



Christchurch South Intermediate

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Newsletter

Dear Parents and Caregivers

It's great to see everyone back at school and looking forward to the term ahead. We are not aware of any South families having travelled to North America or Mexico during the holidays and being exposed to the "swine influenza". The New Zealand Public Health authority has issued the following statement:

"The best things you can do to stop the spread of any type of influenza virus are to:

- Stay at home
- Cover your coughs and sneezes with a tissue
- Put used tissues into a rubbish bin
- Avoid touching your eyes, nose or mouth – germs spread that way
- Be careful to wash hands often with soap and dry them thoroughly - **hand hygiene is critical:** even when you start to feel better there is still a risk of infecting others, so keep to the 20/20 rule – 20 seconds washing and 20 seconds drying
- Keep surfaces clean at home, school and work.

Travellers returning from Mexico or the affected parts of the United States who have symptoms of influenza are advised, before returning to work or school:

- To contact their GP or an after hours medical centre by phone, for advice about what to do and how to get checked out.

Anybody experiencing warning signs of severe influenza illness such as rapid breathing, difficulty breathing, chest pain, severe vomiting or if a child is not responding or is difficult to wake up, should get urgent medical attention."

Please remember that when a student is absent from school we require parents to phone the school before 8.40am and leave an absence message (phone 332 2408). This avoids valuable staff time being used to contact parents in the case of a student being absent.

It is timely that we remind you to advise the school if you have made any changes to your contact details (address, phone number, cellphone, email). In the case of an emergency it is often crucial that we are able to contact home easily.

You will hopefully be aware that our school motto is "Aim High". Aiming High is one thing but working hard to achieve the goals and targets we set for ourselves is quite another! Well here's some good news I found in some reading I was doing recently;

It pays to be conscientious

People who are hardworking, self-disciplined and ambitious live up to four years longer than those who fritter away their time and talents. Conscientious people are also happier, more likely to lead stable lives and less likely to be led astray by drink, drugs or risk-taking. An orderly life and doing all you can to achieve with your abilities are the two main indicators of longevity.

So if you have the qualities of persistence, organisation and industriousness you are likely to live a longer and happier life than your lazy and reckless friends.

Howard Friedman, University of California



Ross Hastings
Principal

Newsletters are usually sent home on the first Monday of each month. If you would like to have the newsletter emailed to you please contact the office or send an email to office@chchsouth.ac.nz with "**CSIS Newsletter**" as the subject. These can also be viewed on our website www.chchsouth.ac.nz which also contains extensive information about our school, along with news updates and photos.

PTA Chocolate Fundraiser 2009

About half of Term 1 was dedicated to selling boxes of chocolate to help raise some money for new IT equipment here at CSIS. The money that is raised will go towards a sophisticated data projector system in the hall and really launch our school assemblies into the 21st Century.

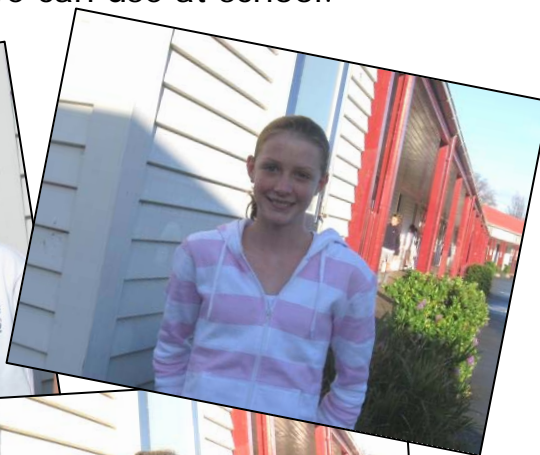
Kelly Williams and **Kelly Inwood** both sold a staggering 10 boxes of chocolate while another 13 South pupils (**Samantha Phillips, Cody Johnson, Cameron Beynon, Ali Marshal, Tyler McCreath, Brad Herring, Imani Ram, Ben Dodds, Sally Brouard, Lyllie Colway, Hope Rich and Megan McDonald**) sold more than 7 boxes each.

