



# Holy Cross School

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Term 3 Week 7 Newsletter 2024

## Principal's message

Kia ora e te whānau,



This week we have been working hard on showing the Holy Cross WAY and regrounding ourselves in our school values and rules. I have asked the staff and children to talk about examples of showing *Whānau (Be Inclusive), Aroha (Be Kind) and YES! (Be Brave)*.

On Friday morning at school prayers, I presented 24 awards to children that have lived our values. It was a humbling and authentic experience where the children were happy to see their peers be kind in the playground, take risks with their learning and show kindness to new students to the school. At our staff meeting on Tuesday we had a similar experience where staff showed gratitude to each other. We too have shown the Holy Cross WAY by stepping up to leadership roles, covering duty breaks so others could attend appointments or buying others lunch because we had noticed they didn't have time to get food. The staff set the tone for culture in our school so I was pleased to see that our teachers, TLA's and support staff show the Holy Cross WAY.



The Zones of Regulation: Our next step in the evolution of the Holy Cross WAY is to investigate how we can regulate ourselves when things are getting tricky. Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This is the goal of The Zones of Regulation. Below are the different zones and how you might be feeling.

**Blue Zone:** Sad, fatigued, bored, sick and tired

**Green Zone:** Focused, happy, content, calm and proud

**Yellow Zone:** stressed, worried, excited, silly, frustrated

**Red Zone:** Elated, overjoyed, angry, terrified, panicked, devastated, and out of control,

On Thursday, we will have our first session with the RTLB (Resource Teachers: Learning and Behaviour) team to understand the approach and figure out how we will integrate this into our school. After understanding what the zones are; blue, green, yellow and red, students are given tools they can use to get back to the green zone. The green zone is the optimal place to be for learning. There is an understanding that we can also sit in the other zones at different times of the day and that this is normal.

Students are then asked to consider where they and others might be at any given time and how they might communicate with someone that is in the red, yellow or blue zone. Lots of work will be needed to carry this out and make it sustainable but we are up to the challenge! We are excited about teaching this and hope that well regulated tamariki will know how to assess situations by looking at what zone they are in, what zone others around them might be in and how to respond moving forward. To measure our success we will also complete the "Wellbeing@School Student Survey" for years 5-8 to have some baseline data to compare results too.

Ngā mihi nui,  
Tala Moemai



## Catholic character



### Holy First Communion

Congratulations to Cleo, Haven, Avery, Moana, Angelia, Terissa and Zoe for receiving their Holy First Communion on 25th August at St Patrick's Church, Kilbirnie. This was a joyful celebration presided by Fr Bill and Fr Dyson. The children completed their Sacrament of Initiation into the church and received the body of Jesus in the form of bread and wine at Mass for the first time. It was a time to deepen their personal relationship with Jesus and give a deeper appreciation of Mass and the church as a community.

The Sacramental Program at Holy Trinity Parish is available to all children in year 4 or above who have been baptised in the Catholic Church.

We will also offer a Baptism and preparatory program at HCM in term 2 in 2025.

Enrolment forms for both the Sacramental Program and Baptism in 2025 will be given out at the beginning of the next school year.

Please take note that the Sacrament of Baptism is compulsory to get married in the Catholic Church and the Sacrament of Holy First Communion is highly encouraged.



## Room 1 & 2 update

### ROOM 1

#### Pedal Ready Fun

We had pedal ready training this week. It was only Grade 1, a refresher course for us, but I was still excited. Our coach was Gary.

First, after checking our helmets and bikes, we had to put pressure on the brakes to check they worked. And then pedal, Gary said, go! We did it with pace, and then we used both brakes to stop.

We did it another three times to be sure, then we put Velcro belts on and went around the courts on our bikes to grab a tag with our hands.

After that, we practised indicating with one hand and keeping our balance. It was a lot of fun.

By Charles Y8

#### High Jump

We got to do High Jump practice for our school athletics. And I'm short so the high jump is a real challenge for me but I sucked it up and gave it a go.



Once we got to the hall it was time for warm-ups we were doing stretches such as High knees and all of that stuff.

Our teacher, Ethel, thought we were ready to use the bar to jump over. That gave me a boost of confidence, and now I'm in the zone.

It was finally time for me to jump. I did a big run-up and knew it was time. I'm running. I feel the wind blow on my face. I lift up my leg, and I feel like I'm jumping into space!

I saw my friend Alazanda holding the rope. For a second, I thought he was a star. I

was dreaming I was going to jump so high, but in reality, I actually did it! I was so happy with myself. That confidence really helped me.

I want you to know that whatever you believe, you can achieve, go catch those dreams!

By Mason Y8

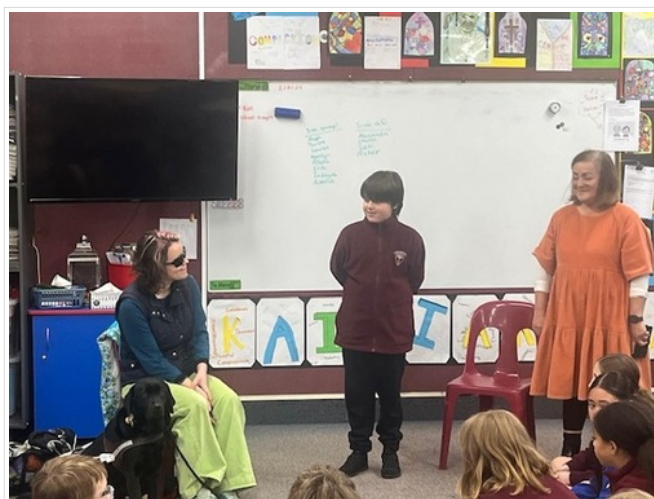
High Jump Poem  
The high jump is simple!

