



Te Kura o Hau Karetu





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

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

Nau mai haere mai to our new student Maverick who has started in Te Whanganui this week.

Introducing Our House Captains for 2026! We are thrilled to announce the house captains for the upcoming year, these individuals have demonstrated exceptional leadership potential. Congratulations to our newly appointed captains, and best wishes for a successful year ahead!

 <p>Tui House:</p> <ul style="list-style-type: none"> ✿ Tana Lio ✿ Tobias Misa 	 <p>Weka House:</p> <ul style="list-style-type: none"> ✿ Poorvi Pandey ✿ Damon Peyroux
 <p>Kokako House:</p> <ul style="list-style-type: none"> ✿ Harper Stevens ✿ Winter Logan 	 <p>Kereru House:</p> <ul style="list-style-type: none"> ✿ Indiana Leota ✿ Trinity Armstrong-Brown

Attendance Team: - an introduction to our Attendance Services Team. We are lucky enough to have two amazing people as part of our attendance supports:



Aaron Harris is supporting schools and families within the Hutt Valley. Aaron was raised in Upper Hutt and it feels like his Tūrangawaewae. Aaron cares deeply about the success of our community - especially young people, and went to school here and has been involved in many local groups such as the Silverstream Lions and Rimutaka Gymsports. Aaron became an early childhood teacher, studying education through a bicultural lens at Te Rito Maioha, while teaching in a few local preschools and kindergartens. More recently, Aaron undertook and completed a carpentry apprenticeship.

Aaron is now back in the education sector, supporting rangatahi in the community with their ability to access and engage with formal education, helping to create positive opportunities and outcomes for all.



Afa Tauaifaiga comes from Upper Hutt. Afa is an experienced attendance advisor with three years' experience. Afa is well known in our Samoan community and in Upper Hutt in general for his role as a boxing coach and mentor for young people. Afa has initiated and led several large charity boxing events, raising a lot of money for local causes. Afa has 26 years' experience as a senior corrections officer at Remutaka Prison.

We are very fortunate to have such experienced members of the Attendance Team at our disposal. If you receive a phone call or a visit from Aaron or Afa, they are there to help.

GOAL SETTING INTERVIEWS: Our goal setting interviews are next week, **Tuesday 10th March.** We will be finishing school at 2pm on this day. Please **book your goal setting** times on Skool Loop. Time slots are between 2.15-6.45pm. We expect to see everyone please – this is about us working as a team: parent, child, teacher, in order to achieve your child's wellbeing and education goals. We are really looking forward to seeing you there.



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.



Orongomai Marae Trip: We are excited to be going to Orongomai Marae tomorrow (Wednesday March). This is a whole school trip. Many of you will have signed up as parent helpers. If you are a lady, please wear a dress or skirt. Gentlemen, wear tidy clothing. We are going to play at Maidstone Max afterwards, so children should wear good running or walking shoes, bring a jacket (the wind will be cold), and slap on a sunhat. Thank you.



Raffle tickets – tickets are now on sale for our Easter and Mother’s Day Raffle. Books will be sent out today and each family will receive a book of 5 tickets to sell. Tickets are \$2 each. If you would like more tickets to sell, please let Roseanne or Rachel at the office know. Funds raised will go towards the replacement of our netball courts and our senior camp. Any quality items for the Easter and Mother’s Day Raffle would be gratefully received. Tickets will be drawn on

Thursday 2nd of April at assembly. Thank you for your support.

Getting our kids to sleep and to stay asleep: We know that sleep is hugely important for children’s growth and development and as well to help them stay focussed at school. Suggestions to help your child sleep well:



- Consistently waking a child or young person up at approximately the same time every morning and attempting to get them into daylight soon after, regardless of how much sleep they have had overnight, helps to develop the day/night circadian rhythm.
- Limit naps if possible. If a child naps often and then doesn’t sleep overnight, try to wake them within 30-45 minutes of starting a nap and plan to do an exciting activity immediately on waking e.g. going outside on a trampoline, water play etc.
- Establish a consistent bedtime routine and aim to get to bed at roughly the same time every evening.
- Avoid screen-based activities in the 1 hour prior to desired sleep time, as the blue light from the screens can interrupt our body’s natural Melatonin production and be “alerting” rather than calming.
- Ideally, bed should just be for sleeping in. If a child is taking more than 30 minutes to fall asleep once in bed, it may be that their bedtime is too early. Consider making it later to help consolidate sleep into one block.
- Try to avoid a child or young person spending much time in bed not asleep e.g. playing, as this weakens the association between bed and sleep. Consider providing a chair or beanbag etc. as an alternative comfy play space.
- Over time with consistent morning wake ups, reduced napping, and consistent evening routines, children may be tired enough in the evenings that hopefully they start to fall asleep at an earlier time,
- Further information about sleep can be found at:

<https://www.autismspeaks.org/tool-kit/strategies-improve-sleep-children-autism>

Important Notices & Reminders:

- **Peanut-Free School:** We are now a **peanut-free** school. We ask that no peanut products are brought to school, including peanut butter and foods containing **peanuts**. Note that when a packet says, “may contain traces of nuts”, this is OK. Our school lunches do not contain peanuts. **Please note that we are not talking about all nuts. Only peanuts.**
- **School Alert System:** Please be advised that we have become a **School Family Alert** school. The purpose of this system is to help us take extra special care of your child if a significant incident occurs at home and if Police have attended. We will receive an alert that let’s us know your child may have had a difficult experience and might need additional understanding, reassurance, or support while they are at school. This could look like checking in with them, offering extra pastoral care, or being mindful that they may be feeling unsettled.
- **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.

We can work with you to develop a support plan that addresses any barriers to regular attendance, just let us know. More information on attendance, including your rights and responsibilities as parents or caregivers is available on the Ministry of Education’s webpage:

<https://www.education.govt.nz/education-professionals/schools-year-0-13/managing-students/student-attendance-guide-schools-and-kura>. Thank you for your cooperation.

- **Lunches in Schools:** We are experiencing some hiccups with the timely delivery of lunches to classrooms while we manage our new lunch systems. Children are still being fed lunches, but it is likely a little later than usual. The meals are yummy and children are having dishes such as lasagne, chop suey, butter chicken, spaghetti & meatballs to name a few. They are yummy! We encourage children to eat the lunches but do not force it.
- **Swimming** – Swimming finishes this week.
- **SunSmart School:** While the weather is cooling, there are still plenty of UV rays around – the planet’s tilt is still directed towards the sun. As a SunSmart school, we ask for your support in ensuring children come to school each day with a named, full-brimmed sunhat. Wearing a hat during Terms 1 and 4 helps keep our tamariki safe while they are learning and playing outdoors.
- **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 are always very keen to have people support us with regular volunteering, particularly for our Breakfast Club which operates from 8am-9am each day. If you are 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.

Ngā mihi nui,
Karen Wellington
Tumuaki/Principal

Important Dates and Events:



Week 5	Sea Week – 28 th Feb – Raffle tickets go on sale. \$2 each. \$10 for a book of 5.
Week 6	Goal setting 10 th March – all parents and children to meet with their teacher to set goals for the year. Please advise parents of the early finish.
Week 9	School finishes on Thursday 2 nd April at 3pm for the two-week holiday. School returns for term 2 on Monday 20 th April.