



Pānui

517 Fencourt Road, RD 4
Cambridge 3496
p: 07 827 6817
e: office@goodwood.school.nz
w: www.goodwood.school.nz
Principal: David Graham



Term Whā Wiki Toru
In this newsletter...

Thursday 31st October

Number 17/24

[Tumuaki / Principal's Column](#)

[Happy October birthday to:](#)

[School App - have you downloaded?](#)

[Kai table - kawakawa balm, worm tea and seedlings](#)

[Term dates and last day of term whā](#)

[Food eating and water drinking - working with you](#)

[Curriculum and resources - update](#)

[Class placement - 2025](#)

[Teacher Only Day - Monday 9th December](#)

[Pool Keys - community use](#)

[Ice Blocks - for sale each Friday...](#)

[Term 4 - pōtae/hats required - sun protection](#)

[Weetbix Tryathlon](#)

[Get to know the Goodwood Team](#)

[Good News Goodwood](#)

Tumuaki / Principal's Column

Kia ora e ngā whānau me ngā hoa o te Kura Tuatahi of Goodwood.

One of the big questions I am most often asked following my sabbatical research into neurodivergence and trauma is - “**is this on the increase?**”

The answer is **yes!**

The next obvious question is “**why is this the case?**”

That answer is far more complex, but there is an increasing body of evidence that technology, and in particular smartphones and social media, is playing a massive role.

My current reading includes Jonathan Haidt's The Anxious Generation (available in our parent library. Haidt believes we are “**overprotecting** children in the real world and **underprotecting** them online!” Haidt identifies four **online related harms** that are leading to neurological disorders including anxiety... These are...**social deprivation**. (Since 2012, the time adolescents spend with friends in face-to-face settings has decreased 50%), **sleep deprivation**, **attention fragmentation** and **addiction**.

Haidt has some solutions (interestingly these are clearly echoed by our own John Parsons!)

No smartphones before high school. We should give our kids basic, text-and-call only phones until they are 14 years old.

No social media before 16. When preteens are subjected to endless algorithmically chosen content and comparisons with influencers, it can damage their self-worth **permanently**.

Phone-free schools. More than just disallowing phones during class, schools should force kids to lock them away altogether. **Far more unsupervised play and childhood independence.**

Let our kids learn to “develop social skills, overcome anxiety, and become self-governing young adults,”

But, I hear you say - surely these are impossible goals? A young man from Liverpool (who actually attended my very own primary school - true story!) asked us to ‘**Imagine**’.

Imagine if EVERY parent at Goodwood school said no cell phones and no social media! That would mean your child would be guaranteed to attend school everyday in a class where 100% of children would be free from the pressures of social media (it would be good to add in ALL age restricted material- including violent games). **Imagine** if our school became renowned for this approach. **Imagine** the extra time and headspace this would create for learning, for real world adventures and for positive connections.

Are you in? How can we help?

Have a great week and **imagine**.

David and your Goodwood team



Happy October birthday to:

Kaedyn W, Thomas N, Mackenzie S, Samuel S, Anah T, Ishi G, Summer V-W, Sherry M, Luca U-M, Stanley P, Echo L, Harry O’C, Hannah B, Adam S, Kade W, George C, Poppy F, Zara M, Louisa M, Connor M, Johnny L, Wyatt P, Quinn L, Thomas M and Nicholas D.

School App - have you downloaded?

All current information is available on our school calendar at...[GOODWOOD SCHOOL CALENDAR](#) and are also available on our school app for [Android](#) or [Apple](#) at present we have over 2000 downloads.

Kai table - kawakawa balm, worm tea and seedlings

On Friday (tomorrow) Rūma Tūi will be near the amphitheatre at 2:45pm - 3:30pm selling:

- Kawakawa balm (made by the explorers)
- Worm tea (made by the school worms and bottled by the explorers)
- Vege seedlings (prepared by the explorers)

This can be ‘purchased’ by families for a koha - cash is best.

Kai Table

We Sell!
 Kawakawa Balm
 Worm Tea(not actual worms)
 Made by Rūma Tūi
 Seedlings grown by Rūma Tūi
 Veges from the garden


Koha/donation!
 After school on Friday in the Amphitheatre

Benefits of worm tea-
 Worm tea helps soil grow healthier and with healthy soil plants grow better.

