



REMUERA  
INTERMEDIATE  
SCHOOL  
RELIABILITY INTEGRITY SERVICE



## JULY 2021 NEWSLETTER

### FROM THE PRINCIPAL'S DESK

#### The Power of Resilience

Recently I spoke to our young people about the choices we have when faced with adversity. These days our young people are bombarded daily with news and information, some true, some not so much and a good deal of what they see isn't always entirely positive. Not surprisingly talk of anxiety is on the rise and more students are feeling anxious. If we work with our young ones to focus on the things they can control this has the potential to reduce anxiety by helping them feel empowered and confident to tackle life challenges. We call this resilience. Unlike wellbeing, which tends to focus on what is being done by others to support us, resilience focuses on what we can do when the road ahead gets a little bumpy.



Children can be asked to deal with problems ranging from adapting to a new classroom or online schooling, to bullying by peers or even struggles at home. The ability to thrive despite these challenges arises from the skills of resilience. **The good news is that resilience skills can be learned.** Building resilience—the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress—can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress. Emotional pain, sadness and anxiety are common when we have suffered major trauma or personal loss, or even when we hear of someone else's loss or trauma.

Here are 10 tips for building resilience in children and teens. With the holidays ahead, this is a good time to reflect and think about what we want to achieve in the months ahead.

1. **Make connections**

Teach your child the importance of engaging and connecting with their peers, including the skill of empathy and listening to others. Find ways to help children foster connectivity by suggesting they connect to peers in-person or through phone, video chats, and texts. It's also important to build a strong family network. Connecting with others provides social support and strengthens resilience.

2. **Help your child by having them help others**

Children who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work or ask for assistance yourself with tasks that they can master. At school, brainstorm with children about ways they can help others in their class or in grades below.



3. **Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Work with your child to develop a routine and highlight times that are for school work and play. Particularly during times of distress or transition, you might need to be flexible with some routines. At the same time, schedules and consistency are important to maintain.

4. **Take a break**

While some anxiety can motivate us to take positive action, we also need to validate all feelings. Teach your child how to focus on something that they can control or can act on. Help by challenging unrealistic thinking by asking them to examine the chances of the worst case scenario and what they might tell a friend who has those worries. Be aware of what your child is exposed to that can be troubling, whether it's through the news, online, or overheard conversations. Although schools are being held accountable for performance or required to provide certain instruction, build in unstructured time during the school day to allow children to be creative.

5. **Teach your child self-care**

Teach your child the importance of basic self-care. This may be making more time to eat properly, exercise and get sufficient sleep. Make sure your child has time to have fun and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.

6. **Move toward your goals**

Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges. At school, break down large assignments into small, achievable goals for younger children, and for older children, acknowledge accomplishments on the way to larger goals.

7. **Nurture a positive self-view**

Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions. At school, help children see how their individual accomplishments contribute to the wellbeing of the class as a whole.

8. **Keep things in perspective and maintain a hopeful outlook**

Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times. In school, use history to show that life moves forward after bad events and the worst things are specific and temporary.



9. **Look for opportunities for self-discovery**

Tough times are often when children learn the most about themselves. Help your child take a look at how, whatever they're facing, can teach them "what am I made of." At school, consider leading discussions of what each student has learned after facing a tough situation.

10. **Accept change**

Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well and to have a plan of action for what is not going well. In school, point out how students have changed as they moved up in grade levels and discuss how that change has had an impact on the students.

### **Resilience in Intermediate aged children**

Even without larger traumas, Intermediate school can be an especially difficult time for many children as they struggle to meet extra academic demands and avoid new social pitfalls. They look to teachers and friends as well as to parents to make them feel safe.

Reinforce empathy and help your child keep perspective. If your child falls into the shifting of social groups that form in Intermediate school, help them understand that other children may be feeling just as lonely and confused and help them to see beyond the current situation.

