

2025 PINK SHIRT DAY

On Friday the 16th of May, our school proudly participated in Pink Shirt Day, a powerful reminder that kindness and inclusion matter. Students and staff wore pink to show their support for anti-bullying efforts and to stand together against discrimination, harassment, and hurtful behavior. Thank you to everyone who took part in spreading the message that every voice matters and that our school is a safe, welcoming space for all! ❤️👑
#PinkShirtDay #BeKind #LiftEachOtherUp



Te Rau Mohio, the winning class who displayed the most pink!



Puanga



Te Ao Marama



Te Rito



Te Whare Pukapuka



Too cute Leila!



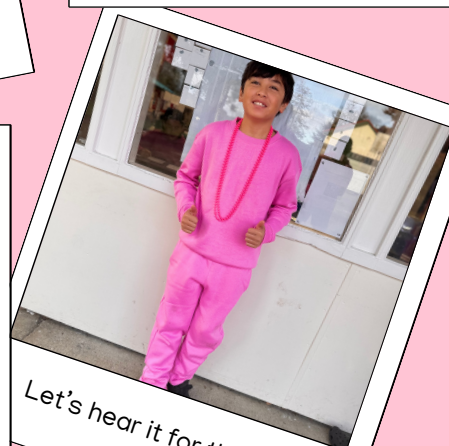
Totally Pink!



Looking good Floyd!



Can I get a 'B'?



Let's hear it for the boys!

3 IN 1 CELEBRATION DAY

Thursday the 19th June will be a complete celebration package for Upokongaro School. We will be celebrating student learning, Matariki, and Jumping June all in one. Please make sure you get time to spend with us on this day.

We will start with whānau time, where you will be asked to participate in learning with your child to see how they respond to teaching and learning in the classroom.

Then we'll have a short break before going into our Jumping June activities.

To round everything off we'll have a Matariki feast and ask that everyone bring something delicious to share with everyone.



Jumping June is our school's fun and energetic way to promote physical activity while supporting heart health awareness. Throughout the month, students will take part in skipping, jumping, and active play to build healthy habits and raise funds for important health initiatives. It's a great opportunity to get moving, build community spirit, and make a difference—all while having fun! 🧑🏻❤️ As you can see the kids are already warming up. #JumpingJune #HealthyHearts #ActiveKids



Getting Ready



Warming up for a great cause in June!



Jumping June, here we come!



A broken arm won't stop me.

Make sure to register at <https://www.jumpingjune.co.nz/>

PRINCIPAL'S WORD

Are you teaching your child that they can?

There is nothing more important to me than the joy of your children, however we can't experience joy unless we know sadness, loss, and challenge. Sometimes at school, things are hard, but that's not the time to stay home and wrap ourselves in blankets, that is the time to build up, strengthen, and arm our kids with strategies to push past their challenges and discover that **they can**.

Here are some of the things that your child will be able to say when you help them face school challenges.

- **I can** solve math problems when I work hard.
- **I can** climb big things even if I'm little.
- **I can** resolve problems with my friends.
- **I can** turn the other cheek.
- **I can** bake a cake and deliver it to Mrs Browne.
- **I can** ride my bike to school all by myself.
- **I can** fix bikes now.
- **I can** spell a new word.
- **I can** read a chapter book.
- **I can** help others.
- **I can** celebrate other peoples success.
- **I can** talk to my teacher about my problems at school.
- **I can** finish a cross country.
- **I can** improve my writing.
- **I can** speak up for myself.
- **I can** be kind to my friends and others.
- **I can** show respect.



When your child asks if they can stay home, check you know the reason. Maybe they have a school challenge that feels big to tackle and then, send them to school to tackle it.

I want every child at Upokongaro School to realise how much **they can** do things. There are lots of reasons not to do things, but there are so many more reasons to do things. Teach your children to be **I can** children and let's start by saying, 'Give it a Go.'

Kia kaha whānau
Mrs Browne

REMINDERS & NOTES

Changes to Friday Juicy Day

As of next Friday we will no longer be selling Juicies. We will now be selling popsicles for \$1. If you have paid for juicies in advance you will be refunded to your myKindo account by next Tuesday. You will then be able to order popsicles for \$1 through the myKindo app.



Public Health Nurse Viv East

Who are Public Health Nurses? (PHN)

- Registered nurses who have knowledge, experience, and training in child/tamariki and family/whānau health.
- Work alongside children/tamariki young people, parents, caregivers, and school or early childhood staff.
- Liaise with general practice, specialists, and other service providers.

Referral Criteria

Health-related concerns that impact on the child/tamariki well-being at home or school.

Examples:

- Allergies/Anaphylaxis
- Hearing and/or vision concerns
- Medical conditions e.g., asthma, skin conditions, weight, seizures
- Day/night-time wetting, soiling
- Nutrition, growth, and development
- Immunisations
- Parenting support

I can be contacted through the school or EcE you child attends or by mobile phone on 021373212

