

16 June 2021

Important Dates

21 June

CZ Boys Hockey

21 June

CZ Girls Hockey

22 June

School Closed at
12:30pm – NZEI
Teachers Union
Meeting

24 June

CZ Table Tennis

25 June

40 Hour Famine
Weekend

28 June – 1 July

ARTS WEEK

2 July

Teacher Only Day.
School closed for
instruction

5 July – 9 July

Production Week

9 July

Reports out
End of Term 3

26 July

Term 2 Begins

28 July

Attitude Show

Principal's Message

It is clear the school is busy and students engaged in their learning, this is very deliberate and something I often mention in these newsletters. Student engagement is perhaps the most outstanding feature of the "specialist" teaching model at Ponsonby Intermediate.

This model of teaching also contributes to the ability of the school to offer so many different opportunities and experiences.

However, I am also well aware that students can feel overwhelmed with responsibility, pressure and workload. It can be tough, being 12 years old! Often, as parents you'll see that there is no greater power than the influence of friends and peers. Obviously the teachers are well aware of this and we need to help the children through these tricky times.

If your child is feeling the pressure of too many commitments and deadlines we can almost always find a solution – your first point of contact should be the Form teacher. The school will always put student wellbeing above all else.

The school Production is only weeks away and this year it is shaping up to be something very unique. Mrs Cullen wanted to take the plunge and have our students devise their own show based on their stories and experiences. The students have identified the challenges we face in this modern world and discover we all have a superhero within.

The show is titled "A Hero's Journey". Not only has Mrs Cullen got our students to develop the script, but they have also choreographed and composed some of the music!

I can guarantee you, that this years' Production is like no other, it will leave you inspired and in awe of what is possible when you are only 12 years old!

Regards,

Nick Wilson
Principal

In this Week's Issue...

- School Closed – Important Information
- Camp Letters
- Sports Update
- Mid-year Reports
- Library
- Confident Kids
- Kindles at School
- Ponsonby Intermediate Barrier Arm

School Closed – Repeat Notice

Tuesday 22 June from 12:30pm – NZEI Paid Union Meeting

Friday 2 July – Ponsonby Teacher Only Day

While these closures are frustrating, they are in line with the teachers Collective Contract under the NZEI Union. Last year we kept the school open as much as possible, trying to make up for lost time, so thank you in advance for your understanding here.

The school may be able to organise supervision on these dates if needed. Contact office@ponsint.school.nz if this is required.

Camp letters

Today, your child would have brought home with them information about the camp they will be attending as well as some forms for you to sign around health and safety.

Could you please fill out these forms and return to school as soon as possible. The sooner we can confirm numbers for each camp, the easier it is to organise activities and catering.

If you are keen to help out camp with either transport or staying overnight. Please indicate this clearly on the parent help form. For camps to run safely we require parent help, particularly for activities during the day so we appreciate you volunteering your time and skills.

Camp fees this year are **\$350.00** as stated in the letter and covers all costs. This amount is not due until **Friday 24th September**. However, if you would like to pay now or pay in instalments, our bank account details are on our website

(<https://www.ponsonbyintermediate.school.nz/online-payment/>).

Alternatively, you can pay at the front office.

If you have any questions regarding camp, your first point of contact is your child's form teachers.

Showcase Invite

On Friday 25th June, Rooms 1, 11, 17, 18 and 25 will showcase the learning they have been doing in Performing Arts and Music. The performance will commence at 1.30pm in the hall. All parents are welcome. The performance will commence with Room 1 followed by 18, 11, 25 and 17 in that order. Each class will have 15 minute to showcase their work, including dance, drama and music.

Sports Update

Basketball

Our first semester of Basketball is drawing to a close. A massive thank you must go out to all the coaches, managers, parental taxi drivers and supporters. Your assistance, as always, is invaluable and the only way we could possibly have 15 school Basketball teams.

Just as one semester draws to a close, we are already looking forward to the next which will be commencing Term 3 Week 3. This will be a very similar 13 week season, being played at the same venues on the North Shore.

Over the next few weeks I will be handing out permission forms for the next semester and ensuring we are all ready to rock and roll come next term. All you need to do is remind your child to read the daily notices each morning and to get their permission form back to school ASAP.

