

## Hutt Central School Newsletter No 8 Term 2 12 June - 16 June 2023

**Kia ora Tatou,**

### **New Students**

This week we welcomed Leon to Hutt Central School. It is great to have you with us.

### **Kids Online Presentation**

We have organised Author, Filmmaker and Speaker Rob Cope, producer of the documentary "Our Kids Online" to come and give what promises to be a humorous and eye-opening evening talk to our parent community. Our presence at Rob's presentation will support us to take collective action as a community for our tamariki - now and in the future.

His talk will cover

- **Cyberbullying** - How cyberbullies can reach our kids 24/7
- **Social media** - The pressure for kids to build an online brand that is often far removed from their authentic selves. FOMO, Highlight Reels
- **Gaming and the developing brain** - An oversupply of dopamine leading to dopamine deficiency, synaptic pruning, and the underdevelopment of social skills and empathy
- **Naked Selfies** - The pressure to send nudes from intermediate up through high school
- **Online predators** - The methods they use, how to spot them, and how to get out from under their control if your child has been trapped
- **Online porn vs healthy sexuality** - How consuming online pornography as a child or teen can create a sexual template where violence, aggression, and dominance are seen as normal and consent can become very blurry

Solutions

- **Filters** - Which filters are best and how to install them
- **Smartphones** - How to lock down a smartphone to make it a safe phone
- **Boundaries** - How to put good boundaries in place around device use
- **3 golden rules** - The 3 golden rules that will keep your kids safe
- **Talking to your kids** - How to have difficult conversations with your kids
- **Challenging our own phone and device usage** - Reconnecting as a family.

[Here is a promotional video for you to watch Our Kids Online Parent Evening.](#)

The presentation will be held in our school hall on **Thursday 27th July from 7-9 pm.**

We really want at least one adult from each family attend, this topic is too big for us not to pay attention.

**Rob's mantra** - *"We need to tackle this as a community so that all of our kids are safe. When you protect your kids online, you are also protecting mine and when I protect my kids online, I am also protecting yours."*

**Look out for the signmees for this to ensure you reserve your space.**

### **Interzone Cross Country**

It was an incredible morning at Trentham Memorial Park on Tuesday when 14 of our runners did us proud. They raced against amazing runners from across the Lower Hutt region to try to qualify for the Regionals in Masterton later this month. Tino pai to mahi to all our runners, they gave it their all and did personal bests. We have 7 qualify and another 3 make the shortlist and may be called up to compete.

Congrats to Elsie, Toby, Andrai, Isla, Hope, Harry, and Raidyn for being in the first 10 of their races and automatically going through to the Regionals! We wish you all the best.



## Matariki Hangi

Our Whānau Group, staff and students are organising our Matariki Hangi which will take place on Thursday 29 June. This is a fantastic community event where we all come together and share a meal that our students and whānau group have organised and prepared. We ask you all to save the date and aim to come to school from 4:30 pm on Thursday 29 June for our Hangi.

## Assembly

Please join us tomorrow for assembly at 2:20pm in the Hall.

Please come and see me, email me or call the school to talk with me if you have any questions or queries.  
[principal@huttcentral.school.nz](mailto:principal@huttcentral.school.nz)

Ngā mihi nui,  
Michael Gendall  
Principal

Another great successful Quiz Night last Friday. Thank you so much to the Fundraising Committee, we as a Board appreciate all of your mahi, it certainly doesn't go unnoticed. And also Thank you for your continued support for our tamariki.

Renee  
Hutt Central Board of Trustees

## We're going to the Zoo!

A massive thanks to the OFF BRAND group from Hutt Valley High School that came into school and created some learning with Room 14 and then organised an amazing trip to the Wellington Zoo. The Gateway group of year 12 and 13 students worked hard to organise and deliver an amazing opportunity that linked well into the Thrive focus through animals that Room 14 is learning about. Thanks so much for your mahi and organisation that created this opportunity free of charge for our tamariki.



Kia ora e te whānau,

Our whānau group is supporting us to organise a Hāngī to celebrate Matariki and come together as a +community to share a meal.

