



## SEPTEMBER 2018 NEWSLETTER

### FROM THE PRINCIPAL'S DESK

Since the review of our Mission Statement in 2016 we have been taking numerous steps to embody the various elements contained within this important guiding statement:

*Remuera Intermediate School will provide a rigorous and enriching education in an environment that supports the unique social, emotional and academic needs of emerging adolescents. The aim of this education is to develop resilient, compassionate and responsible members of a global community.*

One area that has been a priority this year is the area of developing resilience. It would be fair to say that the world we live in today is somewhat more complex, ambiguous and challenging than the world we grew up in as young adolescents. It is perhaps little wonder that the level of anxiety among our students and their families has been on the rise in more recent times. Whilst it is difficult to say for sure exactly what has led to this increase, it is a very real issue evident in the many interactions we have in schools today. Whilst many families and their young people remain upbeat, positive and resilient, the number of those sharing increased challenges is rising.

As a school we have taken the decision to examine this issue in the hope that we can effect change in our students and in turn possibly our wider community. To achieve this aim we have taken two significant actions. The first involves our work with the Resilience Institute and the second is through our involvement in our Community of Learning. I have mentioned some of our work with the Resilience Institute in previous newsletters. Primarily this work has focused on understanding resilience as a staff through face to face training and through examining our own resilience and factors that can improve our state of wellbeing. In recent months this focus has shifted to students which has led us to the programme we recently launched.

Research shared by the Resilience Institute has shown very strong evidence that resilience can be taught and through some simple changes our outlook can be impacted greatly. Personally I have employed some of the strategies we have been learning about and in doing so have noticed significant changes in my own ability to achieve greater balance and productivity.

The two major areas I would like to share today are very simple and actually require very little time or effort. The first is what is referred to as tactical calm, a technique synonymous with professional sport, possibly one of the more intense and high pressure environments. The second is connectedness. Tactical calm is really just a fancy title for what is basically slowing your thoughts and your breathing to bring you back to a calm state.

Often in my day I find there are many demands on my time, which is quite normal in today's world. The challenge is trying to decide what task takes priority at any given time. The solution to this has been that magic word 'multitasking', which is actually just multi switching in rapid succession. This rapid change of focus can be very demanding and actually have quite negative impacts on productivity. By raising my awareness of this and consciously stopping in moments when everything is happening at pace, I am able to calm myself very quickly and move into a more focused state. This simple practice had enabled me to achieve much greater focus with much more considered responses to the issues at hand.

Connectedness is another area that has had a positive impact. The irony here is that humanity has never been as connected as we are today however our interactions are often online and often superficial. Neuroscience is now showing us that face to face contact is far more powerful than virtual communication. The various hormones that are associated with human contact are not released when connecting online. To this end, I have taken a conscious decision to avoid looking at my phone or my laptop once I arrive home as this is time to reconnect with my family. I have shared this with the staff and many have followed suit. The unintended consequence of this has been a reduction in work emails during weekends and late at night. This has led to more staff coming together in the staff room each morning to communicate in person which in turn is building greater working relationships.

So by simply strategically slowing down at times and connecting face to face with people I have seen major changes in the way my day looks and feels. It is great to know that we can take control of our reality and that our mission to build resilience in our young people is not only a worthy goal, it is achievable.

Kyle Brewerton  
Principal

## DUNEDIN TRIP

On 12th August, 30 students and 3 teachers (Mr Beckett, Mr Waite and Ms Lynch) travelled to Dunedin to begin our week long stay hosted by Tahuna Intermediate School.

We spent the first 3 days exploring Dunedin and the surrounding area. Some memorable moments were:

- Baldwin Street: The steepest street in the world. Walking/running up (and down)
- The Museum, Stardome, Butterfly Centre, Discovery World
- The Monarch Harbour Cruise: where we explored the Harbour and Otago Heads
- Olveston House: a place of many treasures
- Lanarch Castle: old and slightly spooky

On Thursday morning we left Dunedin and travelled through Central Otago to Queenstown. On the way we stopped at Lawrence (a whole town with free wifi for everyone), Clyde to view the dam, then had lunch in Alexandra. We also stopped and panned for gold at Goldfields mining centre in the Kawarau Gorge: 6 students found gold flakes which they got to take with them.

Friday and Saturday we spent skiing and snowboarding at Coronet Peak. We had a range of abilities from first time skiers to experts but by the 2nd day everyone was using the chairlift and having a great time!

Saturday night we dressed up and went on the gondola up to The Skyline restaurant for dinner where we attempted to eat them out of food. 'Someone' ate 13 desserts!