Talk with your child about your own feelings during times of extraordinary stress. Your children may be old enough to appreciate hearing about your own thoughts and feelings, but also the ways in which you cope. Share how the ways you cope are helpful to you, but also find techniques that may benefit your child.

### **The journey of resilience**

Developing resilience is a personal journey, and you should use your knowledge of your own children to guide them on their journey. An approach to building resilience that works for you or your child might not work for someone else.

If your child seems stuck or overwhelmed and unable to use these tips, you may want to consider talking to someone who can help, such as a psychologist or other mental health professional. Turning to someone for guidance may help your child strengthen resilience and persevere during times of stress or trauma.

Have a great holiday and we look forward to welcoming our young ones back to Term Three on Monday 26 July.

Kyle Brewerton  
Principal

Ascot Avenue, Remuera, Auckland 1050, New Zealand  
T 09 522 9890 | E [officemgr@remint.school.nz](mailto:officemgr@remint.school.nz) | [www.remint.school.nz](http://www.remint.school.nz)

## CENTRAL ZONES GIRLS FOOTBALL

On Thursday 27th May the RI girls football team headed to Seddon Fields, Western Springs to compete in the Central Zones tournament.

They played 5 games in the first round to be selected for the quarter finals against Royal Oak. This ended in a 0-0 draw so a five shot penalty shoot out followed. Neither team scored and then our 7th player to shoot, Siena Baker, scored the winning penalty taking us through to the semi finals.

They won the semi finals against Diocesan and went on to the finals! Unfortunately Waikowhai managed to hold us off with a 2-1 lead.

It was a fantastic day and the girls represented RI with enthusiasm and a positive energy. Well done girls on your 2nd overall result!



## CENTRAL ZONES BOYS FOOTBALL – YEAR 7

With a limited build-up to the 2021 Central Zone tournament, RI was going in with a team stacked with talent who had shown great promise in the game vs the Year 8's.

Scoring 26 goals in their first three games RI quickly became the tournament favourites and held on to this title all the way through to the final.

An intense final against Pasadena resulted in a nil-all finish which meant they headed to a penalty shoot-out.

The cool head of Ben Perez-Baldoni sealed the deal to make RI Central Zone Champions for 2021!



## CENTRAL ZONES BOYS FOOTBALL – YEAR 8



The Year 8 Boys team entered the 2021 Central Zones competition having had a limited build-up.

However, they started strong in their pool beating St Peters and Waiheke to start the day.

Unfortunately, the goals slowed down after qualifying for the semifinals, however the boys still finished a very competitive 4th out of 16 schools.



## CENTRAL ZONES BOYS RUGBY U45KG

Remuera U45kg were expecting a tough day of rugby and they were not disappointed. First up, a friendly game against Glen Eden who were an invitational side. As per last year they were our toughest opposition. A very well drilled side especially at the break down caused a lot of disjointed play for Remuera and they struggled to get any momentum. A good game to warm up the boys!

In the second round we faced Royal Oak who were very aware that we were both probably playing for an Interzones place. Although they competed very well against us, Remuera found a lot more time on the ball and they made the most of it with some wonderful runs through the midfield. With the extra space and ability to play our running game we came out worthy winners.

In the third round we faced St Peter's boys for first place. Again, similar to the Glen Eden game Remuera were starved of a lot of the ball due to the assertive play of St Peter's at the break down. This did not stop Remuera taking the game to them though with some fantastic individual runs and brave try saving tackles.



## INTERZONES BOYS RUGBY

It did not take much to fire up the boys for the Interzones competition as they had a lot to prove from the previous Central Zones outing.

First up was St Peter's, a game that the boys and coach earmarked as a tester for the whole tournament. RI took it to St Peter's, scored first and dominated the first half. St Peter's, a little shell shocked, regrouped and came out better in the second half to convert their try in front of the posts to take the win 7 - 5

In the second game we played an unknown East Counties team. A tight affair where RI started to find their rhythm. Some awesome try saving tackles put Counties on the back foot and with solid play from the forwards at the break down, RI came out worthy winners 12 - 5.