We will need support during the day on Wednesday 28th June to prepare the packs and in the afternoon on Thursday 29th to set up for the Hāngī, hand out packs and pack up at the end of the night. If you are able to support, please email Michael ([principal@huttcentral.school.nz](mailto:principal@huttcentral.school.nz)) or Rebecca ([burger@huttcentral.school.nz](mailto:burger@huttcentral.school.nz)).

We are also asking for firewood donations that we can use on the day. If you could spare a log or two that would be greatly appreciated. These can be delivered to the office anytime between now and the Hāngī.

You can buy Hāngī tickets outside the office every day before and after school until Rāapa/Wednesday 21st Pipiri/June. To support us with the cost of the Hāngī we are asking for a koha of \$12.50 per meal pack, or you can purchase 3 meal packs for \$30.

Ngā mihi,  
Te Ao Māori Team and the Whānau Group





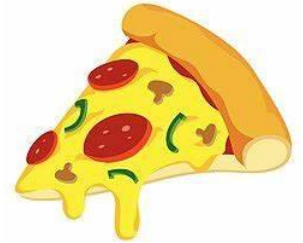
## Breakfast Club

Breakfast Club is in the school hall every school day from 8.30am-8.50am. Everybody who'd like a bite to eat or some company at that time is welcome. If you're interested in volunteering at Breakfast Club once a week or once a fortnight, please contact Kathryn Rose at [kathrynrose11771@gmail.com](mailto:kathrynrose11771@gmail.com).

## PIZZA LUNCH FUNDRAISER Tuesday 20th June

Pizza Lunch order forms came home with the children this week and there are more available at the school office.

**Forms and cash payments need to be back at the school office by 3pm TOMORROW Friday 16th June.  
NO LATE ORDERS CAN BE ACCEPTED**



Visit our website for links to the classes, contacts for teachers and an updated calendar  
<http://www.huttcentral.school.nz/>

|   |  |
|---|--|
| Week 8 Term 2<br>12th June - 16th June  | Friday - Assembly in School Hall 2.20 pm   |
| Week 9 Term 2<br>19th June - 23rd June  | Tuesday - Fundraising Pizza Lunch  |
| Week 10 Term 2<br>26th June - 30th June | Monday- Hutt Fest performance<br>Thursday - School Hangi<br>Friday - Last day of term - Assembly |
| Week 1 Term 3<br>17th July - 21st July  | Monday - Term 3 begins   |

## Our 2023 Seesaw Blogs

Please let your child's teacher know if you have any problems viewing their individual learning journal.

|        |   |
|--------|---|
| Room 1 | <a href="https://app.seesaw.me/blog/hcsruma12023">https://app.seesaw.me/blog/hcsruma12023</a> |
| Room 2 | <a href="https://app.seesaw.me/blog/hcsruma22023">https://app.seesaw.me/blog/hcsruma22023</a> |
| Room 3 | <a href="https://app.seesaw.me/blog/hcsruma32023">https://app.seesaw.me/blog/hcsruma32023</a> |
| Room 4 | <a href="https://app.seesaw.me/blog/hcsruma42023">https://app.seesaw.me/blog/hcsruma42023</a> |
| Room 5 | <a href="https://app.seesaw.me/blog/hcsruma52023">https://app.seesaw.me/blog/hcsruma52023</a> |
| Room 6 | <a href="https://app.seesaw.me/blog/hcsruma62023">https://app.seesaw.me/blog/hcsruma62023</a> |
| Room 7 | <a href="https://app.seesaw.me/blog/hcsruma72023">https://app.seesaw.me/blog/hcsruma72023</a> |
| Room 8 | <a href="https://app.seesaw.me/blog/hcsruma82023">https://app.seesaw.me/blog/hcsruma82023</a> |
| Room 9 | <a href="https://app.seesaw.me/blog/hcsruma92023">https://app.seesaw.me/blog/hcsruma92023</a> |