Sunday we made our way back to Dunedin after a round of mini golf and lunch in Arrowtown. One last night with our host families and we were back at the airport to fly home.

The weather was great, no rain and only a bit colder than Auckland. Tahuna and Dunedin were great hosts and showed us amazing Southern Hospitality and we all left with some sadness but many great memories.



## JAPAN EXCHANGE

Our sister school from Befu, Japan stayed for a week at the beginning of August. They spent two days at school, visited Waitomo caves for the day and tiki toured around Auckland. The 30 students' home stayed for 5 nights.

Thank you so much to all the families who hosted the kids from Befu Elementary school, they had so much fun! Being involved in the exchange programme is a very worthwhile experience for all.



## BOYS NETBALL

The Boys Netball teams had another very successful year in our Zone competitions.

The Year 7 team were strong across the court. We came together very well in our final few trainings and went through the entire Central Zone competition undefeated. Our team were extremely supportive of each other, but also showed fantastic sportsmanship to all opposition teams throughout the tournament - an exemplary effort for all other RI teams to take note of.

The Year 8 team was looking to repeat last year's heroics and win our Central Zone again. We only narrowly won in 2017, surviving a draw with Balmoral Intermediate to come out on top, so we knew 1st place would be a tough challenge. We started off with a wobble, losing 8-5 to a very strong Kowhai Intermediate side. However, from there the team gelled much better and went through the rest of the day without losing a game, placing second and qualifying for Interzones along with the Year 7 team.

Between the Year 7 and Year 8 teams, we scored 3 goals for every 1 goal conceded during Central Zones - a total of 147 goals in one day!



## GIRLS BREAKFAST

(Please note that the Boys Breakfast will take place next term on Tuesday 30 October. Details to follow)



AN INVITATION TO THE  
**RI GIRLS  
BREAKFAST**  
ALL MUMS & DAUGHTERS WELCOME

**Date:** Tuesday 18 September  
**Time:** 7:00 – 8:00am  
**Venue:** RI School Hall

**With Special Guest Speaker:**  
Angela Barnett, Pretty Smart -  
Breaking Beauty Stereotypes for  
Teens



**Tickets Go On Sale:**  
School Foyer 8:00am  
Thursday 6 September

**Cost: \$10:00**  
per Caregiver & Daughter



REMUERA INTERMEDIATE

# TECHNOLOGY SHOWCASE



A great opportunity for Year 7 students to see what happens in Year 8 classes before they complete their options form for next year!

Come and see work produced by our students during their Technology classes as well as demonstrations of some of the latest technological developments.

Awards will also be presented to students on the night.

We look forward to meeting you.

The RI Technology Staff

**THURSDAY 13TH SEPTEMBER  
6.30 - 8.00 PM  
RI SCHOOL HALL**

## NIPS SKI CHAMPIONSHIPS 20-23 AUGUST 2018

Our ski team of 9 practised every Sunday for 12 weeks at Snowplanet. Sadly the ski racing competition was cancelled after 3 days of snow, snow, snow and bad weather.

However, the team had great fun. When it stopped snowing, snowmen building competitions were held and it is said that Remuera Intermediate School had the upper hand in the snow ball fights on the mountain!

1. Sam Pratt	7
2. Reeve Innes	11
3. Mia Douglas	21
4. Jack Brew	9
5. Rory Cohen	32
6. Hailey Griffiths	3
7. Jax Loh	6
8. Campbell Jamieson	1
9. Alex Ingram-Johnson	34

Thank you to Tony Innes, parent and organiser of this year's ski team.



## REMUERA LIBRARY ANNUAL WIN WITH WORDS COMPETITION

Every year Remuera Library runs a writing competition called Win With Words for Year 7 and Year 8 students across the Remuera and Orakei area.

This year there were 300 entries across nine schools. RI students did exceptionally well and we are pleased to announce that Zoe Bews-Hair (Rm 36) received 1st place in the Year 8 competition and Alex Reid (Rm 15) received 2nd place in the Year 7 competition. In her comments the judge praised Zoe for crafting a totally original story that left her feeling calm and happy. She also shared her delight at Alex's use of words such as 'verdant'.

The competition also awarded several special prizes and named several runner-up entries. RI students proudly featured among these prizes as well.

