



Dates to Remember

Wednesday	26th February
Thursday	27th February
Wednesday	28th February
Monday	2nd March
Tuesday	3rd March
Thursday	5th March
Saturday	7th March
Tuesday	10th March
Thursday	12th March
Thursday	12th March
Friday	20th March
Tuesday	24th March
Friday	27th March
Wednesday	8th April
Thursday	9th April
Friday	10th April

School Roll 202

Travelwise Park and Walk Morning
Lego Club in the Library. Everyone welcome.
Vision and hearing testing. <i>Please note this date has been changed.</i>
Sushi orders collected from the school office at 9.00am for Tuesday lunchtime delivery.
Library Arts and Crafts. Everyone welcome.
Vector Safety Programme for years 3 to 6.
Battle of the Schools.
PhotoLife Class and Portrait Photographs taken today.
Year 3-6 Bayswater School Swim Sport from 9.00am to 11.30am. (Save day 17 th March).
Year 0-2 Swimming Celebration from 2 - 3pm.
Beach Clean Up Day.
Whanau Kokoru Trip to MOTAT.
Peninsular Swimming Day
Last day of term 1.
Teacher Only Day. No school for students today.
Good Friday

Te Kupu o te Wiki

[Whakatauki](#)

Our saying for the week is:
[Welcome to our new school year.](#)
Nau mai haere mai ki tō tātou tau hōu kura

Playful Learning

Last year, we hosted a meeting for interested parents and whanau about 'Playful learning'. The school has introduced a number of initiatives over recent years to further strengthen relationships between children and between children and adults and to introduce more agentic ways for the children to learn. Agentic learning is learning where children are behaviourally, emotionally and cognitively engaged. They are on-task, concentrating, putting in effort and showing high levels of persistence. This comes about when the learner is interested and enthusiastic about their learning and where they are not frustrated or anxious. These behaviours and emotions lead to cognitively engaged learning where learners regulate themselves and develop deep understanding. They are proactive, truly engaged in learning rather than just on the receiving end of teaching! Play and 'playful learning' can be an important part in all of this.

The slide show which Claire and I shared with whanau last year is now available to be viewed on the school website:
<https://www.bayswater.school.nz/121/pages/23-what-does-playful-learning-look-like-at-bayswater-school>

Last week, I came across the following article, which I thought might interest parents and whanau. Essentially it is all about giving children the time and freedom they need to be kids – to have that self-directed time to just 'mess about' that many of us remember so fondly from childhood.

Our Children's Busyness Is Not A Badge of Honour (And Why We Need To Change It)

He was nowhere to be found. I'd only been inside for a minute.

In the few panic stricken seconds it took me to find him, I had wild visions of a cougar having leaped over the fence and snatching my four-year-old son from our backyard.

Of course, my mama bear imagination had gotten the better of me and he was simply being little and curious. Moments earlier, he'd been playing happily with his water toys on our deck but then he heard our neighbour's little girls playing next door. Through a small hole in our excessively tall suburban wooden fence he was trying to ask his friends if they wanted to play – only they couldn't hear him.

When I saw our neighbour the next day I mentioned the sweet invitation and asked "Were they free this week?". They were eager to play but neither girl was available for another six weeks. Between school and organised activities, every time slot was accounted for. Their schedule was full.

Disbelief and sadness washed over me as I recollected the excitement of jumping our neighbour's fence decades ago; to play, have fun and claim a sense of freedom.

It suddenly dawned on me that even if my son could scale eight foot tall fences, the walls we have erected around our children's free time are impenetrable.

I don't blame my neighbour; she is in the norm and I'm acutely aware that by simplifying my son's childhood I am the odd parent out. And that makes it hard.

When we go to our local park on weekdays it's either empty, as kids as young as three years old are in "school". Or if it's after school it's chock-full of organized sports with adults, not children, making the rules. It seems no space remains for free play. Developmental Psychologist David Elkind reports that kids have lost more than 12 hours of free time per week in the last two decades. A report titled, *Crisis in the Kindergarten: Why Children Need Play in School*, published by the Alliance for Childhood, reported that kindergartners in New York and Los Angeles spend nearly three hours per day on reading and math instruction, and less than thirty minutes each day on "choice" or play time.

