

Term: 1 Week: 3
16 February 2024

TŌTARA COLLEGE NEWS

This Term at Totara

Theme: Cultures

Value: Respect

Scripture: PSALM 117

All you nations, praise the
LORD.

All you people on earth, praise
him.

Great is his love for us.

The LORD is faithful forever.

Praise the LORD.



Vision
***Reaching our God-
given potential***



REMINDER:

Swimming
Sports

13 March 2024

11.30AM TO 3PM



From the Dr's Office...

Greetings Everyone

We're at the end of week three already and it barely seems like the year has started. Classes are in full swing and students across the site are busy learning all sorts of new and interesting things. Our theme this term is **cultures** and we'll be organizing a cultures' day for later in the term – date to be decided. On this day we'll get students to dress up as a country of their choice to celebrate that culture and bring food to share at a big lunch. We'll also have a parade of all the students in their costumes. Should be great fun and if you wanted to start preparing for it now that might save you a flurry of activity later in the term.

We had a wonderful parents' evening last night and most of our families turned up. My thanks to you all for your attendance. It was really nice to see everyone and we finished with a short quick-fire presentation on some of the things we are doing this term and some of the changes in secondary. I enjoyed being in my personal happy place on the BBQ. Many thanks to Sue Holdaway and Ranier Davie (plus their helpers Carl McIntyre, Taj and Heidi) for their organizing of all the food – it was scrumptious.

Swimming lessons are happening for Years 1-9 on Fridays and they will culminate with the school swimming sports on Wednesday 13 March 2024 11.30 to 3pm). This will be the first house group challenge for the year and will be the first opportunity for our student leaders to shine. We have just closed applications for student leadership and will be making our decisions for the school leaders and the house leaders next week. Our intention is for the week 4 Monday assembly to be a student leadership announcement and award assembly.

Communication with families will normally be in the form of a fortnightly newsletter on the odd weeks of the term (starting week 1) but also instant communications will be via skool loop. If you don't have this currently loaded on your phone please see the office for advice on how this can be achieved or how best we can make sure you are advised of any sudden changes. It's most useful if we can immediately contact all of our families in case of emergency or anything that occurs outside of what has been planned. It also means we can send you little reminders, which sometimes help.

One last note is that due to unforeseen circumstances, we will have to close the school office periodically. I'll let you know via skool loop when that happens, but please know that if there is an urgent need and you cannot get through to the office, please contact me on my cell phone: 0212010963.

Best wishes

Peter

Parent BBQ



Various Classes



Community Notices:

WINTER SPORTS

If wishing to play winter sports for DHS, e.g. rugby, netball, basketball, hockey and football, please sign up online using the link on the Dannevirke High School Facebook page. Last day to sign up is Monday 19 February.

YEAR 9 HEALTH ASSESSMENTS

Year 9 Health Assessment will be happening shortly—please see attached information sheet. If you do not wish your child to complete the health assessment, an 'opt out form needs to be completed which is at the end of this newsletter and is also available from the main school office.

School Based Health Service is a free and confidential service available to students with a school setting. Appointments are with a registered nurse.

Please Remember...

- Fridays 16/2, 23/2, 1/3 Swimming for LC1, LC2 and LC3—Year 1 to Year 9's
- Wednesday 13 March—Swimming Sports 11.30am to 3pm
- Thursday 14 March—School photos
- Monday 19 March— Parent Interviews
- Friday 22 March—Teacher only day—no school
- Friday 29 March to Tuesday 2 April—Easter—no school
- Friday 12 April - Term 1 ends
- Monday 29 April —Term 2 starts

E-mail: office@totaracollege.school.nz

Phone: 06 374 6165

SKOOL LOOP APP



Stay “in the loop” with our communication app!

Events | Cancellations | Notices
Newsletters | Permission slips
Instant notifications | Absentees
Parent Teacher Interviews

Simple free download:
In Google Play & App Store search **‘Skool Loop’** & choose our organisation once installed.



Downloading the Skool Loop app - a step by step guide

Once you have downloaded the Skool Loop App, via either your Google Play or App store, please follow the below instructions to select your school -

- Open the Skool Loop App - you will land on a welcome page.
- Click the ‘Select your schools’ this will bring you to a menu you can either search your school or follow the country/region prompts.
- Once you reach your school, select it with the tick on the righthand side.
- Tap the ‘select schools’ button in the top right corner.
- Tap the big orange choose button. This will load your school and bring you to the settings page.
- Subscribe to the groups that are relevant to you, then click the ‘go back’ button on your phone, which will bring you to the main screen of your schools app.



School-Based Health Service

School based health service is a **FREE** and **CONFIDENTIAL** service available to every young person within the school setting.

The school based nurses are registered nurses that are skilled at assessment and referral. They work closely with school pastoral care and other health services to assist with ensuring a young person's health needs are met. They support student's physical and emotional health and wellbeing to enhance participation in education.

Students can arrange an appointment time to see the nurse about any health issue or concern that they may have. The student needs to be aware that any information is confidential and will not be discussed with anyone unless there are issues of safety. This is discussed with all students and described as: The three harms; harm to self, harm to others and others causing harm to them. The students are advised that if any of these are evident, assistance will be sought.

Year 9 Health Assessment:

All year 9 students are offered a health assessment, the purpose of this assessment is to provide an opportunity to identify the health and social needs of all students in order to facilitate access to support services. This assessment is voluntary and any student can refuse to participate.

The framework for this assessment is HEADSSS, this is an acronym for a comprehensive psychosocial assessment. The assessment is a general discussion which identifies risks and protective factors. It assists the nurse to formulate a plan of care with the young person. The assessment is evidenced based and an internationally recognised tool used with young adolescents.

What does HEADSSS – stand for:

H Home, family life, relationships, support and stability

E Education / Employment sense of belonging at school, work, relationships with peers and staff.

Eating and exercise- eating and sleeping habits looking after themselves

A Activities and Peer Relationships- social and interpersonal relationships, risk taking behaviour, attitudes about themselves

D Drug/ Alcohol/cigarettes and vaping – risk taking behaviours

S Sexuality knowledge and understanding

S Suicide/ Self -Harm /Mood – coping strategies / supports

S Safety /Risk Taking behaviours and Environment

*If you would prefer your child does NOT access the service or to participate in the year 9 health assessment please call Public Health on 0800 153 042
or email schoolhlth@midcentraldhb.govt.nz
or alternatively you can scan the QR code to "Opt Off" interactively.*

We are very happy for parents to make contact with us at any time and encourage you to do so.



Opt Off QR code

School-Based Health Service

Opt Off form for Year 9 Assessment

*Mandatory fields: **

School: *

Student Surname: *

Student first name: *

Student Address: *

Parent/Guardian Contact Details: *

I/We the undersigned

Do not give consent for: *

to receive a health check

by the Public Health Nurse at Year 9.

Signed [Parent/Guardian]: *

Date: *

Public Health Service Office Use Only

Date Received:

Student NHI:

Please email this form to:
schoolhlth@midcentraldhb.govt.nz

Te Whatu Ora
Health New Zealand
Te Pae Hauora o Ruahine o Tairāroa
MidCentral