



2 Athens Street
Wellington NZ 6022
Subscribe: <https://hcsmiramar.schoolzineplus.com/subscribe>

Email: administration@hcm.school.nz
Phone: 04 388 7189



Term 2 Week 3 Newsletter 2024

Principal's message

Kia ora e te whānau,

It has been over 5 weeks since I have been at school and it was such a special week to come back too. Firstly, I would like to say a big thank you from Lucy, Ella, Atarangi and I for the loving support we have received from our school community. Lucy and Atarangi have been home for 2 weeks and they are recovering well. Lucy is up and about and just starting to go on small walks. Atarangi is now off tube feeding and is being bottle fed, she is putting on healthy weight and is awake more too. We have had lots of lovely cards, gifts and meals sent to us at home and at the hospital. To Virginia, Ben and Lyn thank you for leading the school in my absence. To the staff and students, thank you for carrying on with your learning and for your beautiful cards and messages of support.



This week, I came back to a school full of excitement and learning, Week 3, book week. We started with a visit from the amazing Vasanti Unka, a famous New Zealand Writer and Illustrator. She talked about her unique experience of growing up in a big family of onion farmers with a passion for drawing and how it eventually led her to being a graphic designer. From there, she did some illustrations for a friend's book and eventually decided to try her own hand at writing. All the classes got to visit Vasanti and she left a strong impression on our students, you could tell by the inquisitive nature and questions at the end of each session.



Just yesterday we had an amazing "Wacky Thursday" where students got to dress as book characters or wear wacky costumes. Teachers, TLA's and students got right behind it. I enjoyed popping into classes to see the different costumes, decorations and also catching up with students. In the afternoon, we had a whole school parade which was run by Sophie and Kirsten. I would like to personally thank the PSG for the effort they have put into book week and for running all the fun events including the book sale. A special mention goes out to Malisha who did most of the organising and Sophie for her help with various things too. Below are the wacky outfits we

wore. It is good to be back and I look forward to catching up with more families and students over the upcoming weeks and I hope you're all keeping safe and warm.

Ngā mihi nui,

Tala



The gifts of the Spirit are given to us permanently, while the fruit of the Spirit involves what we do. The fruits, on the other hand, are the effects in us of living a life according to the spirit, according to the will of God.



Catholic Character

Pentecost Sunday 19th May

It commemorates the descent of the Holy Spirit on the Apostles and other disciples, and it marks the beginning of the Christian church's mission to the world.



Acts 2: 1-4

The Holy Spirit Comes at Pentecost

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

God wants to set our hearts on fire with His love, strength and grace so that we can live lives that effect change in the world. Pentecost is not only about us becoming holy, it's also about us being given all we need to go forth and bring the holiness of God to all those we encounter.

Gifts and fruit of the Holy Spirit

Jesus promised that his Father would send the Holy Spirit upon us in his name, to teach us everything and remind us of all that he told us. (John 14:26) It is through these seven gifts—wisdom, understanding, counsel, knowledge, fortitude, piety, and fear of the Lord—that we grow in holiness and are continually reminded of God's loving presence within us and around us.

Te Whatu Ora notice for students/parents and caregivers

Dear staff, parent and caregiver of students who attend Holy Cross School

The National Public Health Service (NPHS) was contacted by your school about the high number of tamariki and staff away with a flu-like illness this week. We are working the school to obtain specimens determine the cause of the illness. At this time of year 'flu and other viral illnesses are common in the community and can easily spread in schools.

The common symptoms are

- ? fever (temperature $\geq 38^{\circ}\text{C}$ or feeling hot, sweaty, and chills)
- ? cough, sore throat, runny or stuffy nose,
- ? body aches, headache and fatigue,
- ? diarrhoea and vomiting especially with small children.

Tamariki should be at home until they are back to eating and drinking as usual; their fever has gone (less than 38°C) without needing to use medicine (paracetamol or ibuprofen) to reduce it, and they feeling well and happy within themselves again.

If you are worried about your tamariki's symptoms or they have long-term health problems (e.g. asthma, diabetes, kidney, heart or immunity problems), then you should phone their usual doctor or Healthline 0800 611 116 for further advice. Most people recover at home and only see their GP if the illness gets worse or is not improving.

To help control the illness in your school it is important that you inform a member of staff if your child has an illness like the one described above and that they stay at home until feeling well again (usually 3-4 days but up to 7 days).