On the final day of term the 4 grand prizes were drawn after a live band (Jimmy Taylor, Ms McKeich, Thomas and Max Fleury) and Mr Collins and Mrs Baldwin hyped up the crowd. Bridget White (Rm 6) and Ben Trevelyan (Rm 9) won an iPod nano each and Klaudia Bartos (Rm 14) and Jared Meekin (Rm 15) both won a digital camera.

To date the school has raised \$12,000.

SO, WELL DONE SCHOOL!

A very special thank you goes to our hard-working PTA committee who organised the prizes, collected and counted the money everyday and helped to give South pupils yet another facility we can use at school.



*Charlotte Baldwin and
the PTA committee*

Congratulations

to **Yuki Hughes** of Rm 11 who was the Girls' Under 10 singles winner in the Canterbury Tennis Championship. Well done!

and to **Cameron Aberhardt** of Rm 13, who has been awarded the first ever **Percy Saxby Sailing Scholarship** from Canterbury Sailing School. The scholarship consists of a 10-session Learn to Sail programme – 5 sessions of which Cameron participated in over the school holidays at Lake Rua. Percy Saxby was the Deputy Principal at South while Benny Hayman was Principal – he was also the great-grandfather to Allison, wife of the manager of Canterbury Sailing School, Simon Rutherford. Simon has been instrumental in getting Cameron involved in the Sailing School. Cameron's interest in sailing developed last year when he participated in the Year 7 Outdoor Education opportunities here at South. We are hoping that he continues to learn and grow through his new skills as a sailor. Well done, Cameron!



ICT @ South



This year is the third year the staff have been involved in the Te Hikoi Hou ICT Professional Development Cluster and the high use of digital technologies in the school is a reflection of this. This year the staff are learning about a huge range of software applications including:

- Garageband (music generation and editing)
- Scratch (Interactive stories and animations)
- Inspiration (Mind mapping and Thinking skills)
- Photostory (Movie making and photo manipulations)
- Movie Making (Using both Microsoft Movie Maker and iMovie)
- Claymation (Stop motion animation skills and software)
- Web 2.0 (Wikis, Blogs and Widgets. Why and how to integrate these into classroom programmes)

The challenge for staff is to integrate the skills they are learning into their class programmes in order to enhance the learning and engagement of students.

C. Robinson – Learning Director

South Island Schools Orienteering Championships

On Thursday 23 April and Friday 24 April, 14 Year 7 and 8s participated in the South Island Schools' Orienteering Championships.

With over 150 competitors from 37 different schools, it was a huge event that took place at Halswell Quarry and McLean's Island, respectively.

Ours was South's first team to be entered in the championships, and it is with pride that we congratulate them ALL for their energy, resilience, map-reading skills and commitment to aiming high!



Top Placings for South:

Thursday – Sprint Event

Year 7/8 Girls' Championships

4th Olivia Ireland

Year 7/8 Boys' Standard

5th Chris Dawson

6th Sam Walls / Michael Roberts

Friday – Long Distance Event

Year 7/8 Boys' Championships

6th Rainer Pye

9th Cameron Avery

10th Lochlan Boddy

Year 7/8 Girls' Championships

4th Olivia Ireland

Year 7/8 Boys' Standard

7th Sam Walls / Michael Roberts

8th Chris Dawson

Overall Top Schools

Year 7/8 Boys

3rd Christchurch South Intermediate

Lawn Bowls School Holiday Programme

Beckenham Bowling Club kindly hosted an all-day school holiday programme for seven lucky South students on April 20th. Based on the positive feedback they received during the recent Kiwi Bowls programme organized by Bowls Canterbury, Beckenham's club wanted to give the students a further chance to develop their lawn bowls skills. The day consisted of small group tuition with club members, as well as some friendly competition, a Subway lunch and even some lawn maintenance!



The seven participants showed real skill, with most considering how to get involved in more lawn bowls events in the future. This was the first ever holiday programme of its kind in New Zealand, and Beckenham Bowling Club have suggested that they would be interested in hosting more events of this kind. A big thanks to all the Bowling Club members, in particular: Bryan Turnbull, John Girdler, Terry and Rosemary.