In the third game we played an experienced Sacred Heart side who we expected to push us all the way. A very competitive game saw RI come out worthy winners 7-0

That left Rosmini to beat in what was our final game of the day, and what a game it was! It had everything you could hope for as a spectator. Either side could have taken the spoils and RI, with gritty determination, pushed Rosmini right to their limits. RI were very unlucky not to score several times in the last throws of the game.

The boys were great ambassadors for the school and held their heads up high, as they know on another day it could have been RI coming out winners on what was an excellent competitive day of rugby.

## CENTRAL ZONES TABLE TENNIS

In Term 2, a group of 13 keen table tennis players took part in the CZ table tennis competition. All of our players started in a round robin set of games to see who would go through to the knockout stage. Of our 14 players most of them got through. We even had our own players having to play each other in the knockout rounds.

For the girls' competition Jocelyn Lam had to play Aanya Dewan in the semi final which stopped us from claiming first and second place. Jocelyn was in great form and won the final which put RI in first and third places for the girls' singles competition.

We had 4 of our boys in each of the quarter finals. With the last game between Marco Cheung and Nicholas Moh. It was a very close match, going to deuce multiple times throughout the game. It could have gone either way but Nicholas got the win. It was an awesome day and the skill shown by our team was amazing.



## YEAR 7 ZOO TRIPS

The area of study for Year 7's in term 2 was 'From Surviving to Thriving' where we looked into a range of habitats and adaptations and the impact these have had on different species.

So what better place to get up close to a range of different animals than Auckland Zoo!

Our students participated in education sessions with the keepers and learnt more about various species and how they have evolved to survive in their environments. Who knew elephant dung could be so interesting!! A great time was had by all!!





## WORLD VISION 40 HOUR FAMINE 2021

Our challenge was to live without something we rely on for 40 hours, such as transport, furniture, technology or food. The point was to experience life without one of our necessities to give a child the tools they need for a hunger-free future.

We decided to make our fundraising goal \$4,000. However, in total we raised an amazing \$13,470! The funds we raised will help protect children in Sub-Saharan Africa threatened by the hunger pandemic. What an amazing job we did!

The 40 Hour Famine was just around the corner. I was psyched! Reluctantly I pulled the sheet off my bed and lay it on the carpet. That was my 'bed' for the next two nights. Then I ambled downstairs and sat patiently waiting for the clock on the wall to show it was 8 pm.

'Tick' Tock' Finally! The time had come for me and my friends to begin the 40 Hour Famine. I pulled myself off the comfy armchair and slouched down onto the floor. I grabbed an enticing novel and read that to distract me from the comfy furniture around me. I had to eat my dinner on the floor, while my family sat at the dinner table. Luckily my dinner was so good that I forgot I was sitting on the cold, hard floorboards.

Hours passed and it was time for bed. I padded my way upstairs, the floor was waiting for me. Although my bed looked so inviting with its plump cushions and flannelette sheets, I had to sleep on the floor.

My room was flooded with light the next morning. I knew I had to adhere to the rules and eat breakfast on the floor. I ate quickly so I could go play outside and pass some time. Later that night family friends came over. While they sat on the couch discussing the latest news, I was left to sprawl on the floor. Soon it was time to sleep on the floor again. But this time my dad gave me a wheat bag, to give me some extra warmth.

I woke the next morning and for a moment forgot about the 40 Hour Famine. I was about to jump onto the sofa to read, but I stopped myself. No, I couldn't do that! So I plonked down on the rug. The last few hours were definitely the most challenging, because I was at the mall with my friends and had to eat at a restaurant standing up.

I walked into a clothing store and then my phone started ringing. Startled by the noise, I whipped out my phone. YAY! It was my alarm, reminding me that the 40 hours were over!. The famine was tough but I conquered it.

