WAINUIOMATA PRIMARY SCHOOL

WEEK 7 TERM 4 2026

Dear Parents/Caregivers - Greetings, Kia Ora, Talofa

Over the last few weeks our Tuakana syndicate have been participating in 'The Mountains to Sea' school programme. This is a hands-on freshwater and marine education initiative run by the Mountains to Sea Conservation Trust and Mountain to Sea Wellington. As part of this programme students learn how to snorkel. Classes had a lesson at Wainuiomata Pool last week and will be snorkelling at Point Howard today or tomorrow. Classes will also be completing a classroom inquiry at our local river to build their conservation knowledge and carry out a local environmental action project.This is the first time we have undertaken this programme and the tamariki are really enjoying it so far. Thanks to Luke Hudson, Dyneeka Hendry and the Tuakana teachers for all their organisation. Thanks also to our wonderful parent helpers – without your support and help programmes like this would not be possible.

Staffing
At the end of the year, we say farewell to Mikayla Renor. It has been great having Mikayla, an ex-pupil of our school on our staff and we wish her all the very best in her new position at Maungaraki School.
We are in the process of appointing a new staff member and will let you know our 2027 staff and school organisation in the next few weeks.

At this time of year, some children can get worried about changes that will happen at school in the new year – a different class, different teacher and for our year 6's a new school. At the end of this newsletter I am including information from the Regional Public Health's School Health e-newsletter.



HAPPY BIRTHDAY
Best wishes to John, Gerald and Azaylia whose birthday is this week.

Roll Review 2027
We need to ensure we have the best possible information about enrolments for 2027. Please contact the school if you have, or know of, a child or children who will be starting at Wainuiomata Primary in 2027. We need to have their names and dates of birth. Thank you for your help. Thanks also to all those who have already contacted the school.

Year 6 Intermediate Enrolments
Please remember if your child is going to intermediate it is important to enrol them ASAP. This helps the Intermediate with their planning, staffing and class organisation. I know they appreciate your help with this!

School Dates 2027

Term 1	Term 2	Term 3	Term 4
Tuesday 2 February– Friday 9 April **90 half days**	Tuesday 27 April – Friday 2 July **92 half days**	Monday 19 July – Friday 24 September **100 half days**	Monday 11 October- Friday 17 December **98 half days**
Waitangi Day 8/2 Easter 26/3, 29/3 & 30/3	*ANZAC 25/4 (Sunday – ANZAC Day observed on Monday 26 April) King's Birthday 7/6 Matariki 25/6 1x day TBC – Learning Conversations*		*Labour Day 26/10*

We also have two Professional Learning Development days which we will confirm asap.

A reminder that school closes for the year on Friday 18 December at 12:30pm

IMPORTANT DATES:

- Year 6 Graduation - Thursday 10 December
- Summer Concert – Tuesday 15 December (R/0 16 & 17 December)
- Pool Fun Day - Wednesday 16 December
- Class Parties – Thursday 17 December - no school lunches
- Final Assembly – Friday 18 December at 11:30am - school finishes 12.30pm - no school lunches!

START DATES FOR 2027

- Tuesday 2nd February - Whānau Connect Day
- Wednesday 3rd February - First Day 2027 with full class

Skool Loop

Please make sure you have signed up to the app. It is really important we have all families signed up in the event of emergencies. Last week we had 101 people signed up and this includes staff. Currently we have 261 students on our roll, so we have a significant number not connected.
If you are not signed up, please make this a priority. If you are unsure how to do it, please see your child's teacher or pop into the office.





Anxiety



Anxiety is a normal human emotion and part of our fight and flight response to keep us safe. However, some people find themselves worrying or feeling anxious so often that it interferes with normal daily life. Increasingly we are seeing anxiety as a big issue in our children and in schools.
This article will give a brief guide to what anxiety is, looking at signs and symptoms, a few tips to help at home and school and a list of resources and contact numbers that might help.

Common signs and symptoms of anxiety

Anxiety is ongoing, rather than just feeling stressed out for a short time.
Emotions: Upset, worried, irritable, unable to relax, difficulty concentrating.
Physical: Feeling sick, shaky/ dizzy, increased heart rate, short of breath, tired, sweaty hands, sleeplessness, Abdominal pains, eating too much/ not enough.
Behaviour: Lose your sense of humour, unable to make decisions, need to perform rituals to try and relieve worries.
Thoughts: Feelings of doom, paranoia (People are looking at me), fear of failure, feelings of losing control.

There are different types of anxiety: generalized, social anxiety, phobias, and panic disorder.
Note: Anxiety can lead to a low mood and depression.

How can parents and schools help?

By Building Resilient Children: Being resilient is about how we deal with difficult situations and bouncing back after tough times.

- Teach kids to slow down and breathe deeply. (focusing on breathing can calm us and help us choose the next step)
- Teach our kids to ask for help.
- Talk about having a safe adult or friend to talk to.
- Take their mind off whatever is making them anxious.
- For example, do something fun, make something, help someone else, be active (go for a walk, climb a tree).
- Helping children express sad or upsetting feelings and helping them find age-appropriate solutions.
- Encouraging and allowing independence and success.
- Teaching healthy lifestyles that include a good diet, plenty of water, exercise and sleep.



Places to find help:

- Your GP or doctor
- www.thelowdown.nz • Depression.org.nz
- 0800 What's Up (24/7 help line for kids and teens) Barnardos
- 1737 – Need to Talk, 1737.org.nz (Ring, txt, or email)

Hei konei ra - Kind regards

Allison Burdon

Tiaki ana tātou - CARE for all