



Wednesday 1 August 2018 [www.sis.school.nz](http://www.sis.school.nz)

**KIA ORA TALOFA GREETINGS NAMASTE KAMUSTA GUTEN DA BULA**  
**KONICHI WA BORE DA ANYOUNG HASEYO MALO E LELEI SALAAM**

Greetings e te whanau (our school "family")

Teachers and Principals have high work loads which are consistently growing, lack of support for students with additional learning and behavioural needs, and the undervaluing of the teaching profession as key issues over the last few years. We have tried to address these issues through previous rounds of negotiations.

Although we've made progress, it has been insufficient to address the deep-seated and fundamental issues facing the teaching profession. This has led to a crisis in recruitment and retention of teachers and principals.

This campaign has been launched to achieve the significant investment we need so that all children can reach their potential, and teaching is an attractive, valued and well supported profession

The main points are :

Time to teach, time to lead

- Teachers and Principals are facing immense pressure thanks to enormous workloads and responsibilities without any additional staffing or time.
- There aren't enough resources available for supporting children with additional learning needs.

What do Teachers want?

They want significant increases to staffing available to all schools to support leaders, classroom teachers and teachers working with students with additional learning needs. Members are clear: we want to make teaching an attractive and valued profession.

*Teachers and Principals need time to teach, and time to lead!*

**Primary Teachers and Principals voted overwhelmingly to reject the Ministry's offer and to hold a full-day strike on Wednesday 15th August.**

Members are clear: we want to make teaching an attractive and valued profession.

**Geoff Siave, Principal**

**NEW SCHOOL COMING!**  
*Learn about this and more at the*  
**SHIRLEY INTERMEDIATE OPEN NIGHT**  
**THURSDAY 2 AUGUST, 6.30pm**

Things are happening.  
**Be part of the future.**

For More Information Please Contact:  
**Geoff Siave - Principal • Phone 385 2229**  
60 Shirley Road | office@sis.school.nz | www.sis.school.nz

*Serving Our Community Since 1934*

**Ski Trip:** Our ski trip to Porters is on Friday 10 August. Please make sure you have paid the money by the end of this week Friday 3rd August. All school fees need to be up-to-date as well. Also, start getting your gear sorted so it is not a mad rush next week. Many thanks.

### Student Leaders Serving Our Community

Near the end of Term 2, four student leaders volunteered to be part of a community initiative to help people who could not afford to heat their homes. They were Haley Evans, Bailey Cooper, Riley Curtis, and Nova Taukamo. The initiative was to give them a trailer load of firewood. There were people helping out from the Fire Service, Army, local community members, and other community groups. Below is an excerpt of an email sent to us about our support of the initiative.

*'I am grateful that you allowed the Shirley Intermediate School students to be involved. The students were a credit to your school with their friendly personalities and willingness to work at loading the trailers. Their work was one of the reasons that the trailers were loaded so quickly and meant that all the deliveries were completed much faster than I had expected.*

*The biscuits and soup that the cooking teacher and students brought along were wonderful and the volunteers working on the firewood really enjoyed them.*

*Having the students helping added another dimension to the firewood delivery. It truly made it a community event and it was awesome to see them working alongside other community people.'*

On behalf of the school, we would also like to acknowledge Steve Jones Poole for coordinating the community effort, and others who helped in any way.



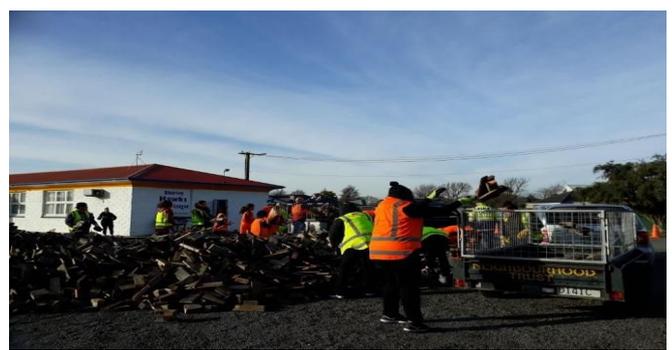
The army boys dropped the firewood off at the Shirley Rugby League Club.



