

Rāpare tua rua o Poutū-te-rangi : Thursday 2 March 2016

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## An Insight into the importance of 'letting kids do some work'.

There is strong evidence that feeling useful builds resilience in children, but how much and what sort of work are we asking kids to do? Next time your child complains about chores (or carrying their OWN bag in to school), tell them it's for their own good!

Giving children meaningful household tasks, 'jobs at school' and expecting them to be responsible may be the key to making them more resilient and capable in later life. But are we giving them enough opportunities to feel useful or are we leaving them on the shelf, wrapped in cotton wool?

The idea that it is important to foster a child's capacity to help others goes back to groundbreaking research published in the 1970s on the impact of the Great Depression on US families. This research suggested that many kids thrive when the going gets tough.

US sociologist Glen Elder discovered that among families hit by poverty during the Great Depression and in particular, people who were babies at the time, (and therefore totally dependent on adults) struggled throughout their later lives. However, those children who were aged 9-10 when the Depression hit tended to do much better later in life and even more importantly, they outperformed their peers whose families had not been affected by the depression.

Professor Elder suggested that these children benefited from increased self-esteem by having to roll up their sleeves, complete 'jobs' and help out.

The question is, how much of this is happening with our children now? Are we giving them the opportunity to feel useful and contribute meaningfully in the home and at school? Are we 'letting them do some of the work?'



## A Lunchbox Request...

We have included this graphic to help you think about healthy options for lunchboxes. We have noticed sugary drinks creeping back in to lunches and we would prefer the children to be drinking water as this is a much more effective 'brain hydrator'. Perhaps some of the images might also remind some of you about the value of the humble wrap or sandwich and fruit! Treats are fine, but please, not every day???



Sun smart, happy kids  
in Room 12 – Jahntae  
and Kyle...

**PLEASE  
RETURN  
YOUR  
LIBRARY  
BOOKS!**

**AMNESTY**

A word from the Library Team:

Our school library has over \$1000 of borrowed books that are missing. Our books have the school's name on them. If you find any books that belong to the school lurking at home, then please return them to school. There is a Returns cabinet in the library or hand them in to either the school office or the classroom teacher. We would be very grateful to see books returning to the library.

### Children's Day – FREE – Sunday 5 March from 11 am at Levin Adventure Park

There will be all the old-fashioned family fun like Sack Racing, Egg & Spoon Races and Rugby Kicking, Face Painting, music, entertainment and fun! We've got the Thunder Run coming, bouncy castles and even a Photobooth so you can get a photo of your friends / family. Bring a picnic, drink bottle, sunscreen and get ready for some fun - this Sunday from 11.00 am.

Help!!! Our little people need some nails for their woodworking trolley – any donations gratefully received!

### Levin Soccer - Junior Registration Forms

If you wish to register your son or daughter for soccer, please collect a Junior Registration Form from the office. Completed forms and payment of fees can be handed in to the office as well. These will be passed on to the Club.



Hut making is all on... if you have any driftwood 'floating' about - we'd love it...

### Soccer Fees 2017

First Kicks	Pre-School/Year 1	\$40
7th/8th Grade	Years 2 and 3	\$50
9th/10th Grade	Years 4 and 5	\$50
11th/12th Grade	Years 6 and 7	\$60

### Fundfinders

**Book week is coming...** This week is to promote **reading at our school** and is our **Scholastic Book Week 13 – 17 March**. Our theme will be **'pirates'** and we will be having

lots of other school happenings to support it. The process is that parents, grandparents, aunties, uncles or whoever come and purchase a book from the display which will be set up in Room 18. For every book purchased, Scholastic give us money to purchase books for our library. It is a great way of us having great reading material for your kids. So start collecting your loose change in a jar – better than it going through the washing machine. **If you would like to meet the Fundfinders crew, come along to the meeting on Monday 6 March in the staffroom.**

### MUSIC LESSONS

Music lessons for Guitar, Keyboard, Vocals and Drums started with our Tutor Nikki this week. Thank you to everyone who has started paying for their lessons. If you have not started making payments yet, please do so as we have to be much stricter about payments than in previous years. **It is \$10.00 per lesson - per week - per instrument.** Weekly cash payments made to the office are fine or you can pay online – come in and collect a slip with the school's bank account details. Thank you!

*Levin North School is a positive, caring community, which promotes lifelong learning, celebrates individuality and encourages participation and success for all.*

### Quiz Night

**18 March; 8.00 pm**

4-6 people in a team

(we keep all proceeds from ticket sales)

Raffles and

entertainment from 7.00 pm

**Tickets \$5.00 per person** from  
Levin North School or Levin Club

**now available**

**Support our community to  
support us!**

## Sports Teams

Please folks(!) if your child signs up for a sports team – can they at least stick it out for a few weeks? You wouldn't believe the amount of organisation that goes on in the background to try to meet everyone's needs. When one child pulls out sometimes a whole team is left high and dry!

## SPECTACULAR SPORTS WORD

Week 5, Term 1

### SWIMMING

Next week the Year 4-6 children will begin their swimming sessions in the school pool. Please ensure your child has named togs and a towel for each session. Unless told otherwise by their teacher, assume that they will be swimming every day until the end of term.

In Term 2 we will be working with the Aquatic Centre to deliver a Water Safety Programme for these children. More information about this will follow.

### CRICKET ACADEMY

The school cricket academy teams continue to do well in the competition and well with their efforts. Levin North Black team had a very close win yesterday afternoon winning by two runs! Levin North Green won comfortably by 67 runs. Well done to both teams, and to the Players of the Day: Cooper K and Riley.

### SCHOOL SPORTS DAY!



It's that time of year again when the kids get to show off their sporting prowess to you. Book your time off to come and watch your children perform like superstars on their Sports Days! Below are the dates.

#### YEARS 4-6 CHILDREN

*Week 7; Thursday 16 March*

*Starts 9:30 am*

*Finishes 3:00 pm*

#### YEARS 0-3 CHILDREN

*Week 9; Thursday 30 March*

*Starts 10:00 am*

*Finishes 12:30 pm*

***And finally...***

### COMMITMENT TO A TEAM

Unless your child suffers an injury which stops them playing for the season, we strongly encourage you to promote how important it is for them to commit to their team if they have joined a school sport. All players and managers are important, and don't deserve to be let down. Let's keep our kids active and positive about being part of a team.

**Ngā mihi nui**

**Anna Cooper (Sports Co-ordinator)**

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## **Head Lice**

We are again having problems with head lice in classrooms. Please check your child's hair regularly. We have just received a supply of nit treatment and combs from KidsCan in the office so if you would like some, please come in and ask.

From a parent this week:

"The treatment for my daughter cost a total of \$16.67:

Budget Conditioner (lather on dry hair and comb through repeatedly with nit comb until no headlice on comb) \$3.79; Teatree Oil (80 drops in 1ltr of conditioner as a repellant) \$9.99 - on special at New World this week (usually \$12.99), and Nit Comb (\$2.99 from Unichem) and 90 minutes. Rinse conditioner out, then recondition with conditioner containing Teatree Oil if not done previously. Bonus is lovely soft tangle-free hair!"

## **Yummy Apple Stickers**

Keep collecting those yummy stickers; Sweet Tango, Lemonade and Ambrosia stickers give us double points! Sticker sheets can be obtained from the office.