Throughout my time without furniture, I thought of the good I was doing. When I returned home, I donated \$105 to help children in need in Sub-Saharan Africa. I am so glad I participated in this wonderful fundraiser and I'm so proud of Remuera Intermediate for soaring past our goal of \$4000.

Alice Pitchers

Room 4



## RACE UNITY POSTER CONTEST

In assembly at the end of last term, The Social Chagency launched their Race Unity Poster Contest which was open to all RI students.

They had so many entries and after much consideration there were joint winners - Phoebe Jin and Claudia F!



## SCIENCE ROADSHOW



Remuera Intermediate School hosted the Science Roadshow on Monday 31st May and Tuesday 1st June of this year.

Students were engaged and entertained by a range of interactive exhibits and two informative shows covering a range of science concepts.

The show was enjoyed by students and teachers alike.





## International Day 2021



After the morning block on Friday 28 May, we were herded into the assembly for the International Day, in which many shows took place. The atmosphere was buzzing with excitement just before the show started. Each one of the performances was entertaining and interesting, there was even a comedic duo from The People's Republic of Smorgaria (not an actual country) that made everyone chuckle. Flags of many countries were adorned on the wall behind the stage, showing how culturally diverse RI is, it made me grateful for how friendly and caring our school is.

When the assembly finished, each class returned to their room, where a buffet of all foods was being served in a long row. It made me hugely happy when I saw my mother's dumplings disappear in an instant. After our meals, we went outside to play. To me it felt like an extra-special lunchtime, which it was.

International Day was an enjoyable experience for all of us, it allowed us to learn a little more about other cultures presented in our school. Some of us even made new sets of friends!

JS Chen-Room 5





## KIDS LIT QUIZ

Do you know what Joy Cowley's novel 'The Changeover' has in common with the 'Twilight' series?

Who wrote 'Treasure Island'?

What is the name of the house elf that despises Sirius Black?

Forty teams gathered in Saint Cuthbert's College Hall on Friday 21 May. Eight students made up two RI teams that spent a morning representing our school in the 2021 heats of the International Kids' Lit Quiz.

It was great fun, with an element of competition, personal challenge and teamwork for children whose passion is reading. The students were amazed to hear the quizmaster, Wayne Mills, has been running this event for 30 years. The winning team goes to the national quiz held in Wellington, which usually leads into an international competition. For obvious reasons, that will not take place this year. Maybe that will be next year's team goal.

Both RI teams had a good spread of knowledge and worked together impressively to answer 100 wide-ranging, book related questions arranged in ten categories.

Remuera Intermediate Team 1 finished in seventh place. Remuera Intermediate Team 2 scored in the mid-field of the results table. Both teams were very happy with their efforts and results. Max even won a spot prize. Well done RI quizzers!



## POLYSCHOLARS

During Terms 1 and 2 the Maori and Pasifika Science Enrichment group "POLYSCHOLARS" met on Friday mornings with Mr Nicholls in the Science Lab. The students enjoyed a range of exciting experiments and investigations that focused on engaging students in Science and improving fair test investigation skills. Throughout our 2 terms together we investigated factors that affect seed germination, learnt how to use binocular and monocular microscopes, investigated factors that influenced the flight distance of paper aeroplanes and learnt about different types of rocks and their origins. We also studied forensic science including fingerprinting and even dissected cows' eyes. On June 18 the Polyscholars were treated to a visit to the Anthropology Department at the University of Auckland to learn about the sub-disciplines of Archaeology and Biological Anthropology. This amazing group of Polyscholars will go on to do great things in science!





## KAPA HAKA KINDERGARTEN TRIP

To celebrate Matariki the Kapa Haka group visited Remuera Kindergarten on Monday 5 July. It was lots of fun! We sang a few songs, performed the haka and then joined in with the young ones. Our visit to the kindergarten coincided with Matariki and every year we make the short walk up the road and round the corner to visit our friends. Nga mihi o Matariki.



