



Newsletter

Wisdom begins with Wonder



Week 4 2023

Friday February 24th

Principal's Message: Cyclone Gabrielle has brought widespread devastation to many communities and the effects will be long lasting. My heart goes out to all affected. It is also at times like this when the importance of community comes to the forefront. Communities have come together to help those in need across the country, and there have been many amazing stories of heroism and generosity which have lifted our spirits and given hope moving forward. While our children are remarkably resilient, over the last three years they have had to deal with a global pandemic and a natural disaster wreaking havoc. Not only has this impacted their schooling but anxiety levels are naturally heightened for many.

At school we will be focusing on the **3Rs**, **R**elationships, **R**outines, and **R**esilience (not reading, 'riting', 'rithmetic'). It has been fantastic to see our values of manaakitanga and whanaungatanga coming to the forefront and these will continue to underpin all that we do here at school. Routines and consistency will provide a sense of normalcy and security for children, too. Probably, the most important thing anyone can do during these times is to ask for help if needed. We are only a phone call away. School, the Board of Trustees, and the PWF will be providing opportunities for us all to reconnect and support each other. *Kia kaha, Kia māia, Kia manawanui* - Be strong, Be Brave, Be Steadfast.

Rob Pratt (Principal)

The Board met on Monday and officially welcomed Ben Harker to the team. As an old boy Ben has great local knowledge and his business acumen and inquisitive nature will be a great asset.

As well as reviewing last years academic results, much of our focus was on the hauroa / wellbeing of our community in the wake of last weeks extreme weather. Together with staff and the PWF we are working on a range of initiatives to help those whānau in our community directly affected, as well as general community support. We would welcome any suggestions on what more we can do to help.

On behalf of the Board, our thoughts are with all those affected directly and indirectly by the cyclone, and our thanks to those who have been able to help support our community in the aftermath.

Pixie

HOW YOU CAN SUPPORT YOUR CHILD THROUGH A TRAUMATIC EVENT.

Traumatic events are sudden and unexpected. When it happens to us, we feel scared, distressed, shocked and overwhelmed. Our children feel ten times worse. They see the damage surrounding them, they feel your worry, your concern, your emotion. They hear words, half sentences and connect them together to make sense of what has just happened.

As a parent you might see your children's behaviour and emotions change.

They might feel confused, anxious, angry, sad, worried, maybe even guilty.

They might react differently than they normally do, they might be quick to anger, withdrawn or restless, have sleeping problems, not wanting to be separated from you or not able to do things they could do before and might wet their bed, have difficulty concentrating etc.

They might have a physical response and develop stomach aches, headaches or loss of appetite.

You can support your child with **4 R's**;

Stick with their normal daily **Routines**- this gives children safety and security. They know what is going to happen, they know what is expected and they will get a sense of 'life being back to normal again'.

Reassure and Reflect- Reassure your children that "it's okay to be afraid, however they are safe now". Reflect with your child "that was scary wasn't it? I felt scared too, I was worried too, for you and for dad, but we are all okay and we are safe now...". Name the things you are grateful for, end on a positive note.

In our recent case of rivers overflowing- take them to the stopbank and show them the work that is being done to higher the stopbank to prevent future overflowing of rivers, reassure them houses are cleaned and rebuilt, infrastructure is being rebuilt etc.

Respond to your child- watch for clues if they want to talk. Be there and listen reflectively; "you look like you are scared , it's okay to be scared. Would you like to tell me about it..." . "Is your teddy scared/sad? Do you think a hug might help teddy...?"

If you have concerns about how your child is coping, please do not hesitate to contact Central Hawke's Bay Parenting Support Services www.chbpss.org.nz to see how we can support you and your child.

We are currently developing a children's support group programme to help them get through this traumatic event. We will keep you updated through our website, social media and possibly school newsletters.

Take care, the team at CHB PSS



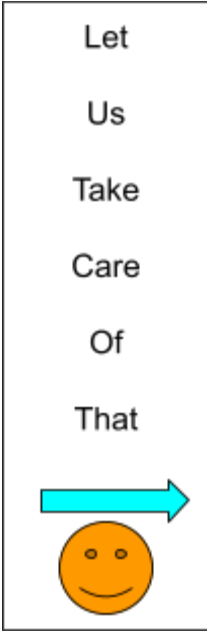
(06) 856 8169



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office@pukehou.school.nz



Let
Us
Take
Care
Of
That

**WE WANT TO TAKE SOME OF
THE PRESSURE OFF SO...**

LUNCH IS ON US!

