

TERM 2 – WEEK 4 2021

Greetings ● Nau mai, haere mai ● Ni Hao ● Konnichiwa ● An Nyung Ha Sai Yo ● Talofa Lava ● Malo e Lelei ● Namaste ● Ni sa bula ● Noaia'e mauri ● Kia Orana ● Asalam Alykum ● Nay Ho ● Goeie Môre ● Привет ● Bonjour ● Dia dhuit ● Hola ● Guten tag

We're at the end of Week 4 now, with much happening. We have appointed a new Food Technology teacher, Mrs Victoria Meys, who starts with us on 17th June. We have also hosted a number of AUT and Massey University teacher students on practicum who we will be farewelling next week. Jennifer (Room 6), Himani (Room 7), Steph (Tiri). We wish them the very best for their future endeavours and we are pleased to be able to host them.

We are running a girl's self-defence programme for our Year 8 girls. This is being run in class time and fits well with our health curriculum. We are using Women's Self Defence Network – Wahine Toa who provide this service to many schools. Should you have any questions around this, contact your child's teacher in the first instance, or if you would like more knowledge around the content and curriculum behind this, contact our Teacher in Charge of Health, Mrs Amanda Leith amandal@ni.school.nz. I have added some information below about the programme.

Following on from last Friday's sea of pink which was Pink Shirt Day, this Friday is Gumboot Friday. Pink Shirt Day is a fundraiser for the Mental Health Foundation, and Gumboot Friday is a fundraiser for I am Hope Foundation.



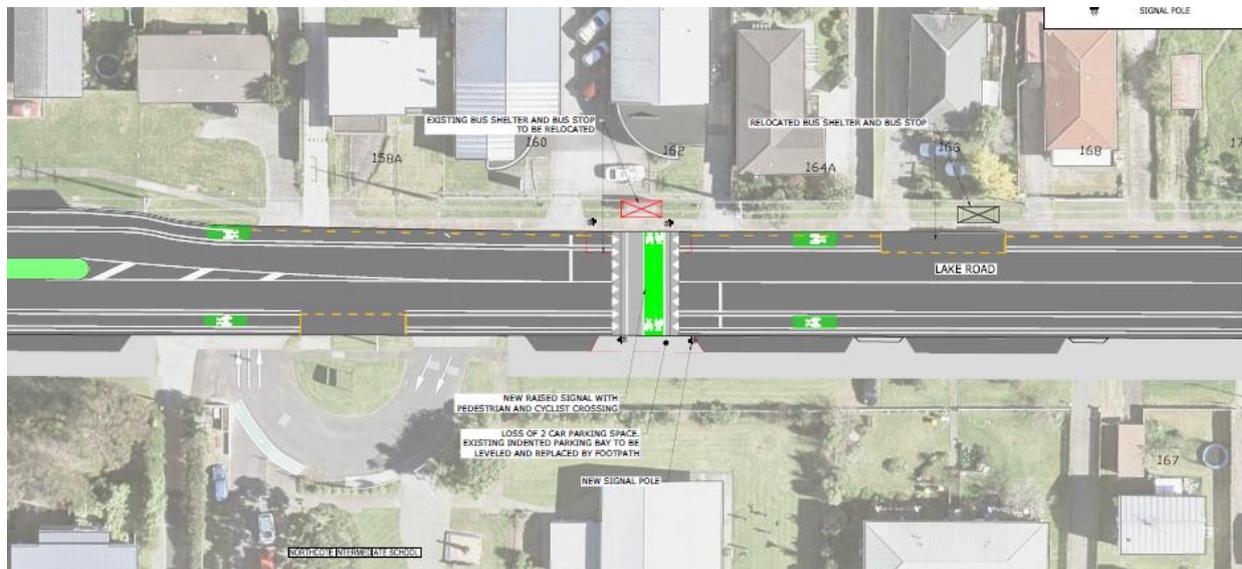
Pink Shirt Day raised \$15,45.70. Many thanks to everyone who helped. There was a considerable amount of home baking which was great to see and taste.

There is a **Working Bee on Saturday 29th May**. We will be working with Kaipatiki and Piritahi on our garden areas. It starts at 9.00am and finishes at 12.00pm. A BBQ will be provided. It would be great to see as many as possible come along and help to keep our garden areas looking good.

Reminder – please do not park in the cycle lane for pick-ups at the end of the day.

There is a new pedestrian crossing proposal from Auckland Transport. Lake Road has been getting busier and busier and we need to do something to help keep our community safe, particularly as our roll continues to grow. The concept is for a raised crossing, with traffic lights to be located to the right of our turning bay, directly in front of our Motutapu classrooms. See the diagram below. Our Travelwise and Road Patrol students have met and discussed the proposal - now we seek any feedback

from you. Either email through your thoughts to principal@ni.school.nz or schedule a visit to see me should you wish to discuss.