## YEAR 7 WATER SMART PROGRAMME



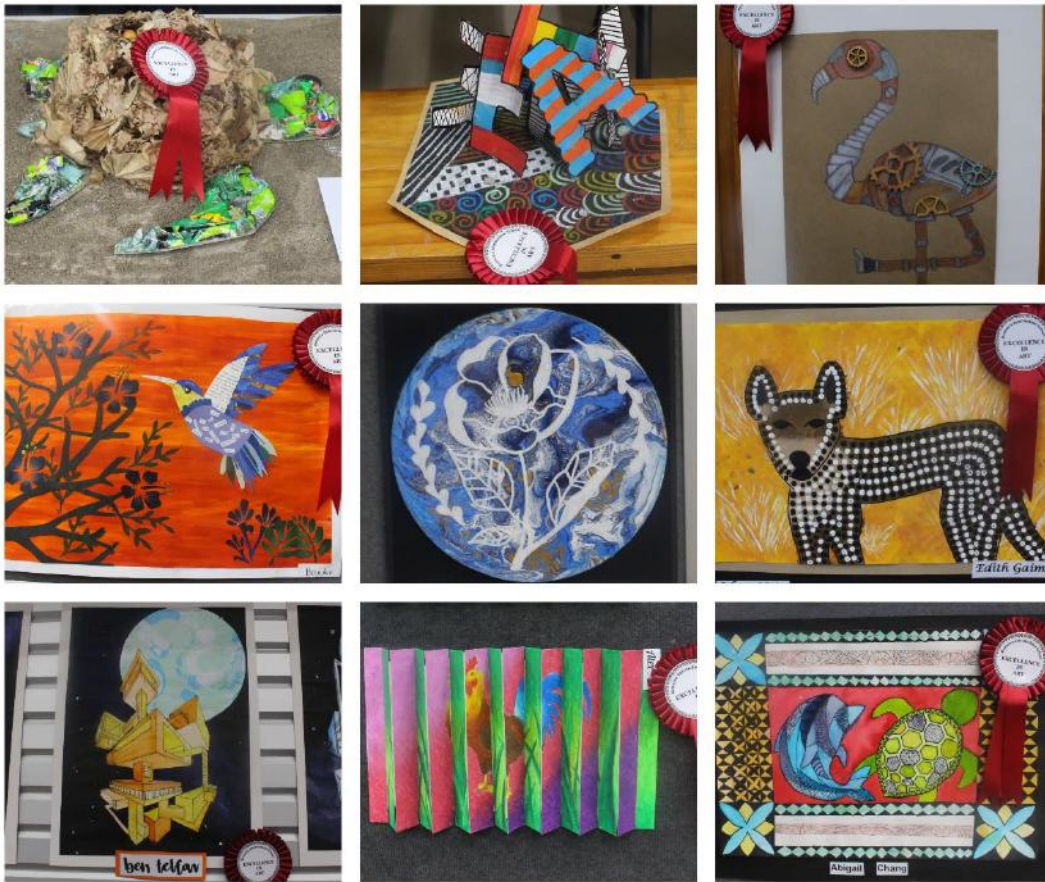
This year, our Year 7's took part in the Water Smart program held at the Wave Pool in Mt Albert.

Across the two day program students learn a range of vital survival skills that can be used in a range of aquatic environments including open water, rivers and rips.

Life jackets were used in many of the activities which gave our students the confidence to jump off the side of the wave pool and to tip themselves out of the rubber dingy. We also looked at a range of floatation devices and rescue techniques when helping a swimmer to shore.

RI really enjoys taking part in the valuable program and it is a wonderful opportunity for our Year 7's to build confidence and awareness of safety on and around the water. Then to top it all off there is the water slide!!





TRASH TO FASHION SHOW



## ICAS ASSESSMENTS 2021

Remuera Intermediate School will be offering ICAS exams again this year for families who would like to opt-in.

