

# NAENAE COLLEGE NEWSLETTER WEEK 3, TERM 4, 2020

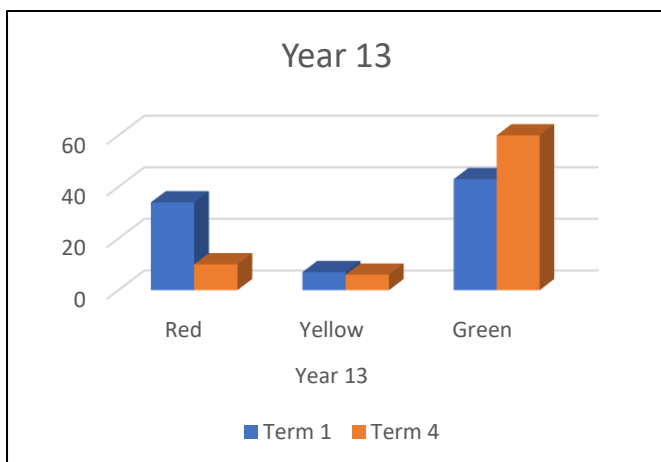
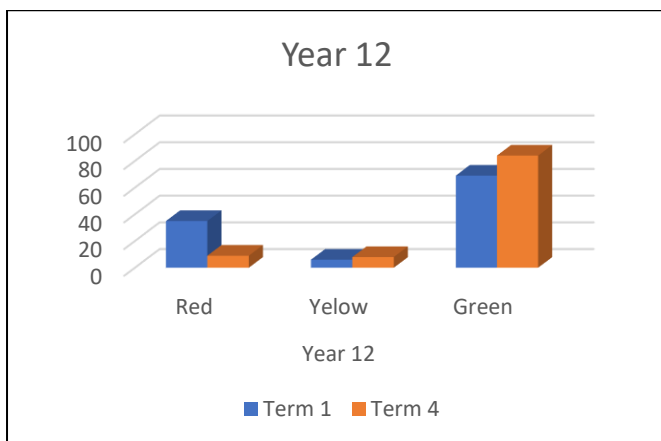
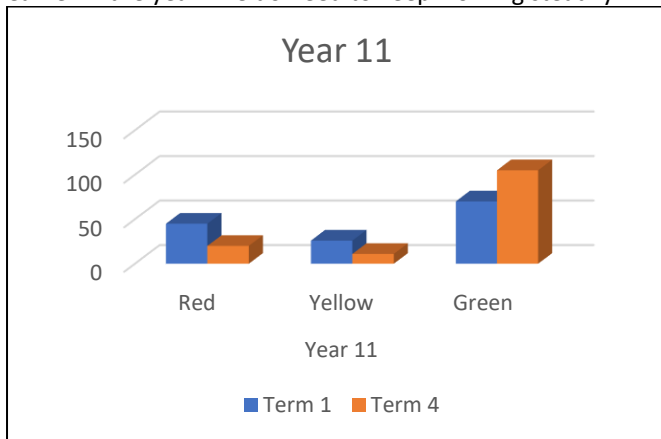


## PRINCIPAL'S COMMENT

Kia ora e te whānau.

Labour weekend provided some respite from the pace of this term which was needed as both students and teachers are focused on finishing well this year.

Our NCEA projections tell us that the mahi has been done this year despite COVID-19 and that finishing well will be the icing on the cake. Our trafficlight system of tracking student progress shows that we have far more students in the GREEN zone than earlier in the year. We do need to keep working steadily.



It is a brave person that counts their chickens but our Board goal of 85% of school leavers achieving NCEA Level 2 is on track. That means of our graduates in 2020 we are anticipating the more that 85% leave with Level 2 or better. Finishing well will ensure that this becomes a reality.

## EVENTS COMING UP

It is a busy term, not just from an academic perspective, but also as the College ensures that our really important events happen and are delivered with the normal celebration of our students that we know is part of Naenae College.

### NAENAE COLLEGE Coming Up!

**Tonight – Samoan Classes Family Night**

**Saturday 7 November**

COLLEGE FORMAL – Hutt Valley Event Centre

**Tuesday 10 November**

Naenae College Services Academy March out

**Thursday 12 November**

Naenae College Senior Prize Giving

**Monday 16 November**

NCEA External exams start

**Tuesday 17 November**

Regional Teachers Only Day 'Changes to NCEA'

**Tuesday 8 December**

Naenae College Graduation Ceremony & NCEA exams finish

**Wednesday 9 December**

SNU Prize Giving & Junior EOTC starts

**Monday 14 December**

Junior Prize Giving



Mayor Campbell Barry has taken an interest in Naenae College and visited the College. Mayor Barry was impressed by the Ki-o-rahi tournament and the buzz.

### College Sport Wellington SPOTY's 8 November



## NAENAE COLLEGE NEWSLETTER WEEK 3, TERM 4, 2020

Tea Pea | Dani <dani@teapea.co.nz>

Hi there,  
we are launching free event aimed to inspire and spark a love for art and creativity as a hobby for all ages and we thought you might want to share it in your school newsletter/ Facebook page so your students and parents know about it. It's an amazing day out for children and families right here in the Hutt community, and an amazing way to help support our local creative community.

Its an art event & market, featuring 30 + artists creating art from all different mediums from painting to pottery to sculpture and everything in between! You can watch, ask questions and in some cases, try it for yourself! There will also be delicious food & coffee available, & lovely music to listen to.

For both adults & children, learning to express themselves in new ways helps them gain confidence and perseverance. It also also helps kids come up with **positive** emotional responses to stressful situations, so we are doing everything we can to celebrate and encourage it!

