able to volunteer for an hour or more, please email us and we can send you the form, Or join our Friends of the PTA Facebook page and fill out the form that is on there. 😊 If we don't reach our volunteer target, we may not be able to provide as many activities at the events as we hope to offer!

FRIENDS OF THE PTA:

- <https://www.facebook.com/groups/friendsofwwpta/>
- pta@warkworth.school.nz

Upcoming Events:

Friday 10 May	Kahikatea C6 back from Camp
Tuesday 14 May	Kauri C5 Kowhai Park Walk & Explore
Wednesday 15 May	Interschool Netball
Wednesday 15 May	Lucky Book Club orders close
Friday 17 May	Pink Shirt Day
Friday 17 May	Kauri C5 Assembly 2:10pm
Wednesday 22 May	BoT Meeting 6-8pm
Friday 31 May	Staff Only Day - School closed
Monday 3 June	June King's Birthday - School closed
Thursday 13 June	Give a kid a Blanket Day
Friday 14 June	Four Season PTA Disco

@school Mobile

Warkworth School has now transferred over to using the new @School Mobile app and no longer the previous SchoolAppNZ. If you have not downloaded the @School mobile app yet, please phone or email the school office to have a link sent to you.

Please delete the old app SchoolAppNZ.



@school Mobile
Education

OPEN



Warkworth Scout Group

If going on awesome adventures, playing heaps of games, learning life skills, doing arts and crafts, making lots of friends sounds like your child, Warkworth Scout Group is offering free taster sessions for Keas, Cubs, Scouts and Venturers.

Where: Warkworth Scout Den Hall, Shoemith Road, Warkworth

Times: Keas (5-8 Years) Wednesday 4:30 pm to 5:30 pm
Cubs from (8-11 Years) Tuesday or Friday 6:00 pm to 7:30 pm
Scouts (11-14 Years) Monday 6:00 pm to 8:00 pm
Venturers (14-18) contact Jennifer Weigel

Contact: Group Leader – Travis Weigel 021 861 434

<https://scouts.nz/groups/warkworth-scout-group/>



Reach Forward

EARLY LEARNING CENTRE

**The joy and passion for
living and learning**

**Give your child the best
start to early learning**

Care and education for 0 to 6 year olds.
Each day children engage in fun
learning opportunities and activities in
language, writing, reading, mathematics,
science, music, art and physical play.



**Come down and look around
'new enrolment'
specials available**

We have long and short day
options, amazing resources
and everyone is welcome at
our early learning centre.

Our centre is full of quality
materials designed to extend,
equip, enrich and encourage
children towards successful
lifelong learning.



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