Christine Murphy - Extra Curricular Co-ordinator

Leisure Education, Term 2

Just a reminder that Leisure Education will begin Tuesday, 19 May and run for the remainder of Term 2 on each Tuesday afternoon. The children have been given their notices and informed of the numerous and diverse options from which they can choose.

They should choose a 1st, 2nd and 3rd option and return their notice as soon as possible to the office to ensure a place in their 1st option group. If, when they return their notice, their 1st choice option is full, we will endeavour to place children in their 2nd or 3rd choice group.

Please note that although there is a cost associated with some Leisure Education options, we make every effort to provide a balance of fee-paying and free activities each term. **Please do not send payment with returned notices** – accounts will be sent out when groups are settled.

Leisure Education notices must be back to school no later than **Tuesday 12th May**.

Christine Murphy and *Margaret Calder* - Leisure Education Co-ordinators

Canterbury Basketball - School League 2009

The basketball season is underway with Friday and Monday games having started. Christchurch South has eleven teams playing in the School League. The draw for the season is posted on the school website:

www.chchsouth.ac.nz/dates_and_events/sports_draws

We invite parents and supporters to join us at Pioneer Stadium in Lyttelton Street as we enjoy another fantastic season.

Craig Robinson - Basketball Co-ordinator

2009 TERM DATES

Term 1	Tuesday 3 February	-	Thursday 9 April
Term 2	Monday 27 April	-	Friday 3 July
Term 3	Monday 20 July	-	Friday 25 September
Term 4	Monday 12 October	-	Friday 18 December

SLEEP GLORIOUS SLEEP! Guidelines for children 5-12yrs.

*(Referenced from - The Press, **Getting to Sleep** by Fran Vertue and Prue Fanselow-Brown; Community and Public Health - **Sleep** article; Community Paediatrics - Management of Sleep Problems. Written by Linda Stokes – Public Health Nurse).*

Assessment

- Assess that your child is not unwell ie. ear infection, in pain, or suffering from sleep apnoea (brief periods where children stop breathing normally due to enlarged adenoids). If your child is unwell treat and/or take to doctor.
- Ensure the bed is warm, dry and your child has comfortable warm pyjamas.
- Check prior to bed that your child is not thirsty or hungry and has been to the toilet as once in bed these can be used as delaying tactics.
- If required leave a night light on in or outside the bedroom and let them take a soft toy to bed as a comfort.

Children

- Talk with your child, identify and if possible reassure them about any concerns they may have.
- Children need cuddles.

Explain with confidence and enthusiasm the routine to be used and the consequences of not sleeping this could be tiredness, grumpiness or poor behaviour.

Routines

Parents need to be determinedly consistent to make sleep management work. If possible be a good role model by having good sleep routines yourself.

For your child:

- Set a regular bedtime which varies dependant on your child's age. This bedtime is best decided by negotiation with your child but the parents make the final decision eg a 5 year old should be in bed about 7pm week-nights and 8pm weekends (they can earn a later night on weekends by going to bed week days on time).
- Have a routine 30 minute quiet time prior to bed, this could be reading, a special time with parents, non-aggressive type TV/video, music or story time tape.
- Children need routines to help them feel secure a shower/bath before bed and a favourite comfort toy can help. Most children need 10-12 hours per night sleep.

Avoid

- Activity prior to bed
- Drinks which stimulate such as coke, coffee, tea
- Snacks, TV, computers or play stations in the bedroom
- Sleeping with parents if possible



Keep bed for sleep only and ensure your child learns to sleep alone. Persistently ignore demands for attention once your child is in bed

Set

- A regular time to wake up, so your child will be tired at bedtime. Having a clock visible beside the bed is a good strategy. Set a time and ensure that they know what time you will be waking them.

For early waking children parents set an appropriate time for getting out of bed discussing and indicating this on a bedside clock.

Use

- A written contract negotiated with your child and a star/sticker chart as a reward for going to bed on time and for staying in bed.