|         |   |
|---------|---|
| Room 10 | <a href="https://app.seesaw.me/blog/hcsruma102023">https://app.seesaw.me/blog/hcsruma102023</a> |
| Room 11 | <a href="https://app.seesaw.me/blog/hcsruma112023">https://app.seesaw.me/blog/hcsruma112023</a> |
| Room 12 | <a href="https://app.seesaw.me/blog/hcsruma122023">https://app.seesaw.me/blog/hcsruma122023</a> |
| Room 13 | <a href="https://app.seesaw.me/blog/hcsruma132023">https://app.seesaw.me/blog/hcsruma132023</a> |
| Room 14 | <a href="https://app.seesaw.me/blog/hcsruma142023">https://app.seesaw.me/blog/hcsruma142023</a> |



## Community News

### Refugee Support Volunteer Recruitment - NZ Red Cross Information Session 20 June 10:30-11:30 War Memorial Library- Lower Hutt


Former refugees often arrive in New Zealand with very few belongings, and faced with the day to day tasks in resettling can be challenging. Support by our wonderful volunteers goes a long way to making this easier. Red Cross often hears how over time volunteers, and the people they support sometimes move to a lasting 'family like' connection. If this interests you contact; [aileen.davidson@redcross.org.nz](mailto:aileen.davidson@redcross.org.nz) or there is more information at the school office.

## Entertainment E-Book

Please consider supporting Hutt Central School if you are interested in purchasing an Entertainment EBook.

This link [Hutt Central Primary \(entertainmentnz.com\)](http://entertainmentnz.com) will take you straight to our page for information and ordering details.





**July School Holiday Programme**  
Hours: 8.00am -5.00pm

Phone: 021 058 7675  
Email: [rainbow.kidz.start@gmail.com](mailto:rainbow.kidz.start@gmail.com)  
Online Enrolment:  
[www.rainbowkidz.co.nz](http://www.rainbowkidz.co.nz)  
**Location:**  
Hutt Central School Hall  
Railway Avenue Lower Hutt

Fees: \$50 (up to 9 hrs)  
\$45.00 (up to 5hrs ½ day)  
Activity fees if required to be added to daily rate

**OSCAR-MSD approved**  
WINZ subsidies available

**Week 1**  
**Monday 3<sup>rd</sup> July**  
Decorate your own Mystical Mask  
Uno Beads  
**Tuesday 4<sup>th</sup> July**  
Create a Wooden Aeroplane from a kit  
Lemon Salt Scrub  
**Wednesday 5<sup>th</sup> July**  
Design your own Pinwheel  
**Movies – Lighthouse Petone**  
**Thursday 6<sup>th</sup> July**  
Hocus Pocus Magical Potion Bottles  
Colouring in Competition  
**Friday 7<sup>th</sup> July**  
Rainbow Sand Art Creations in Jars  
Making Chocolate Crackles

**Week 2**  
**Monday 10<sup>th</sup> July**  
Paint your own Animal Stone Art  
Face-painting  
**Tuesday 11<sup>th</sup> July**  
Animal Origami  
**Laughalots Playground**  
(a favourite of the children)  
**Wednesday 12<sup>th</sup> July**  
DIY Bird Feeder/Bird Food  
Outdoor game of Survivor  
**Thursday 13<sup>th</sup> July**  
Matariki Stars  
RK Movies and Popcorn  
**Friday 14<sup>th</sup> July**  
Matariki- Stat Day



## OSCAR House Holiday Programme

OSCAR House is open 03-13<sup>th</sup> July 2023 (Note 14/07/23 is a public holiday for Matariki)  
Programme plans, information & enrolments are now available for our quality school holiday programmes.

<http://www.oscarhouse.co.nz/holiday-programme-junior/> School Years 0 – 2  
<http://www.oscarhouse.co.nz/holiday-programme-middle/> School Years 3 – 8

We are an MSD OSCAR approved programme & OSCAR subsidies are available.  
Our premises are adjacent to Eastern Hutt School  
We welcome new whanau and we'd love to have you join us!

