



# ŌWHANGO SCHOOL PĀNUI

The tamariki at Ōwhango School are engaged in our unique, rural environment, are individual in their learning, and strong in experience and success.

Phone 07 895 4823 Cell 027 895 4823

[www.owhangoschool.co.nz](http://www.owhangoschool.co.nz)

Office- Karen Erni -[office@owhango.school.nz](mailto:office@owhango.school.nz)

Principal- Ewan Starkey- [principal@owhango.school.nz](mailto:principal@owhango.school.nz)

School Board Presiding Member- Nicole Hosking- [nichosking44@gmail.com](mailto:nichosking44@gmail.com)

10/2024

2<sup>nd</sup> May 2024

## THOUGHT OF THE WEEK / WHAKATAUKĪ

Ka mate kāinga tahi, ka ora kāinga rua

*When one door closes another will open.*

## DATES TO NOTE

4 <sup>th</sup> May	T42 Multi-Sport Event
7 <sup>th</sup> May	Senior Class Kayaking
8 <sup>th</sup> May	The Big Reconnect Parent Information Hui- 7pm
9 <sup>th</sup> May	School Board Hui 7pm
17 <sup>th</sup> May	Rippa Rugby year 1-4 Tournament
24 <sup>th</sup> May	Senior Class Orienteering Event
3 <sup>rd</sup> June	King's Birthday Holiday
4 <sup>th</sup> June	Teacher- Only Day- school closed
7 <sup>th</sup> June	Bike-a-thon
13 <sup>th</sup> June	Yr1-4 Interschool Soccer
14 <sup>th</sup> June	Yr5-8 Interschool Soccer
21 <sup>st</sup> June	Crazy Hair Day
28 <sup>th</sup> June	Bike Day
2 <sup>nd</sup> July	Parent- Teacher Interviews
4 <sup>th</sup> July	School Board Hui 7pm

## PRINCIPAL'S MESSAGES

### Attendance Update

I am really pleased to see our attendance figures for the whole of term one are meeting our 2024 goal for attendance- see the chart below:

Attendance at school	Our Goal for 2024	Term One Attendance
Less than 70%	0%	0%
70% - 80%	6%	1%
80% - 90%	24%	24%
90%+	70%	75%

There was 17 emails sent out this week to those students who were not attending regularly (90%+), so you can be aware of how your child is tracking. If you do not receive an email that is because your child is regularly attending school. Thanks for you understanding and support as we aim to lift our attendance and consequently our student achievement at school. Because we have lifted our attendance, I will cut back the

attendance emails from every five weeks to 10 weeks, at the end of each term.

## THE BIG RECONNECT

### Parent Information Evening

This term, Ōwhango School will start delivering a programme to all our students on internet safety called The Big Reconnect. Due to the content and serious nature of this information, **we need an adult from each family to attend the information evening** where an overview of the programme will be delivered, and how you can support it in your home.

The information evening is at school on **Wednesday 8<sup>th</sup> May @7pm**. This hui will be about 90 minutes long.

To enable your attendance, we will provide finger food to eat, and a movie will play in another room for any children who need to come along due to childcare needs- note that the content in this information evening is inappropriate for children to view.

In these information evenings you will learn about:

### The Problems:

- **Cyberbullying** - How bullies can reach our kids 24/7.
- **Social media** - How social media is affecting the mental health in 3 out of 5 children. FOMO, depression, anxiety.
- **Gaming and the developing brain** – An oversupply of dopamine leading to dopamine deficiency, synaptic pruning, and the underdevelopment of social skills and empathy.
- **Naked Selfies** - The pressure to send nudes from intermediate up through high school.

- **Online predators** - The methods they use, how to spot them.
- **Online porn vs healthy sexuality** - How consuming online pornography as a child or teen can create a sexual template where violence, aggression, and dominance are seen as normal and consent can become very blurry.

### The Solutions

- **Filters** - Which filters are best and how to install them.
- **Smartphones** - How to lock down a smartphone to make it a safe phone.
- **Boundaries** - How to put good boundaries in place around device use.
- **3 golden rules** - The 3 golden rules that will keep your kids safe.
- **Talking to your kids** - How to have difficult conversations with your kids.
- **Challenging our own phone and device usage** - Reconnecting as a family.

