

Kia ora/Greetings



Junior school



Last Wednesday the Junior School children invited their parents to come and play. We had lots of equipment for running, jumping and throwing. We had lots of fun!

ILLNESS AT SCHOOL

The School Office has seen a number of cases of diarrhoea and vomiting amongst students at KNS over the past week. As this can be very easily transmitted, please ensure all unwell students are kept at home until 48 hours after the diarrhoea and/or vomiting has stopped. It is important to encourage good hand washing and drying. Please see a Doctor if vomiting and/or diarrhoea is severe or the illness does not improve.



The **ZONES** of Regulation®

<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

**Zones of Regulation**

Across every level of our school, students are learning more about themselves through Zones of Regulation. Here is an idea you might like to use that supports this approach at home!

Firstly, Zones teaches children how to recognise what emotional state they are in, and gives children a tool kit of strategies for self soothing and regulating their emotions so that their level of alertness matches the situation they are in. The zones can be categorised into 4 areas, which we are labelling with colours to make it easier for the children:

The blue zone is when children are tired, sick, sad or lack energy

The green zone is feeling calm and ready for learning or play

The yellow zone is when children are in an elevated state such as excited, anxious, frustrated, nervous

The red zone is when children are in an out of control state such as witnessed in a tantrum or highly upset or overcome with uncontrollable laughter.

Physical activity can help us move back into the green zone.

Large movements exercises help us to cross the midline (right / left brain), get extra energy out, help provide movement that can help calm and leave you feeling great!

**Try ARMY CRAWL**

For this exercise you need enough free floor space to move around. Lie on your belly, with your palms flat on the floor. Push your body forward using only your palm. This movement provides sensory input to your belly, back, arms and legs so can make you feel back in the green zone no matter which zone you find yourself in.



## Mahi tahi time with rooms 4 & 27

With the sun shining last Friday, room 4 and room 27 practiced their throwing and catching with poi toa (a traditional Māori game) and did some relay races.



Friday Mahi tahi time is always lots of fun!



### Yummy Stickers

Help our school win sports gear by collecting individual Yummy Apple stickers or Yummy cut out labels from bags.

Apples with Yummy stickers are available from New World, Pak 'n Save and participating Four Square and independent fruit and vegetable stores. The more you collect, the more sports gear we receive!

Bring your stickers to school and add them to your class sheet. If you would like to collect them at home you can pick up a form from the school office or download one from

<http://www.yummyfruit.co.nz/schoolstickerpromo>



Reading Together Workshop has been **cancelled** this term due to low numbers.

However if you are interested for next term, Please see your teacher or contact Carmen Johnstone in Room 16 ([cjohnstone@kns.ac.nz](mailto:cjohnstone@kns.ac.nz)) for more information.



## Community

### Toughlove Parent support Group

-Tuesdays 7pm - 9pm

Go along to find loving solutions to tough parenting problems such as disrespect, truancy, lying, aggression and so much more...meet people who understand and care.

Waimarie Community House  
Wellington Street  
Hamilton East

### MONARCH MARCHING TEAM

*Marching is about about team work, making life-long friendships, discipline & building self confidence!!*

19th June 2021  
@ Vardon School  
2-4pm

We are now recruiting!!

Age 5-7 years (intro)

Age 7- 12 years (under 12's)

If your interested please contact

Vickiee

0275887853

### Become a Friend of Waikato Museum



TE WHARE TAONGA O WAIKATO

The Friends of Waikato Museum are part of the wider Museum family and their support enables the Museum to flourish and grow.

Join the Friends for as little as \$25 a year, meet like-minded people, receive invitations to special events and openings and enjoy a range of discounts and concessions. There are many benefits associated with membership. For more information visit :

<https://waikatomuseum.co.nz/get-involved/friends-of-waikato-museum>

Stuart Armistead  
**Principal**