Thank you again for your support, I will see you all courtside at one time or another over the next few weeks for the final games of the season.

Here's a great pic of one of our Year 8 teams, the Ponsonby Celtics, after a hard fought win a few weeks back.

Sam Jardine



Year 7 Boys Football

On Tuesday of Week 5, the Year 7 boys Central Zone Football team went to Seddon Fields (Western Springs club grounds) for a tournament. They played 4 Round Robin games. Ponsonby won 1, drew 2 and lost 1 putting the team in 3rd position, narrowly missing out on 2nd place which would've put them through to the semi-finals. It was a very tight division as the team only conceded 2 goals in the 4 Round Robin matches. In the 5th and 6th play-off against St. Peters, after full time it was 1-1 and went to penalties. We won 12-11 after every player in the team scored a penalty and their goalkeeper missed.

Shout out to: Oscar Brown and Nikhil Davison for their solid defending.

Sebastian Smirk and William Sinclair for their perfect crosses.

Humzah Bhikoo and Tombo Reid for their cracking strikes on goal.

Nate Ninich for his fancy footwork.

Jackson Cosgrove for his amazing shots.

Kieran Dhanji and Kyah Webster for their awesome through ball passing.

Ryan McGrath for his wonderful saves.

Archie McGregor for his captaincy throughout the day.

And last but not least, thank you to Mr. Wannamaker for coaching us and supporting us all day.



Year 8 Girls Football

On Thursday 27th May, the Year 8 girls Football team went to Seddon fields to compete in the Auckland Central Zone tournament. They were in a pool with Wesley, Diocesan, Pasadena, Balmoral and Royal Oak. The girls had 1 win, 3 draws and 1 loss in the Round Robin play. In the quarter finals, they narrowly went down to Kowhai (the eventual winners) with a late goal losing 1-0. Moving into the semis Ponsonby beat the team they lost to in the round robin (Balmoral) 1-0 with a cracking goal from Olivia in Room 1. Playing off for 5th and 6th the girls gave it their all but went down to Royal Oak. Shout out to Alba Erikson, Gemma Douglas and Hollie Buckley for her passing, Lucy Carroll for her great runs, Olivia Wong for her fancy footwork, Emily Worsley for her great goals and Lucille Miller for her solid defending. A thank you to all the girls who took turns in the goal as goalkeepers! Special thanks to Marny, Sharon and Alan who helped get the girls to and from the tournament and were a big help on the day as well as to Mr. Wannamaker for coaching us and looking after us all day.



Year 8 Boys Football

Last Thursday the Year 8 boys football team went down to Seddon fields to compete at the CZ tournament. In our first pool game we played Wesley and won 3-0. We then played Royal Oak and thrashed them 5-0 with one of the goals a great volley from Sam which went over the keeper. Next was Waiheke Primary which we thought would be a tough game but we ended up winning 3-1 again. These consistent wins put us on the top of our pool and into the semis. We played Balmoral and had a tough game with three quick top corner goals from their striker and lost 3-1. This put us into the playoffs for 3rd and 4th against Remuera. It was a very close game with a lot of chances but nobody ended up scoring. We had to go to a penalty shootout. Jojo Lewis was in goal and we had our best five shooters ready for the shootout. After a lot of close saves and goals from Ponsonby we won the shootout 5-0. Ponsonby got third and Balmoral got second and Kowhai took the win. Thanks Joe Maclean, Felix Watt, Charles Townley and Zac Cooper for the great defending. Thanks Rupert Glaetzer and Ollie Cunningham for the great work in the midfield. Thanks Cael Macleod, James Candish and James Aspden for the great crosses and speed on the wing. Thanks Sam Coulter for the great shooting and work up front. Thanks Jojo Lewis for the great saves. Thanks Adam Cleverley for taking all of us on the day and coaching us at lunchtimes and down at the tournament. And lastly, thanks to all the parents who came down to watch and support on the day.

