

16 March 2022

Important Dates

17 March
Modular Student
Led Conferences

22 March
BoT Meeting
6pm

24 March
Core Student Led
Conferences

14 April
End of Term
3:05pm

2 May
Start of Term 2

New Modular
Subjects for all
students

Principal's Message

Things are ticking along here at Ponsonby and we remain able to run our specialist timetable. Deputy Principal Matt Bennie and our amazing staff are doing an outstanding job ensuring things remain as calm and stable as possible. Our deliberate efforts to create the "Ponsonby Experience" culture are working. I hope all whanau sense this. While the restrictions are niggly, the efforts of the team here are impressive.

We have really tried hard to normalise the fact that each day a bunch of students will be away, and another bunch returning - it just is what it is. Likewise, we have the same pattern with staff. In the assemblies on Friday we discussed how it is totally normal to have to be away for a bit and the students showed great understanding. On the whole, I am very impressed with the students' empathy and resilience.

Last week we completed our Swimming Sports and we also had the first round of Student Led Conferences. It was great to be able to meet so many parents here in person, for many of you it was your first time here on the campus ever! The large covered outdoor basketball court provides a lovely space to meet. This week it is the Modular subjects: Health, PE, Social Sciences, Performing Arts, Music and Languages on Thursday night.

On another note, while many sports teams and student leadership positions have been established, please do not be alarmed if your child has missed out on this initial selection. We continue to add to these positions throughout the year. It is all about perseverance!

Nga mihi,

Nick Wilson

COVID Health and Safety reminders

Monitor for symptoms

Please continue to monitor those in your household for symptoms and get tested. If your child needs to stay at home/isolate because they are unwell, have tested positive for Covid-19 or are isolating as a household contact please email office@ponsint.school.nz

During your isolation period household contacts are required to test on day 3 and day 7. If your child tests negative on day 7 and has no symptoms, they can return to school on day 8.

Day 0 is the day symptoms began or the day the test was taken (whichever came first).

Remote Learning for isolating students

Please let the office know if you require access to the remote learning package while your child is isolating, email office@ponsint.school.nz

Swimming Sports

We had an amazing day at Pt Erin last Wednesday for our School Swimming Sports. A big congratulations to Rimu as the winning house.

The students enjoyed competing in a range of events, both competitive and fun events, all earning participants house points. It was great to be out of school for the first time and everyone used our school values to stay safe and ensure that they enjoyed the day. The house spirit was particularly amazing!

Final Results

Year 7 Girls

Event	1 st Place	Rm	Time	2 nd Place	Rm	3 rd Place	Rm	4 th Place	Rm
100m Freestyle	Matilda Templeman	9	1:47:13	Chloe Barr	22	Emma Jones	30	Emily Clark	23
33m Butterfly	Emma Jones	30	36:81	Maisie Keelan	11	Matilda Templeman	9	Clementine Arthur	6
33m Backstroke	Lucy Britten	11	27:31	Miller Ashley	11	Stella O'Sullivan	22	Saffron Spiller	12
33m Breaststroke	Miller Ashley	11	34:65			Lucy Materi	22	Emily Clark	23
	Evelyn Braverman	6							
33m Freestyle Free	Evelyn Braverman	6				Miller Ashley	11	Alice Mitchell	9
	Lucy Britten	11							
Class Relay	Room 11			Room 6		Room 9		Room 23	

Year 7 Boys

Event	1st Place	Rm	Time	2nd Place	Rm	3rd Place	Rm	4 th Place	Rm
100m Freestyle	Ben Young	23	1:33:62	Toby Cui	9	Gus Mount	20	Noah Ogilvie	30
33m Butterfly	Toby Cui	9	30.94	Ben Young	23	Alexander Mackay	12	Gus Mount	20
33m Backstroke	Ben Young	23	28:32	Spencer Strang	6	Gus Mount	20	Jasper Sigley	12
33m Breaststroke	Toby Cui	9	35:44	Thabo Gonzenbach	11	Ben Young	23	Walt McBride	21
33m Freestyle	Spencer Strang	6	24:31	Toby Cui	9	Thabo Gonzenbach	11	Cruz Alomajan	20

Year 8 Girls

Event	1 st Place	Rm	Time	2 nd Place	Rm	3 rd Place	Rm	4 th Place	Rm
100m Freestyle	Erika Orbell	3	1:10:87	Georgia Marshall	28	Zara Baldwin	3	Emma McGrath	8
33m Butterfly	Erika Orbell	3	26:16	Georgia Marshall	28	Emma McGrath	8	Lucy Gribben	26
33m Backstroke	Erika Orbell	3	25:00	Zara Baldwin	3	Georgia Marshall	28	Emma McGrath	8
33m Breaststroke	Erika Orbell	3	30:00	Pip Lee	15	Georgia Marshall	28	Chloe Loo	15
33m Freestyle	Erika Orbell	3	21:68	Zara Baldwin	3	Ivy London	28	Estella Hipkins	18
Class Relay	Room 3			Room 28		Room 26		Room 17	

