



# ASHGROVE SCHOOL NEWSLETTER

## “GROWING TOGETHER FOR SUCCESS”

*Mission Statement: “To provide a quality education in a positive environment which encourages learning for life”*

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Tēnā koutou katoa  
Greetings Parents and Caregivers

Last week we held our Whānau meetings. These took a different format, focusing on your child and their strengths. Teachers reported how engaging the conversations were with parents. The discussions were positive and aspirational about the future for their child. Parent feedback was also positive, they liked this way of discussing their child. They were proud to talk about their child’s learning and their positive qualities. Being happy and having friends at school was equally as important as all the other things children enjoy about school.



If you were not able to make the meetings teachers would still welcome an opportunity to discuss your child’s strengths and what you hope for your child’s education this year. Across the school just over three hundred meetings were held. Thank you to our teachers who are very dedicated and interested to know more about your child so they can help them with their learning and wellbeing.

Why are we taking this approach? Noticing and sharing the positive qualities or strengths that a parent sees in their child is a simple activity that taps into important findings from recent science: being able to notice strengths in ourselves, and each other, has the power to transform our relationships and our wellbeing.

We are very fortunate to have the expert services of the New Zealand Institute of Wellbeing and Resilience work with the staff and community this year. We identified, through surveys and student voice, that wellbeing needs to be a priority. This week teachers participated in a workshop with two professional experts from the Institute of Wellbeing and Resilience. We also held an information hui for parents, and held a workshop for our newly formed wellbeing committee.

One of the Directors for the Institute, Dr Denise Quilan, is internationally acclaimed as an outstanding facilitator and speaker, she regularly presents at national and international wellbeing conferences. She has this to say;

**Strengths Spotting** - Taking a strengths approach is about paying attention and noticing what is right with you, the people around you, and the situations you find yourself in. The ability to do all three matters. Most people can easily point to their weaknesses, peeling off



**Pihinga Team**  
Marcus, Isla



**Tipu Team**  
Daniel, Jake, Nirvana, Kaitlyn  
Alice, India



**Kowhai Team**  
Riley, Pipi, Ruby, Ryley



**Rata Team**  
Toni, Karis, Freddie, Marley, Finn



**Kauri / Allenvale Team**  
Sophie-Marie, Lucas, Seth,  
Brooke, Kieran



**Kahikatea Team**  
Dima, Kiri, Saraya, Zoe

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a list of the things they don't do well, their flaws and what's missing from their life. However, when I ask, 'What do you love doing and frequently do well?', conversations tend to dry up – people are embarrassed to share their strengths.

Often they haven't given it much thought – 'big nothing' not exactly an admired Kiwi pastime. But, if you don't know what's best about you, how can you bring your best to your relationships, to your work, to your home life?

A fundamental premise of the new science of wellbeing is the notion that what is right and good with us is at least as real and important as what goes wrong with us. When we focus on what is right – our positive qualities and strengths – important changes take place in the way we function. Even in the brain.



When we shift our attention to what's right (rather than what's wrong), we find it easier to build connections with others, and over time can build a greater sense of self-confidence and optimism. All of these changes are associated with greater wellbeing and engagement in life – that's the 'getting stuck in and giving it your best shot' approach that we want to encourage in ourselves and our young people.

So here's a simple strategy to try at home: over the next week, spend time thinking about your strengths. Identify the things you love doing and do well: notice the activities you jump up to do (the things you do eagerly), the things that give you a buzz, the best bits of your job, the best moments of your day. Commit to noticing these best bits – and even appreciating them and making a little more space for them. Take a moment to consider how you could find ways to use these strengths more each day.

**Be Positive** - Focus on what's right with your partner or children. If they've left their dirty plates on the table, notice that they looked up and said 'Hi' when you entered the room, or were kind to someone. This is called strengths spotting. Many people whom we've trained over the years have attested to its transforming power. Intentionally strengths spot for a few days and notice the response.



NEW ZEALAND INSTITUTE OF  
**WELLBEING & RESILIENCE™**

Relationships are at the core of our wellbeing. When we are able to notice and share the good we see in other people it's much easier for people to feel close to us, and for us to build relationships that nurture us. We need this to happen in all our homes.

Dr Denise Quinlan

Hope you found this information helpful. The Wellbeing committee will be adding comments and ideas in our newsletters throughout the year for parents to consider and hopefully take some action to help the wellbeing of your family and our school.

Have a good week everyone

Ngā mihi nui

Christine Chadwick

Principal

### Māori Whakatauki (Proverb)

*Whāia te mātauranga hei oranga mō koutou*

Seek after learning for the sake of your wellbeing

### NOVEL CORONAVIRUS

Parents can be assured that Ashgrove Management are continuing to take advice from the Ministry of Education and Ministry of Health with regard to any updates on the status of the disease and precautions to take. Messages we are passing on to the children will also be helpful to use at home. Hygiene practices to remember:

- Wash your hands often with soap and water before and after eating as well as after attending the toilet. All teaching spaces have a sanitizer filled with antibacterial liquid.
- Cover coughs and sneezes with clean tissues or your elbow – put tissues in the bin.
- If unwell with a fever, cough or sneezes, we encourage parents to keep your child at home and seek medical advice.

