



Newsletter

Wisdom begins with Wonder



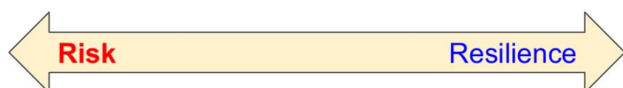
Week 8 Term 2 2024

Thursday 20 June

Principal's Ponderings

The fascinating brain - ka tikaka a ka roro

Last week I attended the Hawke's Bay Primary Principals' Conference which was well supported by Principals from across the region. There were some fantastic keynote speakers, not the least being Nathan Mikaere Wallis. He spoke on the fascinating brain - ka tikaka a ka roro - and more specifically around the idea that the brain doesn't like change. It requires repetition not change. For children, and especially those that have suffered trauma, predictability (and routines) leads to calmer brain stems. This is important because the cortex - where thinking happens - can only be accessed when the brain stem is calm.



Nathan also shared research around the risk and resilience continuum from a neuroscience perspective. He highlighted that language is the driver of cognition and the number one resilience factor is having a parent home in the first year of life, and extended family involvement leads to more steps towards resilience. Other factors were bilingual environments, exposure to music, and at number four - which is relevant to small schools - every year a child spends with the same teacher is another step towards resilience. Following on from above, a 1-1 relationship with the same teacher leads to a calmer brain stem!

Social Media also featured with Mikaere Wallis, categorically stating that there is clear evidence and research to indicate that social media is the cause of anxiety and depression in teenage girls. It is causative and not just correlational.



Are you a phubber?

A phubber is a recently coined word that describes someone who ignores the person that they are with and gives attention to their mobile phone instead.

If I'm being completely honest, there are times when I have been a phubber. Mikaere Wallis advised that, as parents, we should negotiate with our children at least two hours of device / screen-free time a day. In doing so, this will help improve resilience (and relationships).

Happenings Along those lines, it was great to have Constable Che in school last week delivering the *Keeping Ourselves Safe* programme. It's definitely a tricky world for our tamariki to navigate, so providing them with the tools to thrive is important.

Ngāti Whai practises have ramped up, and we're excited for the festival next week. It's been encouraging to see the growth of our students and I'm sure they'll shine come performance time!



Sports Reports

Unison HB 11th Grade Football Div 2 ~ On Saturday 13th June the CHB football team faced Hereworth at the Hereworth Sports Park. It was a good game but we unfortunately lost 5-2. The player of the day was Brax from Waipukurau school. *AH*

Netball ~ On Saturday the 13th of June our senior netball team played a fiercely competitive game against Waipukurau Silver at 11.00am. It was an extremely close game but we lost 5-7. Our team played a great game but unfortunately didn't come away with the win. *LS*

Hockey ~ On Wednesday the 19th of June the Pukehou School hockey team played Omakere School. It was a really good game and both teams played really well. We lost 3 nil sadly, but they were a very good team. The team player of the day went to Kayla Thornhill for her great defence. *TR-F & AP*

Rugby ~ On Saturday we played Dannevirke. When we were training we had a look at what their team looked like. Then we started the game. We won 21-5. A teammate from Elsthorpe got player of the day! We got McDonalds for lunch. *GC*

Sports Draws

Football Unison HB 11th Grade Div 2

22 June CHB Central Renegades v Western Rangers Hot Shots @ Russell Park @ 10.30 am

Netball

22 June Yr 1-2 Pukehou Kererū vs Takapau Ono on Crt 7b @ 10.00 am
Yr 3-4 Waipawa/(+ Pukehou) Stars vs Waipukurau Yellow on Crt 6 @ 9.00 am
Yr 5-6 Tiko/Pukehou Tornados vs Argyll East Magic on Crt 4 @ 11.00 am
Yr 7-8 Pukehou Kāhu vs Waipawa Tactix on Crt 1 @ 9.00 am

Hockey

20 June Mini Sticks St Joseph's / Pukehou vs Argyll on Turf 2 @ 4.00 pm
26 June Kwik Sticks Pukehou vs Flemington on Turf 2 @ 5.25 pm
27 June Mini Sticks St Joseph's / Pukehou vs Omakere on Turf 1 @ 4.00 pm
03 July Kwik Sticks Pukehou vs Porangahau on Turf 1 @ 6.15 pm
04 July Mini Sticks St Joseph's / Pukehou BYE



A quick swing update from the PWF...

We are working hard to bring this project to life but are a bit stuck on the installation. There are two swing options we can work with - metal or wooden posts. If anyone in our amazing community can help guide us with installing either of these, we would love to hear from you to get this up and swinging!!



