

# EBBETT PARK SCHOOL

EXCELLENCE, PRIDE & SPIRIT



## Things to note...

### NEW LUNCH ORDERS - PLEASE READ

From THIS WEEK we are moving to ordering lunch on line. Please follow the instructions below to set up your account. This means that from next week NO LUNCHES will be ordered through the office. We hope this is an easier and more efficient way for us all. See the next page for starting SPECIAL...

WOW

Pita Pit delivers to Ebbett Park & Pizza Fri orders now online

Pita Pit starts Thurs 14th Nov with \$3 Promo, then every Thur's. Pizza orders for every Fri

It's simple; all you need to do is register at [www.lunchonline.co.nz](http://www.lunchonline.co.nz) and follow 4 easy steps to get started

- 1 Register an account
- 2 Add member/s including your child's name, school and classroom
- 3 Make a payment so you have funds in your account before you order
- 4 Select your lunch and place an order



Phone 0800 LOL LOL

Phone 0800 565 565

[info@lunchonline.co.nz](mailto:info@lunchonline.co.nz)

Healthy and affordable | Easy internet ordering



#### 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.



#### Skool Loop

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

## STARTING SPECIAL!!



**\$3 Pita Pit Launch Day!!!**

**\$3 Day at Ebbett Park School on Thursday 14th November**

(Normal Thursday delivery and prices resume Thursday 21st Nov)

**\$3 Pita is Petita size, for larger size upgrade to Regular size for extra \$3**

  
www.lunchonline.co.nz

Phone **0800 LOL LOL (0800 565 565)**  
**info@lunchonline.co.nz**

Healthy and affordable | Easy internet ordering

## FINAL ASSEMBLY DETAILS

### Week 9:

Monday 9th December to Wednesday 11th December: **normal school days** (some teachers will be packing up rooms to move classroom space but this **WILL NOT** affect the school programme at all.

Thursday 10th December: Teachers to move to their 2020 classrooms with the support of some students. Other students will be involved in activities so school as normal.

Friday 13th December: Staff and Students End of Year event (closed event - no parent help required)

### Week 10:

Monday 16th December: 9-10 class as normal. 10-11 session 1 with 2020 class. 11.30-12.30 class as normal. 1.30pm: Celebration Assembly (all whanau and friends welcome) - special acknowledgment will be happening during this prize giving.

Tuesday 17th December: 9-10 class as normal. 10-11 session 2 with 2020 class. 11.30-12.30 class as normal. 1.30pm Service Awards Assembly (all whanau and friends welcome)

Wednesday 18th December: normal school day with an early morning tea (time TBC). 11.00am End of Year Final Prizegiving (all whanau and friends expected). Reports home at end of day.

If students leave early **PLEASE** sign out as expected via the office.

## **WATER ONLY:**

### **Week: 2: Avoiding sugar traps and how to make water taste great!**

**When it comes to what to drink, water really is the best choice. Not only is it FREE, but it also has no sugar. Many of the drinks we have every day in New Zealand are PACKED with sugar and more than you might realise.**

It is recommended that we try and keep the amount of 'free' sugar we have a day in all our food and drinks to less than 26g, which equates to 6 tsp. Free sugars includes things like white sugar, brown sugar, coconut sugar, syrups, honey and fruit juice. It doesn't include the sugar when you eat fruit whole or in unsweetened milk or milk products like yoghurt.

### **Here's how much sugar is in some common drinks you will see out and about:**

500 mls Coke = 13 tsp

250 mls Fruit juice = 6 tsp

Organic Feijoa and Apple = 8 tsp

500 mls Chocolate milk (primo less sugar) = 10 tsp

375 mls Ginger beer = 9.5 tsp

375mls Lemon lime and bitters = 9.5 tsp

200 mls Chi herbal water = 4 tsp

500 mls Iced tea = 7.5 tsp

330 mls Tonic water = 7 tsp

Crazy right?! You can see that water is a MUCH better option!

### **If you are looking for extra flavour to add to your water to make it more exciting, here are some ideas:**

Add one of the hot and cold brew teabags you can find next to the other teas at the supermarket.

Add sliced fruit like lemon, lime, apple, pear or a small handful of frozen berries.

Add herbs to your water crushed mint, a spring of rosemary and basil all work well!

## **Books, Babes and Baking**

**Date: Wednesday 20th November 3pm - 4pm**

**An afternoon for all fabulous mum's, aunties, big sisters and nana's!  
Come along with your child/children and enjoy a good book together.  
There will be delicious baking and spot prizes**

**Please see the attached to confirm your attendance (catering numbers required)**

**If any keen person is happy to provide baking for this event please let Mrs bush know - all support is much appreciated.**





# What's Been Happening

## Classroom Champions



Congratulations to RJ, Tyler, Legacy, Tearoa, Kirat, Humarie, Savannah-Rose, Tiare and Manaia who received Classroom Champion Awards on Friday last week. Great to see all 3 values being demonstrated over the week. Your amazing effort and attitude in class and around the school has not gone unnoticed. KEEP IT UP!