Benefits of Kawakawa Balm-
 If you have a booboo you can rub kawakawa wherever its sore and it heals nicely.

Designed by Ollie Smith

Kawakawa Balm



Ingredients:(both sizes)
 freshly picked kawakawa leaves,
 Oil
 Natural beeswax

Both sizes, medium and large, are a koha (donation).

Kawakawa balm is pet friendly and amazing for chapped lips and little sores.

Bottled by rūma Tūi.
 by Chloe Blackstock.

WORM TEA



IF YOU ARE WANTING YOUR PLANTS TO GROW, YOU’VE COME TO THE RIGHT PLACE!

PURE WORM TEA
FIRST YOU HAVE TO DILUTE 1 PART WORM TEA AND 10 PARTS WATER

WE ARE OFFERING A KOHA AS PAYMENT

WORM TEA HAS A LOT OF BENEFITS FOR YOUR PLANTS, LIKE IT MAKES YOUR PLANTS GROW BIGGER




BOTTLED BY RŪMA TŪI
POSTER DESIGNED BY WILLIAM MIDDLEMISS

Term dates and last day of term whā

Our final day for 2024 is **Tuesday 17 December**. Explorers can be collected at 12.30pm. Our team is using the final afternoon of the year to coordinate redistribution of explorer's books, progressions and assessment info into New Year classes to allow our 2025 team to prepare learning programmes over the term break.

Care is available at school for those who need to stay on this day. After school care and buses will operate as per usual. Please complete [This form](#) if your explorer is not being collected at 12.30 pm

Term One 2024 starts on **Thursday 30 January** and ends on **Friday 11th April**. We are holding a teacher only day on Friday 7th February to enable work on the newly released English and mathematics curricula. This will enable whānau to enjoy a four day Waitangi weekend.

You may have heard that there are paid union meetings this term. The teacher union, the NZEI has recognised that in light of this busy time of year - these will only involve site reps and there will be no disruption to classes.

Food eating and water drinking - working with you

Eating times at Goodwood are supervised and we talk often with explorers about sitting to eat, what to eat and when.

We do have a number of explorers eating when they first arrive at kura. Do have a talk about the amount of food they are eating and when they are feeling hungry - they may require more food. We appreciate some explorers are 'grazers', are up early, have growth spurts and 'burn' fuel at different rates.

Also - we do encourage explorers to bring home what is left in their lunchboxes - including the ordered lunchboxes - so you can see what they are eating and how much.

We strongly encourage explorers to bring a drink bottle (with water) to school each day. These can then be refilled during the day. Teachers are supporting big drinks of water during the day. We also have a number of water fountains around the school.

We know fuelling our brains and bodies for school is important.

Curriculum and resources - update

The final version of the English and maths curriculum are being released today. As a team we have been unpacking the DRAFT versions and making connections to our teaching and learning. We will look at the final versions and then at the Ministry provided literacy and maths resources to select those that will amplify the learning for explorers.

We expect to have a blend of the maths books on offer to suit the learning at different areas of our kura. These books (along with literacy resources such as decodable text) support the quality teaching and learning in classrooms.

Class placement - 2025

We are about to begin working on our school structure and class placement for 2025.

This process takes considerable time and thought. All teachers consider learning abilities and styles, peer friendships and support, class size, social and academic strengths to create equitable classroom environments for all explorers. We value each explorer as an individual and as a part of a class community.

Powerful reciprocal partnerships between home and school are important to us. As we consider class placement for 2025 we are seeking any additional information you think we need to know to help with placements.

This form is OPTIONAL for you to fill out.

This is not asking for teacher preference or to be placed with friends. Fill in a separate form for each child. Classroom teachers will be directing whānau to fill in this form to ensure your voice is captured as you intend it. You will find the form [here](#).

Any further comments or questions, see Marsha or David.

Teacher Only Day - Monday 9th December

We are holding one of the Ministry of Education allocated teacher-only days on Monday 9 December to work on the English curriculum which was released today. Our teaching team will be working with structured literacy expert Kirsty Tater.