Camp Survey – thank you to those of you who have already completed the camp feedback survey. The survey is still open for you to submit your feedback. We will be planning our 2022 camp very soon, so your feedback is important – this survey will close off on Friday 4th <https://www.surveymonkey.com/r/NKJ8SNR>

Warmest regards and thank you for your support.

Phil
Phil Muir, Proud Principal of Northcote Intermediate School

Year 8 Girls Self Defence programme

The self-defence teacher is a qualified and experienced teacher of self-defence to women and girls. She will help the girls learn ways of dealing with unsafe people and situations and threats to their safety, such as dealing with acquaintance and stranger attacks, being followed, and issues relating to cyber safety.

This includes learning how to give clear boundaries and messages to those known and unknown to her when feeling unsafe, trusting her feelings and listening to her instincts. The course will also cover identifying unhealthy and abusive relationships and building healthy and respectful relationships. These skills will be reinforced through discussion and the development of verbal and physical skills to help the girls keep themselves and others (e.g. friends / siblings) safe.

This course offers each girl the opportunity to take a positive step to reinforce her ability to think confidently, speak strongly, and use her physical skills when necessary.

You can help by:

- Encouraging her to talk about what she is learning.
- Encouraging her to talk about her own experiences.

- Helping her practice in order to build her confidence – remember this is not a competition, she is trying to learn some new skills.

The course will emphasise how she “thinks” her way out of a threatening situation and how important it is to tell a safe adult if something happens.

The self-defence teacher will be available at the end of the course, should you have any questions or concerns.

Women’s Self Defence Network – Wahine Toa - <https://wsdn.org.nz>

Warmest regards and thank you for your support

Phil Muir

Proud Principal of Northcote Intermediate

TERM 2 DATES TO DIARISE

28 May: Gumboot Friday

4 June: TEACHER ONLY DAY

7 June: QUEENS BIRTHDAY

30 June: Show Quest

9 July: End Term 2

SPORTS DATES TO DIARISE

31 May: Y7 NH Football Zone Day - Girls

1 June: Y8 NH Football Zone Day - Girls

3 June: NH Rugby Zone Day – Girls

9 June: NH Hockey Zone Day – Boys

10 June: NH Hockey Zone Day – Girls



GUMBOOT FRIDAY IS THIS FRIDAY – 28th MAY

Wear mufti and gumboots to school and bring a gold coin donation. There will be a sausage sizzle available to purchase at lunchtime (pre-ordered). Funds raised go to the **I AM HOPE** Foundation which promotes positive attitudes around mental health and funds private care and counselling for young people. **I Am Hope** provides funding support for our very own school counsellor, Jenny Jackson.

To Report a Student Arriving Late

If a student arrives late, they need to sign in at the student window so we know they are on the school grounds. If you know your child is going to be late, please call the front office on **(09) 481 1400** and speak to the office team or email absences@ni.school.nz

SPORTS NEWS

Year 7 Football Zone Day

NIS took two teams to the zone day which was held at Rosedale Park. Team 1 coached by Mr Davids managed to place second in a close final to Rosmini but lost in the final on penalties. Team 2 coached by Mr Peters had a successful day placing 5th out of 14 teams. Congratulations boys on a great effort.

Teacher Only Day – 4 June

A Teacher Only Day is being held on Friday 4 June. This involves all schools in our Community of Learning i.e. Willow Park, Northcote Primary, Birkenhead Primary, Onepoto School and Northcote College.

To Report a School Absence

If your child is sick or not going to be able to attend school, there are two ways of letting the school know. The first option is to call the school on **(09) 481 1400** and leave a message on our absence line or the second option is to send an email to absences@ni.school.nz not our admin email address.

Squash Zone Day

Northcote Intermediate fielded three teams at this year's Squash Zone Day which was held at the North Shore Squash Club. All nine of our players were Year 7 students. Only two of our students had played squash previously but the rest were very keen and excited to have a go. They all performed incredibly with our top team making it through the first round but getting eliminated by a team with much more experience.

A massive well done to all our students who continued to improve throughout the day. It was impressive to see all our students supporting each other and evolving as players throughout the tournament.

Thank you to Orewa College who ran the event and to Ms Jenni Galopin who helped with transport. It was also great to see a couple of the parents who were able to drop in to see their child play.

Christo Peters
Sports Co-ordinator

Table Tennis

In term one, Northcote Intermediate School benefitted from the Tables in Communities Project run by North Harbour Table Tennis. This project provided the school with a couple of Table Tennis tables and provided some great training opportunities for our students. For those interested in playing table tennis in the community, Auckland Table Tennis have developed a free app called "Seekapong" that helps find tables, meet fellow players and play table tennis for free in Auckland. The app can be downloaded from either the Apple (iOS) or Android (Google Play) store: grco.de/seekapong

Cheerleading

Congratulations to Mila Banks, who this week was named in the NZ Junior Cheerleading Team.

Youth Injury Prevention - Strength and Conditioning

This is a specific program aimed at the Intermediate school-age group. The program is about injury prevention, mobility, and correct movement techniques which is super important for their growing bodies.