It is important to use tissues to cover coughs and sneezes and

to be very good about washing and drying hands thoroughly. The attached link <https://www.kidshealth.org.nz/flu> -influenza has some good tips for looking after people with flu like illness and stopping it spreading to other people at home. Please ensure that your school has your correct and up-to-date contact details should they need to contact you.

If you have any queries relating to this letter please contact Public Health on 04 570 9002 and asked to for the communicable Disease Team (Public Health Nurse).

Kind regards,

Public Health Nurse
For Medical Officer of Health
Dr Annette Nesdale

Term 2 is winter uniform time. Summer dresses should no longer be worn and students should be wearing either skort, shorts, (skirt Year 7-8) or navy track pants plus black lace up shoes with navy socks or stockings, no sandals now.

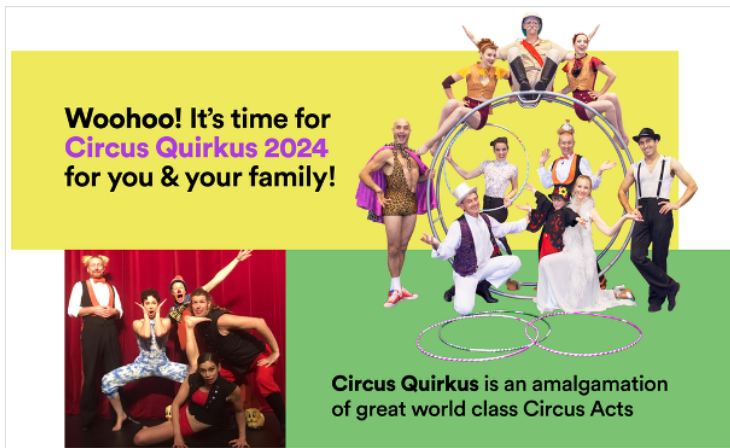
The weather has turned, so please ensure your child has a warm jersey or fleece every day plus bring their school jacket in their school bag. Please ensure uniform items are named.



Circus Quirkus complimentary tickets

We are very grateful to have received some complimentary tickets for 2 shows to Circus Quirkus on Saturday 25th May 2.00pm and 5.00pm. The show goes for 90 minutes of fun for the entire family. The tickets are kindly donated by the Rotary Club, so families can have a bit of fun together. The event is being held at the Lower Hutt Event Centre.

If you and your immediate whānau would like tickets please call the office - the tickets will be first in first served basis. Tickets are very limited so if you can't go please pass the tickets on.



Whānau Rōpū Hui

The next Whānau Rōpū Hui is this coming Monday, 20th May, 6pm in the staffroom.

Bring along koha for a shared fish and chip dinner. All welcome!

If you would like to add items to talk about on the night, click [here](#)

Winter Uniform

Health and Safety News

HEALTHY FOOD- A school lunch with a fruit and/or vegetable snack and a water drink bottle are essential for providing children with the energy and nutrients they need to get through the day. Please ensure you pack enough food for your child to get them through the day. Reminder we are a WATER ONLY school.



REDUCE WASTE- We are most impressed with the efforts many are making to reduce waste. Please remember as a school we aim to keep our waste to a minimum so less wrapping and plastic please.

SUBWAY- On Friday tamariki can order a Subway for lunch. You can now order online as long as orders are placed by 9am Friday morning. We still accept cash orders in the office.

PROPERTY

Please help keep our tamariki safe by making sure school gates are shut after you pass through them. Please explain this to your children and encourage them to do the same.

FREE PERIOD PRODUCTS

We are delighted to share with you that Holy Cross School is participating in the Ikura | Manaakitia te whare tangata - period products in schools initiative.

Ikura (periods) are a fact of life for half the population. Through this initiative, the Ministry of Education is providing period products (pads and tampons) to support students in managing their ikura.

Students can miss out on learning, sporting and cultural activities, and feel embarrassed and ashamed if they can't access products to manage their periods. This negatively impacts their achievement and wellbeing.

The Ikura | Manaakitia te whare tangata initiative is available to all state and state-integrated schools and kura in New Zealand. Research shows that the average age young people start menstruating is decreasing. As a result, access to period products is needed in primary and intermediate as well as secondary schools.

We have period products available for students to use at school and to take home. Students can access these products from the office/medical room in a safe and discreet way.

Alternatively parents can come into the office and access the products if this is easier. We hope that providing access to period products will help to reduce barriers to accessing education.

For more information on the initiative, please visit: Ministry of Education - Ikura initiative.

then we watered the cover crop and mixed the soil around so the birds don't eat the seeds.