Teacher only days do not impact the number of days a school is open for instruction and this is set each year. You may notice that we finish later in the year than other schools. In addition to very occasional term time teacher only days - our team works through term breaks on a range of professional learning and administration tasks. Term time teacher only days are often determined by the availability of high quality facilitators. As 2500 schools work to implement new English and mathematics curricula, quality facilitators are in very high demand and some flexibility is needed with arrangement of dates. A number of whānau take these opportunities to schedule a long weekend while maintaining high rates of attendance. We try to alternate between Monday and Friday when possible as we know whānau have different weekly schedules

As always, on term time teacher only days, we will provide care at school for whānau who require it. Please complete [this form](#) to book a space. If cost of care is an issue - please contact David in confidence.

Pool Keys - community use

Pool keys for 2024/25 season are available now from the school office.
Pool keys are \$80.00.

Payment can be made by cash, eftpos or direct credit to the school bank account:
Goodwood School Board
12-3268-0090127-00
Please use your family name and 'pool key' as a reference.



A copy of pool rules/guidelines and hours will be given at time of purchase.

The pool will open for swimming for the community from Monday 9 December.

Ice Blocks - for sale each Friday...

Ice blocks will be for sale on Friday at 3pm - in the amphitheatre.

Ice Blocks are \$2. Cash is the best way to get your ice block.



Term 4 - pōtae/hats required - sun protection

Thank you for supporting our sun protection policy. Wide-brimmed hats are an important 'tool' to support learning and play throughout the day.



Goodwood School Open Morning

We will be hosting our open morning on Wednesday 13th November from 9.00 am until 10 am.

If you have a pre-schooler about to turn 5 or know of someone who is considering Goodwood for their child let them know to come along and have a tour around see junior classrooms in action and meet the principal and DP.

Weetbix Tryathlon

You can register and join the Goodwood Team: [HERE](#)

You can find out more about the event: [HERE](#)

Weetbix Tryathlon is an exceptionally well run and fun event. Goodwood explorers return year after year to take part.

DATE

Sunday 08th December 2024, 7:00 am

LOCATION

St. Peter's Cambridge

ENTRY AGE

Entry is open to all 6 to 15 year olds.
(Based on age on event day)

ENTRY OPTIONS

- Individual TRYathlon 7 – 15 years
- Splash & Dash 6 years
- Junior Team 7 – 10 years
- Senior Team 11- 15 years



Get to know the Goodwood Team

We asked Bridget one of our wonderful learning assistants the following 10 questions:

1. *What is your favourite pastime?* *Cycling, mountain biking, adventure racing and eating hot chips!*
2. *What is your favourite food?* *Hot chips*
3. *What music do you like to listen to?* *80's music*
4. *Are you a night owl or morning person?* *Morning*
5. *Where is your favourite holiday spot?* *Any beach in Summer*
6. *What season do you like best?* *Summer*
7. *What is your 'go to' board game?* *Cluedo*
8. *What was your first Primary School?* *Reurimu Avenue Primary School, Whangarei*
9. *If you could have a superpower what would it be?* *To be able to fly*
10. *What is your favourite movie or book?* *Any Christmas movie*



We will have another team member featured in the next edition!

Good News Goodwood

Last Monday we welcomed new families with our termly mihi whakatau.

Kapa Haka began with a welcome haka pōwhiri.

This mihi whakatau was extra special as speakers acknowledged Kīngi Tūheitia and honoured our Māori Queen - Nga Wai Hono i te Pō.

Thank you to Matua Rawiri who spoke for tangata whenua and to Mr Graham who supported manuhiri.

To all our new explorers, whānau, team and friends - welcome.



Archer Griffin was racing in a group of 19 7 year old boys from all over the North Island, and even a couple of kids from down South. He came out of the gates super quick, and came either 1st or 2nd in every race. (3 x 1st place, and 3 x 2nd place, across the whole weekend). If he was racing for plates (this happens next year!) he would have been awarded NI2 (North Island Number 2)

Thank you to Weka and Kākāpō for hosting our first whole school hui for term whā.