## Sports Results

Congratulations to Inspire-Lee who was awarded last weeks 'Player of the Day' for Basketball during week 4 and to Humarie who was awarded 'Runner of the Day' for running club last week.

GREAT WORK GIRLS - Proud of you both.



**PROUDLY SUPPORTING  
EBBETT PARK SCHOOL**

MADE THE MOVE WITH  
**HEATHER & SHANE** Harcourts

Heather Murphy - 027 246 9733  
Shane Pugh - 027 704 8845

Harcourts  
HAWKE'S BAY  
**ARTS  
FESTIVAL**  
15-28 OCTOBER 2019

# Parent Place Article

From time to time I read articles that hit home and like to share. This is one of them. We are closing in on a high pressure time of the year where our stress levels are high. This was a timely reminder of how to stay calm and respond appropriately and not yell. I hope you enjoy the read.

## “Stop it! Just stop it!” – Nine alternatives to yelling

*If you find yourself yelling at the kids every now and again, you're not alone*

Remember the days when a short sharp slap across the legs was considered a solid parental strategy? It might seem cruel and punitive these days, but not too long ago smacking was seen as a reliable tool in the parenting toolkit. The good news is that these days it's illegal to use violence as a parenting strategy (whew) but the bad news is that in the absence of lashing out physically, a whole lot of frustrated parents are lashing out and yelling instead.

If you find yourself yelling at the kids every now and again, you're not alone. Parenting is tiring and frustrating and when we get tired and frustrated, we resort to yelling and screaming at each other. But just like smacking, yelling doesn't work. In fact, it could cause even greater harm.

**You might like...**

**[How to not break up with your kids](#)**

**[Playing the long game – Consequences that work better](#)**

**[Things I've learned from my four-year-old](#)**

Remember the phrase 'monkey see – monkey do'? – well that's pretty much how yelling works. Have you noticed that when you yell at your kids, they just yell right back at you? It's human nature. But yelling at each other invites a whole lot of misery and chaos into your home and your relationships. When someone yells at you, your adrenalin pumps, your heart races, your fists clench, and your brain freezes. Our kids just don't need that kind of stress and neither do we.

There is a time for yelling though. It's when your pre-schooler is running towards a busy road and you need to urgently stop them in their tracks. Or in any other life or death situation. But for pretty much every other situation involving kids and parents – there is always a better parenting strategy than yelling. Why? Because yelling uses fear to motivate kids into action. Although we might frighten them into compliance in the short term, using fear will almost certainly work against you further down the track. In a nutshell, yelling at your kids is like throwing them a grenade and expecting them to hold it nicely and do as they are told. So it's time to try another approach.

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**But, how else do we get our kids to listen?**

Try going to where they are. Instead of yelling from the other end of the house or from the kitchen, take a trip down the hallway to the bedroom and use your eyes to get their attention. Not angry scary eyes, but eyebrows up smiling eyes to get their attention. Try it, it works.

**But, I have to yell to get their attention.**

Try speaking to them instead of yelling. You can even use the same words but try getting a little closer and speaking slower instead. For extra effect, you can even whisper which will have them lean in to catch what you are saying.

**But, my kids ignore me when I ask nicely.**

Try using fewer words. Instead of just barking a torrent of words, try short and simple sentences with their name at the beginning. For example; “Sam, we are ready to leave in five” or “Sam, I’ve asked you to please leave your sister alone”. Putting their name at the beginning of the sentence tells them you mean business and adding the word please softens the approach.

**But, my kids just run away from me.**

Sometimes they are just running away from the embarrassment of being yelled at. Try asking them a bit more discreetly so they don’t get embarrassed or lose face in front of others.

*When we listen to them telling us about their game, their toys or their upset, then they are infinitely more likely to listen to us in return.*

**But, no one listens in our family.**

The best way to get our kids to listen to us is to listen to them first. Listening takes time, so make a cup of tea and find a comfy spot to sit and listen. When we listen to them telling us about their game, their toys or their upset, then they are infinitely more likely to listen to us in return.

**But, it’s always when we are in a rush and I just don’t have the time to reason with them.**

Make the time. Change up the things in your life that have you feeling busy, stressed and overwhelmed so that you have the time to be a much calmer human for your family. Sometimes less is more, so less running around means more in terms of the quality of the atmosphere in the family.

