



# Dargaville Intermediate School

# NEWS

Term 2, Week 1  
2021

Charlotte St, Dargaville Ph: (09) 439 8045, Email: office@dis.school.nz, Website: www.dargavilleintermediate.co.nz

## FROM THE PRINCIPAL'S DESK

Dear Parents/Caregivers

Kia ora koutou

### Welcome to Term 2 2021

Here are the key dates/events we have thus far

**7th May** - Hockey instruction - Hockey Northland

**10th May** - Hockey instruction

**11th May** - Weaving Wellbeing - See attached information Rms 6, 9, 4 ongoing until terms end.

**11th May** - Boostrix vaccinations Y7's

**14th May** - Weaving Wellbeing - See attached information Rms 5, 1, 3 ongoing until terms end.

**14th May** - Basketball instruction - Kaipara Basketball Assoc

**17th May** - Field trip to Manea - Footprints of Kupe Centre Opononi - Rm 4 & 5

**18th May** - Field trip to Manea - Footprints of Kupe Centre Opononi - Rm 1 & 3

**20th - 21st May** - Laughton Kora working with our Show Quest Performers and Kapa Haka Roopu

**21st May** - Pink Shirt Day

**24th May** - Field trip to Manea - Footprints of Kupe Centre Opononi - 6 & 9

**31st May** - DIS Cross Country (TBC)

**3rd June** - Mahuika - Auckland Theatre Company performance

**7th June** - Queens Birthday

**11th June** - NW Cross Country (TBC)

**6th July** - Show Quest

**9th July** - Final Day Term 3

### Special thanks to AON Insurance Brookers

A huge thank you to our local AON branch who kindly donated furniture, stationery and equipment to our school as part of their relocation to their new premises opposite Wrightsons on Victoria Street.

*Principal  
Brendon Lucich*



Tomato Plants  
For Sale

Available this week  
\$2 per 6 cell pack  
Money Maker or Cocktail  
Send the money to  
school and  
you can collect from the  
office.

### JUNIOR HOCKEY FUNSTICKS

TERM 2: 4/5/21-6/7/21  
DARGAVILLE INTERMEDIATE  
SCHOOL TURF

Tuesday's 3.30pm to 4.30pm  
\$10.00

Bring, or borrow, your own  
stick and shin guards. Bring  
your own mouth guard.

Bev Hart Coaching  
0212506776-  
to indicate interest.

*Speak UP* #PINKSHIRTDAYNZ  
**STAND TOGETHER  
STOP BULLYING**

KŌRERO MAI, KŌRERO ATU, MAURI TŪ, MAURI ORA

**FRIDAY 21 MAY 2021**



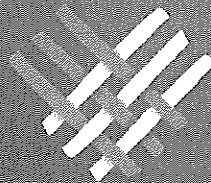
**Pink Shirt Mufti Day**

**Friday 21st May**

**Gold coin donation, proceeds to  
Mental Health Foundation**

**PINK  
SHIRT  
DAY**

**PINK  
SHIRT  
DAY**



## Information for parents and whānau

### A new wellbeing and resilience programme for Year 7-8 students

St John Community Education is excited to introduce our new *Whātuia te Waiora Weaving Wellbeing* programme. This is a positive mental health programme which aims to enhance wellbeing for Year 7 & 8 students. *Whātuia te Waiora Weaving Wellbeing* gives children the opportunity to weave positivity into their daily lives through a range of activities in a variety of areas. These areas include identifying and using their authentic character strengths, boosting positive emotions, developing and nurturing positive relationships and connections, building practical resilience skills (including mindfulness) and developing self-efficacy through empowering beliefs.

This positive wellbeing programme consists of 10 lessons over a school term. It is underpinned by the positive psychology concept that a state of wellbeing is not simply the absence of the negative, but the presence of the positive.

### What will students learn?

#### Sessions 1-4

These sessions cultivate language for students to explore their strengths, and how we can build this and appreciate this in others. Students will learn what a character strength is and how this is different from values and skills. Students will discover how to use their strengths and identify opportunities in which to grow them. They will also learn how to call on their strengths in times of challenge.

