



ST ANNE'S

CATHOLIC SCHOOL

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 Principal : Dallas Wichman



NEWSLETTER

28 Pipiri 2017 (June)

I tērā wiki, I was at the Catholic Principals' conference in Wellington. The big theme there was our staff's and our students' well being. Funny that a lot of what was shown to us was what I had been reading lately in the 'New Scientist—The Scientific Guide to an Even Better You.' This is at most bookshops in the magazine section at the moment.

Biggest thing—Sleep and own time. I could not believe the difference one hour less sleep did to a brain. Basically, in the first 80% of sleep time your 'body' recovers and the last 20% your 'brain' so all the learning, recall and emotions. A child may look like they have had adequate sleep but it is shown that there is a severe decline in learning and emotional control if not. Guidelines given were 9—11 hours for our school age children. 11 hours for a 5yr old, to around 10 hours for a 9 yr old, to about 9 hours for a 13 year old. In if doubt more is better.

Second biggest—Lack of down time and constant need of 'screens.' Fine for work etc but we are getting addicted. We find ourselves saying, "I don't have time." "I'm too busy!"

How is it that with all the technology around us, to save us time, that we are busier than ever?

Perhaps we have forgotten how to spot those free moments and not feel guilty about "wasting" time.

Flicking through social media feeds has been found to increase stress and has been called "social snacking" and like junk food, can be harmful to your health.

We all need downtime to sleep and rest. We need time to reflect and take some space...just to be alone (not lonely). Both the course I attended and findings of readings I have done suggest no screens within two hours of bed (TV distance is not too bad apparently) and finding time to be bored is a good thing. Leave the phone in the pocket and take a few seconds to breathe and enjoy the world.

More importantly children need quiet time also in their lives so that every moment is not busy.

Good luck... Try and find a little time for YOU to be alone this week.

PFA Raffle— Remember tickets and money need to be back by Monday 3 July and will be drawn on Tuesday 4 July.

God Bless

Dallas Wichman, Principal



We warmly invite your family to come and support **St Anne's Catholic School** performing in the **Cultural Festival 2017 on Wednesday 16 August between 12noon and 2.30pm.** The event will include a showcase of cultural performances, visual art exhibition and wearable art pageant. This is a wonderful opportunity for our tamariki to experience and perform at the Horncastle Arena and we hope you can join us. Discounted parent tickets can be ordered through the school office until this Friday 30 June. After this date tickets will only be available through ticketek at full price.

The whole school will travel by bus to attend the performance and support of their whanau and friends. The cost of St Anne's students' attendance will be covered by the school.

COMING EVENTS

June

29 Y5/6 Basketball 4.30pm Ct 2

30 Assembly Rm 5

Y5—8 Hagley Sport 1.15pm

Last day to order Cultural Festival tickets at school.

July

3 PFA raffle tickets and money due back

4 PFA meeting 7-8pm Library
Raffle draw

5 Rm 1 Mass 9.15am

7 Mufti Mania fundraiser

Y5—8 Hagley Sport 1.15pm

Last Day of Term 2

TERM 3 STARTS MON, 24 JULY, 9AM

*The most up to date calendar is the **St Anne's Parent Calendar** on our website or via Google Calendars*

Special Character



Sacraments - Hakarameta

At present most classes are learning more about one the sacraments. In simple terms, a sacrament is a very special encounter with Jesus. There are seven sacraments, the first being Baptism. All the sacraments are full of ritual and symbols which help to bring that encounter alive. They also add richness to our liturgical occasions and prayer services. Some of the symbols are water, a candle, oil and a white garment (Baptism), bread and wine (Eucharist) and rings (Marriage).

When our students participate in a sacrament, it is cause for us all to celebrate. Later this year several more students will be baptised and the older students will be invited to receive the sacrament of Confirmation.

ALTAR SERVERS

Sat 1 July	Sun 2 July
Ruthie A	Ben S-N
Joshua F	Peter S-N



The Feast of Saints Peter and Paul

or

Solemnity of Saints Peter and Paul is a liturgical feast in honour of the martyrdom in Rome of these two great apostles. Their feast day is observed on 29 June.

St Peter was ordained the "Rock of My Church" by Jesus and was the first Pope.

St Paul travelled and established the church throughout the world as it was in his day. Many of his writings 'Letters' are found in the Bible.

MuftiMania 2017



Caritas
AOTEAROA NEW ZEALAND
The Catholic Agency for Justice, Peace & Development



Nawi Catholic Primary School in Fiji needs our help...

This year we're supporting the students and staff of Nawi Catholic Primary School to help them get access to power and new books.

LOCK IN THE DATE TODAY!

Thursday 6th July,

www.caritas.org.nz

www.nzcppa.org.nz



A joint project of the New Zealand Catholic Primary Principals' Association and Caritas Aotearoa New Zealand

SCHOOL LUNCHES

TUESDAY - Sushi (Order Monday 9am)

WEDNESDAY - Subway (order by 9am)

FRIDAY - Pies (order by 9am)

Option details can be viewed on the Foyer notice board; on St Anne's Facebook page and online at www.stannes.co.nz.

Dental Care over the School Holidays

The Community Dental Service will operate an emergency service over the school holidays.

This service is to provide relief of pain only and will not undertake 'routine' treatment. The service will be available each working day from 8:45am until 12:30pm from the Hillmorton Community Clinic, Sylvan Street, Christchurch for the following times:

Monday, 10th July to Friday, 14th July 2017 (excl weekends)
And

Monday, 17th July to Friday, 21st July 2017 (excl weekends)

This service will operate by appointment only and if we are unable to see your child, alternative options will be given. If your child has dental pain as a result of an accident please contact your dentist in the first instance.