

Hampden Street SCHOOL



Newsletter

5 September 2019

Edition: 14



Seniors Enjoying Ski Day

Piki ake ki ngā whetū - Reach for the Stars

Principal's View

Kia Ora Parents

I watched with interest a feature on the Sunday programme recently. It was about the rising number of serious sports injuries occurring in the 10-14 year old age group. The main reason this is happening is through overtraining and pushing children's bodies through physical activity beyond their years. In most cases, it is happening to children caught up in talent or representative programmes, who from an early age, driven by parents, aspire to be a professional athlete. The figures are staggering with a 60% increase in sports-related injuries in the 10-14 year old age group. That is double that of the 15-19 year old group. We want our kids to be physically active and enjoy being active, but, many of the high-intensity programmes and academies that our children are getting into, are just putting too much strain on their young developing bodies.

I grew up wanting to be an All Black but life seemed to get in the way of that, along with a father who saw sports as something you did for fun when we had time. Certainly the idea of being a professional sportsperson was never a reality in my generation as all the main sports in New Zealand were amateur. The landscape has changed, when you consider in Nelson alone, we have a professional rugby team, football team, and basketball team. For many children in a town like ours, they know people who are in these teams and they feel it is within their grasp.

There is nothing wrong with having a dream to aspire to these top-level sports, but the message must be that this happens all in good time. Teaching your children the importance of being active, eating the right foods and looking after their mental well-being is vitally important and would be quite enough in their early years, rather than focusing on high-intensity specialist training five or six times a week.

Having coached representative sport in the last couple of years with younger children, I was quite shocked at how almost obsessive some parents were when trying to promote their child as a representative player. At times I felt the parent was more excited about the prospect of making the team than the child. The sad thing I saw was how badly it affected these children when they missed out. With all the pressure to make the reps, when they missed out, many kids were completely shattered and often developed a mindset that they were not good enough. After all, mum and dad had spent the club season telling them how good they were. I am very pleased that the Tasman Rugby Union has made the decision to stop representative sport for children under 16 years of age.

Being a massive sports fan I would love my one of kids to have a career in sport but it's got to be their dream. It's got to be via a pathway that allows them to develop as a well-rounded person, who can make their own decisions about the direction and the commitment they are willing to make.

Ngā Mihi Nui

Don McLean
Principal

Notices

NO SUSHI on this Friday 6 September

Our sushi suppliers are away this week, there will be no sushi tomorrow, Friday 6th September. Back to normal next Friday 13th September.

Active Transport Week



It's been a great Active Transport Week. The children have enjoyed the opportunity to bring their "wheels" to school and to be able to ride them at break time. It has given us a chance to highlight the importance of active transport. We were thrilled to see the number of children who came to school in an active way this week and we would like to thank parents for supporting this initiative. We don't need to tell you that traffic around our school is a nightmare and if we can reduce the number of cars picking up and dropping off at our



school gate it will make our school a much safer place. It will also help reduce our school communities carbon footprint. For some families, taking a car is the safest and most practical option. But if parents can try to carpool with friends or neighbours and use the "Park and Stroll" option from any of the safe Park and Stroll options near our school this all helps to reduce the number of cars around our school. There are a number of good park and stroll locations that families could use which provide easy parking and a safe short walk to school. These include Rutherford St between Waimea Rd and Van Diemen St, Kawai St by the Hampden Street intersection, or on Waimea Rd outside Roundhay Resthome. Once again thanks to all those who have chosen active transport to school this week and a huge thanks to Heather and her team from the Nelson City Council.