Hockey

Ponsonby Intermediate hockey teams are enjoying the start to their season. The 11-aside players Peggy Reed, Louie Ward, Sam Perkinson, Georgia Smyth, Hugo Honore, Alisha Naran, Nikhil Davison, Maiah Rama, Niam Sukha, Ivy London, Patrick Evers-Swindell, William Sinclair and Ryan Evans are competing in the Advanced Kwik Sticks Competition/Boys Grade. A highlight for the team was playing on the National Hockey Stadium turf last week. Results to date for the team are one win, one draw and two losses. The 6-aside players James Taber, Tommy Lineen, Leo Dragicevich, Hettie Plummer, Avery Beuth, Noah Craig-Menzies and Alexios Baker are competing in the Kwik Sticks Development Competition/Mixed Grade. With only seven in the team, they've played some tough but exciting first round grading games and are all pulling together each week to play with confidence. Excellent commitment from all players for their active efforts on the turf and at training. Huge thanks to the management team for their input, and parent supporters.







BOOST Programme

The Tania Dalton Foundation set up the Boost Programme and runs over 3 days during the school holidays. The programme gives Year 7 & 8 girls the opportunity to try nine different sports and physical activities, with coaches from different sporting codes taking the sessions. Sports and Activities offered so far were Netball, Rippa Rugby, Touch, Basketball, Table Tennis, Ultimate Frisbee, Hockey, Softball, Cricket, Athletics, Football, Lawn Bowls, Dance, CrossFit, Boxing for Fitness and Spin Class. Whenever possible a para sport is included to give the girls an opportunity to appreciate the difficulties faced by others. Ponsonby Intermediate students who attended the programme were as follows: **Year 8s** - Lafo Asiata-Lemoto, Nevaeh-Rose Ford, Victoria Utemova, Courtney Staples, Natasha Flint. **Year 7s** - Gretel Harvey-Smith, Etta Welden, Emma McGrath, Lennox Nathan-Edmonds, Jewel Nahu, Angela Basma.

Feedback from the girls' Boost experience was ... "A fun 3 days, great way to meet and make new friends, coaches were supportive and encouraging, wanted to play more, got a cool shirt and a basketball to keep, food was really good!" The Boost programme is being planned for the July holidays. If you are interested in applying, contact Ms Murray

michellem@ponsint.school.nz

Halberg Games

Year 8 student Eli McKee recently competed in the Halberg Games held at Kings College, Auckland. A determined athlete, Eli is committed to weekly training sessions, striving to succeed in his chosen track and field events. "I am part of the Parafed Auckland team, which is a para sport team that competes in the Halberg Games. I competed in track and field, specifically 100m, 400m races, discus and shotput. This year I ran the 400m in 1 minute and 20 seconds and I only have to run 13 seconds faster to qualify for the Paralympics. My goal is to win best overall athlete at the Halberg Games and qualify for the Paralympics". Great to hear Eli is so committed to achieving his dream to do this. Go for it Eli!





40 Hour Famine

Over the weekend of the 25th-27th June a number of Ponsonby Students will be participating in the 40 Hour Famine to raise money for World Vision and the work they are doing in Sub-Saharan Africa. So far Ponsonby has raised more than \$1000 for the cause!

Mid Year School Reports

On the 9th of July parents and caregivers will be emailed their child's Mid Year Report. The report will contain comments from their English, Mathematics and Form teachers along with grades from the subjects they have completed so far this year.

As the students have not attended all subject areas some of the report will be missing some grades. These will however be filled in on the End of Year Report. If your child has recently joined Ponsonby Intermediate your child will receive a letter from their Form Teacher.

Library

We have had great success with the returning of overdue library books. Thank you so much. There are still plenty of new library books to borrow. Please come in and have a look.
Mrs Marsick

Cardboard Rolls Needed (repeat notice)

For a project that every student will be involved in, we require each student to have a cardboard roll which will be used for an activity for Hauora. You can collect them from tin foil rolls, or baking paper rolls. We know not all families may have these, so bring in a couple if you do. Can students collect these and bring them to their form class teacher over the next two weeks.

Arts Week Supplies - Newspaper

If you have any unwanted magazines or newspapers lying around at home, could you please send them to Room 26 at school to use for a collage project during Arts Week.

Ngā Mihi
Mrs Sherrock

Confidence Kids – Information Update

Confident Kids is starting at Ponsonby Intermediate on the 28th of June 2021 and we have a few spots left for any kids that could be interested.

