

WOODBURY SCHOOL

Newsletter



15th December 2022, Term 4 Week 8

From the Principal's Desk

Kia ora e te whanau,

Rather than wait until next week, we thought we would send a newsletter out today to make sure families were aware of what is going on next week (see below).

We saw students again representing the school with pride at a very cold South Canterbury Primary Schools Athletics event on Tuesday. Some awesome performances, well done to all, particularly Paige Ellery and the boys and girls Under 9 relay teams who all placed in their events.

Tuesday night also saw a group of Woodbury students compete in the final of their Year 5/6 basketball competition. While they lost to a tough Geraldine team, they have made great progress this year and should be very proud of their efforts.

As this is the last newsletter of 2022, on behalf of the Woodbury School staff and BOT I would like to thank all our families for your wonderful support over what has been at times another disrupted year. We hope you all enjoy a relaxing Christmas Break and some quality family time, and look forward to seeing everyone refreshed in 2023.

If you have any questions or queries over the holiday break, please email principal@woodbury.school.nz, as the office emails will not be checked until later in January.

Nga mihi,

Mike de Joux
Tumuaki / Principal



Term 4 Calendar

Week 8

Friday, 9th December

Tomorrow we have a number of our Year 4-6 children taking part in a triathlon / duathlon event here at school. This was cancelled in Term 1, and the children were keen to have it go ahead. This will start at 11.30AM and go for an hour or so, families are welcome to come along to watch.

Week 9

Monday 12th December

Whole school trip to the movies and pool. We leave school via bus around 9.40. [Please follow this link for info](#), and fill in the survey if you haven't already. After School Care is still on.

Tuesday 13th December

Our Year 6 students have a trip together, to celebrate the end of their time at Woodbury School.

Thursday 15th December

Prizegiving starts at 1.00pm over at the Woodbury Domain Hall, and will go for approximately an hour. Buses will still operate, but no After School Care.

End year reports will go home with children, and also 2023 stationery lists (which confirm your child's class)

Friday 16th December

A half-day to finish the year, we finish at 12.00. Buses operate in the morning, but not after lunch and children who attend on this day will need to be collected.

[Term 1 Parent Calendar](#)



Last Sausage for the year is this Friday, 9th Dec



Woodbury Carol Service and Nativity Play

20 December, 7pm, St Thomas's Church

This iconic annual Woodbury event is being held again this Christmas and we are on the lookout for children of any age who would like to play the part of Shepherds, Wise people, Kings, angels etc. If your child would like to be included or you have any questions please message Jo Hewson, text 0212211234 or email jojophysio76@gmail.com

COMMUNITY
dental service



Te Whatu Ora
Health New Zealand
Waitaha Canterbury

- Community Dental clinics are closing from 20/12/22 to 30/01/23
- We have limited appointments available over the Holiday period 21/12/22 to 27/01/23.
- Please call 0800 846 983 or email: commdental@cdhb.health.nz to book an appointment. If you cannot attend your booked appointment, let us know so we can book another child.

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD




FREE PARENTING HELPLINE www.parenthelp.org.nz
ALL ISSUES ALL AGES **0800 568 856**

Free webinar series

What's Going On for My Child or Teen?



Do you want to help your child or teen who may be exhibiting challenging behaviours or experiencing distress?

Join us for this series of free webinars, presented by expert facilitators to learn strategies to support your child or teen. Parents, caregivers, teachers, and those working with children can gain the confidence and tools to address a range of issues that may affect children and teens.

Attend the entire series or choose which webinars you'd like to attend.

- 1 **The Importance of Self-Care and Self-Regulation**
Wednesday 19 October, 7.00pm – 8.30pm
 Gain an understanding of the importance of looking after yourself first, and learn tips and tools for self-care. Facilitated by Mel Johns.
- 2 **Strategies for Challenging Behaviour**
Tuesday 25 October, 7.00pm – 8.30pm
 Explore what might drive challenging behaviour, and develop strategies that can be used when this behaviour arises. Facilitated by Catherine Gallagher.
- 3 **Anxiety in Children and Teens**
Tuesday 1 November, 7.00pm – 8.30pm
 Develop your knowledge and understanding of anxiety in children and learn ways you can support them. Facilitated by Catherine Gallagher.
- 4 **School Avoidance**
Tuesday 8 November, 7.00pm – 8.30pm
 Explore the issue of children avoiding school, discover how this is often linked to anxiety, and gain tools to address school avoidance. Facilitated by Catherine Gallagher. (It is highly recommended that you also attend the session on anxiety as this is often a key driver of school avoidance).
- 5 **Supporting Children and Teens Through Big Emotions**
Wednesday 16 November, 7.00pm – 8.30pm
 Gain an understanding of how you can support your child or teen who may be experiencing intense feelings. Facilitated by Sarah Drummond.
- 6 **The Importance of Healthy Sleep Habits**
Wednesday 23 November, 7.00pm – 8.30pm
 Explore the importance of sleep habits and learn ways to establish healthy routines. Facilitated by Ruth Troughton.
- 7 **Supporting Children and Teens in a Digital World**
Wednesday 30 November, 7.00pm – 8.30pm
 Consider the effects on children and teens living in a digital world and explore tools and strategies which can be used to have discussions about wellbeing and safety online. Facilitated by NetSafe.

Register at mherc.org.nz

For more information contact education@mherc.org.nz or 0800 424 399