Swimming Pool Committee

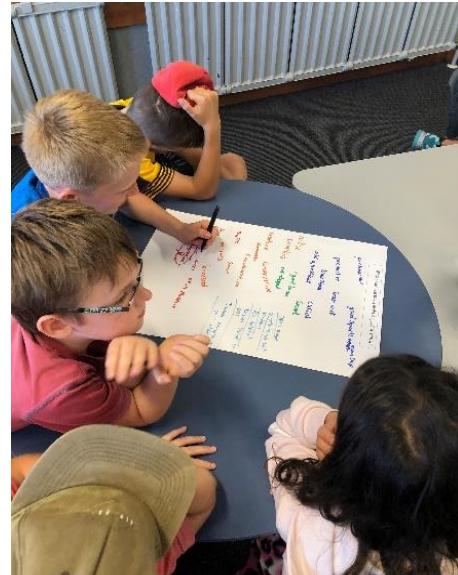
Next week, Thursday 12th September, at 6.30pm in the staffroom, we are having an important meeting to discuss the future of our school pool. Currently, the school is covering all the expenses of the pool and we are finding this quite a strain on finances, however, it is a community pool and is well used by key holders, the Hampden Street Swim School and the Nelson South Swimming Club. With this in mind, we need to have a well-established and functional pool committee to take over the management of the pool. Our meeting next week is to re-establish the committee that we formed last year, to develop a plan to take over management of the pool and to kick off the organisation for the 2019/2020 swimming season. We would love to see some new faces joining our hard-working team.



Class Placement 2020

Next year we are going to continue to move forward with keeping students with their teachers for two years. It has been very successful this year and teachers have enjoyed the strong relationships they have developed with their students. Like this year, this will only happen within each syndicate, i.e. current Year 1 students will stay with the same teacher for Year 2, current year 3 students will stay with the same teacher for Year 4, and Year 5 students will stay with the same teacher for Year 6. Obviously, as some staff are moving on and some will be changing levels it is impossible for us to have a complete change and the end result is some children will get a different teacher next year. This is unavoidable.

We will still seek some **limited** input from parents into their child's placement, particularly where there is a need to separate certain students or the preference for a certain teacher because of valid personal reasons, i.e. prefer a male or female teacher. We will not accept large lists of children who students should be placed with. We will be asking students who they would like to be with in their class. We believe this change in our class placement procedure has been very beneficial for students and teachers and hope that you will continue to support this change. If you wish to send a class placement request letter we will be receiving these between Monday 16th September to Thursday 26th October. Please drop these to Helen or Sali in the school office. **We will not accept any verbal or emailed placement requests.**



Music Update

Brass at HSS

Music has become that little bit shinier at Hampden Street School with the addition of brass lessons on a Friday. One of Nelson City Brass' virtuoso trumpet players, Douglas Couchman, now teaches a select group of students and is already impressed by the natural talent of our students. If your child is interested in learning a brass instrument please collect a form from the office.



Rock Da House

It's nearly here. Nelson's Rock Da House performance spans three nights with Hampden Street School featuring on **Wednesday 18th September**. We have a dress rehearsal on **Tuesday 17th September** and, if your child is involved, a permission slip has already been sent out. Please return it ASAP so we can finalise numbers.

Term 4 Sports

There are plenty of after school sporting options for Term 4 through HSS teams. Touch and summer soccer are available for Years 1-6 children, volleyball and tennis for Years 3-6, and we are currently waiting to hear what Nelson Basketball and Nelson Hockey are offering for Term 4. We also have information on softball and t-ball on our sports notice board (located between Rooms 1 and 2).

Registration forms for touch, tennis and volleyball are available now in the school office, please take note of the closing dates. Summer soccer forms will follow soon.

Cricket is offered through the Wakatu Cricket Club, all HSS cricket players need to register directly with them; wakatucricket@gmail.com . They have an open day on Saturday 21st September at their clubrooms in Victory Square.



Fundraising Disco

Some of you may be aware that a Year 6 student, Lucy Dawson, is raising money for a second basketball hoop on our tiger turf court. Our current hoop is well used, not just by HSS kids, but also by many members of our community. Lucy, who is a very keen basketballer, wants to put a second hoop in so we can have a full functional basketball court and so she can encourage more girls into basketball.

On Friday, 16th September, we will be holding a fundraising school disco. The disco will go from 6:00pm to 8:00pm and there will be a \$3 entry fee. Children will be able to purchase a bottle of water and sausage and bread at the disco. It will be supervised by a group of parents and staff and promises to be a great night. All proceeds will go to the purchase of the basketball hoop.

From the Syndicates

Junior Syndicate

Rooms 12, 13 and 20 have started doing a session called 'skillbuild' which they run on a Tuesday afternoon. The skills they are focussing on will enable the children to apply them to STEM or workshop sessions. The following are some of the skills they will be focussing on; fine motor skills, cutting, tying, threading, blowing and construction skills.



