



Food for thought

Hey everyone! At school we do everything we can to help your child develop to their full potential. We are constantly looking at what can be done to accelerate learning. We can do anything and everything but still 'handbrakes' can be on. **This is where you can help!!!** Many reports have a section 'what can you do at home' and I have always wanted to have three things here and never change them. Not only is it helpful for learning, research shows it is helpful for managing emotions. If your child is grumpy, tired or not themselves, re-evaluate these things:-



-Ensure the child is getting good sleep. A room without lights, distractions, phones, screens etc., sleeping early and not staying up on any night Sunday to Thursday. It's not rocket science but it is amazing the reduction in learning by one sleepover during the week or one late night playing games on the computer before bed. All research says no screens in the two hours before bed. For most children that would be 5.30—7.30pm and then lights out (and you get to relax). You know if they are going to bed at the right time because they beat you out of it in the morning, wide awake.

-Ensure they are drinking enough water. Sounds mad but so simple. Not milk, fizzy or anything else. If you notice any mood changes in your child, insist on a big glass of water. Water helps us to make wise decisions. If they are in a routine of other liquids, be it milo or whatever, get them out of the habit. The first week or two will be moan and groan but they will settle into a routine/expectation.

-Give them real food (non processed). If a person has had to 'make' an ingredient, don't eat it!!!

Don't buy it— Biscuits, chips, sweets! Obviously there are a few things that may be of help to you as a parent i.e. bread. Above is a lunch made in summer (hence summer fruits). There is a ham and cheese sandwich, carrot and cucumber sticks, strawberries, a plum, a homemade biscuit, yogurt and a muffin (the Friday treat for a week of eating well). Not the perfect lunch, but better than some children are currently having. Hungry students and those with biscuit and chip filled lunches perform to a lesser ability in all learning activities than those with healthy diets and good hydration. Although you can say, "they are old enough to make their own lunch" - are they? If they are choosing the wrong options, they are not, so take over!

Anyway, how can you help at home? Easy— SLEEP, GOOD FOOD, and WATER! Congratulations, you are helping their learning, their emotions, their wellbeing and their health in general and you will see improved behaviour as well.

God Bless

Dallas Wichman, Principal

COMING EVENTS

June

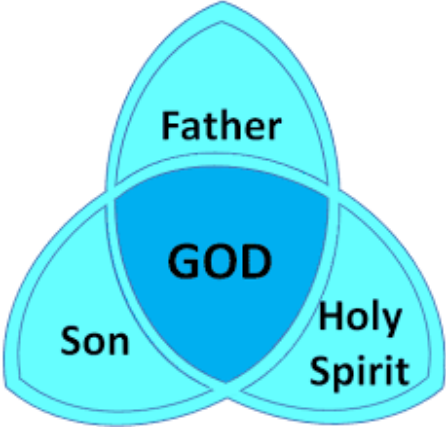
- 9 Assembly Rm 1
- Y5—8 sport at Hagley 1.15pm
- 10 Young Vinnies Mass 6.30pm
- 11 Rm 3 Mass 10.30am
- 13 PFA meeting 7pm Library -
All welcome
- Y7/8 Basketball Cowles Stadium
- 14 Mass Rm 4 9.15am
- 15 Y5/6 basketball Cowles Stadium
- 16 Library van—Bring Library cards
- Y5—8 Hagley Sport 1.15pm
- 17 Rm 4 Mass 6.30pm
- 20 Y7/8 Basketball Cowles Stadium
- 21 Rm 3 Mass 9.15am
- Primary School Cross Country
- BOT meeting 6pm
- 22 Y5/6 Basketball Cowles Stadium
- 23 Y5—8 Hagley Sport 1.15pm
- 26 Y5/6 Indoor Tournament
- 27 Y7/8 Basketball Cowles Stadium
- 28 Rm 2 Mass 9.15am
- 29 Y5/6 Basketball Cowles Stadium
- 30 Assembly Rm 5
- Y5—8 Hagley Sport 1.15pm

July

- 4 Y7/8 Basketball Cowles Stadium
- 5 Rm 1 Mass 9.15am
- 6 Y5—8 Hagley Sport 1.15pm
- Last Day of Term 2
- Term 3 starts Mon, 24 July, 9am

Special Character

ALTAR SERVERS	
<u>Sat 10 June</u>	<u>Sun 11 June</u>
Letone L	Henry M
Salu L	Peter S-N



Trinity Sunday – Trinity Sunday will be celebrated this coming Sunday. On his Food for Faith site Father John O'Connor has this to say. "The Trinity is known to be a mystery, but a mystery is often thought to be something that cannot be understood. This is not true. A mystery is something that can only be understood through the eyes of faith. On the site he has posted a great clip that helps us appreciate or relationship with Father, Son and Holy Spirit; the Trinity. Take a look... it's less than 4 minute long <https://goo.gl/3JRQKw> and will help your understanding.



Charism— In the office reception area we have a new display showing how our students are living the Mission Sisters' Charisms of Contemplation, Communion and Mission. Come check it out!


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.



If you see the flag out it means our playing fields are closed and should not be played on or walked on.

Remember:

Rubbish free lunch boxes help to keep our school clean and tidy.