Children are spending more time in organized activities than ever before and it's having an impact, both mentally and physically. Overuse injuries in kids and teenagers from specialisation in single sports are escalating. Dr James Andrews, orthopaedic surgeon, reports that he now treats four times as many overuse injuries in youth sports than five years ago. Doing too much, too soon, too often is to blame.

In trading away our young children's down time we're also seeing significantly lower levels of creativity in young adults. It's not the organized activities themselves that destroy creativity but the lack of down time. Even two hours per week of unstructured play can boost children's creativity to above-average levels.

With kids being carted from one activity to the next, the days of kids being kids and playing all day long has been erased from our society's collective memory. We've devalued what children need most and replaced it with excessive adult control. Jean Twenge, a psychology professor at San Diego State University, evaluated results from a questionnaire called the Children's Nowicki-Stricklund Internal-External Control Scale from the 1960's through to 2002. She discovered an alarming move away from an internal towards an external locus of control in children of all ages with the trend being even more pronounced in younger children.

Why is this a concern? Because children with a bias towards externality are more likely to focus on goals such as materialism and status, rather than pursuing intrinsic aims which bring true and lasting happiness. They experience a sense of helplessness, decreased self-control, and a predisposition to narcissism, anxiety and depression.

Dr. Peter Gray, a research professor at Boston College, believes, as do I that the decline of free play is largely responsible; after all, play is the only part of a child's world in which they're freely able to express their control.

So, why have we taken something so beneficial away? I believe, like most things in life, we don't appreciate something of value until it's gone. I also believe that we've bought into the fear that we, as parents, are responsible for ensuring our kids' future success.

We rationalise that if starting soccer at five years of age is a good idea, then starting at two must be even better. That enrolling our children in art class is more productive than drawing with chalk on the driveway. That playing in a baseball team hones skills more effectively than casually hitting a ball at the park on Sunday afternoon with a group of friends and made up rules. We worry that if we don't give our children every opportunity that we're failing them.

I was fortunate enough to see Dr. Shefali Tsabury speak at an event in Vancouver recently. After her talk the audience was free to ask questions. A father asked, "How do we know how much to push our kids in sports and activities when they want to give up?"

I will never forget Dr. Shefali's answer. She said, "Mozart was always going to be Mozart. No matter what his parents did, he would have found anything that was black and white and played it." Her message was clear; we don't need to push our kids. We need to give them the space and freedom that a simple childhood provides and then support them by making opportunities available when they show an interest. We need to release the pressure, guilt and obligation we put on ourselves to give our children more than they need; organised activities can be wonderful and our son participates in a select few, but it's healthiest as an a-la-carte experience not an all-you-can-eat buffet.

Because childhood is not a dress rehearsal for adulthood; it is its own unique and magical period of life that needs to be respected and preserved. I refuse to over-schedule my son's time because in doing so it would leave no space for him to live his childhood. Even though he may be little, he deserves to feel a sense of control and at his age free play is the answer. Yet, perhaps of all the elements of simplifying childhood that I've written about, simplifying schedules seems to be the one that causes the most controversy. Yet, it's a relatively easy thing to do; there are no secrets or special tips you need to do it. It's as simple as paring back, being mindful, choosing our YES's and NO's wisely. I think what stops us from simplifying is fear. Fear of missing out. Fear that we may be impeding our children's future success. Fear of what other's may think.

It takes a leap of faith and a brave parent to trust that simplifying our children's lives and giving them downtime to play, connect with their families and create simple joy is what our kids really need. It is more than ok to prioritise family time, to want to spend our kids' childhood with them and not always on the sidelines. To truly BE with them, not just DOING things for them.

Our kids don't need to be enrolled, entertained, scheduled, supervised, coached, or assessed in an adult-directed activity to be happy. They are perfectly capable of leading the way and directing their own lives. While busyness may have been glorified in our modern-day society; it is not a badge of honour and we need to prevent it from compromising our kids' childhoods.

Let's give them the freedom to be unbusy. Let's protect our kids from society's time thieves. Let's find the courage to "miss out". Let's create white space in our children's lives and give them the freedom to paint it with the vibrant colours they choose. I have no doubt they'll create works of art beyond our wildest imaginations.