Rooms 11 and 7 have been busy creating their Junius Hour projects! Room 11 shared their finished projects with whanau last week and Room 7 are sharing theirs this week. Check out what they have created!





The Junior Disco was held in week 5 and boy oh boy did we boogie the night away. We had an awesome turn out and there were some fantastic outfits! Thanks to all the Junior Syndicate teachers for setting up, DJ-ing, and dancing their socks off to make the disco one to remember.



Savanna Adams Syndicate Leader

Middle Syndicate

Literacy: Harry Potter

The Middle Syndicate have been reading Harry Potter and then completing related learning activities around the ideas and themes presented in the book. The syndicate participated in a writing rotation where they could write about a particular picture or idea. Let's check out some of the writing below.



Harry was leaving the classroom for water. It was September and the mist was behind the mountain. The mist came to that classroom and lightning struck. Harry used magic to make the mist go away. The sun came out.

By Haize R15



It's finally Christmas! I am so delighted. I wake and tell Hermoine and Ron to get up. "It's Christmas Ron, wake up" it's a flabbergasting day! At breakfast we had toast, bacon, sausages and egg on toast. Then we went to the hall and saw the most gigantic Christmas tree. We noticed a big blue ball on top of the Christmas tree. Wow!

By Wren R14

Harry gripped the edge of the boat that was rocking so violently it was threatening to capsize the boat. The water sprayed Harry making him feel like a giant ice cube, but it could not put out the excitement boiling and bubbling inside him. Surely this had to be better than his life at the Dursleys! The castle that Harry knew was Hogwarts School of Witchcraft and Wizardry suddenly, loomed out of the thick fog that surrounded, the castle. This castle of a school is the start of a new adventure, Harry thought.

By Jasmine R18

The Harry Potter Dress Up Day was exciting.

Topic: Sustainable Bodies

Check out this writing; A child's response to learning about the body in our Sustainable Bodies topic for Term 3.

Hello. I'm going to tell you what happens to your food when you swallow your food. But before I tell you in detail I will just give you a general idea so it's easier to follow. Digestion goes through three stages. The first one being chewing. The stomach comes next, after that is the small intestine. Then the large intestine. So basically at the end, your food gets turned into energy. Right, let's get into detail.

Say you have just got some pizza and you're starting to eat it. When you take a bite your teeth break down your food but also your saliva helps break it into even smaller pieces. Then with the help of your tongue, your food is pushed down your oesophagus.

Your food has now made its way to your stomach. Your food will hang out in your stomach for approximately 4-8 hours. Then enzymes and acids break it even smaller but the real reason for the acid is to kill the bacteria. This stops you getting sick.

Now your food is in the 3rd phase the small intestine. Where the small intestine juices turn food into molecules. Amazingly your body separates the waste in the food and the good part in your food. The good stuff goes on to be turned into energy around your body. However, the waste goes into your large intestine.

The large intestine is the final stage of the digestive system. The large intestine absorbs the water and pushes the rest of your food out your rear end!

Well, that is the end of the digestive system. I hope you learned something about it.

By Hugo R15

Thank you to the many parents who have contacted us and kindly given up their time to speak to the kids around their area of expertise. We are lucky to have you and the kids have learned a lot about the various topic areas.



Juice making with Hayley



Teeth talk with Lorraine and Jungin

Middles Big Night Out Teapot Valley Camp - less than 3 weeks to go!

Room 17/18/19 - Monday 23rd September and Tuesday 24th September.

Room 14/15/16 - Wednesday 25th September and Thursday 26th September.

For camp, the children split into eight different coloured teams. If they would like to wear or make something with their team colour, then they are most welcome.

Have a great fortnight,

Mandy Cain-Townley Syndicate Leader

Senior Syndicate

Another fabulous couple of weeks have gone by in the Senior Syndicate. The spring days have arrived and we are loving the sunshine for practicing our winter sports options. If you are available to help manage a team we would really appreciate your help since we have over 15 teams to organise.

