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Tuesday 23<sup>rd</sup> July

Room 28

Kia ora e te whaanau,

Talofa lava, mālō e lelei, tirike svāgatam, chào mừng trở lại, nau mai haere mai, welcome back to Term 3! We have so much to look forward to and be grateful for this term... production, Food for Thought, cross country fun run with whaanau, Peachgrove Intermediate visits for Y6's and a whole lot of learning in dramatic inquiry.

## The Knighton Way: Persistence / Whaikaha



Many of life's failures  
are people who did not realise how close  
they were to success when they gave up.  
*Thomas A Edison.*

**F.E.A.R** has two meanings  
**Forget Everything And Run or**  
**Face Everything And Rise;**  
it's your choice.

Being persistent means...

- We try our best and do not give up, even when the task is hard.
- We are resilient when we fail, knowing we are one step closer to achieving our goal.
- We believe in ourselves because we know we can accomplish our task.
- We gain strength from our whaanau and friends when we need help.
- We know that being persistent doesn't mean we are alone.

## School councillors

We want to thank Addison and Lavi for the great job they did representing Room 28. They were awesome, organised, responsible, effective and helpful. They demonstrated what Knighton is all about and gave 110% - well done! This term our new class councillors are Leilani and Rose. We are sure they will both make us very proud and do a fantastic job.



## Gratitude circle - a daily practice



Each day we practise being grateful for things that make our lives better and help us find joy in the small moments that can be easily overlooked. If you can, ask your child each day what they were grateful for and take a moment to share something that you are grateful for.

## Yoga, parkour, fitness and cross country fun run

This term we combine our learning in yoga and parkour with our fitness training. We spent the first two terms building strength, flexibility, powerful breath and mindfulness through our yoga practice and parkour basics programme. We are ready to develop our ability to keep moving mindfully and effectively, going over, under, around and through obstacles. Our goal is to be able to move continuously at a pace that pushes our individual limits. We must tune into our body, show resilience and not give up even when the task is difficult.

Like all exercise, when we work hard, our muscles the next day often feel tight and a little sore. This is normal. The challenge for our children, is to not let a little discomfort stop us from trying again the next day. It is only through repeated exercise that we get stronger and better. All athletes learn the difference between muscles that have worked hard and are now tired and muscles that are hurt or injured. Our room 28 athletes are trying to learn this important lesson too. Please ask them about their fitness goals and encourage them to keep trying even when they might feel tired.



## Senior Production: KNIGHTON'S WHOLE NEW WORLD

Auditions were held last term for main speaking and acting parts. Congratulations to Rose, Addison, Katelyn, Maia and Kate who all auditioned and won a part. This term our production rehearsals for the senior classes will be on Wednesday and Friday mornings. All children will be involved in the production in some way. The majority will be involved in a group performance of their choice. Each teacher, with the help of the children, will put together a performance that adds to the story told by the main cast members. There are so many options that there is definitely something for everyone. A small number of children will form the backstage crew. These children will design and make programmes, the sets, props and welcome people to the shows as part of the front of house crew. This is the last primary school show that your children have the opportunity to be involved with. Please encourage them to step up and out of their comfort zone, take a chance and give it a go - you never know it could be the beginning of a whole new passion and as yet undiscovered talent.

## Important Dates

### **Peachgrove Intermediate visiting Knighton Senior School Assembly**

Week 2 - Friday August 2<sup>nd</sup> at 12pm

### **Peachgrove Open Morning - Year 6's only**

Week 4 - Monday August 12<sup>th</sup> (Mr Armistead and Ms Tauranga supervising)

### **Food for Thought - R28's supermarket visit**

Week 4 - Thursday August 15<sup>th</sup> (we need 5 adult helpers)

### **School Cross Country and Whaanau Fun Run.**

Week 6 - Thursday August 29<sup>th</sup> (Please run, walk, skip, jump with us - it'll be fun!)

### **Senior school production (night shows)**

Week 10 - Monday September 23<sup>rd</sup> - Thursday September 26<sup>th</sup>

Kia pai tō koutou rā

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