Alongside the information above for parents, you also get access to the modules that will be taught at school to your children. Each topic is age appropriate- tailored to different age groups, so use the ones that apply to your children's ages. The whole series is available to you, to sit and watch with them, covering the following:

- **Cyberbullying** - Why cyberbullies bully and how to keep yourself safe
- **Naked Selfies** - The pressure to send nudes from intermediate up through high school and how to say no
- **Social media** - How social media is affecting the mental health in 3 out of 5 children. FOMO, depression, anxiety
- **Gaming and the developing brain** - An oversupply of dopamine leads to dopamine deficiency, synaptic pruning and the underdevelopment of social skills and empathy.
- **Online predators** - The methods they use, how to spot them and how to get out from under their control if you have been trapped.
- **Fake news, mis and disinformation** - How online algorithms can create a very small world view.
- **Online porn vs healthy sexuality** - How consuming online porn can create a

sexual template where violence, aggression and dominance are seen as normal and consent can become very blurry.

- **Healthy relationships** - What they look like and how to remove yourself from an unhealthy one.

Ōwhango School has signed up for this programme that allows all our families to have access until the end of this year. This is usually \$99 per family but you are getting it free. Each family will need to log in with their own email address and use the Coupon Code below to get access.

To access The Big Reconnect course, please click on the following link: [The Big Reconnect](#) (you will need to view this newsletter on your browser for the hyperlink to work). This will take you to the main page for you to enrol in the course.

Click **ENROL NOW** This will then take you to the enrolment page.

**Step 1** On the left side of the page put in your email address

**Step 2** On the right-hand side of the page click on **Add Coupon Code** then copy and paste OWHANGOFREE

**Step 3** Then click on **apply**

**Step 4** Click on **get it for free**

This will then take you to a new page for you to:

**Step 5** Add your name

**Step 6** Create a password

This programme is developed by Our Kids Online. Please find a covering letter from them at the bottom of this Pānui, as well as a diagram of how to enrol. Please contact your teacher or me if you would like to know more about this programme.  
Ewan Starkey

### CLASSROOM KŌRERO-

There is no Classroom Kōrero this week, it will resume next week.

### SCHOOL BOARD HUI

We have another board meeting on Thursday 9<sup>th</sup> May @7pm. All welcome.

## WELCOME TO ŌWHANGO SCHOOL

We warmly welcome Jonny Marshall to Ōwhango School. Jonny joins the year fives, in Kahikatea, Whaea Theresa's classroom,.



Jonny Marshall

## NEW POOL FENCE

As you may have noticed, we are getting a new pool fence installed. A huge thank you to Ryan Ogle who removed and disposed of the old fence during the holidays, saving the school a lot of money.



Our new pool fence should be fully installed by the end of this week

## SKATE PARK PROGRESS

This run of sunny weather is helping as we get more concrete poured on the park.



The construction team fire concrete onto the shallow bowl



The deep bowl's concrete has cured well, the base will be completed later

## T42 SPORTING EVENT – Saturday 4th May

This year's T42 multi-sport event is to be held on Saturday 4<sup>th</sup> May in the Ōwhango Domain. This is our community's big fundraising opportunity for the year, usually raising between \$4500 - \$6000, which is split equally between the four Ōwhango groups: Ōwhango School, Ōwhango Fire Brigade, Ōwhango Residents & Ratepayers Society and Ōwhango Alive.

To make this happen, the school needs volunteers to help on the day in the food selling area. If you can help with any of these jobs – We need six people to work 10:00am-2:30pm, or double that if sharing a shift of 10:00am to 12:30pm & another shift from 12:30pm to 2:20pm.

Tasks to be done: food preparation, cooking food, selling food tickets, handing out food, kitchen dishes & clean up.

**Please Contact Kim Petersen if you can help 022 047 4204**

## FREE ENTRY T42

Our students get free entry to the T42 event. To access this, when registering use the code:

**CTS24OWHANGOSCH**

## AUTUMN HARVEST

On the last week of last term, Trisha came to school and helped the Kahikatea class to harvest the vegetables from our school garden. See the photos below.