### WIN WITH WORDS YEAR 7 PRIZES

2nd Place - Alex Reid (Rm15)

Runners Up - Samuel Reeves (Rm 9) and Stella Lamb (Rm 10)

Remuera Heritage 'Only in New Zealand' Prize - Finn Houghton (Rm 18)

### WIN WITH WORDS YEAR 8 PRIZES

1st Place - Zoe Bews-Hair (Rm 36)

Runners Up - Linxi Lin (Rm 23) and Tauveve Tiatia (Rm 35)

Remuera Heritage 'Only in New Zealand' Prize - Charlotte Holt (Rm 21)

Orakei Local Board 'A Story Set in Your Library' Prize - Alicia Yong (Rm 35)

We are very proud of our award-winning writers.





## YEAR 8 NATIONAL SKATING REPRESENTATIVES

Cadence Orr and Preston Too recently competed at the 2018 NZ Artistic Roller Skating National Championships in Whanganui. Cadence placed 4th in NZ for Compulsory Dance/Free Dance and 5th in NZ for Figures. Preston and Cadence were part of the Mt Wellington Team Ghostbusters themed skate performance and placed 4th in NZ. Preston was selected to be the flag bearer during the Opening Ceremony.

Well done to Cadence and Preston, our national representative artistic skaters!



## MATHEX 2018

This year Mathex at Remuera Intermediate was a sought after spot. Starting early in Term 2, trials were held and the selection process began to find the best mathematicians and team players to represent our school at the Auckland Mathex competition.

With over 120 teams competing in each year level, the competition was tough. All four RI teams did extremely well and represented our school well. We would also like to thank all the Mathex markers that helped the teams train over such a long period.



## CROSS COUNTRY

### SCHOOL

We ran our school Cross Country event one wet lunchtime with three laps around the school perimeter. Four teams of 8 students went on to compete at the Central Zone Competition held on Friday 31 August at Waiatarua Reserve.

### CENTRAL ZONE

The day was fine after heavy rain on the Wednesday (the original event day). The course was fun, set around rain filled "ponds and swamps". Runners crossed the finish line with mud all up their legs, shorts and shirts. Our teams all gained a podium finish, with the three 1st place teams going on to run in the Interzone Cross Country Championships at Muriwai Beach on Tuesday 04 September.

### RESULTS

1st - Year 7 Girls Team, Year 7 Boys Team, Year 8 Boys Team

3rd - Year 8 Girls Team

9th placing individual - Tegan Feringa



### AIMS INTERZONE CROSS COUNTRY EVENT

This was held on Tuesday 04 September with the course set at Muriwai Beach and the inland track. The weather was beautiful, but a bit chilly on the beach.

Our successes were:

Coen Anderson      Year 7 Boys Team - 14th

Kayo Findsen        Year 7 Girls Team - 14th

William Beny        Year 8 Boys Team - 3rd

Year 7 Boys Team came 1st and thus are the Auckland Cross Country Champions 2018!

## PROJECTATHON

Our big fundraiser for the year got underway this week with an exciting launch. Our PTA is helping raise funds to replace the tired and out of date projectors across the school.

Each of our students have been given 100 questions and answers to learn over the next few weeks. During this time we are hoping that they will try to find as many sponsors who would be willing to donate either a one off amount, or to pledge an amount for each correct answer.

Our school wide Project-A-Thon question and answer competition is being held on Tuesday 23rd October so there is plenty of time to learn some interesting new facts and to get as many sponsors as possible.

We hope our families will enjoy helping our children prepare for the competition and we greatly appreciate your support with this fundraiser.



## JUST SMASH IT BADMINTON TERM 4

Enrolment forms will be available from **Monday 10 September**. Limited to 20 per group either on a Tuesday or on a Friday.

Please note the school is to be advised if a child is ill and cannot attend a lesson. Our **duty** is to keep your child safe, but we cannot do that if he or she does not turn up for a lesson and we do not know where your child is.

## SPORTING CALENDAR 2018

### CENTRAL ZONE GYMNASTICS

Wednesday 05 September

### NZAIMS WEEK

10 September - 14 September

### CENTRAL ZONE VOLLEYBALL

Boys - Wednesday 19 September

Girls - Thursday 20 September

### RI SCHOOL ATHLETICS DAY

Wednesday 31 October

### CENTRAL ZONE ATHLETICS DAY

Thursday 22 November

### CENTRAL ZONE TOUCH COMPETITION

Boys and Mixed Teams - Thursday 01 November

### CENTRAL ZONE RUGBY 7'S

Tuesday 06 November

### CENTRAL ZONE BADMINTON

Wednesday 14 November

## IMPORTANT DATES FOR 2019 ENROLMENTS

Out of Zone Applications Closing Date	NOW CLOSED
Out of Zone Ballot	Wednesday 12 September
Acceptance of Out of Zone Ballot Place	Friday 28 September 4:00pm
Orientation Evening	Thursday 15 November 6:30 – 8:00pm

If you have query regarding the enrolment process, please contact Ms Margaret Khoong at [enrolments@remint.school.nz](mailto:enrolments@remint.school.nz)

## RI CHEERLEADERS SAMOSA FUNDRAISER



The cheerleaders are still raising funds to help support their travel to the Gold Coast in November. Please help the fundraising for 2018 by buying delectable samosas!