You need to pump your legs to fly over the pole  
You need to make sure there are no gaps between the mats,

before you jump high!  
If you succeed,

the audience will raise their hats to you.

By Serena Y8



Welcoming Para-Olympic Gold Medalist swimmer, Mary Fisher, to our school.



Admiring Mary Fisher's Olympic Gold medal.

## ROOM 2

Room 2 has had an exciting time of learning so far this term. Here are some highlights.



Ukulele lessons on Thursday afternoons.



Enjoying some kai together at Garden to Table.





The Year 6 students working in the kitchen at Garden to Table.



Room 2 at the special touch rugby coaching session.



Didi Dayal of the Holy Cross Parent Group talking to Room 1 and 2 about leadership.



Native tree planting at Centennial Reserve.



Outside Weta Workshop on the way to planting trees.



Carter of Room 2 thanking Didi.



Siva performance and performers at our Powhiri.



Amazing creations from Technology.





John Parsons at Saint Anthony's with our students being fully engaged.



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## Whānau help

Can whānau please contact their child's classroom teacher if they wish to offer help on *Wednesday, Hiko Art Creation Afternoon - 11th September 2024*, or on the *Hiko day, Monday, 16th September 2024*.



## Garden to Table



Today in the kitchen, we made Apple and Rhubarb Crumble,

The rhubarb looked so juicy that you could invent rhubarb juice!

The cooking crumble smelt like heaven.

The cooking crumble sounded like smoke.

The rhubarb and apple crumble is going to taste delicious.

Wiping the flour was very ticklish!

By Rory

Today in the garden we learned about plum trees. The plum tree is blossoming in Spring. If the wind blows the plum flowers away then the plums won't grow. By Curtis

## Sports Updates

### NETBALL

24th August 2024

Holy Cross Thunder Player of the Day for this past weekend was the wonderful Olive!

The team was already down one player due to injury coming into the game, meaning they had no subs for the match. Part way through Mila suffered a nasty ankle roll which left her unable to play the rest of the game.

Despite this the girls all dug deep and continued for a period with one player down till a member of the Lightning team came to their aid.

In the midst of this Olive showed absolute poise and played an all round awesome game at Goal Defence. Despite being down one player she put lots of pressure on the opposing Goal Attacks and made some excellent intercepts!

Together they managed to pull off a win.

The final score was 19-11 vs Newtown Toa.

31st August 2024

The girls had another excellent game over the weekend. They managed a win together against Scotts College Kea.

As the team is still down one player and will be for the remainder of the season, Moana from the Holy Cross Lightning team very kindly stepped in to assist.

She slotted into the team seamlessly, like they'd all been playing together from the start of the season. Filling in at Centre she had an exceptional game! With efficient, lightning fast ball movement across the court to our shooters and excellent catching and passing. We were blessed to have her along for the day!



## BASKETBALL

Another top game by the girls on Monday!

We managed to defeat St Marks 36-16. Some solid performances from the team with our shooting and composure looking assured.

Thanks to our number one fan Moana who was unable to play but supported really well!

Well done team!



## Birthday Wishes



Wishing the following students a very Happy Birthday, may all your birthday wishes come at once!

Enzo, Manisa, Henry, Charles, Esme & Araiya.

## Yummy Stickers

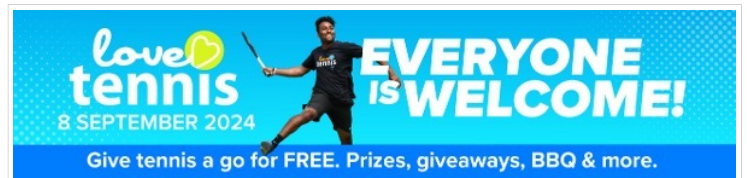


Just a reminder that this promotion finishes at the end of **September**. The more stickers (on the fruit) or labels (on the bag of apples itself) we collect the more sports equipment we can buy for the school. If you have any stickers/cut out labels please bring them to the office.

## SKIDS Term 3 holidays

[https://hcsmiramar.schoolzineplus.com/\\_file/media/5079/jag0164\\_skids\\_holy\\_cross\\_miramar\\_v1.pdf](https://hcsmiramar.schoolzineplus.com/_file/media/5079/jag0164_skids_holy_cross_miramar_v1.pdf)

## Community notices



Love Tennis: Miramar Tennis Club Open Day

Sunday September 8th, 10-4pm.

Free Event, all are welcome.

Tennis racquets and balls supplied. Come and hit with members on regular and modified courts. Try out our new ball machine!

Go into the draw for a trip for 2 to the Australian Open, plus lots of giveaways on the day.

Free BBQ. New Member Love Tennis Specials!

More information about this events can be found on our website [miramartennis.org.nz](http://miramartennis.org.nz), the Love Tennis website [Love Tennis Weekend](http://LoveTennisWeekend) and our Facebook page [facebook.com/miramartennis](https://facebook.com/miramartennis) or you can email [miramartennis@xtra.co.nz](mailto:miramartennis@xtra.co.nz)



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[https://hcsmiramar.schoolzineplus.com/\\_file/media/5048/pnp\\_spring\\_series\\_2024.pdf](https://hcsmiramar.schoolzineplus.com/_file/media/5048/pnp_spring_series_2024.pdf)

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