Evie with a line-up of onions





The girls with our potato harvest



Tyler and our pumpkins

**Extra-Curricular Sports Notices**

**TAUMARUNUI JUNIOR HOCKEY**

Game time for this Wednesday 1st May -  
Ōwhango vs Valley Saints 6.05pm

**THS BASKETBALL PRIMARY SCHOOLS  
COMPETITION**

Games begin this Friday 3rd May in the  
Taumarunui High School Gym.  
TPS vs Ōwhango 4.30pm

**TAUMARUNUI PRIMARY NETBALL**

Thursday 2nd May. Please note - Ōwhango  
Lightning Bolts have two games this Thursday:  
Ōwhango Phoenix vs Turaki Green  
Court 2 5.30pm  
Ōwhango Lightning Bolts vs Manunui Champs  
Court 3 3.30pm

Ōwhango Lightning Bolts vs St Pats Jaguar  
Court 3 5.30pm

**Community Notices**

National Park School Colour Fun Day- see the  
side-ways poster below!

**PAYING BY INTERNET BANKING DETAILS:**

**Ōwhango School:** Uniform / stationery / sport  
fees pay to 03 0426 0141783 00

**PTA:** Fundraisers 030 426 0156205 00

**2024 REMAINING TERM DATES**

**Term Two-** 29<sup>th</sup> April to 5<sup>th</sup> July

**Term Three-** 22<sup>nd</sup> July to 27<sup>th</sup> September

**Term Four-** 14<sup>th</sup> October to 18<sup>th</sup> December

**Teacher Only Days-** 4<sup>th</sup> June & 25<sup>th</sup> November

**THANKS TO OUR SPONSORS FOR THIS YEAR:**

**Duffy Books in Schools:** W & C O'Donnell, Doyle  
Valuations, Ōwhango Motors, S & M Ashcroft  
Partnership, Tania and Mark Bramley.

**Firewood-** The Petersen's

**Ōwhango Adventures:** Free bus use for trips

**Fern Energy Fuel for Schools Scheme:** Blazing  
Paddles Ltd, Bos Taurus, DR & LA Marshall Ltd,  
JB & KA Lord, KF or VI Kimberley, MJ & TM Lord,  
MJ & KL Collier Partnership, O'Donnell WM & CE,  
Owhango Farms Ltd, RC & JF Walker, Rocket  
Excavations Ltd, Tylee Family Trust, W Bryan  
Earthworks Ltd, Waihou Farming Trust.

**Netball Sponsor-** Blue Hill Café

**PTA Fundraiser-** New World, Silver Fern Farms,  
North Fuels, Balle Brothers

**Veolia-** Free truck and trailer use



# Our Kids Online

Our Kids Online was created in 2018 by Rob & Zareen Cope after all four children in their blended family started asking for handheld devices. Having both authored books in the mental health space, the pair were concerned about reports of increases in anxiety and depression in tweens & teens, so undertook further research.

After discovering a plethora of harms being caused to children of all ages, throughout the world, they decided to continue working in this field helping parents & caregivers understand the fallouts, providing safety solutions, and educating on how to increase resilience in kids through their Cyber Safety Presentations in school information evenings.

In 2020, they released their first documentary 'Our Kids Online: Porn, Predators & How to Keep Them Safe'. Their second documentary 'Our Kids Online: Social Media, Gaming & the Developing Brain' is currently in production.

'Our Kids Online: Porn, Predators & How to Keep Them Safe' has been screened at several events including global summits, overseas film festivals and at the Beehive in New Zealand.

In August 2022 Rob & Zareen created an online programme for school students from Years 1 through 13, 'The Informed & Empowered Programme'.

This programme consists of modules and resources to help educate students on how to keep themselves safe in the online world in relation to various potential negative impacts such as predator exposures, cyberbullying, misinformation, excessive social media use and more. It also covers emotions, healthy relationships and setting healthy boundaries.

You can find out more on their website [Our Kids Online](https://www.ourkidsonline.org.nz).



Click on Enrol now

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 All transactions are secure and encrypted

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**Order summary**

The Big Reconnect: \$99

**Get started** → **Step 2** ←

Get started: \$99

Gift Tax (20% from October 2018): \$0

Gift wrap (extra): \$0.00

**Apply** ← **Step 3 Apply**

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**Here are some of the perks...**

- 1. Personalized content
- 2. Additional resources to help your learning journey
- 3. Practical solutions you can start implementing straight away

**Order summary**

The Big Reconnect: \$99

Get started: \$99.00

Gift wrap (extra): \$0.00

**Get it for free** ← **Step 4**

By completing this purchase, you agree to our full online Terms of Use & Privacy Policy and the Terms & Conditions of our A-Grade Policy.

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