Confident Kids is an age-appropriate physical training and boxing programme to build resilience, increase confidence, foster social skills and develop grit. Designed to periodically stretch kids out of their comfort zones, while ensuring they're still having fun! It is run by a professional boxer and qualified personal trainer Joshua Francis who has a wealth of experience coaching kids of all ages, fitness levels and confidence.

Classes will be Mondays and Wednesdays from 3:15pm-4:15pm, starting on Monday 28th of June.

Email: joshuafrancisclark@gmail.com

Kindles at School

If your child has a device for reading such as a kindle they are more than welcome to carry it around with them during school time. However, it is the responsibility of the student to look after this device and make sure it is safe in their bag. If they would like it to be kept somewhere safe other than their bag, they can lock it away with the phones at the beginning of the day.

Ponsonby Intermediate Barrier Arm

The entry to the school's front gate from Clarence Street has been identified as a Health and Safety concern by the BoT.

We have chosen to install a barrier arm to control vehicle operations in a zone that also has Pedestrian and Cycle traffic, with the majority of that traffic being 11–13-year-old children.

We will also work with Auckland Transport to develop three carparks right outside the gate on Clarence Street as 5 min drop zones for your convenience.



INFORMATION EVENING FOR IN-ZONE 2022 PROSPECTIVE STUDENTS FROM PONSONBY INTERMEDIATE SCHOOL

We would like to extend an invitation to In-Zone Year 8 parents and guardians, and their sons/daughters, to attend a presentation about Mount Albert Grammar School in the first week of Term 3, 2021.

WHERE: Mount Albert Grammar School in the F.W. Gamble Hall

WHEN: THURSDAY 29 JULY 2021

TIME: 7.00pm-8.00pm

EVENING PROGRAMME

- ☐ A visual presentation about Mount Albert Grammar School for Year 9 students in 2022.
- ☐ Information about our Enrolment procedure for the 2022 intake.
- ☐ The opportunity to ask questions about the academic, sporting and cultural opportunities at Mount Albert Grammar School.

To assist with our planning and preparation for this evening we would appreciate you confirming your attendance by either emailing Dimity Payne, email: dpayne@mags.school.nz or phone 846 2044 ext. 8140. Please leave your name, your child's name, the name of their school and the numbers attending.

As parking is unavailable within the school grounds, we would recommend that you park in the surrounding streets.

We look forward to meeting you at this information evening.

Jo Williams
Associate Principal
Email: jwilliams@mags.school.nz

Tom Murdoch
Deputy Principal – Junior Boys
846 2044 Ext 8224
Email: tmurdoch@mags.school.nz

Sarah Hayes
Deputy Principal – Junior Girls
846 2044 Ext 8172
Email: shayes@mags.school.nz



BOOST



The Programme

The programme is run over three days during the holiday's giving year 7 & 8 girls the opportunity to try nine different sports and physical activities. We have coaches from different sporting codes come in and take the girls for a session . We understand not all girls want to play a sport, so we also include activities such as Dance, CrossFit, Boxing for Fitness and Spin classes, showing the girls there are other ways to be physically active.

We would love to see the Girls who like sport or want to be more active but not sure where to start or what they might enjoy doing.

There is no cost to attend the Programme, but Girls will have to apply as we have limited numbers.

Thursday 15th July, Friday 16th and Friday 23rd July

9am – 2.30pm

PITA PIT LUNCH PROVIDED EVERYDAY

NORTHCOTE COLLEGE GYM

For application form : anthyde@taniadalfonfoundation.org.nz

Or follow the link : <https://forms.gle/tr3izPahmBPu8NsWA>

**2021 BOOST PROGRAMME
APPLICATION FORM**

**Thursday 15th July , Friday 16th July , Friday 23rd July
Northcote College
9am till 2.30pm**

BOOST



Name: **Age:**

School: **Year:**

Address:

Parents Name:

Parent's Email:

Parent's Mobile Number:

Sports or Activities I participate in:

.....

I would consider myself to be;

- ☐ Very Active (I do organised sports/activity more than 3 times per week)
☐ Active (I do organised sports/activity 2-3 times per week)
☐ Minimal (I do organised sports/activity once or less per week)

Ethnicity;

- ☐ NZ European
☐ Maori
☐ Pacifika
☐ Asian
☐ Other

=====

Why I would like to attend the Boost Programme:

.....