THURSDAY

2ND MARCH

**We want to shout our
tamariki and kaiako lunch.
So on Thursday, please pack
only enough for morning tea
and brainfood then leave
the rest to us!**

Ngā mihi

Pukehou Whānau & Friends



pukehou
whānau
+ friends

CAN YOU HELP?

Kia ora Pukehou Whānau,

Ngū te rourou, nāku te rourou, ka ora ai te iwi
"With your food basket and my food basket the people will thrive"

We are aiming to fill up our school freezer with meals and baking to be distributed to our school community.

If you are in a position to provide a meal and/or baking to our school pātaka kai please reach out via email or text below, and we will get in touch.

E: whanauandfriends@pukehou.school.nz
Text Jess on: 0279183568

Would You Like To Help With This ?



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Were you entered in the Weetbix Try? Triathlon HB is your local, not for profit, charitable organisation and will be hosting our Iron Kids triathlon event on **Sun March 12** at 10am at the Hastings Sportspark. 7-10 yr olds 50m swim, 2.3km cycle, 900m run and 11-13 yr olds 100m swim, 2.3km cycle, 1.8km run, 14-19 yr olds 200m swim and 3.2km run. Only \$15 for members, \$25 for non members. Loads of spot prizes, professional timed event and FREE sausage sizzle at the finish line! Fun for everyone. All information is on this link <https://events.onetime.sport/event/1367>. Registrations are online only (limited spaces available so be quick). All profits go back into the HB community.

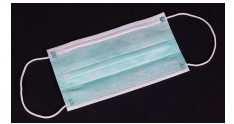
Any queries to events@trihb.kiwi.

House Points	Pukeiti	Pukenui	Kauhehei	Kahuranaki
Weeks 1 - 4	5,150	3,000	3,450	5,700



Mask use and silt/dust advice

Flood waters have deposited large quantities of silt around Hawke's Bay. Airborne dust can affect people's health and cause eye irritations, a cough, exacerbate asthma or lead to other respiratory problems. Silt may also contain other toxic substances.



- If possible, stay indoors when dust levels are high.
- Avoid exercising in the dust.
- If possible, reduce vehicle numbers and speeds (10-15 km/hr) over silt-laden surfaces, to reduce dust generation and subsequent exposure.
- Wear suitable respiratory protection if exposure to dust cannot be avoided. Proper face-fit respirators (P2, N95) provide the best personal protection; however, even surgical masks will still offer some protection.
- Wear gloves, a long-sleeved shirt, long pants and gumboots or sturdy shoes when cleaning up.
- Anyone coming into contact with silt should wash and dry their hands and/or use hand sanitiser.

GP visits

GP visits for **URGENT CARE!!!** is free for all ages until 31st March for all Hawkes Bay residents.



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CHB Junior Rugby Registrations are nearly here for all Primary Aged kids!!

If you played rugby last season, you will receive an email shortly to register again for the 2023 season.

If you are new to rugby, you will need to register on www.sporty.co.nz/chbjrc. Choose a club to represent. Club Delegates are:

- Central – Clint Gray 0272319230
- Waipawa – Roger Kittow – 027 857 3842
- Takapau – Gwynn Edwards – 027 819 4107
- Onga Tiko – Tim Mouat – 021 807 873
- Porangahau / Flemington – Clayton Stoddart – 027 321 0539 OR Rob Tennent – 027 932 1034
- Otane – Kelly Graham – 027 230 0611

IMPORTANT DATES:

MARCH

Thurs 9 Pukehou Swimming Sports &
Whānau BBQ lunch

Thurs 16 CHB Interschool Swimming Sports

APRIL

Mon 24 Teacher ONLY Day

Term 2 starts on Wednesday 26 April



Your Communications Hero

Log in to customise your account and view
Student learning stories, progress and goals
School notices
Surveys and Trip Permissions
School term dates
School calendar
Absence notifications
Navigation to other school-related web content
...and more!



It is imperative that you install the HERO app for all school communication.



George, Cosmo, Lucy, Cleodie, Maja, Kaoru, and Arden with Laura

Tīma Kākariki

Congratulations to Lucy, Cosmo, Arden, George, Maja, Cleodie, and Kaoru who have been selected in Tīma Kākariki. They will be working with Laura on environmental projects and initiatives in and around school. The energy, enthusiasm, and creativity in their applications was compelling!!



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