The event listing on Facebook: <https://www.facebook.com/events/338296837252499/>

A link to the Promotional Video: <https://youtu.be/3Xj1VAxav4A>

Imagery to promote

it: <https://www.dropbox.com/sh/1sd4as3me0f7n7r/AAD0L08jwcpQ3ryCrpa04wAea?dl=0>

Info text about the event:

The Inspiration Garden is Hutt Valley's newest, most inspirational FREE art event for all ages, curated with top Wellington designers & artists taking you behind the scenes of their passion, demonstrating their creative process & journey.

Find stunning Christmas gifts & watch how ceramics, jewellery, paintings, felt, leather products, sculptures & many other artworks are made.

Come along to experience the creative magic & leave with beautiful products along with a new knowledge and understanding of art/ design that will spark your curiosity for creation.

November 28th 10am till 4pm at the Petone Baptist Church.  
Free entry & perfect for all ages, children & families.

I'm happy to send through anything else about the event & we're so grateful for your support in promoting creativity in our local community & helping support the Hutt's local artists.  
It would also be great to know if you do promote it!

Ngā mihi,  
Dani  
The Inspiration Garden

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### Self-Care Ideas/Suggestions and Distress Tolerance Activities

<p><b>PHYSICAL: Taha tinana</b> How do I look after my body? Increase circulation, distract from worries and burn off energy.</p> <ul style="list-style-type: none"> <li>• Deep breathing (3, 5, 10 breaths).</li> <li>• Eat regular healthy meals.</li> <li>• Abstain from coffee or alcohol.</li> <li>• Go for a walk/hike or run.</li> <li>• Go swimming.</li> <li>• Medical check ups.</li> <li>• Have an adventure day.</li> <li>• Get a massage.</li> <li>• Dance.</li> <li>• Take a nap.</li> <li>• Yoga, stretch your body.</li> <li>• Play sport.</li> <li>• Chop wood.</li> <li>• Work out.</li> <li>• Cook a new or favourite meal.</li> </ul>	<p><b>PSYCHOLOGICAL: Taha hinengaro</b> How do I look after my thoughts and feelings? Help us see and express our emotions in healthy ways</p> <ul style="list-style-type: none"> <li>• Acknowledge accomplishments.</li> <li>• Express emotions in healthy ways (break a plate, cry, pound a pillow, rip something, squeeze a rubber ball).</li> <li>• Take a break from problem-solving.</li> <li>• Cuddle with pets.</li> <li>• Set aside daily quiet time to read.</li> <li>• Write in a journal or blog.</li> <li>• Doodle, paint, draw.</li> <li>• Disconnect from electronic devices.</li> <li>• Visualise a drain with feelings going down.</li> <li>• Visualise a peaceful place, or secret room.</li> <li>• Visualise success.</li> <li>• Name some favourites.</li> <li>• Focus on what you like, not what you hate.</li> <li>• Watch a comedy or inspirational movie.</li> <li>• Stir up the opposite emotion to the negative one you are feeling.</li> </ul>
<p><b>SOCIAL RELATIONSHIPS: Taha whānau</b> How do I look after my family and social relationships?</p> <ul style="list-style-type: none"> <li>• Ask for support.</li> <li>• Be with people you admire.</li> <li>• Call a friend or family member.</li> <li>• Share a meal with someone.</li> <li>• Give your time, volunteer to help others.</li> <li>• Go to a support group.</li> <li>• Go to an event.</li> <li>• Spend time with uplifting, positive people.</li> <li>• Have a cup of tea/coffee with a friend.</li> </ul>	<p><b>SPIRITUAL: Taha wairua</b> How do I look after my spirit?</p> <ul style="list-style-type: none"> <li>• Practice mindfulness.</li> <li>• Take classes on how to meditate.</li> <li>• Increase awareness of nature (e.g., birds &amp; flowers during day, stars &amp; solitude at night), lie on the grass.</li> <li>• Read inspirational literature.</li> <li>• Learn new skills.</li> <li>• Make a gratitude list.</li> <li>• Listen to music.</li> <li>• Be in nature. Sit in the sun or the dark.</li> <li>• Volunteer for a meaningful cause.</li> <li>• Look for meaning or purpose in your struggle – how is it helping you get stronger, what are you learning about yourself?</li> </ul>
<p><b>WORKPLACE</b> How do I care for myself at work?</p> <ul style="list-style-type: none"> <li>• Pursue meaningful work.</li> <li>• Maintain work-life balance.</li> <li>• Positive relationships with co-workers.</li> <li>• Time management skills.</li> <li>• Get some EAP if needed.</li> <li>• Get a mentor.</li> <li>• Do a puzzle, count to 10 slowly.</li> <li>• Examine the pros and cons.</li> <li>• Focus on what you like doing, rather than what you don't like doing.</li> </ul>	<p><b>IN THE MOMENT ACTIVITIES AND SENSATION-FOCUSED ACTIVITIES</b> Pleasurable activities that take little planning</p> <ul style="list-style-type: none"> <li>• Accept the moment.</li> <li>• Distract yourself, get lost in a good book.</li> <li>• Imagine.</li> <li>• Box up a thought and set it aside.</li> <li>• Recite a mantra or pray.</li> <li>• Name things you are grateful for.</li> <li>• Recall a past positive event/memory.</li> <li>• Reward yourself for success.</li> <li>• Shout “stop!”, Sing or hum.</li> <li>• Burn incense, light a candle.</li> <li>• Cold wash cloth on your face, take a hot shower or bath.</li> </ul>




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