

Principal's Message

Kia ora Whanau

I hope you are doing well in your bubbles, we are in this Level 4 until at least 14 September. By now students should have a good routine and clearly understand when their various Zoom meetings happen and workload expectations in the Google Classroom.

Many of our teachers are at home with their own children. We do hope you understand that they will "log off" for the day at about 3:30pm each afternoon.

Sitting here at home is frustrating and I'm sure you feel it too. Each day I look in my diary and see another amazing Ponsonby experience postponed. However, I can assure you that we are busy in our preparations for the return to school. At Prizegiving last year, I discussed how "if we can do it (safely) we will". It was that attitude that got the students back engaged and excited about school in Term 4. We will do it again!

Please look out for our latest PPTV episode this Friday morning, congratulations to those students receiving the shout out certificates.

Nga mihi

Nick Wilson

Wellbeing Message

Instilling Hope In Uncertain Times

Although life is always filled with uncertainty, the levels we are currently experiencing are unprecedented and it is becoming evident that this is taking a toll on our young people. In new research published on the impact of the pandemic, it makes clear the breadth and depth of the toll it is having on young people.

It appears that snap lockdowns and tighter restrictions will be with us for some time, but it is important in such times of uncertainty to instil hope and remain optimistic. Adult carers can

play a vital role in helping young people reframe their worries, encouraging them to see life as it is and getting them to focus more on the things they can control, rather than those they can't.

It's important young people remain connected with their social networks during these times, as often their natural response to uncertainty is to exhibit varying degrees of fear and anxiety. With the continued disruptions, mental health concerns are on the rise and it is evident that many students may need some extra support to achieve their goals. Parents can help their kids focus more on the good things in their life, rather than fill in the blanks with catastrophic narratives.

This Special Report through School TV outlines how adult carers can help instil hope and offer support in such times of uncertainty. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If this Special Report raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help. You can contact our Guidance Coordinator rachelms@ponsint.school.nz for more support.

Here is the link to your special report:

https://ponsonbyintermediate.nz.schooltv.me/wellbeing_news/special-report-instilling-hope-uncertain-times-nz

Hard Copy Packs and Devices

The school may be able to provide hard copy learning packs. We may also be able to lend you a device. Please email office@ponsint.school.nz to register your interest.

Wellbeing Resource

We also hope you are doing OK at the moment – but it is also OK if you aren't.

As the [Mental Health Foundation of NZ says](#), “it's all right to feel a range of emotions right now. Going into a Level 4 lockdown is a big deal and it brings all sorts of different feelings to the surface, including frustration, worry and even gratitude. However you are feeling, know that you're not alone – we're all going through this together.”

If you need to talk, check in with a friend or whānau member, or free call/text 1737 to chat with a trained counsellor. It's free and confidential. There are also [a lot of other supports available to you, your whānau and your community](#) if needed.

You will also understand the importance of routine for your family. If your routine has been shaken up, it's good to structure your time. Routines are reassuring and promote health and physical wellbeing.

For our Pacific families, if you are not aware the Ministry for Pacific Peoples' has been working to ensure useful information is [available to Pacific peoples in nine different languages](#).

A big thank you to all of you for taking the lockdown so seriously – we've seen before that staying at home will break the chain of transmission and save lives. Breaking the rules could risk someone close to you and if the rules are not complied with, this could risk the lock down period being extended or could risk the virus being spread to thousands.

Please [keep checking the locations of interest](#) and get tested if you were at that location at the specified time, or if you have symptoms which could be COVID-19.

Healthier Home Learning

A free webinar series supporting New Zealand families



Join NZ's leading cyber safety experts, Linewize by Family Zone, for a webinar series to help families with the pressures of learning from home in lockdown.

Thursday 2 September @ 7 pm

PARENTS & WHĀNAU

Safety & Sanity

Learn strategies to support young people learning online from home, and tips for keeping harmony in a busy household during lockdown.

Tuesday 7 September @ 7 pm

STUDENTS, PARENTS & WHĀNAU

Assessments & Attention

Learn ways to keep focused and safe while studying for exams during home learning.

Thursday 9 September @ 7 pm

PARENTS & WHĀNAU

Health & Hauora

Learn about the wellbeing challenges for young people while learning at home and how to help address those challenges.

To find out more information about these sessions or to register, head to

www.linewize.io/homelearningNZ

Sports Updates

CZ Girls Netball

Ponsonby Intermediate Y8/1 and Y7/1 netball teams were entered to compete in the CZ Girls Netball tournament, held on Friday 13 August at the Auckland Netball Centre.

Both Ponsonby teams competed with determination, demonstrating exciting netball skills and playing with a 'never give up' attitude on court during all of their games. Teams also faced some exhausting weather conditions, often playing in heavy rain and windy conditions!

Year 8/1 Team Nevaeh-Rose Ford, Mary Lou Carswell, Mila Alomajan, Eva Garland, Hana Rylev, India Nash, Maddie Harcourt, Scarlett Hannah, Annabelle Imlah, Hollie Buckley.

Year 7/1 Team Beata Granberg, Ella Bray, Frankie Bulog, Kate Thompson, Olivia Gough, Pippa Molloy, Ruby Jones, Tully Cook, Georgia Marshall, Estella Hipkins, Zara Baldwin.

Results: Y8/1 - first in pool round, 5th overall. Year 7/1 - 3rd in pool round, 8th overall.

Big shoutout to Bernice Mene, Peggy Sue Pharazyn, Sue Bodger, Anna Molloy, umpires and our awesome parent supporters!





Basketball

Kia ora Ponsonby Basketball support crew. Our basketball season is still on ice currently as it will not be going ahead until Level 2. As we begin to move down the alert levels I shall be in touch with Harbour Basketball and will be able to provide further information as to what the shortened season will look like.

We were in a remarkably similar situation this time last year, with a lockdown around this exact time. I predict we will certainly get some Basketball in, it may be a shortened season and will run for the duration of Term 4.

Thank you for your patience, I will be in touch over the coming weeks.

Sam Jardine (samj@ponsint.school.nz)

Sports Cancellations

Disappointing news for many of our students involved in these weekly sports teams.

Netball North Harbour have made a media release regarding the cancellation of the remaining 2021 Netball Season. Check out the NNH website for more information:

<https://netballnorthharbour.co.nz/>

Skiing and Snowboarding events NIPS / NISSC <https://www.mtruapehu.com/winter/events-whakapapa>

Ponsonby Intermediate Zoom Information

For Students	For Parents/Caregivers
<ul style="list-style-type: none">• Will be in a shared space when they are on a meeting• Follow the Ponsonby Intermediate values when they are in Zoom meetings - the same expectations as being in the classroom at school• Will not use any of the Zoom meeting content for personal use - this includes taking screenshots and/or videos• Students will have the camera on with them in the picture to ensure that we can identify who is part of the zoom	<ul style="list-style-type: none">• Share the username/password with their child if they give consent for them to be part of the Zoom meetings• Talk through the expectations with their child• Will ensure that the student is the only person to participate/contribute to the Zoom• If the student is signing in with a family zoom name and not their name or the parent's name, the parent will let the teacher know.• Discuss the Cyber Safety agreement with your child

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