A quick photo before we all got stuck in.



Everyone with their heads down and working hard.



Another trailer being filled.

### Raising money for the SPCA

A big congratulations to **Trinity Walshe** and **Olivia Demir Austen** (pictured right) who decided to raise money for the SPCA. This was their own idea and it was great to see them doing something they were passionate about. They raised **\$200** and went to the SPCA and presented them with the money during the holidays. Well done, girls. We have some photos but unfortunately they were not able to be formatted for the newsletter.



## Community Notices

### Healthy Nibbles

Check out the latest healthy nibbles: <https://www.cph.co.nz/your-health/healthy-nibbles/>

These are great to put into your school newsletter or display in the office. They help families to eat better by making the healthy choice the easy choice!

### MindWise Mindful Eating

Over the course of four free one-hour workshops we will learn how to use the skills of mindfulness and mindful eating to build a new and flexible relationship to food that supports our wellbeing. We will learn how to grow our capacity to reconnect with our own in-built systems for hunger and fullness as we learn to listen to the messages of our body. Participants will receive a 50 page workbook take-away tool. <https://mherc.arlo.co/courses/333-mindwise-mindful-eating>

**Date and time:** 6:30 PM – 7:30 PM Thursday 2 August, Thursday 9 August, Thursday 16 August and Thursday 23 August.

**Location:** MHERC, [116 Marshland Road, Shirley, Christchurch](#)

**Cost:** Free

### Overcoming Daily Stressors: Emotional Regulation Training to Increase Your Happiness

Daily hassles causing stress may seem trivial, yet when accumulated they can have detrimental effects on health, sleep and relationships. Emotions can seem uncontrollable at times, but it is possible to regulate them and change our emotional responses. Attend this workshop to learn skills to minimise your experience of negative emotions, and stress, and enhance your experience of positive emotions to improve your health and happiness.

This workshop is offered as part of a Master of Science thesis research project, coordinated by Christina Bond, postgraduate student at the University of Canterbury. Research requirements include voluntary participation in this three-hour workshop about emotional regulation and completion of three 10-15 minute online questionnaires, over six weeks. If you agree to participate you will be randomly allocated to attend a workshop in August or September.

Free. Refreshments provided. For more info visit <http://mherc.org.nz/images/PDFs/Overcoming-Daily-Stressors.pdf> or email [christina.bond@pg.canterbury.ac.nz](mailto:christina.bond@pg.canterbury.ac.nz)

**Date and time:** Tuesday 7 August 5.00pm - 8.00pm; Wednesday 8 August 1.30pm - 4.30pm; Tuesday 25 September 3.00pm - 6.00pm

**Location:** MHERC, [116 Marshland Road, Shirley, Christchurch](#) **Cost:** Free

### Get Set Go & Spread the Word – Event organising workshops

Get Set Go is an event workshop where you can learn how to plan, organise, and promote your own community recreation programme or event by attending Get Set Go and Spread the Word. These two workshops and guides have been designed to help you get your programme or event off to a great start. Spread the Word is the follow-on workshop to Get Set Go. Space is limited to 15 people per session, so get in quickly. If your group would like to have a tailored session, please contact us. Group discounts may apply - for any queries or if you would like a workshop to be run with your team, please contact Jacqui Miller or Diana Saxton on (03) 941 8999. Click the link for more info.

Cost: \$35 per person from voluntary/not for profit organisations

\$55 per person for government/private agencies

Get Set Go:

Friday 3rd August 9.30am to 2.30pm, Fendalton Library Boardroom or

Tuesday 11 September 9.30am to 2.30pm, Linwood Service Centre Boardroom – [180 Smith Street, Linwood](#)

Spread the Word:

Friday 27 July 9.30am to 2.30pm, Linwood Service Centre Boardroom - [180 Smith Street](#)

### Easy Choice Family Kai

Love Food Hate Waste have just released their winter meal planner. It is the Easy Choice for feeding families because it is cheap (approximately \$60 a week), healthy (nutritionist-approved) and zero waste. The meal planner and recipe book contain four weekly meal plans, with each week consisting of five dinner meals. Each meal will feed a family of six (two adults and four children under 10) or four adults. Whanau can sign up to receive the meal planners in their inbox here: <https://lovefoodhatewaste.co.nz/>

### **Creating Healthier Streets**

You're invited to hear Lucy Saunders, joined by local experts, in a discussion on the links between urban design and transport with our physical and mental wellbeing. Lucy is a leading public health consultant who developed the Healthy Streets approach used by Transport for London. Visit

<https://www.healthychristchurch.org.nz/news/healthy-christchurch-notice/2018/7/creating-healthier-streets-a-special-healthy-greater-christchurch-event> to register.