**YOUTH
INJURY
PREVENTION**

GSSC
GOLD STANDARD
STRENGTH
AND
CONDITIONING

45 minute sessions available

You will learn:

- how to warm up and cool down
- correct exercise technique
- posture and movement control

Get in touch with Stephen: gsscncz@gmail.com or www.gssc.co.nz

NETBALL NORTH HAROUR MID SEASON TOURNAMENT

Our Mid-Season Tournament is coming up for Year 7-10 teams. **This will take place on Sunday 27th June.**

Registrations are now open for teams and close **Monday 21 June**. Go to our website and click the blue button found on the left hand side of the website that says " Y7-10 Mid-Season Tournament" or click the link here [Netball North Harbour](#). This will take you to the information page giving a general overview for this tournament.

Please note:

- This is open to anyone who would like to put a team in. NOT just school teams.
- Combined teams can be entered but they must be put into the grade with the highest age i.e. a Y7/8 team should be in the Y8 grade.
- Cost is \$80 per team and teams must supply an umpire.
- Teams are to click "Register a Team" and when completed will be given a new login for the tournament. This login will only be used for this tournament.

Email me if you have any further questions Bailee@netballnorthharbour.co.nz

Bailee Cassidy Y7/Y8/Y9 Games
Administrator | T 09 481 0955 |



Netball North Harbour
Barfoot & Thompson Netball Centre
44 Northcote Road, Northcote, Auckland, 0627
PO Box 36-130, Northcote, Auckland 0748
T 09 481 0022 www.netballnorthharbour.co.nz

ROTARY KAIPATIKI MAJOR FUNDRAISING EVENT

All funds raised are returned to our local community through a mixture of grants and community projects. This event will be held again at Northcote College during the term break from 16 – 18 July.

BOOK COLLECTION

SATURDAY 12 JUNE TO SUNDAY 11 JULY

BOOKS REQUIRED *

Do you have good quality books to donate?
If you are unable to drop-off books to the bins at the Z Service Stations listed below, or have several cartons, please contact Graham or Judy: **09 488-7105** to arrange for assistance.

*Sorry, we don't accept damaged books, ex-Library books, Reader's Digest collections, encyclopaedia, phone books, magazines or newspapers. 100% of proceeds will be returned to the community for charitable purposes.
Thank you for your support

Drop-off bins are located at the following Z Service Stations:

Glen Park	241 Glenfield Road
Greville Rd	43 Greville Road
Mairangi Bay	413 Beach Road
Milford	151 East Coast Road
Onewa Road	119 Onewa Road
Sunnybrae Rd	37 Northcote Road

SKY TOWER AUCKLAND HUSKIES

Three of their players came into school last week and ran basketball skills and positive self-development workshops. As a thank you, please find the following link for another free child ticket to the Sky Tower Huskies game for this Saturday 29th May at 7:30pm, held at Eventfinda, North Shore.

Instructions on how to redeem your ticket are as follows:

Click on the link:

<https://www.eventfinda.co.nz/2021/auckland-huskies-vs-otago-nuggets/auckland/wairau-valley>

Select: 1x Free GA Child ticket - Apply the promo code:"**AUCKLAND09**" - Complete the registration and the ticket will be emailed



WELCOME TO LIFECHANGER!

LifeChanger is proud to be partnering with the Sky Tower Auckland Huskies to deliver positive self development workshops throughout the Auckland region.

At LifeChanger we believe that all youth deserve the opportunity to live their best life.

LifeChanger's mission is to empower young people by providing the resources, skills, education and pathway they need to develop a positive self-identity, self-awareness and resilience. LifeChanger identifies and develops local community mentors, then connects them with teenagers to help build a sustainable village of support, enabling and nurturing positive self-identity for young people.

LIFECHANGER AND THE HUSKIES will be running funded LifeChanger programs within your region.

1. THE EMPOWERMENT SESSION (2hrs)

Includes....

1 hour x LifeChanger self empowerment and discover your strengths session.
1 hour x Sky Tower Auckland Huskies Basketball Session.

2. THE AWAKEN THE HERO - FULL PROGRAM (6 Youth workshops)

Includes...

Activation: Participants begin to understand that they are their own inner hero and become aware of their path forward.

Health: Understanding that movement, good nutrition, recovery and meditation enhances feelings of positive wellbeing.

Skills: A focus on life skills such as goal setting, problem solving, resilience and gratitude.

Self: Developing your own self-awareness, exploring your emotions and strategies for teens to use to cope with life's challenges.

Purpose: Reflection on one's passion, hobbies and interests. Leading to your pathway ahead.

Tribe: Connecting to and understanding their 'Tribe' extends past their immediate family and now includes community mentors, other participants and the community as a whole.

Expressions of interest welcome for both programs. Please inquire at info@lifechanger.org.au. Successful applicants will receive 100% fully funded program, places are limited.