Other groups were watering the carrots and made a sign for the carrots. We watered the brassicas as well.

https://hcsmiramar.schoolzineplus.com/_file/media/4603/gtt_recipe_rhubarb_and_apple_crumble_1.pdf

Today in the garden...

Emily, Ezira, Olivia and I cut grass next to the garden beds. (Brooklyn) The grass was as green as hulk! (Amaan).

In the garden Olivia picked some kūmara plants but they were not very big. Amaan did a really good drawing of one. (Emily.) I wonder if the kūmara didn't grow because it didn't get enough water for a month. (Brooklyn).

Olivia brought a big bucket of compost and we weighed it. It was 18kg. (Cleo). The compost comes from food scraps from the students, the teachers and also the community. (Brooklyn). Last week, we got 6kg of compost. (Ezira). We had 12 more kg's than last week. (Rory).

Today in the kitchen...

We were chopping lots of vegetables to make a roast vegetable salad. We were counting the cloves of garlic in fractions to practice our maths (Charlotte).

We were practicing our descriptive language:

The potato was like a wrinkly oval. Charlotte

The carrot was shaped like an orange stick. Nitya.

The potato looks like a brown rock. Jessica

A leek is cylinder shaped. Amaan

A pumpkin looks like an orange watermelon. Charlotte.

The lettuce was as green as grass. Nyakua.

The kūmara is so sweet and purple. Jessica

The kūmara is darkish purple. Michael.

I ate a yellowish purple kūmara and it felt soft and tasted delicious. Avery.

The kumera is soft after cooking. Brooklyn.

Garden to Table



Garden To Table Writing - Kitchen

By Hawi

Today my group the spinach were in the kitchen cooking Rhubarb and Apple Crumble. At the start we talked about not wasting the rotten parts in the apples and pears.

I like squishing the butter when it is in the bowl. We should be careful of knives whenever you're walking in the kitchen at home and at school because you could hurt yourself or someone that's passing by.

I wouldn't change anything about it because it smelt AMAZING when cooking, I would definitely make it at home for my family. I really enjoyed today. I felt GLORIOUS at cooking.

Garden to Table writing - Garden

By Henry

Today in the Garden I did some research about cover crops. I got some notes about cover crops and what they do -they trap the nutrients in, stop the weeds from growing, and protect the soil in the winter. We used lupin, mustard, and wheat seeds. The most common cover crop is rye and winter wheat.

After researching, we brought water cans over to the Peace Garden and put our cover crop on the old strawberry patch



Cross Country School Event





Birthday Wishes



Kahmaia, Sharvil, Hosanna & Nerine have a wonderful day on your Birthday, wishing you all the very best.

Balance Bike

A call out to any families who have finished or have a spare balance bike they don't need anymore - we could do with adding a couple of these bikes to our fleet.

Please contact the office if you can help please.

[Balancebike.webp](#)

Community Notices




https://hcsmiramar.schoolzineplus.com/_file/media/4580/notice_for_feeder_schools_about_open_day_tours_may_2024.pdf

https://hcsmiramar.schoolzineplus.com/_file/media/4638/19_may_2024_final_compressed.pdf

START CARE ASTHMA STUDY

Do you know someone 5-15 years old, with asthma, who may be open to participating in a world-leading study?

The Medical Research Institute of New Zealand (MRINZ) are currently running a groundbreaking asthma trial for tamariki. **The START CARE Asthma Study** compares two different inhalers to find out which one is better at preventing asthma attacks in children. This potentially world-changing research, by Aotearoa New Zealand's leading independent medical research institute, aims to help kids everywhere, particularly tamariki here in Aotearoa, which has some of the worst asthma rates in the world.

Watch the little video  [POST VIDEO https://youtu.be/dbYNYUm_SSsw] or click the link below for more details on how your child could be part of this important study. Let's work together to improve asthma care for our tamariki. FIND OUT

MORE  <https://tinyurl.com/bdhrnjvx>

#MRINZ
#STARTCAREStudy #AsthmaResearch #AsthmaPrevention
#KidsHealth #JoinTheStudy



In the Wings
Drama classes for emerging talent

Acting Up!
Afterschool Drama Class
10-14 Years Old*
**Will consider students outside this age range*

Wednesday 4-5pm
Hataitai Centre
During the school term

JOIN US ANYTIME!

Free trial classes available
and ask about family and
friend discounts!

www.inthewings.co.nz

Contact:
katie@inthewings.co.nz
0273184828

Miha Māori - Māori Mass

Every Sunday, 11:00 am – 12:00 pm

Venue: The Chapel of Our Lady of Compassion, 2 Rhine Street, Island Bay, Wellington.