#### **Session 1: Positive introductions - setting the scene**

- Introduction to the programme.
- Introduction to mindfulness.

#### **Session 2: Positive me - know my strengths**

- Understanding what our strengths are.
- Identifying our top five strengths.

#### **Session 3: Positive me - know my strengths #2**

- To be able to spot strengths in ourselves and others.
- To grow our strengths and use them in times of challenge.

#### **Session 4: Positive high fives - appreciating myself and others**

- Understanding the impact that gratitude can have on our wellbeing.
- To create a gratitude diary.
- To do a random act of kindness for someone.

## **Sessions 5-6**

These sessions develop awareness around our positive and negative emotions, and ways that we can boost our positive emotions.

### **Session 5: Positive emotions - understanding positive and negative emotions**

- Understanding the role of negative and positive emotions.
- Understanding that when we give names to our emotions, we can then deal with them.

### **Session 6: Positive emotions - boosting my positive emotions**

- Understanding that our positive emotions are fleeting.
- Understanding the health benefits of positive emotions.
- Being able to relive positive experiences.

## **Sessions 7-8**

These sessions develop awareness of our thoughts and how we can avoid some of the thinking traps that do not serve us.

### **Session 7: Positive mindset - catching thoughts, and ways of thinking that help me**

- Become familiar with helpful thinking patterns.
- Become familiar with best case, worst case.
- Learn about ways to stop us from getting stuck in unhelpful thinking patterns

### **Session 8: Positive mindset - catching thoughts, and ways of thinking that help me #2**

- Become familiar with helpful thinking patterns.
- Become familiar with best case, worst case.
- Learn about ways to stop us from getting stuck in unhelpful thinking patterns.

## **Session 9: Positive future - learning to be my own best friend**

This session develops kindness to self.

- Understanding the power of believing in yourself.
- Learning ways in which we can be our own best friend.
- Imagining ourselves in the future.

## **Session 10 - Positive celebrations - sharing kai and sharing learning**

This session introduces the idea of community wellbeing, and whether there is a call to action in our learning spaces that we can be involved in.

- Reflecting on the journey over the term.
- Responding to the challenge "How are you going to impact the wellbeing of others?"

Celebration is an important part of the programme, to congratulate and reward your students on the journey you have taken together. If a celebration with shared kai is not right for your class/school, please discuss other options with your facilitator.

## How does it work?

Each session is one hour in length with one session a week over 10 weeks. Our St John Community Educators will deliver the content through engaging and practical activities. The programme content has been developed in partnership with CORE Education which ensures the content and delivery methods are best practice for New Zealand school students.

Students will fill out a workbook, *My Life Book*, which they will be able to take home at the conclusion of the programme.

## What does it cost?

A gold coin koha would be hugely appreciated but is not essential, as we are committed to increasing the wellbeing and resilience of tamariki.

## Breathing and mindfulness exercises

Breathing and mindfulness are key parts of the programme. Below are links to some videos which are used in the programme. We encourage you to watch these videos at home and remind your child to use the techniques when needed.

Take 5 Breathing: A Breathing Exercise for Kids - YouTube

<https://www.youtube.com/watch?app=desktop&v=sh79w9pn9Cg>

5 Mindful Movement Practices for Youth - YouTube

<https://www.youtube.com/watch?app=desktop&v=CGX2IU35Jqc>

Go Zen 4-7-8 Breathing - YouTube

<https://www.youtube.com/watch?v=UxbdX-SeOOo&t=3s>

## Other resources

We recommend checking out these sites for more resources and activity ideas:

- Sparklers <https://sparklers.org.nz/>
- The Mental Health Foundation <https://mentalhealth.org.nz/>
- All Right? <https://www.allright.org.nz/>

## Social Media

Like and follow the *Whātuaia te Waiora Weaving Wellbeing* Facebook page, where we post wellbeing content, videos and more:

<https://www.facebook.com/StJohnWeavingWellbeing>

For any enquiries please talk to your child's teacher.