**Date and time:** Monday 6 August, 4pm-6.30pm

**Location:** Function Room, Level, Christchurch City Council, [53 Hereford Street](#)

**Cost:** Free

### **Street Wise Presents: Everybody Eats – Everybody Helps**

Inspired by Everybody Eats, XCHC are hosting a day of music, art, food, storytelling, and breaking stigmas by sharing a community potluck with their street whānau (homeless). Matt from My Fathers Barber will be a special guest offering free haircuts all afternoon and Mark from Chirnys Coffee will be donating 1KG of beans and offering work experience and barista training throughout the afternoon. A group of young street artists called The Rad Collective have offered to paint the venue and bring the look of our streets into the walls of Exchange Christchurch. Come along for a social afternoon, get a haircut, bring a dish, enjoy some storytelling and live music, and if you can, make a donation on their Givealittle page to support the event, Street Wise, and developing future Everybody Eats events. Families, colleagues, dogs and friends all welcomed.

**Date and time:** 3pm-9pm, Saturday 4th August

**Location:** Exchange Christchurch (XCHC), [376 Wilsons Rd N, Waltham](#)

**Cost:** Shared dish/Koha

### **Dads Group starting on Saturday mornings**

The Canterbury Men's Centre (CMC) is proud to announce our new Dads Group - a new partnership between the CMC, Canterbury Plunket Society and Father and Child Trust. This is starting on Saturday 18th August 2018 and will be held weekly every Saturday at 10am.

Contact Karl at the Canterbury Men's Centre to find out more (03 365 9000).

### **Salvation Army Term 3 Courses open for registration**

Term Salvation Army courses for term 3 are now open for registration. Courses available are:

Life Skills for Women which covers topics such as self-awareness, healthy living, dealing with stress, relationship skills, saving money, and achieving your dreams.

Men's Group: seven weekly two-hour sessions covering topics such as stress, grief and loss, problem solving and conflict resolution, assertiveness, self-esteem, and goal setting.

Parent Discussion Group - for parents of 2-12 year olds: This course is a series of discussion groups helping attendees to set routines, manage behaviour, raise happy and confident children, and taking care of yourself as a parent. For more information and to register, phone Jillian on (03) 366-8128 or 021 728 375

When: Life Skills for Women: Tuesday mornings 10am-12pm (Begins Tuesday 7th August)

Men's Group: Thursdays 10am-Midday (Begins Thursday 9th August)

Parent Discussion Group: Thursday mornings 9:30am -11:45am (Begins Thursday 23rd August)

Where: The Salvation Army, [854 Colombo Street](#)

### **Kā Huru Manu**

Check out this AMAZING digital atlas of history produced by Ngai tahu: <http://www.kahurumanu.co.nz/>

Kā Huru Manu, The Ngāi Tahu Cultural Mapping Project, is dedicated to mapping the traditional Māori place names and associated stories within the Ngāi Tahu rohe (tribal area).

A fun activity could be searching the history of your school's area with students. Explore the inextricable constructs of wellbeing, identity, our physical environment and our social connections.

### **YMCA Canterbury Youth Awards**

Youth Voice Canterbury are excited to bring back the YMCA Canterbury Youth Awards for a second time to celebrate the amazing things that young people are doing in our communities! Youth in Canterbury are doing lots of great things and in 2018 we're pulling together even more categories to create more opportunities to acknowledge our region's rangatahi. Nominations are open now and close on July 31. There are categories for children, youth and organisations. Visit <http://www.youthvoicecanterbury.org.nz/youth-awards.html>