**But, my kids just refuse to cooperate.**

Try sharing the load. Use together words like ‘us, and we and let’s’. For example, “it’s time for us to go” or “we better get going in five” or “let’s get going now”. Using inclusive language shows them you are on their team. To avoid the inevitable distraction, stay with them or alongside them until the job is done.

**But, you have no idea the way they talk to me.**

No one likes to feel disrespected. But someone has to break the cycle of disrespect. It starts with us as parents. It takes time to change the pattern but when you respect your kids, they are much more likely to respect you back. Try showing your kids in small ways each day that they are appreciated and respected, you might be surprised how they send it back in your direction.

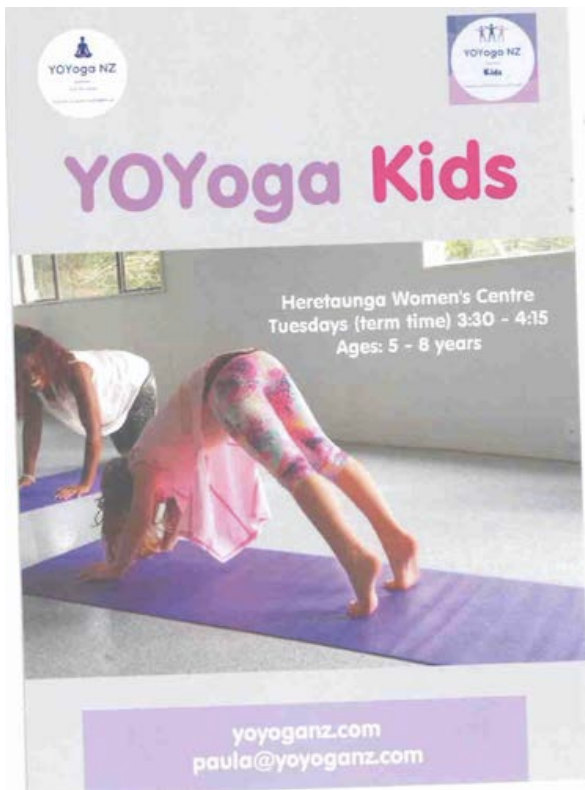
*But someone has to break the cycle of disrespect. It starts with us as parents.*

**But, they push me to my limit.**

Yep, parenting is one of the hardest things you’ll ever do. But it’s important. So don’t let your anger spill out onto your kids, they deserve better. Kids will push you to your limit, but instead of responding to your limit with an angry outburst – try responding to your limit by taking a deep breath and getting some perspective. Because ultimately we want our kids to trust us instead of being frightened of us.



# PUBLIC NOTICES



**FRIDAY NOV 15**  
**4:00 - 8:00 pm**  
**CLIFTON CRICKET CLUB**  
**MUSIC \* FOOD \* FUN**  
**gold coin entry**

**fun for the whole family**  
inflatable zone, festival hair, face art,  
flower photo wall & crafts

**& JUST FOR KIDS !!**  
**5:30 - 7:30 \*\*\* DJ BMC**  
supervised dance area  
entry by special ticket \$20

supporting Haumoana School  
**Hauchella Facebook**  
for details + kids DJ dance tickets  
onsite DJ dance ticket sales too!



Dear parents/whanau



On Wednesday 20<sup>th</sup> November at 3.00pm we are having a 'Books, Babes and Baking afternoon for all the fabulous mum's, aunties and nana's out there.

Come along with your child/children and enjoy reading a good book together. There will be delicious baking and spot prizes. The afternoon will finish at 4.00pm.

Books, Babes and Baking will be held in the school library 3pm-4pm.

Looking forward to seeing you at the afternoon tea.

Anna Bush



I will be attending the Books, Babes and Baking afternoon.

Number of people attending including your child/children.



# TERM 4 Calendar (details to date)

## Hats are required during this term

Week 5: Monday 11th - Friday 15th Kapa Haka Competition  
Nov Thursday 14th: EPS Kapa Haka Competition (pm)

Week 6: Monday 18th: 2020 Road Patrol Training (am)  
Nov Kapa Haka Practice (pm)(instead of Thursday)  
Wednesday 20th: Books, Babes and Baking 3-4pm

Week 7: *Nothing to date*  
Nov

Week 8: Tuesday 3rd: Water safety Pool Session: Life Jackets  
Dec

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Friday 13th December: Staff and Students End of Year event (closed event - no parent help required)

Week 10: Monday 16th and Tuesday 17th: Celebration Assemblies (time TBC)  
Dec Wednesday 18th: End of Year Prize giving Assembly (time TBC)  
Thursday 19th: Term 4 Ends @12pm (noon)

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**The academic years begins on Monday 27th January 2020**