Year 8 Boys

Event	1st Place	Rm	Time	2nd Place	Rm	3rd Place	Rm	4 th Place	Rm
100m Freestyle	Caleb Yin	26	1:15:66	Connor Webby	17	Niels van Wijk	26	Logan Gourdie	28
33m Butterfly	Caleb Yin	26	24:34	Connor Webby	17	Dax Pasche	17	Liam Shipman	18
33m Backstroke	Caleb Yin	26	24:09	Connor Webby	17	Ali Edward	28	Niels van Wijk	26
33m Breaststroke	Caleb Yin	26	27:38	Connor Webby	17	Logan Gourdie	28	Dax Pasche	17
33m Freestyle	Caleb Yin	26	22:06	Connor Webby	17	Julian Stevenson	3	Ali Edward	28





Sports Update

Netball Parent/Player Meeting: Tuesday 22 March 2022

- Year 7 Meeting: 5:30pm - 5:55pm **Meet on the school Basketball Court.**
- Year 8 Meeting: 6:00pm - 6:25pm **Meet in the school Hall.**

Please wear a mask and have your Vaccine Pass ready.

It is important for players to attend this meeting with their parents/caregivers.

The meeting will cover information about team organization, Netball North Harbour Competition expectations and the new NNH process for player registration on sporty.co.nz. Teams will meet together to coordinate team coaches, managers and training sessions.

Coaches - we still need volunteers to coach a team. Please email me if you are interested in coaching or know of anyone keen to coach a team.

Michelle Murray

michellem@ponsint.school.nz

Well-being Message

Due to the pandemic, the world we now live in is a very different place. The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.



SPECIAL REPORT

Managing Overwhelm



Our brains have not evolved fast enough to adapt to this digital landscape. The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally and academically.

The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. This can be inherently stressful and overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

This Special Report suggests a number of strategies to help manage any feelings of overwhelm that you or your child may be experiencing.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report:

https://ponsonbyintermediate.nz.schooltv.me/wellbeing_news/special-report-managing-overwhelm

Hoodie and Track Pants Order

You can order the jersey (hoodie or sweater) and track pants using the link below. Ordering for this garment is open on Friday 25th March and closes at 9am on the 14th April – this means orders will be ready for the first day of Term 1.

Your child also has the option of having their name on the back of the hoodie. Guidelines for the name are outlined on the website. Please read these carefully before placing an order. If you need to try on sample sizes, these are available at the office to try on before and after school. This top is not compulsory for all students to have, it is a choice and not a required part of the school uniform.

We also have track pants as well. The track pants are ordered the same way as the hoodie and are not compulsory but are great for the winter months when doing physical activity.

<https://schooluniformcentre.co.nz/ponsonby-intermediate/>



2022 Costs (5% Discount Ending Soon)

NB: Subject to review

To maintain the high standard of facilities and the educational opportunities/programmes our school now offers, it is necessary to supplement the grant we receive from the Ministry of Education with specific funding via student costs. The Ministry of Education grant does not provide for any of the 'extras' or 'frills' of the educational programme/resources we provide.

We are very aware of the expenses facing parents/caregivers at the beginning of the school year. We have therefore tried to keep costs as low as possible. We are also aware that schools have a terrible habit of asking for money throughout the year for various reasons and know that this becomes an inconvenience for parents/caregivers.

For 2022 we pledge that the total cost asked for now will cover all costs for the entire year's activities/trips with the exception of the Term 4 Class Camp. However there are additional costs for activities such as – Ski Team, Hockey, Netball, Basketball, ICAS exam etc...

Yes, that is correct! We will not ask for money for trips, fundraising activities, educational excursions etc...

Below is a breakdown of costs. The total amount is \$580.00 for the year or \$145.00 per term.

We thank you for your support and trust this format of payment makes it easier for you.

Activity costs are expenses that all schools would collect at the beginning of the year and for such things as Special Events/Trips, Special Programmes, etc. and throughout the year as events occur.

School Donation is optional although we obviously encourage you to pay this and appreciate it greatly if you do. School Donations can be claimed back on your annual tax return.

Costs and Donations can be paid by Automatic Payment, Credit card, Term by Term or the total for the year

Ponsonby Intermediate - ASB a/c - 12 3019 0486833 01

We offer a 5% discount on the full amount of \$580.00 if paid before the end of March 2022.

Sports and Ed. Outside the Classroom	\$50.00
Special Events/Trips	\$50.00
Options Modules	\$50.00
Printing (including School Magazine)	\$40.00
The Arts	\$50.00
Internet Levy	\$50.00
Transport	\$30.00
Technology	\$110.00
	<hr/>
Activity Costs	\$430.00
School Donation	\$150.00
	<hr/>
Total Per Year	\$580.00
	<hr/>

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.

As members 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.

Making Connections

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.

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

GEMS