

### YEAR 3-6 SWIMMING SPORTS - WEDNESDAY 27TH FEBRUARY



#### LSS MUSIC

Our school music programme is now underway and has started with Te Manawanui and Te Mātauranga. Te Atawhai and Te Tipu are next up and will have their turn in Term 2. Each class has five weeks of lessons where students will learn new skills using a wide range of instruments. To kick off the year the children are learning beat and rhythm through instruments such as the tambourine, hand drum and bucket drum. Later in the year the children will learn notes and chords on ukulele, bells and glockenspiel. A huge thanks to our talented Mr Evans who is sharing his expertise and providing this wonderful opportunity for our students every Friday.



#### SWIMMING SPORTS

Year 3 - 6 students have Swimming Sports on Wednesday 27th February at Makino Aquatic Centre. It will involve different events including swimming skills displays and races.

Year 5/6 - 9:20am - 11:30am

Year 3/4 - 11:30am - 1:00pm

Classes will be sitting together with their teachers on the terraced seating side of the pool by the changing rooms. Parents are requested to sit on the opposite side of the pool so teachers can organise students for each event. Feel free to bring your own seats. Students will need togs, towels, goggles (optional), water bottle, snacks to have throughout the event, sunscreen, school hat and warm clothes to put on between races.

#### WEET-BIX TRYATHLON

We have registered our school for the Weet-Bix TRYathlon at Ongley Park in Palmerston North on Tuesday 19th March. If you are intending on taking your child, remember to link to our school group and you'll receive a discount and it will give us the chance to win some great prizes. The distances are:

- 7 year olds 50m swim/ 4km cycle/ 1.5km run
- 8 – 10 year olds 100m swim/ 4km cycle/ 1.5km run
- 11 – 15 year olds 150 – 200m swim/ 8km cycle/ 1.5 km run

We'll try and have the Lytton Street Gazebo at the event once again so it can be used as a base. As this is such a huge event we ask that if you are entering your child, that they have a parent with them on the day or an adult who you have arranged to supervise them.



#### WHĀNAU EVENING

We had a fantastic turn out to enjoy the evening sun at our Whānau Evening last week. We hope you all had a relaxing time. It certainly looked as though the kids were having a blast. Thanks to Kachow Party Entertainment for their very popular water slides and bouncy castles.

#### CAR PARKS

We understand that parking is limited and it gets very busy after school at pick up time on Monmouth Street. We appreciate everyone remaining patient and respectful of others so pick up runs as smoothly as possible. Please don't park on yellow lines and across driveways and remember that only those with appropriate stickers can use the designated disability parks.



**JOHN  
TURKINGTON  
FORESTRY**

phone. 0274 458 410

Check out our website - [www.lyttonstreet.school.nz](http://www.lyttonstreet.school.nz)



# health&safety at work



## PARENTING - TEACHING YOUR KIDS TO SWIM IN THE SEA OF SOCIAL MEDIA

Your kids will step into the uncharted waters of social media at some point. How do you teach them to swim between the flags?

### Don't take the plunge too soon

There are a few reasons why being too early can leave kids out of their depth –

- Once they have their own social media presence, they have it forever
- The world really is more simple when you don't have to manage your reputation and social interactions online as well as offline
- Likes, notifications, messages, and friend requests can release a powerful cocktail of feel good chemicals into the brain, and social media can become addictive

### Don't make them sit on the sand too long

What we all know about adolescents is that if they're the 'last ones' or they're 'never' allowed to take part in what everyone else seems to be doing, they'll find ways of doing it anyway. This leaves you unable to help them navigate it well. To keep them between the flags, you need to know they're swimming. If the time has come (usually somewhere between 10 and 13 years old), then what wisdom will they need to stay between the flags?

### Prepare them for the basics of social media

When teaching someone to swim, you start with floaties. The social media equivalent is a basic platform where you co-create a social media account for the family pet or a plant. It can be a fun and safe introduction to the world of newsfeeds, stories and direct messages. They'll get to pick a cool original username like @RightAboutMeow and enjoy scrolling and posting pictures with your guidance. Learning the basics of how to add friends, block users, report posts, and knowing when to use their/they're/there, is essential to being a social media swimmer.

### Start with one platform

Let them grow confident swimming in the shallows before you let them go deeper into the sea. It's overwhelming to manage the notifications coming from Facebook, Messenger, Snapchat, and Instagram all at once. And that's as an adult. Keep it simple when they are first starting out.

If you had to swim all day every day, you'd get tired and cold. That's why all good things need some restrictions, and that includes social media.



### FOSTERING CURIOSITY

To the left Whāea Hayley and Chase discuss the monarch caterpillars crawling over branches in Room 5. Another example of the engaging areas our teachers set up to motivate students and encourage further learning.

### NEW SCHOOL WEBSITE

Check out our new and improved school website at

[www.lyttonstreet.school.nz](http://www.lyttonstreet.school.nz)

A big thanks to Mr Symon for utilising his IT knowledge and design skills to develop this for us.



COMING UP...

## EVENTS

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

Weeks 2 - 4: Year 3-6 Swimming Lessons

Wednesday 27th February - Year 3-6 Swimming Sports

Sunday 10th March - Saturday 16th March - Year 5/6 Camp to Foxton Beach (2 days/1 night per class)

Goal Setting Meetings - 26th & 27th March

Thursday 28th March - Year 3-6 Athletics Sports

Tuesday 2nd April - Year 0-2 Athletics Sports

### MYSCHOOLLUNCH - EVERY TUESDAY & THURSDAY

Visit "[myschoollunch.co.nz](http://myschoollunch.co.nz)" and follow the instructions



# Together, we learn to live and live to learn

Check out our website - [www.lyttonstreet.school.nz](http://www.lyttonstreet.school.nz)