We are also very excited about the **Matariki Disco** tomorrow night. Tamariki, please remember your drink bottles (water only). Pizza, baking and other treats will be available to buy. Parents are invited to join us for a cup of tea and the Peace Path Walk. It's a great opportunity to reflect and celebrate together.



A big **THANK YOU** in advance to our bakers and helpers! We couldn't do this without you :)

House Points:	PUKEITI	PUKENUI	KAUHEHEI	KAHURANAKI
Week 7 - 8	5,900	2,700	7,400	4,800
Term totals to date:	35,200	27,410	36,850	29,850

June 21st is the Northern Solstice and marks the shortest day here in the Southern Hemisphere. On the 21st the sunrise is around 7:48am and sunset 5:00pm in Wellington, giving just over 9 hours of potential sunshine for the capital.

IMPORTANT DATES:
(Check updates on the HERO Calendar)

JUNE

Fri 21 PWF Matariki DISCO 6-8pm
Thurs 27 CHB Ngati Whai Festival
Fri 28 School Closed for Matariki

JULY

Mon 1 & Tues 2 Student Conferences
1.00pm - 5.00pm School closed from 1.00pm
Buses depart at 1.00pm & 1.40pm
Fri 5 Red Nose Day & End of Term 2

PWF
pukehau whanau + friends

MATARIKI DISCO

Friday 21st June
6-8pm

\$3 ENTRY
PUKEHOU SCHOOL HALL
PIZZA & TREATS TO BUY!

Te Taiwhenua o
HERETAUNGA

CENTRAL HAWKESBAY TOUCH

5 WEEK PROGRAM- YEARS 1-8

NOVEMBER 4TH - DECEMBER 2ND | **RUSSELL PARK**

REGISTRATIONS OPEN 26TH AUGUST FOR TWO WEEKS.
FOLLOW US ON FACEBOOK FOR UPDATES

\$50 for Years 1-2
\$150 for Years 3-8

LIMITED SPOTS AVAILABLE THIS YEAR

Travelling overseas soon?

You'll need to do a **New Zealand Traveller Declaration** when you come back.

TravellerDeclaration.govt.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

New Zealand Traveller Declaration

Whakapukapuka
Tangata Hāoro ki Aotearoa

CENTRAL HAWKE'S BAY COLLEGE

CHB College are taking enrolment appointments for 2025 Year 9 Students.

It is important that enrolments and interviews are completed prior to students sitting the Entrance exam, which is due to take place on Friday 15th November.

The CHBC website has the ability for Parents/Caregivers to complete an online enrolment. Once they have completed their enrolment online, they will be contacted by the College to book their enrolment appointment and complete their enrolment.

Here is the link to our website below:
<http://www.chbc.school.nz/>

Hyacinth 'Bookay' invites you to

KEEPING UP APPEARANCES

a Comedy by
Roy Clarke
directed by
Helen Griffin

Thu 18 to Sat 27 July 2024

Tickets available from **eventfinda** or **Betta Electrical, Waipukurau**

WAIPIKURAU THEATRE

MATARIKI AT WAIAROHA

Tuesday 25 & Wednesday 26 June
6pm-9pm
Waiaroha - Heretaunga Water Discovery Centre, Hastings

Celebrate Matariki at Waiaroha, Heretaunga Water Discovery Centre, Hastings.

Join us for a Hiko of remembrance on 25 and 26 June from 6pm to 9pm each evening.

Create a waka lantern with a personal message of healing and remembrance. Join the hiko to Ngā Pou o Heretaunga in Civic Square, and then return to Waiaroha to float your lantern in the water.

Be entertained by captivating storytelling, special performances, and fun kids' activities in the whare.

Plus, enjoy delicious treats from kai trucks, live music, and more. Entry is free!

Waiaroha - Heretaunga Water Discovery Centre
Cnr. of Southampton St. East and Hastings St. East, Hastings
Tuesday 25 and Wednesday 26 June
6pm-9pm

Join the Facebook event for the latest updates

hastingsdc.govt.nz | hastingsdc | hastings_nz

Ako (learning) in Kererū

This term we have been learning lots about our local environment. Starting with names we learned about the importance of our own name then wai (water) and whenua (land) place names in our local area. We have started to learn how to say and sing the longest place name too! Its tricky! It has 85 letters! We look forward to sharing our learning with you when you come visit us.



Discovery Day

We welcomed 4 year olds into our class for a discovery day and showed them around our school. We were great hosts and role models and it was fun making Matariki stars with them. We can't wait until their next visit and for some of them to join us in Kererū everyday when they turn 5.