For more information contact ph. (04) 383-7769 or events@compassion.org.nz

The Suzanne Aubert Heritage Centre and Cloister Café are open

Everyone is welcome to spend some time in our public spaces.

Cloister Café: 10am to 2pm, Tuesday to Friday.

Suzanne Aubert Heritage Centre: 9am to 3pm, Tuesday to Friday



2024 Fun Sticks
Years 1 & 2

Saturday Mornings
National Hockey Stadium: 10am to 11am
Fraser Park (Lower Hutt): 8am to 9am
Elsdon (Porirua): 9am to 10am

Tuesday Afternoon
Karori / Kelburn (Kelburn Normal School)
3:45pm to 4:45pm

Wednesday Late Afternoon
Maidstone (Upper Hutt)
5pm to 6pm

Register now via PlayHQ

https://hcsmiramar.schoolzineplus.com/_file/media/4586/image001_9_.png

Compassion News

Morning Prayer / Mass

Wednesday and Thursday 8:30 am – 9:00 am

Venue: The Chapel of Our Lady of Compassion, 2 Rhine Street, Island Bay, Wellington.

Join us for a contemplative morning mass to start the day.

For more information contact ph. (04) 383-7769 or events@compassion.org.nz

ALL are welcome.

Meditation in the Christian Tradition

Monday, 7:00 pm – 8:00 pm

Thursday 11:00 am – 12:00 pm

Venue: The Chapel of Our Lady of Compassion, 2 Rhine Street, Island Bay

Join our ancient form of contemplative prayer, deeply anchored in the teachings of the ancient Christian traditions of the Desert Fathers and Mothers. All are welcome.

Craft Gathering at the Home of Compassion

Wednesday, 12:00 pm

Venue: Suzanne Aubert Heritage Centre, 2 Rhine Street, Island Bay

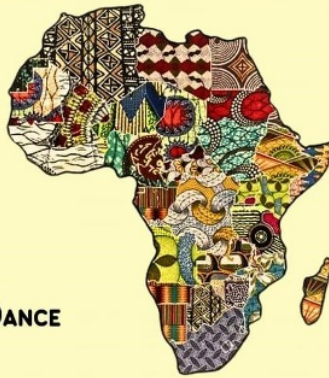
Join us for our weekly craft gathering.

For more information contact ph. (04) 383-7769 or events@compassion.org.nz

AFRICA DAY 2024 61 YEARS

EDUCATE AN AFRICAN FIT FOR THE 21ST CENTURY

- ART & CRAFTS
- LIVE MUSIC
- POETRY
- FASHION
- FOOD STALLS
- CULTURAL SONG & DANCE
- KIDS ACTIVITIES



TE RAUPARAHA ARENA, PORIRUA

17 PARUMOANA STREET, PORIRUA CITY CENTRE

SATURDAY 18 MAY 2024

11:00 AM - 5:30 PM

FOR MORE INFORMATION - INFO@AFRICANCOMMUNITY.ORG.NZ



FREE NEWTOWN COMMUNITY ADVOCACY TRAINING

Community Law Wellington & Hutt Valley in partnership with Newtown Community Centre are offering a fresh series of 1 hour workshops on essential kaupapa for individuals and organisations, arming you with the legal knowledge you need to know your rights!

**Tuesday evenings in June
5.30PM - 6.30PM**

Whare Tapere / Theatre Space
Newtown Community Centre
Corner Rintoul & Colombo Streets

4th June – EPOAS, Wills, Trusts and Estates
bit.ly/CL-EPOAS

11th June – Work and Income advocacy training
bit.ly/CL-WINZ

18th June – Worker Rights and Worker Wrongs
bit.ly/CL-WORKER

25th June – Tenancy Law
bit.ly/CL-RENTERS



Te Whare Hapori e ngā Puna Waiora
Newtown Community Centre

For more info: info@newtowncommunity.org.nz / 04- 3894786

Come & celebrate

WORLD REFUGEE DAY



Saturday 22 June 2024

11 am - 3 pm

NAENAE COLLEGE 910 HIGH ST, AVALON

free event

Live performances

Delicious food

Henna

A fun day for the whole family!

Activities for children

Cultural dances



FREE BUSES

WELLINGTON, MASTERTON, PORIRUA and LEVIN
Limited spaces. Please contact Betty: info@crf.org.nz
Text/Viber/WhatsApp: 022 104 0975



RED NOSE DAY

JULY 2024

cure kids
big research for little lives