If parents want more information for themselves to be able to minimise any risks for their family you may like to visit these websites.

[Novel coronavirus \(2019-nCoV\) – Ministry of Education](#)

[Novel coronavirus \(2019-nCoV\) guidance – Ministry of Health](#)

Do you have a pre-schooler who will be attending  
Ashgrove School in 2020?



If you would like your child to attend Ashgrove School this year please complete a Pre-enrolment form, available from the school office.

If you know a family with a pre-schooler who live in zone please mention to them that pre-enrolling is a great idea.

**STUDENT ABSENCES**

It is imperative that parents advise the school office of your child's absence **before 9.00am**. Please use one of the following methods leaving a short message e.g. John Smith, Tipu 2, and the reason e.g. dental apt / vomiting etc.

- School App, text 027 817 3303 or phone 03 313 8552 ext 2

*If families are travelling overseas we would appreciate prior notification and please check the Ministry of Health websites listed on the previous page.*



# ASHGROVE SCHOOL CALENDAR

## 2<sup>nd</sup> March – 8<sup>th</sup> May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 <sup>nd</sup> March	3 <sup>rd</sup> March	4 <sup>th</sup> March	5 <sup>th</sup> March Rakahuri Swimming	6 <sup>th</sup> March
9 <sup>th</sup> March Vision Testing all Yr7	10 <sup>th</sup> March	11 <sup>th</sup> March	12 <sup>th</sup> March	13 <sup>th</sup> March
16 <sup>th</sup> March BOT Meeting 7pm	17 <sup>th</sup> March	18 <sup>th</sup> March	19 <sup>th</sup> March Nth Canty Swimming Sports	20 <sup>th</sup> March Girls Rugby Festival Day
23 <sup>rd</sup> March	24 <sup>th</sup> March	25 <sup>th</sup> March	26 <sup>th</sup> March	27 <sup>th</sup> March
30 <sup>th</sup> March	31 <sup>st</sup> March Rakahuri Have-a-go day (Group 1)	1 <sup>st</sup> April Rakahuri Have-a-go day (Group 2)	2 <sup>nd</sup> April Canty Swimming Champs HPV Vaccinations	3 <sup>rd</sup> April St Johns Mufti Day
6 <sup>th</sup> April	7 <sup>th</sup> April	8 <sup>th</sup> April	9 <sup>th</sup> April Last Day of Term 1	10 <sup>th</sup> April <b>GOOD FRIDAY</b>
13 <sup>th</sup> April SCHOOL HOLIDAYS	14 <sup>th</sup> April SCHOOL HOLIDAYS	15 <sup>th</sup> April SCHOOL HOLIDAYS	16 <sup>th</sup> April SCHOOL HOLIDAYS	17 <sup>th</sup> April SCHOOL HOLIDAYS
20 <sup>th</sup> April SCHOOL HOLIDAYS	21 <sup>st</sup> April SCHOOL HOLIDAYS	22 <sup>nd</sup> April SCHOOL HOLIDAYS	23 <sup>rd</sup> April SCHOOL HOLIDAYS	24 <sup>th</sup> April SCHOOL HOLIDAYS
27 <sup>th</sup> April ANZAC DAY OBSERVED	28 <sup>th</sup> April First day Term 2	29 <sup>th</sup> April	30 <sup>th</sup> April	1 <sup>st</sup> May
4 <sup>th</sup> May	5 <sup>th</sup> May	6 <sup>th</sup> May	7 <sup>th</sup> May	8 <sup>th</sup> May

## 2020 SCHOOL TERMS

Term 1	29 <sup>th</sup> January	–	9 <sup>th</sup> April 2020
Term 2	28 <sup>th</sup> April	–	3 <sup>rd</sup> July 2020
Term 3	20 <sup>th</sup> July	–	25 <sup>th</sup> September 2020
Term 4	12 <sup>th</sup> October	–	15 <sup>th</sup> December 2020

## ASHGROVE SCHOOL POLICIES AND PROCEDURES

Ashgrove School Policies and Procedures are available to all Ashgrove Parents / Caregivers to view on the school website.

Please go to <http://ashgrove schooldocs.co.nz>

The username is **ashgrove** and password is **ashgrove**.

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## Ashgrove Whakataukī

Kia Kaha tātou ki te ako

Kia tau te rangimarie

I roto I tēnei kura

O tātou I tēnei wa

Let us gain strength in our learning

and let peace settle in our school

at this time