Ski trips were successful and we thank all parents for having their children well organised for the day. A huge thanks to our drivers who got us safely to and from the ski field. If anyone has any photos of Room 2, 3 and 5's ski day we are extremely short of pics for our kids to use on sites. Please email them to

tarnia.pilcher@hampdenstreet.school.nz



Kids had such a wonderful time - here's what they thought:

It was fun going skiing and "yeeting" snowballs at people but skiing was very hard. After a while I gave up skiing and I joined Lamont and Luca to be in the Yeet Tribe. Harley-Hayes, Room 3

Ski day was sooo fun. I really liked skiing with other people and hanging out with my friends. Tobogganing with my friends after my ski lesson was lots of fun. We made slides in the snow and tried to go as fast as we could down them. Lucy, Room 2

Ski day was AWESOME - Sam, Room 1

We found icicles but kept them secret. They were deep in the snow on the side of a hill. We slid down the steep hill and ended up standing at the bottom. Skiing on the intermediate slope was a highlight. Maia, Room 6



Dear Kent

Thank you very much for helping me along the way at the intermediate slope. When I fell down you helped me up. I loved how you had a great mindset and very good skills. You are a great teacher. Thank you very much for driving me there and back, the snow fights and much more.

I loved how you started the snow fights or was it me? I loved throwing snow balls at you and watching you react. I loved it so much.

From Sabia



We were lucky to have an ex-student and two of his friends come and teach drama last Friday. These boys impressed me with their flexibility, their confidence to work with groups of 15 children and their organisation and fun ideas. Seeing how HSS students grab opportunities like this makes me feel grateful that we are surrounded by schools who are supportive and contribute a lot to our programme.

Active transport week has been a success with students thinking of other ways to get to school. I wonder if anyone jumped in on their pogo stick!??

Speeches are our next big project. Please ask your child to present their speech to you at home so they practise saying it aloud. The more times they do it the more confident they will be!

Enjoy your week,

Tarnia Pilcher Syndicate Leader

Coming Events

Nelson Cluster Winter Sports Tournament	9 September, 10:30am-3:00pm
HSS's Got Talent, Heat 4	10 September, 1:00pm-1:40pm
PP Day, Nelson Cluster Winter Sports Tournament	11 September, 10:30am-3:00pm
Swimming Pool Committee meeting, staffroom	12 September, 6:30pm-8:30pm
School Assembly, Junior and Senior Syndicates	13 September, 2:15pm-3:00pm
Rock Da House dress rehearsal, Trafalgar Centre	17 September, 9:30am-1:00pm
Board of Trustees Meeting, staffroom	18 September, 6:00pm-8:30pm
Rock Da House performance, Trafalgar Centre	18 September, 7:00pm
Excellence Assembly, Middle Syndicate	19 September, 2:00pm-3:00pm
Middle Syndicate Camp, Rooms 17, 18 and 19	23-24 September
Middle Syndicate Camp, Rooms 14, 15 and 16	25-26 September
Excellence Assembly, Junior and Senior Syndicates	26 September, 2:00pm-3:00pm
Nelson Cluster Speech Competition	26 September, 6:00pm-7:30pm
Last day of Term 3	27 September

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Festival of Architecture. This years Festival of Architecture; People Places. The festival is about engaging people of all ages with architecture. Come along to explore the quality, characteristics and potential of our CBD with fun and informative (free) activities – see the website for details;
<https://festivalofarchitecture.nz/nelson-marlborough/>

Learn to Dance (for free). Top of the South Amateur Dance Sport League is pleased to offer free sample dance lessons with our qualified dance teachers. No need to book, just turn up. All ages welcome. Saturday 21 September at Club Waimea, Queen Street, Richmond. 12:30pm-1:30pm Rock and Roll, 1:35pm-2:35pm Latin American – Cha Cha, Rumba etc, 2:40pm-3:40pm Ballroom – Waltz, Foxtrot etc. For further information call: Reception at Club Waimea (03) 543 9179, or Roger (03) 545 2231.

Wave Rave-Electrix Surge Wave Raiser. Electrix Cheerleading are holding a “wave raiser” **End of Term Black Out Party.** Friday 27th



September from 7:00pm to 9:00pm at the Richmond Aquatic Centre. For ticket purchases please contact Denise – dmcerlean20@gmail.com or 021402293. All tickets pre-purchased go in the draw to win a Goody Hamper.



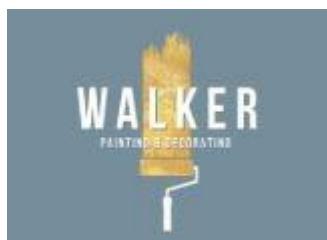
www.rutherfordstkindergarten.co.nz or just drop in and visit!

