



At West Harbour School we stand tall, proud and confident, continually discovering and applying new learning. Together we encourage our learning community to realise its unique talents and aspirations.

I would like to take this opportunity to thank everyone in our school family for your support in so many ways this year. Whether it was coming along to special events, such as the Fathers' Day breakfast, or helping out with sport, understanding when we have had to ask whether children could be kept at home where possible during extended sickness of staff or a paid union meeting - we couldn't have done it without you.

Kidpower - Parent Information Session - Monday 28 November, 2.00-3.00 pm, Room 12

Please see the information below about this amazing programme. If you are coming to the meeting on Monday 28 November would you please contact the office?

BIKE TRACK - Some of you may have noticed the machinery on the school field - big digger and several smaller machines. This is expected to be completed around the second week of December - weather permitting. We are very much looking forward to having this amazing facility for the children to use.

Christmas Raffle: Tickets will be going on sale at the office from 01 December. \$1 per ticket for several prizes.

Music Lessons 2023

Group (4-6 per class) Keyboard or Guitar lessons during school hours at West Harbour School beginning in 2023
Fun and experienced teachers, discounted rate for Group Classes only \$21.30 per lesson (Individual \$36.80)

Enrol now or contact Cherie for more information on (021) 112 9515

www.strikeachord.mymusicstaff.com

Swimming Lessons

AKTIVE AUCKLAND & SWIMSATION PARTNERSHIP

Swimsation Auckland is partnering with Aktive Auckland to provide discounted learn to swim lessons for families who hold a community service card.

We are offering 4 swimming lessons per swimmer for \$20 (\$5 per lesson), along with a free swim cap and goggles to help enjoy and make the most of your lessons.

Unfortunately, this funding is currently only available for swimmers who have not had swimming lessons in our Swimsation after-school/weekend or holiday programme previously. We hope that the programme is such a success that we will be able to increase the availability and offering of lessons in the future.

To find out more information please contact Swimsation Te Atatu (09) 948 2414 or teatatu@swimsation.com

IMPORTANT DATES

Monday 28 November - Parent meeting with the Kidpower presenters

Wed 30 Nov - Friday 02 December - Year 8 camp at MERC
Wed 14 December - Y8 Graduation, 6.00 pm - 7.30 pm
Thurs 15 Dec - Shine Assembly, 11.30 am - 1.00 pm

Friday 16 December - Final day of Term 4, School closes at 12.30

Thursday 02 February 2023 - First day of Term 1 2023



Empowerment Trust

0800 543 769

Charities Commission Reg# CC 20081

www.empowermenttrust.nz

Dear Parents/Whanau/Caregivers,

Your child(ren) will be participating in a Confident Kids Workshop.

Empowerment Trust offers programmes that teach people of all ages the skills and strategies needed to keep themselves emotionally and physically safe with others. We call this People Safety. A strong foundation of People Safety Skills and knowledge can prevent and stop most bullying, abuse, and other violence.

We cannot always be with our children but we can make sure they have the awareness, verbal and physical skills to cope with potential harmful situations. The tools described below are those that the children will learn.

What will be covered with your children:

They have three powers with them everywhere they go, even when they are on their own, to keep themselves safe:

- **Brain Power** to think about how they should respond to others in a safe way
- **Body Power** to move or walk away from unwanted physical or verbal behaviours and
- **Voice Power** to talk or speak up and let people know when they do not like what is happening.

Awareness, Calm and Confidence (ACC) - people are less likely to bother you and more likely to leave you alone if you demonstrate these skills; being aware also helps your children identify potentially unsafe situations or behaviours

Fence Power – It's ideal when children can practise setting and respecting boundaries at home. They might say "Please Stop" – "I said Stop" while raising their hands. Support children in their touch choices, even with you and others in your family. Make sure that their "No" always gets immediate results.



Move or Walk Away Power – Children are encouraged to move or walk away from situations that may be unsafe or to choose this as an option when someone is bullying them with their words.

Get Help power – When you have moved away from unwanted behaviours (bullying) it is then important to tell an adult you trust at school – this could be a teacher or other staff member. If this person can't or doesn't help then we encourage them to keep telling until they get the help they need.

Rubbish Bin Power – Words can be very harmful and can stay with you for a lifetime; we encourage children to dispose of harmful or mean words in the rubbish bin and replace good words into their hearts.



If you have any further questions or concerns about what your children are learning, please feel free to contact us. We hope your children will gain some valuable skills to help themselves and others keep safe whilst at the same time having fun.