Rewards other than stars/ stickers can be negotiated between parent and child at the end of a successful week. These rewards do not need to be expensive and can be an added incentive to sleep.

Praise, encouragement and perseverance will win.

Public Health Nurse Service – Wednesdays 1 – 2pm

Are you worried about your child's mental or physical health? Did you know that we have a Public Health Nurse whom you can talk with about your child's health concerns? This is a free and confidential health service provided by the Canterbury District Health Board.

The Public Health Nurse for our school is Nadine Marshall. She is a registered nurse who specialises in child and family health. Nadine can arrange with you to meet at home, school or work to provide health support, child and family assessments, advice and coordinate any other family health or support services if required. Nadine can be contacted through the school or by phoning the Public Health Nursing Service on ph 383 6877. Appointments are not necessary for students to visit her at the school are on Wednesdays 1-2pm.

COMMUNITY NOTICEBOARD

These are printed at the request of the organiser involved and we do not necessarily associate ourselves with the organisation or condone what they are offering.

Hillmorton High School Open Night

To be held on Tuesday 26 May, 7 - 9pm. Enrolment packs will be available from the South school office early in Term 2.

Christ's College Scholarships

Academic and Music Scholarships for entry to Year 9 2010 will be awarded on performance in the Entrance Examinations, to be held on Thursday 11 June 2009. Auditions for Music Scholarships will be held on Wednesday 10 June 2009. **Pre-enrolment must be completed by 4pm on Friday 29 May 2009.** For more information please contact Sandy Scannell (Registrar – Christ's College) on 366 8705.

Rangi Ruru Girls' School Open Day and Scholarships for 2010

Our **Open Day** this year will be held on Monday 4 May from 1.30 – 4.00pm. **Academic Scholarships** and a Music as well as a Boarding Scholarship are offered. The examinations will be held on Thursday 11 June at Rangi Ruru Girls' School commencing at 12.40pm. **The closing date for applications is Wednesday 20 May at 4pm.** Those selected for a Music Scholarship audition

will be required to attend their audition on Friday 12 June. Parents who would like more detailed information about schooling at Rangiruru for all year levels and international students and warmly invited to an information evening on Monday 18 May from 7.30 – 9.00pm in the Wilson Hall. Please phone the school office on 983 3700 or email office@rangiruru.school.nz

St Andrews College Academic Scholarships – Year 9 2010

Approximately 5 academic scholarships, each providing subsidized academic tuition fees per annum for up to five years, are awarded. There are no full-fee scholarships awarded; scholarships average around 50%, but there is discretion applied. The examinations, to be held at St Andrews College on Wednesday 3 June, from 2pm until 4pm, will test **Reasoning, English and Mathematics**. The papers are of a standard that can reasonably be attempted by *top performing students* in Year 8 and application is open to New Zealand and permanent residents. Entries must be received by the College no later than Wednesday 20 May 2009. St Andrews also offers Music, Pipe Band and Sports Scholarships at Year 9 level. For more information phone the Rector's Personal Assistant, Margot de Spa (940 2002).

Unlimited Paenga Tawhiti

Open Day information for Yr 8 families. Unlimited Paenga Tawhiti Secondary School is holding an Information Evening and School tours for prospective 2010 entrants and their families. **Information Evening:** Tuesday 12 May at 7.30pm (Level 5 of new building above Hallensteins, cnr High and Cashel Sts). The Wilson Car Park in Cashel St will be available. Enter between 5-7pm, pay on entry and receive instructions to leave when you wish. **School Tours:** Every Thursday from 11-12. Bookings are essential. Ph. Karen 377 7773. Limit of 25 per tour. Applications close on 4 July 2009. For information about the school see also www.unlimited.school.nz

Would your child like to learn FRENCH?

LANGUAGE LEARNERS OF CHRISTCHURCH is offering a French Class for Total Beginners aged 9+ on Mondays from 3.45 to 4.45pm in Bishopdale. We use games and songs to help us learn. Deborah Williams is a well qualified, experienced and registered teacher. See <http://www.minifie.co.nz/language> Enquiries welcome on 359 - 3478.