.....

I can attend all 3 days: Yes / No (please circle one)

MINDFUL

apps

A selection of tried and tested apps that support feeling calm, which you can access from your device any time! We know that if you practice mindfulness daily over a period of weeks, it can support us to feel less worried, and we can focus our minds more easily.

Click on the logos below to go to the app store/website



Has guided meditations for free, and you can select different age groups. Has different focussed meditations to support sleep, study and stress.

Designed for teens and young adults. This app offers basic information on mindfulness, meditation, thoughts, stress and the effects of stress on the body. It offers daily reminders to "check-in" by use of.



**STOP, BREATHE
& THINK**



Insight Timer

Thousands of free meditations with sleep stories and music. You can pay for subscribed topics such as dealing with anxiety, trauma, self-love, stress and sleep etc.

Both Headspace and Calm apps provide guided meditations, sleep stories, music and exercise programs, they both have free trials.

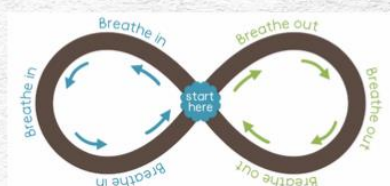


Calm is a portal to peace of mind. Complete the Daily Calm or locate a meditation more specific to soothing what you have going on.

Take a Breath is an online learning portfolio and app. It teaches you about stress, the brain, and why you need to breathe correctly, right now.

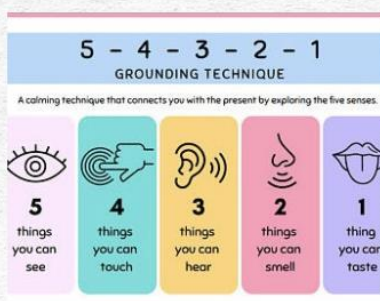


MINDFUL *breathing*



You can trace a figure 8 on the back of your hand. You breathe in for 4, then breathe out for 4. This helps us remember the out breath.

Inhale for the count of 4, hold your breath for a count of 4, exhale for a count of 4, wait at the very end of the exhale for a count of 4. This is a deep breathing exercise which has proven to support in moments of stress and regulates the autonomic nervous system.



The 54321 Ground Method

You can identify these things in the environment just where you are.

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

As you focus on the world around you, your mind will be more focussed on that as opposed to a sudden rush of anxiety. This will help slow your heart rate and control your breathing.

Ponsonby Learning Pathway

Our Vision

Articulate,
energised achievers;
ready for the future

New Zealand
Curriculum

Ponsonby
Community

At Ponsonby Intermediate we value:

Growth Through Learning

We are open to change, treating each challenge as an opportunity to learn. As life long learners we strive to be the best we can be.

Expressing Ourselves

We explore and share our thoughts, talents, feelings and beliefs because these make us who we are. We get the most out of life when we are true to ourselves.

Making Connections:

As a member of a class, a school and a community, we are part of a whole. We come together from many different cultures to learn from each other.

Showing Respect for other People

Because we have confidence in who we are, we are able to appreciate and let others be themselves. We care for, and support each other, inside and outside the classroom.

Personalising Our Path

Habits of Mind • Quality Learning Circle • Te Reo • Gifted and Talented • SMART Target
Learning Journals • Positively Ponsonby • Inquiry Model • Specialist Teaching
Ponsonby Passports • Student Council • Art/Culture Weeks • Direct Vocab
Information Landscape • R.E.E.P. • E.O.T.C. • ESOL • S.S.R. • Options • Camps
B-Cool • Reporting to Parents • Professional Development • Appraisal
Tools for Learning • Planning • Overviews • Curriculum Reviews • Mentoring
Keys to Success • Critical Thinking • Kori • Habits of Mind • SMART Targets

Key Competencies

Mathematics

- Thinking
- Using language symbols and text
- Managing Self

Humanities

- Thinking
- Relating to others
- Managing Self

English

- Thinking
- Using language symbols and text
- Managing Self

The Arts

- Thinking
- Managing Self
- Relating to Others

Technology

- Thinking
- Relating to Others
- Managing Self
- Participating and Contributing