

## Important Dates

### 25 July

Start of Term 3

### 26 July

BoT Info Evening,  
6pm in Staffroom

### 27 July

EOTC Trips  
Rooms – 1, 17, 26,  
28

Attitude Show –  
Positive Puberty  
Period 3 & 4

### 2 August

Open Morning  
BoT Meeting 6pm

Central Zone Boys  
Netball

### 3 August

EOTC Trips  
Rooms – 12, 14,  
20, 22.

## Principal's Message

I hope you have survived this wet winter break. Today's newsletter is a heads up of important information you may need before we kick things off at 8:30am Monday morning.

- **Puberty Education**
- **Board of Trustees Elections**
- **Tools for Learning**
- **Masks on Inside**
- **Building Resilience Post Pandemic**

## Puberty Education Term 3 – Repeat Notice

Starting Term 3, Health lessons will focus on Relationships, Puberty and Body Systems. Updated resources - *Navigating The Journey* and *Relationships and Sexuality Education (RSE) Years 1 - 8: A Guide for Teachers, Leaders and BOTs* align well to assist with the delivery of this programme.

The learning outcomes for this unit will enable students to work towards achievement of *Health and Physical Education* guidelines mentioned in the *New Zealand Curriculum*. This unit reinforces what the Year 8 students learnt last year, in more depth and will introduce key concepts to Year 7 students. Students will learn about:

- Establishing a positive Learning Environment.
- Who am I? Respect for self and others.
- Relationships: Relationships and their qualities; Gender Identity.
- Growing and Changing: The physical, mental and emotional, social, and spiritual growth, and development that occurs and the new needs that arise during puberty.
- Decision Making: Strategies to manage the changes students will experience.

- Staying safe: Support people.
- The Body Systems.

Parents, Caregivers, Whanau can view *Navigating the Journey RSE Years 7-8* resource overview. [Link: Navigating the Journey RSE Parent Information.pdf](#)

If you wish for your child to be withdrawn from the class while a specific activity is being taught, please make this known by email to the Principal before Monday 25 July, 2022.

[nickw@ponsint.school.nz](mailto:nickw@ponsint.school.nz)

## Board of Trustees Elections - Repeat Notice

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Later in the year all schools will have their Board of Trustees Elections. Ponsonby Intermediate has an experienced group of trustees with a well-rounded skill set. If you are interested in running in the up-coming election, have a particular skill set and are willing to gift your time to the school, please attend an information evening on Tuesday 26 July at 6pm in the staffroom. Current trustees will be present to mix, mingle and answer questions.

### **Board Roles and Responsibilities.**

*Every state and state-integrated school or kura in New Zealand has a board. Boards govern and manage their school or kura and every member is equally accountable for every board action and decision.*

*Governance of a school/kura includes things such as:*

- *setting the strategic direction and targets for the school/kura*
- *planning towards and reporting on achieving those targets*
- *curriculum management*
- *financial and property management*
- *policies and procedures*
- *health and safety*
- *employment of staff at the school or kura.*

*Boards also have to prepare and maintain a school charter that sets out their accountabilities to the government and their community and includes their annual targets and goals for the next three to five years.*

*The Board employs the school's Principal to oversee the day-to-day management of the school, and the principal follows the direction of the board to ensure the school's goals are met.*

*Board members should be objective in their governance of their school, protect the interests of all students, and work together for the benefit of all students.*

*The decisions of a board are made according to the Education and Training Act 2020 and within a framework of policies and procedures that the Board is responsible for developing and implementing.*

*Nominations are open for the election of five parent representatives to the school board.*

*More information;*

<https://www.ponsonbyintermediate.school.nz/wp-content/uploads/sites/113/2022/07/2022-School-Board-Parent-Elections-Information-App-13-July-2022.pdf>

## Tools for Learning

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As your child prepares for term 3, please help them to check that they have all of the necessary Tools for Learning to set them up for success. Please note that headphones / earphones are required for each student, especially at this time when it is best to minimize the sharing of resources.

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### **Tools for Learning:**

**For all subjects at Ponsonby Intermediate School you are required to bring these items to every lesson:**

- |   |                        |
|---|------------------------|
| 2 x blue or black ballpoint pens  | 2 x red ballpoint pens |
| 2 x pencils   | 1 x eraser             |
| 1 x pencil sharpener  | 1 x 30cm ruler         |
| 2 x glue sticks   | 2 x green pen          |
| 1 x coloured pencils  | 1 x earphones          |
| 2 x highlighters  |                        |
| 1 x whiteboard marker   |                        |
| 1 x Ponsonby Intermediate Learning Journal (given to you at the beginning of each year) |                        |

## Masks on Inside

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Students must wear masks inside our classrooms. Please make sure your child has a mask each day and a spare one in their bag. The school has a limited supply.



## SPECIAL REPORT

# Building Resilience Post Pandemic



### **A SPECIAL REPORT: Building Resilience Post Pandemic**

Unfortunately, the mental health of young people has been significantly impacted by the pandemic. As many families settle back into pre-COVID routines, there seems to be a pervasive sense of optimism about what lies ahead.

Unfortunately children and teens are not immune to what is now being termed the “psychological pandemic”. Young people are at risk of not achieving the primary demands of developmental tasks such as procuring independence, identity formation, as well as obtaining and maintaining peer relationships. What kids need most in the current environment is support, understanding, empathy and encouragement from caring adults. They live up or down to the expectations we set for them.

If there is a panacea to the adversity caused by the pandemic, then it is the building of resilience. Resilience is the capacity to face, overcome, be strengthened and transformed by adversity. Never before, have parents needed the skills, the knowledge and the strategies to build resilience in their children as much as they do now. There are 7 integral and interrelated components that make up being resilient that can help young people thrive and develop healthy coping strategies.

This Special Report explores the “7 C’s of Resilience” and includes suggested strategies on how adult carers can best facilitate them.

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-building-resilience-post-pandemic](https://ponsonbyintermediate.nz.schooltv.me/wellbeing_news/special-report-building-resilience-post-pandemic)

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