Congratulations to all those who received a certificate for having their GRIT in learning and friendship recognised. Also, congratulations to our inter-school cross country certificate winners.





AIR TRACK TUMBLE CLASS GOODWOOD SCHOOL

Beginner and advanced classes for all school years



Term 4 **MONDAY 7:45-8:45am**
14TH OCT-9TH DEC

With grade certificate **\$125**

Book online at
www.thegymnasticacademy.com

Call Marie for more information **0211705426**

PB TECH in Hamilton have created a web page especially for Goodwood School parents/caregivers to access some great deals on devices.

See the link below:

[PB TECH deals](#)

Use this promotional code to unlock some awesome deals:

8276817



柔道 CAMKADA JUDO CLUB
Est 1963

Mondays & Wednesdays
Juniors 12 and under
6 - 6.45pm
Seniors (12+)
7 - 8.30pm
@
Maclean Street, Cambridge

www.camkadajudoclub.co.nz
camkadajudoclub@gmail.com
www.facebook.com/camkada



LEARN FROM THE BEST

Camkada offers a fun, inclusive and enriching environment for all ages to come and learn Judo. Ages 5+. Everyone welcome for a FREE trial!

COME ALONG AND GIVE IT A THROW!



Waikato Water Polo is excited to present

Splash Polo

- Do you love being in the water?
- Do you enjoy making new friends?
- Do you like ball sports and want to try something in the water?
- Want to try something new?

Playing in the water is FUN and splash polo gives the players a great stepping stone to Water Polo.

Splash Polo is an easy way for all children to be active while trying something new.



It's a great sport for building water confidence, learning new ball skills, learning to swim and be safe around the water all while in a shallow pool.

www.waikatowaterpolo.co.nz

The game is for primary aged children from **Years 3 - 6**

Splash Polo is a beginners version of water polo for young kids wanting to get in the pool and have some fun, learning new skills and making new friends.

SOUND LIKE FUN?

See your teacher now to register!





Te Miro Mountain Bike Clubs

Thursday Night Summer Race
Series is proudly sponsored by
Riverside Adventures Waikato!

Racing runs from the 24th of October to
the 19th of December & the 23rd of
January to the 13th of March.
Rego opens at 5:45PM, closes at 6:20PM.
Racing starts at 6:30PM.

3 tracks to choose from. Tracks for all
skills, ages & fitness levels. Races last for
60 mins. Your best 10 races will determine
this years summer series winners!

Free for Te Miro club members. \$5 non
members.

Please pre-register for your first race by
4:00PM using the link provided or on our
website under events.

Any questions please email temiromtbevents@gmail.com
or contact 027 236 3778 A/H

SPRING CUP XC MOUNTAIN BIKE SERIES

ROUND 1 HOSTED BY
TE MIRO MTB CLUB

10th November



Spring Cup
XC 2024

EVENT MANUAL

Te Miro MTB Park, Waterworks Road, Te
Miro

Proudly supported by:



YOU'RE INVITED!

Dear Maungakawa Neighbours

Join us for a neighbourhood get together plus a chance
to chat about safety at your local Bobby Brown's venue.

What: A family friendly event featuring personnel from
Police, Fire and Emergency, Community Patrol, Farm
Gate & more. Bring the kids & while they play grab a
sausage in bread, or have a one-to-one chat with local
Police or safety experts. No speeches, just a drink and
bite to eat, a chance to catch up with the neighbours and
to get informed about safety for your home and property.

Looking forward to meeting you!

When: 5.30pm to 7pm Thurs 7 Nov
Where: 65 Maungakawa Rd
Contact: Eileen Hawkins
Cambridge Neighbourhood Support
MOB 021 266 9653



Neighbourhood Support | neighbourhoodsupport.co.nz

Click on the link to have a look around our website and any
donations via our website would be greatly appreciated!

Cambridge Goju Ryu Karate Do is looking for new kids (and
parents if you want to train with your children) to join us at
Karapiro Hall on a Tuesday night at 6pm great for confidence,
exercise, self defense and good fun \$50 a term with discounts
for families, check our Facebook page

<http://www.gojyryukaratedo.org.nz/history.html>

Or for more info or call/ text Sensei Bruce 021760011



