



Wednesday 16 May 2018 www.sis.school.nz

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

Parents/Caregivers,

TTRR consultation - Thank you to the parents and whanau who were able to attend our consultation last week. There was very strong interest in seeing our class continue, and to cater for a range of language levels. Nurturing and linking the curriculum to relevant Maori connections was also valued.

Acapella Group at Admatha Lounge - This week our acapella group performed at Admatha Lodge singing Leonard Cohen's *Hallelujah*. They sang three times while there, to a different group each time. The children were wonderful, and they really enjoyed seeing the older folk enjoying the singing.

Pasifika families - Please come along to our Pasifika evening on Thursday 24 May at 6pm in the staffroom. We will have hot food, so come along and we will move forward to set up more success for your children.

Teacher Only Day - We are closed on Friday 1 June (Queens Birthday Weekend). Teachers will be engaged in professional learning. Please make other arrangements for your child on that day. Banks Avenue and Shirley Primary are also having Teacher Only Days on the 1st of June.

Choir for the Shirley Area Music Festival - Our choir will be joining the choirs from Banks Avenue School, Shirley Primary School and Waitakiri School on Thursday 28 June for an afternoon performance and an evening performance. Children will be very busy learning their songs.

Open Night- Hall - 2nd August - 6.30pm - 8pm - tell your friends - we're looking forward to seeing them as we share some of our highlights.

Geoff Siave, Principal

Year 8's Visit Shirley Boys High School

Last Friday our Year 8 boys, along with other contributing schools, went to S.B.H.S to spend the day with them. We were welcomed by Mr Laurenson (Principal) and then the boys went off to do a variety of activities. At S.B.H.S they have a mantra 'Better Than Before' (BTB). That came though throughout the day. It is all about self-improvement and they are also strong on supporting students from their journey from boys to young men. The day finished with the boys singing a song together. It was a great way to end a fantastic day.



Riley Curtis adds jam to the the pikelets as Bailey Cooper watches on.



Divek Patel (right) interacting with students from Marshland School as they work on a Social Studies activity.



Riley and Bailey at the end of their shift.

Wellbeing

As a staff we are looking into the important aspects which have a huge effect on our general wellbeing. We are using Seligman's theoretical model of happiness (PERMA). Sometimes a V is added which represents Vitality (PERMA - V). We believe this relates to staff, students, and whanau. As a family, have a look below to see how balanced your life is and if there is an area or two you may want to focus on improving.

BUILDING BLOCKS OF THE GOOD LIFE

	P ositive Emotions	EXPERIENCING POSITIVE EMOTIONS SUCH AS HAPPINESS, SATISFACTION, SELF-REGARD, SERENITY, & CHEERFULNESS ON A REGULAR BASIS
	E ngagement	HAVING INTERESTS & PURSUITS THAT DEEPLY CAPTIVATE US, RESULTING IN THE REGULAR EXPERIENCE OF FLOW & PERSONAL GROWTH
	R elationships	EXPERIENCING AFFECTION, FRIENDSHIP, AND LOVE (IN BOTH DIRECTIONS) WITH OTHER (HUMAN) BEINGS IN DIFFERENT CONTEXTS (FAMILY, LEISURE, WORK)
	M eaning	BELIEVING IN & WORKING TOWARDS SOMETHING THAT TRANSCENDS OURSELVES & OUR LIFETIMES (BE IT IN THE SECULAR OR SPIRITUAL DOMAIN)
	A chievement	EXPERIENCING A SENSE OF ACCOMPLISHMENT (BEING A SUCCESS STORY) ON A REGULAR BASIS, BE IT IN THE OCCUPATIONAL DOMAIN OR IN OUR PRIVATE LIVES
	V itality	TAKING GOOD CARE OF OUR BODIES & MINDS, FOR EXAMPLE VIA REGULAR PHYSICAL EXERCISE, A HEALTHY DIET, ENOUGH SLEEP, & MINDFULNESS PRACTICE

NICO ROSE FOR WWW.MAPPALICKOUS.COM, BASED ON WORK BY MARTIN SELIGMAN

Appetite for Life (LAST CHANCE)

An awesome opportunity for **our parent community**. The course usually costs **\$400** but it's **FREE**. This will be held at school starting on **Wednesday 23 May** and runs for 6 weeks. **Times are 6pm - 8pm**. Please collect the application form from the school office and return it completed to the office before **Friday 18 May**.

AFL is a non-diet 'whole of life' approach to weight management and our focus is on health gain rather than weight loss.

AFL will support you to make small changes to eating, activity and behaviour by promoting foods that look after your health and weight leading to a big difference in you!

Learn about:

- Why diets don't work
- Why we eat
- What's in our food?
- How small changes add up to a big change in health
- Mindful eating and habits
- Staying motivated

AFL is suitable for people who are

- Interested in achieving and maintaining a healthy weight
- Fed up with dieting and wanting a healthy relationship with food
- At risk of/ or have existing diet related health problems e.g. High cholesterol, type 2 diabetes
- With family or whanau who have diet related health issues

What can help 'Grow a Positive Mood?'

5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, Give

In term 2 Shirley Intermediate will focus on teaching our students about how to Grow a Positive Mood. The teaching staff will be helped in doing this by the staff from the School Based Mental Health team. The sessions will run over a five week period and will involve things like

- What a positive mood looks like
- What practical ideas/tools can be used to grow a positive Mood - like sharing ideas with family, having opportunities to be active physically and mentally....and many more ideas.

Pool Keys: Please return all pool keys to the office as soon as possible. Many thanks.

Community Notices

Shirley Boys High School:

Community Open Night Thursday 24th May 2018 6.30pm - 8.30pm Commencing in the Assembly Hall (entrance off North Parade)

C V Gallagher Trust Scholarship Exam Thursday 7th June 2018 1.00pm - 3.00pm Assembly Hall (North Parade) Please register on the school website or at the school office

Car parking is available at Shirley Boys' High School and Shirley Intermediate School North Parade, Christchurch Phone: 375 7057
office@shirley.school.nz www.shirley.school.nz

Avonside Girls High School

Open Evening Thursday 24 May 2018 from 5.00pm – 7.00pm Starting in the gymnasium at 5.00pm Come and see how we educate and empower young women to be the best they can be and hear about the plans for our brand new state-of-the-art school, opening Term 2, 2019.

Act 2 Drama Group

Open audition call to audition for our next production **Aladdin**. This production will be performed as part of the Kidsfest season 15th - 21st July 2018. Auditions Saturday 19th May. First read through Sunday 20th May. Where: Quaker House, 217 Ferry Road, Waltham, Christchurch.

Please call, text, or email Fay to make an audition time on 021 043 1108 or act2dramagroup@gmail.com

SKELLERUP U16 MARCHING TEAM We are looking for girls to join us for the 2018/19 season, If you are:

- Aged between 12-16 and want to take your marching to the next level
- Want to have the best experience
- Build confidence and fitness
- Make lifelong friends

Then get in touch with Rhonda 027 672 7221 or Lana 027 264 7540

STARBUSTERS Canterbury Cheerleaders

When: Sunday's 4-6pm

Location: CSG 18 Watts Road, Sockburn

Wear comfortable sports clothing, socks, and shoes.

First session is FREE

Open to 7 years and over No experience required

For more information please email us at canterburystarbusters@gmail.com

Ice Hockey

Ages 3 to 15 year old boys and girls

Fridays 5.15pm - 6.15pm

2 Free sessions

Contact our head coach Dean Tonks email: headcoach.ciha@gmail.com mobile 021 0835 0633