

# EBBETT PARK SCHOOL

## EXCELLENCE, PRIDE & SPIRIT



## What's been happening?

The first week of this term has flown by. It has been fast but great.

We had a very positive response to 'We Feed Wednesday'. There was a long line of students waiting for soup, so many that I was not as prepared as I should have been and did not have enough. This week I will ensure we have plenty for everyone. Please know that it is for any child that would like it, there are no restrictions. More 'Chicken Soup' for the soul next week.

'Pizza Lunch' Camp Fundraising will be taking place every week this term. They happen on a **FRIDAY ONLY**. Order forms can be found at the back of each works newsletter. This can be paid by EFT POS if you would prefer.

## School Uniform

During term two there was a great deal of incorrect uniform being worn. It is expected that everyone will be in correct uniform this term. This means **sweatshirts that are not school uniform will not be accepted**. If for any reason you are having difficulty in access this correct piece of uniform please do not hesitate to contact me. **We have black warriors jackets that are available for students to wear if they do not have the correct sweatshirts.**

All Ebbett Park School Uniform can be sourced at 'The Warehouse' Hastings. The uniform consists of Navy blue shorts or skort, red polo shirts and a red sweatshirt both of which have our school logo on them. If you are unable to find the uniform in store please go to the service desk where they will help you. WINZ quotes are also available from the service desk.



### Seesaw

A free app to access your students learning and experiences while at Ebbett Park School.



### ClassDojo

A free app we use to reward students and an easy way to communicate with your child's teacher.



### Schoolstream

A free app for us to share notices, for parents to sign permission slips and to inform us of your child's absence.

## Classroom Champions

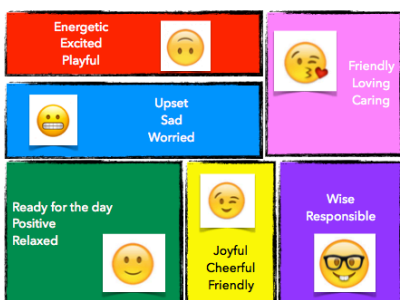


Well done to last week’s classroom champions: Reign, Sapphire, Aiden, Akeli, Ihaka and Kayla-Jae

A HUGE congratulations to these students that have had a great start to term 3 by living the Ebbett Park School values in every way.

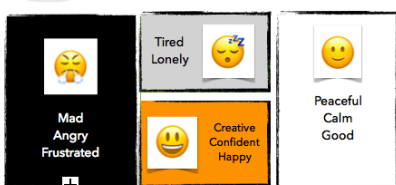
## Friends and Family

Thank you to those who have been in touch regarding this. If there is anyone that is still interested in being involved with school fundraising or happy to help out (when they can) this would be very much appreciated. You DO NOT have to belong to the community but, rather, have your name on a contact list so that we can get in touch when we are in need for helpers. If you are happy to do this please make contact with the school office and provide us with your details. I appreciate that we have busy lives and look forward to having a list of people we can call on when fundraising, working bees or the likes are due to happen. The more names we have the greater we can spread the work load.



Feelings ‘check-in’ chart

What colour are you today?



## School Wide Behaviour Focus

Developing student self management and expressing how we are feeling will be continuing this focus this week so that learning is solid and becomes every day Ebbett Park School behaviour. Students will be encouraged to say how they are feeling and make a connection to a colour for this feeling. Each classroom has a copy of this poster to support students to do this. This will allow teachers to be aware of how the students are feeling and can check in with them to support any negative feelings.

## Parent Place - Website

# How to be the boss of your brain when you're angry

Anger can be a great thing when it motivates you to make a difference in ways that don't hurt anyone. The truth is that when you hurt someone else, it will always end up hurting you eventually. You don't want to be that person who just goes around letting the angry, impulsive, reckless part of your brain make you do dumb things.

Anger can be the reason you protect your friend or the new kid when the [bullies](#) are giving him a hard time. It can be the reason you put wrong things right – but only if you have control of your brain while you do it. Otherwise it's a mess. A dreadful mess.

Be the boss of your brain and you'll be the boss of your anger.  
Be the boss of your brain and you'll be the boss of your anger. You can use it to do awesome things – to motivate you, inspire you and to make wrong things right, but seriously, you've got to be the boss for that to happen.