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Aikido. Want to learn self-defence and become more confident? Do AIKIDO a Japanese Martial Art. We have children's classes from 5yrs - 7yrs Wed & Fri 4pm – 4:45pm, 8yrs -16yrs Wed & Fri 5pm – 6pm. Check out our Facebook, www.aikidonelson.nz or call Callum 021 0694211.



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Film Camp 2019 - Monday October 7th to Friday October 11th. Action! Film Camp is back for its 6th year in a row at The Playhouse Theatre. Action Adventure, Zombie Rom Com or Murder Mystery, it's the school holiday camp where the kids create write, star and direct their very own movie. The camp is limited to 15 students aged between 10 and 15 and runs daily from 9 till 4pm at the Playhouse. Participants will script, produce, film, edit and screen their film over week, with help of Nic Roland as their main tutor. Nic has a degree in Film and Media from Otago University is an ex TVNZ News Editor and director, with extensive experience as a Television and short film producer. All aspects of making a movie are addressed during the week including costume design, makeup, acting method, lighting, film history and distribution. Kids will have a chance to film and edit their film over the week with a grand screening of their work on the Friday Night to parents friends and family. This is a great chance for any young film maker, actor/actress, camera person, editor, set and costume designer, makeup artist or general film enthusiast to build new skills, meet like minded people and actually make a movie! The camp costs \$400 for the week, which includes 3 meals a day plus tutoring. For more information please call Nic Roland on 5402985 or email at theplayhousecafenz@gmail.com.



The Nelson Half. The Nelson Half is into its third year of the "giving back to schools" programme. A portion of every entry fee is given to schools. This year the event is on Sunday 3rd November. Walk or run; 21.1km, 10km, 5km or 2.5km. Something for the whole family. www.thenelsonhalf.co.nz .

Physical Theatre and Improv Classes! Local theatre company Wild Rabbit is offering high-energy, dynamic theatre classes which encourage, empower and inspire. Learning through theatre builds confidence and equips people to question and express the world around them. Check out wilderabbit.co.nz or email wilderabbitproductions@outlook.com to enquire about a class.



Sharpen. For all your sharpening needs; knives, scissors, gardening tools etc. Contact Andrew; 021300221 or www.sharpen.nz .



Awards and Achievements

Room 1	<i>Pan Therapee Sanda for her determination and growth mindset at skiing and hockey.</i>
Room 2	<i>Joseph Bryant for striving for success across the curriculum.</i>
Room 3	<i>Bella Cain-Townley for her excellent leadership and fantastic work in her science fair.</i>
Room 4	<i>Tai Andrew for striving for success by persevering with the ski day.</i>
Room 5	<i>Brooke Rundle for having a growth mindset towards the challenges of skiing.</i>
Room 6	<i>Brock Vedder for an outstanding attitude and growth mindset towards ski day and class projects.</i>
Room 7	<i>Nevaeh Cruz for being an amazing role model and showing others how to take the initiative.</i>
Room 9	<i>Iris Ashby for managing herself and striving for success in Junious Hour.</i>
Room 10	<i>Aliya Shankar for an excellent attitude towards her learning.</i>
Room 11	<i>Shania Morel for the super progress she is making in literacy.</i>
Room 12	<i>Phoebe Morrison for her excellent attitude towards learning and having the confidence to perform in HSS's Got Talent.</i>
Room 13	<i>Aliya Thomas for her enthusiastic approach to all learning areas.</i>
Room 14	<i>Ella Cuff for her amazing leadership in maths groups.</i>
Room 15	<i>Emmett Cochrane for his improved focus and attitude towards learning.</i>
Room 16	<i>Mia Peacey for demonstrating leadership qualities and continually challenging herself.</i>
Room 17	<i>Soloman Schryvers for showing empathy to class mates and being a great team player.</i>
Room 18	<i>Ella Thomas for her creative approach to learning and developing confidence.</i>
Room 19	<i>Ada Ashby for consistently striving for success with all areas of learning.</i>
Room 20	<i>Kailah-Rose Eparaima-Papara for a focussed attitude to learning.</i>



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