



Te Kura o Hau Karetu

He waka eke noa: *We're all in this waka together*
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31 March 2026

Kia ora, Talofa Lava, Mālō e lelei, Kia orana, Namaste, Kumusta,

As we move through a busy and eventful start to the year, I would like to take a moment to acknowledge and sincerely thank our incredible teachers, support staff and IHAD Navigators. Their dedication, flexibility, and care for our tamariki continue to shine, particularly as they navigate a number of significant changes behind the scenes, including new attendance expectations and evolving curriculum and assessment practices. Alongside this, our students have enjoyed rich learning opportunities such as our visit to Orongomai Marae, Firewise programme, swimming, After School Care, and participation in the Student Leaders' Day—experiences that build confidence, connection, and a strong sense of belonging. We are also mindful of the current fuel situation and the impact this may be having on our whānau, and we appreciate the ongoing support of our community as we work together through these challenges.

Student Leadership Conference:

Our students had a fantastic time attending the Upper Hutt Student Leaders' Conference this week. They participated in a range of engaging activities designed to grow their confidence as leaders, strengthen their ability to work collaboratively with others, and develop important skills such as communication, problem-solving, and resilience. It was wonderful to see them stepping outside their comfort zones, supporting one another, and representing our school with pride. Thank you to Matua Shea who took the team along.





Raffle tickets – ticket sales close this Thursday at 10am – there are still plenty available. The tickets will be drawn at our assembly at 2.15pm

Thank you for your support.

Learning Te Reo Māori: In this week's Te Reo Māori snippet, we are talking about the word "Kia ora":
"Kia ora" can mean several things. It can mean:



- Hello
- Hi
- Thank you
- Cheers

Here is a way you can use "Kia ora" in a sentence:

"Kia ora e hoa" – is a warm greeting to use to say hello to a friend or colleague.



Lost Property – please check our lost property bin down by the Rainbow room for your child's clothing – there's so much of it! Thank you.

Saying "no" to your child: Saying "no" to our children can sometimes feel difficult, but it is an important part of helping them grow into confident, respectful, and resilient individuals. Clear boundaries help children feel safe and secure, and they learn valuable skills such as patience, self-control, and understanding that they won't always get what they want. When we say "no" with warmth and consistency (be firm with yourself here), we are teaching our tamariki important life lessons about limits, respect, self-control, and making good choices—skills that will support them both at school and beyond.

I love this guy – Tim Hawkins. The way he talks about this subject makes it seem easy! 😊

<https://www.youtube.com/shorts/VyhwsGoSeeM>

Important Notices & Reminders:

- **Important dates you need to be aware of:**

- We are having a **teacher only day** on **Friday 8th May**. School will not be open on this day.
- School returns on **Monday 20th April at 9am**.
- The **Dental Bus** will be at school from the 20th-30th April.
- Monday 4th May – Kōkiri Marae will be here giving free **flu and covid vaccinations**. Staff will be given priority from 8am, but you are welcome to book with Roseanne or Rachel at the office for your time. Also, on the 2nd May, Orongomai Marae have a day where they will be doing free vaccinations and health checks between 10am-2pm.
- **Pink Shirt Day is on Friday 15th May** – wear pink to show your support for anti-bullying. Bullying is when someone repeatedly and intentionally hurts, harms, or upsets another person. It involves an imbalance of power, where one person feels unable to stop what is happening. Bullying can be physical, verbal, social (such as excluding others), or happen online. It is different from a one-off disagreement or conflict—bullying is ongoing and targeted behaviour that makes someone feel unsafe or unhappy. If your child is being bullied, please tell the teacher.



- **Carpark:** As our roll in growing, we need to make some changes to our drop off routines in order to keep everyone safe. We've made a great start with dropping children off at the gate, but we still continue to have people driving into the carpark and dropping their children off at the office, but worse, they park in the middle of the driveway or carpark so that no one can move in or out! **This is primarily a staff carpark.** The only parents who should be driving in will be people with children who have high needs, or new entrant students. Everyone else, please drop your children at Hillside Drive so they can walk the rest of the way into school. If your child is late, you may need to drop them at the office, but please do not park in the middle of the thoroughfare. If you do drive in, please be respectful of the mobility carpark which is reserved for people who have a mobility permit only. Thank you for your cooperation.

- **Peanut-Free School:** We are now a **peanut-free** school.

- **Student Attendance expectations:** Regular attendance at school is important to your child's success. Making sure students attend and engage in learning is a shared responsibility. As a parent, you are responsible for making sure your child attends school every day.

If your child is going to be absent for any reason, it is essential that you let us know as soon as possible. It is important that you:

- phone on 045269552, or
- text on 0275269552, or
- email to: office@tehaukaretu.school.nz, or
- message on the Skool Loop app,

to confirm your child's absence and provide us with the reason. Thank you.

- **Fundraising:** If anyone is keen on being part of our PSG fundraising group, please let Roseanne or Rachel know at the office, and we'll put you in touch with Whaea Jewel who is our PSG leader. Thank you.

VOLUNTEER



- **Volunteers:** We **desperately** require volunteers for Tuesday and Thursday Breakfast Club please. Breakfast Club which operates from 8am-9am each day. If you able to give us an hour of your time each week, please advise Roseanne or Rachel if you're available for volunteering. Thank you.

- **Nits/Kutu** – Nits are an ongoing issue with schools and kids – it's like the magic combination. Treatment can't just be a one off – that it needs to happen often. We have nit treatment and combs at school – please let the office or your teacher know you need some. You can also get nit treatment on prescription from your GP. Please check and treat your child's hair regularly. A useful video link for how to treat nits is below: <https://www.youtube.com/watch?v=e9y6c3Opr9w>. Thank you so much for your support in this.

I hope you all have a wonderful Easter for those who celebrate it. I know my grandchildren (7 of them) won't be getting the same Easter Egg haul they'd normally get – everything is so expensive! I think I'll get baking instead OR purchase a few of the raffle tickets and hope for the best. 😊

Thank you everyone for your wonderful support

Ngā mihi nui,
Karen Wellington
Tumuaki/Principal

Helping tamariki feel confident and connected at school



At school, tamariki are learning how to navigate friendships, big feelings and new experiences. Here are three ways you support this learning at home.

- 1 Pause before stepping in**
Why this helps:
When tamariki work through small challenges themselves, they build confidence and resilience.
- 2 Name feelings, then move forward**
Try:
"I can see that felt hard. What could you try next?"
Why this helps:
Acknowledging emotions helps tamariki regulate, and reaching for what they can do grows their problem solving skills.
- 3 Trust their learning process**
Why this helps:
Not every friendship challenge or frustration needs adult support.
Working things through helps tamariki develop independence and social capability.

  @realparentsnz **real parents**

Rā Whakahauora!

Wellness Day 2026

FREE FLU VACCINES - ALL AGES

FREE MIRIMIRI, GP, NURSE PRACTITIONER & NURSE PRESCRIBER CONSULTATIONS

Nau mai, haere mai ki
Ōrongomai Marae

1 Railway Ave, Upper Hutt





May 2nd
10am - 2pm

Doctor advice • Vaccines • Health checks
 Blood pressure • Screening • Health education
 Whānau friendly • All ages welcome
 Community focused health support
 Free sausage sizzle
 Free face painters

Come along and support your health, your whānau,
And your community.