### How to be the boss of your brain

#### Breathe

It sounds simple – and it is – but there's a reason for that. There's a reason we practise breathing every single moment of every single day. The first is that if we don't, we die. The second is that when you breathe, your brain releases chemicals that calm down the angry feelings. Anger goes down, smarts go up.

#### Take a break

You want to be as smart as you can if you're having to deal with someone who has ticked you off, and the only way you can do this is to get your brain sorted.  
Walk away and go somewhere else until your brain is back under control. You want to be as smart as you can if you're having to deal with someone who has ticked you off, and the only way you can do this is to get your brain sorted. It will happen on its own, and it doesn't take long, but sometimes you have to find some space so that can happen.

If you want to be heard, be calm. Say what you need to say in a calm, clear voice. When you yell, people won't hear your message. All they'll hear is that you've lost your mind, which, if you're angry, you kind of have. Get it back and you'll say things that make a lot more sense because you'll have your full brain with all of your smarts, not 30 percent less.

#### Get active

Go for a fast walk, a run, a ride, or turn your music up and dance really hard – anything that gets you moving. Getting active will help your body to get rid of the 'angry' chemicals that your brain has fuelled you with to help you fight or run away.

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If you don't fight or run away, these chemicals can build up and make you feel even worse. It's easy to mistake them for feeling angrier and angrier, when actually what you're feeling is your brain saying, "Come on, I've given you what you need to be fast and strong – use it!" Being active will burn the chemicals and help to settle your brain again.

**Get the energy out**

Kick a ball – go for it – anything that will get the angry energy that's in you, safely out of you.

**Decide on the type of person you're going to be**

Decide that you're always going to be better than someone who loses it.

Using your body or voice to hurt others is never a good thing. Decide that you're always going to be better than someone who loses it.

**Give permission to all of your feelings to be there**

Anger is the feeling we grab on to to keep more difficult, intense feelings under control (like fear or anxiety). Anger never exists on its own and it can be really helpful to understand what feeling is beneath it. Breathe deeply and be open to any other feelings that might be there. Just let it happen. They'll show themselves to you when you're calm, still and open to seeing them. When you can find the feeling beneath your anger, your anger will start to ease.

**Get to know your triggers (we all have them)**

Once you start to recognise your triggers, you can work towards making sure you limit those triggers when you can.

Know the things that tend to make you steam. Are you someone who gets angry more easily when you're tired? Stressed? Hungry? Once you start to recognise your triggers, you can work towards making sure you limit those triggers when you can.

**Anger is a really normal thing to feel**

As with anything, it can be a great thing or a not-so-great thing. To make it something that's helpful, it's important to make sure that your higher brain doesn't disconnect and leave your lower brain in control of things. Your lower brain loves doing what it wants, and will get you into all sorts of trouble if it's left in charge. Learning to bring your higher brain back is something that takes practise, but the person who is the boss of his or her brain will always be someone pretty awesome.

# DATES TO REMEMBER

Week 2: Monday 30th July - Story telling session, 1.30 - 2.20pm, Hall for the whole school.

Week 3: Tuesday 7th - Thursday 9th August: Interviews for senior rooms 3 -5pm over these 3 days.

Friday 10th August - session 1/4 tennis (seniors)

Week 4: Wednesday 15th August: Proposed teacher strike (More details to come)

Friday 17th August - Session 2/4 tennis (seniors)

Week 5: Monday 20th August - Y6 students to Heretaunga Intermediate School

Tuesday 21st August - Y6 students to Hastings Intermediate School

Thursday 23rd August - Y5/6 Netball season ends

- Hastings Intermediate Open Evening 6.30pm start.

Friday 24th August - session 3/4 tennis (seniors)

Week 6: Wednesday 29th August: Heretaunga Intermediate Open Evening 6.00pm start.

(Please note: Final day of school for the 2018 academic year will be: FRIDAY 14th December rather than Thursday 13th as previous planned)

## Pizza Fundraiser

To raise funds for Rooms 7 & 8 children to go to camp, we will be having pizza lunches on Fridays in Term 3 until they go to camp.

All classes can order a slice of ham and cheese pizza for **\$2 per slice**.

Money and orders can be brought to the office during the week but ***must be in by 9am on Friday.***

### Pizza Orders

Name: \_\_\_\_\_ . Rm \_\_\_\_\_ Quantity \_\_\_\_\_