Parentline

Wanted...Parents/caregivers. Are you a parent, grandparent or caregiver able to work 4 hours per week in your own home to listen and support parents over the phone? Parentline, a free confidential telephone counselling service for parents, is currently seeking volunteers to become telephone counsellors. Our fully subsidized training course starts June 2009. Please phone 0800 OK

PARENT (0800 657 273 68) for an application form to be sent to you. Applications close May 30 2009.

Christchurch South Parents Centre

is holding a Baby & Kids Gear Sale on Saturday 9th May at the Cashmere Club, Beckenham 9am – 12 noon. Admission \$2 per adult. New and pre-loved clothing, books, toys and baby equipment for 0 – 5yr olds at bargain prices. Tables are available for people who want to sell their own gear. Contact slamb@paradise.net.nz for table hire and further info.

Singing Tuition

is being offered after school by jazz vocalist Lucy Blackmore, who has her Bachelor of Music from the Christchurch Jazz School. For more information please phone 332 0957, 337 9292 or 021 050 4736.

Sharp After School Care

is providing a new, local programme combining quality, low cost after school care with performing arts tuition. Classes on offer are Jazz Dance, Hip Hop Dance, singing and drama. For more information and enrolment details please contact Anna Whitaker on 338 4163 ext 823 or at awhitaker@spreydon.org.nz

Learn to Sail

Kiwi Sailing School at Lake Rua off Johns Road, Christchurch. **After School sessions, Weekend afternoon sessions.** Try a session or a Learn to Sail course. Bookings are essential. Contact Simon Rutherford 027 669 0768 or simon@kiwisailingschool.co.nz

Addington Rugby League

We need more players so come along and join up for this season's games! We train on Tuesday and Thursday nights and play on Saturdays. Come along to training at Addington Park or give Simon a call on 03 960 6304 or 027 353 0712 for more information.

Global Music lessons presents Easy Keys Canterbury

Hey kids – come and join our fun keyboard classes! Free first trial lesson! When? After school hours (times to be arranged). Where? Bishopdale Primary (Monday), Linwood North (Tuesday), Christchurch South Intermediate (Wednesday), Riccarton area (Thursday). Who for? Children aged 5 – 13+ year olds. Maximum 5 in a class. Sessions are 30 minutes long and the cost in \$100 per term. Music books sold separately. You get your own keyboard to play at each lesson! For further information please phone 03 343 4641 or 027 278 4143 or email easykeys@ymail.com

Cabaret Night – ToughLove Awareness Week

Saturday 9 May 6.30 - 11pm at Twiggers, Addington Raceway. \$50 per ticket includes a full buffet dinner and the show, plus complimentary wine or beer on arrival. Proceeds from event will go to the local ToughLove Parent Support Group. Tickets are available from Helen or Richard Dear - please phone 338-0175 or 027 389 5077.

CALENDAR 2009

Fri 8 May	EOTC Yr 8 High Ropes (Rms 2 and 12)
Mon 11 May	J Rock (8 – 10pm)
Fri 15 May	EOTC Yr 8 High Ropes (Rms 16 and 19)
Mon 18 May	CSIS Cross Country (at Hagley Park)
Fri 22 May	EOTC Yr 8 High Ropes (Rms 13 and 14)
Fri 29 May	EOTC Yr 8 High Ropes (Rm 15)
Tue 26 May	Young Leaders' Day
Wed 27 May	ICAS Computer Skills
Mon 1 June	Queen's Birthday Holiday (school is closed)
Wed 10 June	ICAS Science
Tue 16 June	South Area Music Festival (Aurora Centre)
Wed 17 June	South Area Music Festival (Aurora Centre); Intermediate Schools' Cross Country (Halswell Quarry)
Tue 23 June	ICAS Spelling and Writing
Thur 25 June	CSIS Open Evening (6.30 – 8pm)
Tue 30 June	Team Maths
Fri 3 July	Battle of the Bands; Last day of Term 2.
Mon 20 July	Term 3 starts
Tue 4 Aug	ICAS English
Wed 19 Aug	ICAS Mathematics