## **Capital Basketball Holiday Camp**

Get registered for a jam-packed day full of fun and friendly basketball with a bunch of other kids of all different skill levels. Our talented coaching team ensure all abilities are catered to including newbies and young ballers looking to refine their skills in a safe inclusive environment where positivity fosters growth and development both on and off the court.

We have camps available for kids in years 1-8 with mixed and girls only options.

Campers that register before June 25<sup>th</sup> will go in the draw to win a CAMPERS PRIZE PACK including a basketball, boot bag, mouth guard, vintage camp t-shirt, and a FREE 1-on-1 skills session.

Get in quick with your registrations!

To see an overview of all of our camps, head to our website:

<https://www.capitalbasketball.org/kiwi-hoops-sign-up>

**All camps will be held at Walter Nash Centre**

Bounce Camp - Years 1-3 July 3<sup>rd</sup>, 10am-12:30pm

Swish Camp - Years 3-6 July 10<sup>th</sup>, 9am-3pm

All Star Camp - Years 6-8 July 11<sup>th</sup>, 9am-3pm

Girls Got Game Camp - Years 3-8 (Girls Only) July 12<sup>th</sup>, 9am-3pm



# FAMILY YOGA



Mindful movement with your kids,  
your teens, your parents, your  
household!

Gain tools to:

- awaken the body
- calm the mind
- explore hauora
- connect as a family

Have a play with:

- yoga poses
- breath work
- meditation
- emotional expression & regulation



## DETAILS...

Where:

Anahata Yoga Studio, Petone

When:

Mondays 4-5pm, 1st May - 27th June

Price:

\$20 for 1, \$50 for 3, \$130 for 9

How to book:

Email Victoria: [anahatastudiopetone@gmail.com](mailto:anahatastudiopetone@gmail.com) with  
number of family/household members

## Hockey School Holiday Programme for July 2023

Looking for something outdoors to keep the kids entertained these school holidays. Wellington Hockey is excited to be offering a school holiday programme for kids aged 5 to 12 on Tuesdays and Wednesdays of the school holidays. This programme is designed to be fun and engaging for both kids new to hockey with no previous experience and those who already play.

The school holiday programme will be held at National Hockey Stadium, Mt Albert, Berhampore rain or shine and led by our Development Officer, Regan Fricker.

Bring lunch and snacks, a drink bottle, a jacket, and a change of clothes in case the weather changes.

Sticks and sports equipment will be available. We will make the most of our time on the turf where possible but if it is too wet or cold, we will move indoors for activities, games and movies.

**Who:** Children aged 5 - 12 years

**Where:** National Hockey Stadium, Mt Albert, Berhampore

**Time:** 8:30am to 3pm

**When:** Tuesday 4<sup>th</sup> July, Wednesday 5<sup>th</sup> July, Tuesday 11<sup>th</sup> July and 12<sup>th</sup> Wednesday

**Cost:** \$45 per day with a discount when booking multiple days.

Register now via player management system PlayHQ

<https://www.playhq.com/hockey-new-zealand/register/e9b3ee>

If you have any questions, please email [regan@wellingtonhockey.org.nz](mailto:regan@wellingtonhockey.org.nz)



# UNIFORM ORDER

Name .....

Class ....

Cost

Amount to pay

|            |   | Cost    | Amount to pay |
|------------|---|---------|---------------|
| Sunhat     | 3 sizes available. Come and choose the size that fits your child best and we will name it with a white fabric pen | \$15.00 |               |
| Hoodie     | Name on the back as you want it written<br>.....  |         |               |
|            | Size 6  | \$55.00 |               |
|            | Size 8  | \$55.00 |               |
|            | Size 10   | \$55.00 |               |
|            | Size 12   | \$55.00 |               |
|            | Other - Adult sizes   | \$65.00 |               |
| Sports Kit | Size 6  | \$50.00 |               |
|            | Size 8  | \$50.00 |               |
|            | Size 10   | \$50.00 |               |
|            | Size 12   | \$50.00 |               |
|            | Size 14   | \$50.00 |               |