<https://goo.gl/forms/VWryt46PyEY29J1n2>

Orders & payment need to be received by Thursday 27 September.

Any queries please contact Julie 021 504033

### IMPORTANT DATES

11 September	PTA Meeting	25 September	Board of Trustees Meeting
13 September	Technology Evening	26 September	Dance Showcase
18 September	Girls Breakfast	28 September	Term 3 Ends
21 September	Awards Assembly	15 October	Term 4 Starts

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

**PARNELL CRICKET CLUB** ASCOT RADIOLOGY

**NEW SEASON'S ENROLMENTS NOW OPEN**

Join one of Auckland's most progressive Cricket Clubs.

Centrally located at Shore Road Reserve in Remuera, Parnell Cricket Club offers excellent cricket opportunities for boys and girls of all ages.

Great friends. Great facilities. Fantastic Coaching.

For further information including all enrolment registration details please visit: [www.parnellcricket.co.nz](http://www.parnellcricket.co.nz)

Ascot Avenue, Remuera, Auckland 1050, New Zealand  
T 09 522 9890 | E officemgr@remint.school.nz | www.remint.school.nz

## REMUERA INTERMEDIATE SCHOOL APP

We have launched our mobile App for important school messages. This App 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/> You can also download the App for free from the App store or Google Play. It works on both Apple and android phones.



### 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

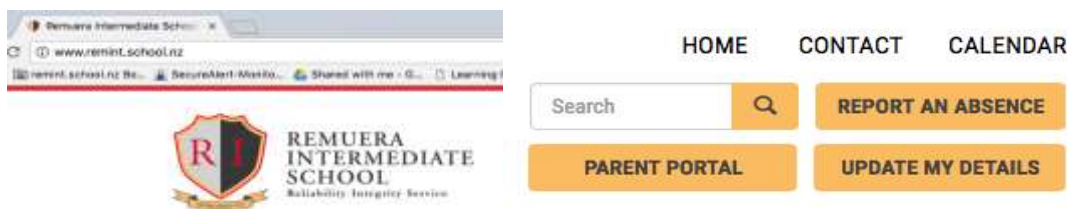
## EARLY TEXT NOTIFICATION

We have launched our early text notification message service. The aim of this service is to ensure the safety of all our students and being able to notify parents of unexplained absences in a timely manner. We are aware many parents are simply very busy people and forget to notify the school, and we believe this service will be beneficial to all parents / caregivers. **Should your mobile number change, please notify the school immediately so that we can update our records accordingly.**

## ABSENCES

To report an absence please use the link on the school website homepage [www.remint.school.nz](http://www.remint.school.nz) OR Telephone the school directly and leave a message on the absentee line indicating the room number, students name, reason for absence and when expected back at school.

**Please note** parents **must** report their child's absence from school before 9.00am. Please DO NOT email the teachers directly regarding your child's absence as they do not always get to check their emails first thing in the morning. Instead notify us via the website, the App or by telephone 522-9890 option 1.



## CHANGE OF DETAILS

Please update any changes in contact details or address via the link on the front page of our school website. This is critical as we move towards more online communication and sharing of student records.

## PARENT PORTAL

Thank you very much to the parents who have signed up to the parent portal. I would encourage anyone who has not signed up to try to do so. The address is <https://parent.musac.school.nz/>

## SCHOOL WEBSITE

Our website is constantly being updated with upcoming events and news. Most of the questions we are asked have the answers in the A to Z section of our website. Please take advantage of this fantastic resource [www.remint.school.nz](http://www.remint.school.nz)

## PARKING

Please do not park in the school grounds when picking up your children. Parking is available on Ascot Ave or St Vincent Avenue. We have had complaints from the neighbours around our school regarding parents parking across their driveways when picking up students from school. Please do not park and wait across any driveways in the vicinity of the school. Also, please do not park and wait at Ascot Mercy Hospital Carpark to pick up your children.