

THURSDAY 11TH APRIL 2019

Welcome

We would like to welcome Aimee Reid who is joining our team of wonderful teachers at LSS in Term 2. Aimee has previously taught at Levin East School and Our Lady Of Lourdes in Palmerston North. She will be teaching in the Te Tipu area and has spent the last two days with us getting to know our students. A warm welcome also to Noah who is the newest student to our school this week.

What an action packed term it's been with our students involved in a huge variety of activities both inside and outside of the classroom. Thank you for the support we've had from you throughout the term including your attendance at Whānau Evening and Goal Setting Meetings. It's great to have so many members of our school community willing to help provide the extra opportunities for our students such as coaching sports teams and helping with camps. I can see we've already had offers to coach netball next term and we really appreciate the fact you're prepared to give up your time for the benefit of our students.

We look forward to seeing everyone again on Monday 29th April ready for another enjoyable term full of fun learning experiences.



INTERSCHOOL ATHLETICS

Congratulations to all of our athletes who competed in the Interschool Athletics event on Monday. They got to challenge themselves against the top students from eight other schools from Feilding and the surrounding area. All students represented LSS extremely well and as you can see by the results in the table below, there were some very impressive achievements. Please hand in all sports t-shirts that were issued for this event.

An assembly will be held early in Term 2 to present swimming and athletics awards.

EPro8 CHALLENGE

Yesterday we had two Lytton Street teams take part in the EPro8 challenge at Feilding Intermediate. The LSS Challengers (Kage, Riley, Liam, Stori) and LSS Tinkers (Ashlyn, Illyra, Ethan, Aiden) had two and a half hours to solve as many challenges as they could. Both teams worked hard constructing lightning rods, calculating the speed of sound, building vehicles to automatically count wheel revolutions while moving around the room, and having lights and speakers triggered by buttons. LSS Challengers narrowly missed out on 3rd place by just 10 points. LSS Tinkers came in 2nd place and will now represent our school in the semi-finals in Term 2. A fantastic result from both teams. Thank you to Mr Cole for preparing our students for such a fun and unique competition.



Event	Top 3 Placings
High Jump	Yr 3/4 Boys - 1st Leigh W, 2nd Hugo S Yr 5/6 Boys - 2nd Aiden C, 3rd Devon C
Long Jump	Yr 3/4 Boys - 1st Joseph B, 2nd Hugo S Yr 5/6 Boys - 1st Charlie H (new record), 2nd Devon C
Shot Put	Yr 3/4 Boys - 1st Hugo S Yr 3/4 Girls - 3rd Araiina P Yr 5/6 Girls - 2nd Luella V
Discus	Yr 3/4 Boys - 2nd Hugo S Yr 3/4 Girls - 3rd Mia G Yr 5/6 Boys - 1st Jack R Yr 5/6 Girls - 3rd Luella V
Sprints	Yr 3/4 Boys- 1st Leigh W (new record), 2nd Joseph B Yr 3/4 Girls - 3rd Alyahna M-B Yr 5/6 Boys - 1st Charlie H, 2nd Devon C, 3rd Aiden C
800m	Yr 3/4 Boys - 1st Hugo S, 2nd Elijah M
Championships	Yr 3/4 Boys - 1st Hugo S, 2nd Leigh W, 3rd Joseph B Yr 5/6 Boys - 1st Charlie H, 2nd = Devon C

Check out our website - www.lyttonstreet.school.nz

health & safety at work



Mindfulness and Meltdowns

The thing about emotions is that we can't unfeel what we've felt. Some children push their trickier emotions down into the subconscious and that's where they stay for a while. At some point, there's a trigger that activates the emotion again. Others tend towards the opposite response. They feel their emotions acutely and might be called 'sensitive'.

One strategy to deal with high emotions or meltdowns is a simple mindful technique. It pays attention with kindness to someone's emotions, rather than trying to change them. It's called Mirror-Link-Pause

Mirror

"I can see you're so frustrated that ____" Here, you'll add in the scenario. Maybe the cup was the wrong colour.

"I can see you're scared about ____." You know the drill, add your scenario here. This time it might be school camp or a test.

The goal is just to mirror back to your child what you see they're going through. Science shows us emotions stick around unless they're genuinely acknowledged.

Link

"That makes perfect sense because ____" Add in what you're linking the emotion to. You could say "you love that colour cup".

"That makes perfect sense because ____" You guessed it, link again. You could say "you've never been to school camp before."

Science shows us that our brains relax when we know what we're feeling is valid. The words "it makes perfect sense" are incredibly healing. It's a challenge to use those words when your child is inconsolable because their socks feel funny. Stretch yourself, get those words out, and you'll be amazed at how situations can dissipate almost instantly.

Pause

Say nothing. This is the hardest part for most parents. But it's your child's emotion to process and their problem to solve. Your child may ask for your help in a minute, but their ability to handle their own valid emotion, whatever its intensity, comes first and is dependent on your reaction to it.

BY SHIRLEY PASTIROFF



HOCKEY SKILLS AND DRILLS

On Tuesday some students from Feilding High School came to take our senior students for half hour hockey skills sessions. They did a great job sharing their knowledge while promoting Feilding Junior Hockey which begins in Term 2.

Feilding Junior Hockey 2019

Held at FAHS Turf

Skills and Drills 6 weeks, 5:15-6:15 pm, (Yrs 1-8)

Starts: Monday 6th May

Sign up: Feilding Junior Hockey Facebook page

Cost: \$30 per person for 6 weeks

Just bring shin pads, mouth guard and a big smile.

Hockey sticks and coaches provided.

Contact: via our Facebook page

Raewyn Beattie 02108156478

lucindadodunski@hotmail.com



FEILDING SATURDAY MORNING RUGBY

Feilding Saturday Morning Rugby junior registrations are still open. The season commences 4th May 2019. Information and online registrations can be found on their website or Facebook.

COMING UP

EVENTS

Term Dates: Monday 4th February - Friday 12th April

Term 2 Dates: Monday 29th April - Friday 5th July

Together, we learn to live and live to learn

Check out our website - www.lyttonstreet.school.nz