



Bayview School Newsletter

www.bayview.school.nz

09 4442222

office@bayview.school.nz

Empower Our Future

Issue: 7/21



Newsletter Date:
13 May 2021

Bayview School Vision

One of the big changes we have made to our vision and We CARE is the inclusive language. We talk about 'our' future and 'we' care. We wanted to be inclusive of our tamariki, staff, parents and the wider community.

Our learners know that through shared values and beliefs and collaboration, positive change can be made for their future.

NEW LEARNERS

JOINING BAYVIEW SCHOOL

A huge welcome to the following learners who have started at Bayview School:

Samuel Nsengiyumva

Mateo Ferguson

Hassan Abdellatif

Eleanor Goodman-Tse

Thomas Graham

Nathan Lalicon

Grace Li

Erv Rillera

Eddrick Rillera

Sugar Liu

Dates for diaries

Volleyball tasters	4-6/5
H15,13,11,6 Kelly Tarltons	13/5
H15 stream trip	20/5
Pink Shirt Day	21/5
Basketball tasters	24-27 May

Kia ora Team Bayview

We have had a lovely start to term 2. The children have come back refreshed and happy and eager to engage with their learning. We have a number of habitats organising trips this term and we hope some of you are able to support as parent helpers. You will recall that our overarching concept this year is turangawaewae - our standing place. Recently we have learned some information around the precolonial history of Bayview which I would love to share with you:

Te Whenua Roa o Kahu - The extensive lands of Kahu.

The North Shore's traditional name is 'Te Whenua roa o Kahu' (the extensive lands of Kahu). The name belongs to Ngati Kahu, who descend from Kahu, a grandchild of Maki. Maki had a number of sons who were each given lands across the region. Tawhia (Te Kawerau a Maki) was a younger son who occupied Hikurangi, while his older brother Maeaeariki held the lands from Devonport to Orewa. Kahu was the child of Maeaeariki. Tawhia married Marukiterangi, the daughter of Kahu (his grandniece). This means that Kawerau have a link to the North Shore via Tawhia through Maki, Maeaeariki, and Kahu, as well as through marriage to Marukiterangi. They were all Kawerau. Nga Puhi pushed everyone out of Tamaki in the early 1800's, and what was left of Ngati Kahu/Kawerau came back to their land about a decade later and stayed until the early 1900's.

Mindfulness at Bayview School

We have had some queries from parents around our mindfulness programme at Bayview School. We hope the following information might help with some misunderstandings.

Mindfulness is a mode of attention that is characterised by openness, acceptance and an enhanced ability to respond to the present moment. By being mindful, we gain a clearer understanding of how our thoughts and emotions impact on our health and quality of life. Mindfulness practices are characterised by the purposeful, intentional act of engaging with one's own lived experience as it occurs in each present moment. A mindfulness practice could include any activity that is conducted with the intent to remain present with that activity, such as walking mindfully, eating mindfully, listening to sounds in the environment mindfully, reading/writing mindfully, etc.

Mental Health Foundation 2012

At Bayview we teach and practice mindfulness techniques throughout the day to ensure students have the skills to be able to monitor their own emotions and notice when they might need to use a mindfulness strategy to help them focus and become settled and calm. These strategies are to assist students with their mental and emotional wellbeing. These skills are transferable and we discuss how these practices can be used in day to day life across all situations. This falls under our positive culture for learning focus at Bayview. Our mindfulness programme at Bayview is in no way linked or associated with any religious beliefs or practices, or any specific ethnicity.

Some of our mindfulness techniques include:

- calming/relaxing music
- breathing techniques
- mindful reading, drawing, colouring, writing
- taking notice of what's around us - using our senses
- practicing being grateful
- recognising the emotions we are feeling
- developing personal strategies to help regulate emotions when angry or upset.

Alyssa Farrow

Kaipatiki Kahui Ako Across School Leader - Hauora (wellbeing)

BAYVIEW BABIES

Congratulations to our lovely Kirsten Stuckey and husband for the safe arrival of Harrison Flynn Lawton born on Friday 30th April weighing 3.035kg. Both mum and bubs are doing very well and we can't wait to meet the new member of the Bayview whanau.

Friday 21st May is Mrs Hoy's last day as she is going on maternity leave. We know you will join us in sharing our best wishes to Toni for a safe arrival of baby (we know bubs will be spoiled by Olive and Clementine).

TEACHER ONLY DAYS for 2021

On the **25th June** we will be holding a teacher only day. This means we will be closed for instruction. We are trying to give you lots of notice should you decide to make a long weekend of it and take some leave yourselves.

Our other Teacher Only Days this year are **27th August** and **12th November**. We will remind you of these dates as they get closer.

Di and Team Bayview Staff