There have been changes in how ICAS will be run. We will continue to host all exams here at school but parents will need to register their children directly with ICAS.

Once we have confirmed the number of students participating, we will confirm which specific day the exams will take place.

- Week starting 9 August 2021  
Writing  
Digital technologies
- Week starting 16 August 2021  
English
- Week starting 23 August 2021  
Science  
Spelling Bee
- Week starting 30 August 2021  
Mathematics

If you would like your child to enter the ICAS exams, please [click here](#) for all instructions.

## 2022 YEAR 7 ENROLMENTS

### Enrolments

Open

We offer two different ways to enrol for 2022, Online Enrolment and Manual Enrolment.

### Online Enrolment

Please visit the following website to begin the process

<https://www.remint.school.nz/enrolment/enrolment-overview>

### Manual Enrolment

Enrolment Forms 2022 are available to [download](#) from our website.

Alternatively you can collect in person from your Primary School Office or Remuera Intermediate School Office,  
08:00am – 03:30pm Monday to Friday

### In Zone Applications

To assist us in our planning for 2022, In Zone applications for Year 7 should be received by Wednesday 1 September 2021.  
In Zone applicants are guaranteed a place upon completion of the enrolment process.

### Out of Zone Applications Closing Date

Wednesday 1 September 2021 3:30 pm

### Out of Zone Ballot Date

Wednesday 8 September 2021

### Enquiries

Visit our website [www.remint.school.nz](http://www.remint.school.nz) for information on all areas of Remuera Intermediate School.

The school office is open Monday to Friday 08:00am — 03:30pm. If you have any queries please telephone 09 522 9890 or email [enrolments@remint.school.nz](mailto:enrolments@remint.school.nz)



## IMPORTANT DATES

09 July	Term 2 Ends	14 Sept	PTA Meeting
26 July	Term 3 Starts	16 Sept	Girls Breakfast
03 Aug	PTA Meeting	21 Sept	BOT Meeting
17 Aug	BOT Meeting	24 Sept	Awards Assembly
19 Aug	Boys Breakfast	29 Sept	Music Showcase
27 Aug	School Social	01 Oct	Term 3 Ends
01 Sept	Out of Zone enrolments close	18 Oct	Term 4 Starts
08 Sept	Out of Zone Ballot		

(For a full list of important dates, please see the calendar on the school website.)

## REMUERA INTERMEDIATE SCHOOL APP

You can download the free app from the App Store or Google Play. It works on both android and Apple phones. It sends important school messages and forms a big part of our school communications. If you have not downloaded the App, please click this link <http://remueraint.apps.school.nz/share/>



### Features of the App:

- You can subscribe to alert groups of interest to you and your child
- You can complete the absentee form directly from the App
- You can access the school calendar, news and events directly through the App
- We can send out targeted alerts to everyone with the App or to specific groups

## ABSENCES

All absences need to be reported by 8:45am at the latest. To report an absence please:

- Use the 'Report an Absence' link in the top right corner on the school website homepage <http://www.remint.school.nz>
  - Use the school app or phone the office on 09 522 9890 Option 1
- Please do not email absence notifications to classroom teachers

## ABSENCE TEXT NOTIFICATION

Your children's safety is of paramount importance to us. In order to ensure the safety of all our students, at 9:30am if your child has not been marked as Present we will send out a text notification to alert you of his/her absence.

We are aware many parents are simply very busy people and forget to notify the school so please respond with a Y and a reason for the absence/lateness.

Respond with an N if you have dropped your child at school or know that he/she was coming to school and we can investigate this promptly.

**Should your mobile number change, please notify the school immediately so that we can update our records accordingly.**

## PARENT PORTAL

Parents are able to use our portal to pay for their child's donations and fees. We encourage anyone who has not already signed up to do so. The address is <https://parent.edgelearning.co.nz/>