

# Arthur Miller School

## **Arthur Miller School Community:**

Striving towards excellence – underpinned by our values of being Caring, Collaborative and Curious

## **Newsletter No. 15 – Thursday, 26 September 2019**

Greetings Parents and Caregivers,

Last week our performing arts group went to Bryant House to entertain the elderly folk there with songs, musical performance and kapa haka items. My thanks to Miss Williams for co-ordinating this community event with the children.

Successful runners from our school cross country went on to represent the school at the Napier interschool event at Park Island. Thank you to parents and caregivers for your support at this event. Well done everyone who represented the school with such pride and effort. Arthur Miller School had seventeen competitors who were then selected to go onto the Regional Championships at Hastings A& P Showgrounds this week.

Congratulations to: Ellsie Stewart, Jana Todd, Noah Williams, Jamaelin Edmonds, Madison Hardie, Willis Gardner, Emersen Bentin, Yigit Gider, Cody Griffin, Amber Stewart, Gemma Johnson, Lachie Williams, Jade Leith, Lily Taylor, Macy Bryant, Sophie Todd and John Bidlake.



### **Sports offered in Term 4**

During Term 4 children will have the opportunity to participate in the following sports:

Tee Ball for Years 1 & 2 co-ordinated by Mrs Shelley McHale

Summer Hockey for Years 1-6 co-ordinated by Miss Hannah Brodie

Cricket for Years 5 & 6 co-ordinated by Mr Heath Hooper

Netball for Years 0-4 co-ordinated by Mrs Jo Exeter

Basketball for Years 2 – 6 co-ordinated by Mr Gary Exeter

### **Teddy Bears Picnic**

Junior students had a Teddy Bears Picnic last week and were supported by their older 'buddy' students with stories and activities.



### **Holiday Kindness Challenge**

#### Kindness

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviour. Keep your behaviour positive because your behaviour becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.”

#### Gandhi

We don't need a reason to be kind, however more of it in our world is only a good thing! Kindness is always a choice. The more we practice it, the more natural it becomes. You might like your children to practice being kind each day over the holiday break by choosing 1-4 ideas from the list below.

Children can choose from one category or all four each day. Choose the level of kindness and add individual ideas.

Students may want to keep a record of their 'acts of kindness' via photos, journaling, a list or even a small video montage.



## KINDNESS to SELF

- Do something that makes you happy today
- Exercise for 10 minutes and get your heart pumping 
- Smile more often 
- Avoid complaining for the entire day
- Create a new game and play it with friends and family
- Take time to practice mindfulness
- Take long slow deep breaths for 3 minutes
- Listen to your favourite music 

## KINDNESS to FAMILY

- Help with the chores without being asked
- Express your gratitude to your family
- Play a game with a family member 
- Wash Mum or Dad's car
- Make a handmade card for someone in your family
- Tidy up after yourself
- Surprise a family member by doing their job for them 
- Cook a meal 
- Leave a special note on a family member's pillow

## KINDNESS to OTHERS

- Write a letter or note to someone out of town and post it 
- Bake a cake or your favourite food and deliver it to a friend or someone in need 
- Find opportunities to give compliments today
- Say "thank-you" as much as possible
- Hold the door open for the person behind you
- Do something kind for a stranger
- Greet people with a Hug, High Five or Handshake 

## KINDNESS to PLANET

- Use less plastic 
- Drink from a reusable water bottle
- Turn off the lights when you leave the room
- Use reusable shopping bags
- Pick up 5 pieces of litter
- Walk more, drive less 
- Recycle
- Make a piece of art work from recycled materials 

  
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### FOAMS

Calendar order forms have been sent home with all children. These are individually named and have a unique entrance code printed on them. Please view your child's artwork and order online, [www.kidsartworks.com](http://www.kidsartworks.com). Payment can be made using either a credit card or online banking. Pricing details are included on the order form.

**Last day for orders is Monday 21 October at 9.00am.**

### Term Dates

#### 2019

Term 3: Monday 22 July – Friday 27 September (10 weeks)

Term 4: Monday 14 October – Thursday 19 December (10 weeks including Anniversary/Labour weekend)

#### 2020

Term 1: Monday 3 February – Thursday 9 April (10 weeks, including Waitangi Day)

Term 2: Tuesday 28 April – Friday 3 July (10 weeks, including Queen's Birthday)

Term 3: Monday 20 July – Friday 25 September (10 weeks)

Term 4: Monday 12 October – Wednesday 16 December (10 weeks including Anniversary/Labour weekend)

Coming Events	
Date	Event
Friday 27 September	End of Term 3
Monday 14 October	Term 4 starts
Tuesday 22 October	BoT Meeting Staffroom 7pm
Friday 25 & Monday 28 October	Anniversary & Labour Day holiday weekend
Tuesday 29 October	School photos
Thursday 31 October	FOAMS Disco (Halloween theme)
Friday 1 November	Cultural Group perform at Riversdale Village

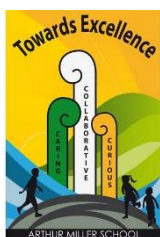
Have a safe, happy time over the school holiday break. We look forward to seeing everyone back at school on Monday 14 October.

Arohanui,

Greig Mercer  
Principal

### Community Notices

**Hawkes Bay Mum's, Bub's & Dad's Wellness Expo 2019.** Napier Conference Centre, 5<sup>th</sup> & 6<sup>th</sup> October. Free admission. Consult with midwives, lactation consultants, Plunket, Tamariki Ora and others. Seminars will be held on car seat safety, exercise & depression, baby immunisation, baby blues and post natal depression. There will also be group counselling sessions on women with depression, men with depression, post-natal mums and post-natal dads. All sessions and seminars are free to attend.



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