Sources:

The Power of Play, Learning What Comes Naturally, David Elkind. Source; *Crisis in the Kindergarten: Why Children Need to Play in School*. PDF Access; Chronic overuse injuries in kids, Elizabeth Quinn. Source.

Have you liked us on Facebook yet?

Bayswater School

and/or

Bayswater Parent Group, NZ

Road Safety

The new road patrollers have been trained and we are reminding all children about sticking to the footpaths rather than walking through the school carparks. Children being children though sometimes forget so we asking all parents and whanau to refrain from driving into school during the day and immediately before and after school. There are signs on both gates to remind you of this.

STAFF CARS ONLY

(Term Time 7am- 5pm)

THANK YOU

We would also like to remind all drivers to stay back beyond the yellow lines when parking by the school pedestrian crossing and to ensure they wait back behind the white road markings when waiting for parents and students to cross. The road patrollers visibility is greatly reduced when these road rules are not followed and this in turn creates safety issues.

**Lindsay Child
Tumuaki / Principal**

Sports Notices

Bayswater Swimming Sports

Swimming Sports will be held on Thursday 12th March 2020 (save day Tuesday 17th March 2020). This event will include Whānau Wai and Whānau Kokoru from 9am-11:30am. Whānau Puna will have a Swimming Celebration from 1:45pm-2:45pm.

Please ensure your children have the following: swimming togs; towel; sun hat; water bottle

To save on time, we suggest that children in Whānau Wai and Whānau Kokoru come to school with their swimming togs underneath their clothes.

Please note, that selection for the Peninsula Swimming Team will be based on classroom performance, placings at Swimming Sports and ability to swim a full length of the Takapuna pool.

Hockey

Please look out for the **Year 3-6 Hockey notice** which is available later this week. Speak with your child to see if they are interested and return the notice by **Monday 9th March** to Claire S.

Hockey games are on Mondays, usually straight after school, starting on Monday 4th May 2020 and continuing until approximately 31st August 2020. Games are 30 minutes in length. We will need parent helpers/coaches for each team. The cost for the Hockey season will be indicated in the Hockey notice.

Children would need equipment for hockey, this includes sticks (about \$20-\$30), a mouth guard (\$6 available from a chemist or supermarket) and shin pads (about \$10). Hockey is played at the new Hockey fields on Bush Road, Rosedale, Albany. There are great facilities and food available at the venue.

Notices for Hockey will be available from Claire S in Room 3 and the office.

Netball

Please look out for the Year 4-6 Netball notice which is available later this week. Speak with your child to see if they are interested and return the notice by Friday 6 March to Claire S.

Year 4, 5 and 6 North Harbour Competitions

Year 4/5 teams and Year 6 teams for 2020 will both play on a Wednesday night at the Netball North Harbour Stadium. They are separate competitions which means Year 4/5 teams will not play against Year 6 teams.

Wednesday's round times are yet to be confirmed but will be around 4.00 pm, 4.50pm and 5.40pm, and at 6.30 pm, if needed. If we get enough children to create a Year 4 team, they will play on a Monday night. The cost is not yet finalised however it is usually around \$100 per player.

Notices for Netball will be available from Claire S in Room 3 and the office.

Rippa Rugby

Please look out for the Rippa Rugby notice which is available this week. Speak with your child to see if they are interested and return the notice by Monday 2 March to Claire S.

Rippa Rugby is a non-contact game designed to maintain the skills of rugby but without contact tackling. "Tackles" are made by ripping a tag from the attackers velcro belt requiring the ball carrier to pass to another teammate. This is a great opportunity for your child to be part of a team sport.

Rippa Rugby is available for Year 3-6 children. The cost of participating in the three field days will be between \$20- \$30 depending on numbers and there will be a transportation cost. In order to make this happen, we also require parent help for coaching and supervision.

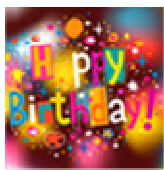
The dates for the tournament are: **Thursday 21 May, Thursday 18 June and Thursday 13 August (during school time). Finals are to be held on Saturday 19 September for the teams who qualify for the finals.**

Notices for Rippa Rugby are available from Claire S in Room 3 and the office.

Congratulations

to our students who received a certificate at assembly on Friday for:-	
Room 1	Cory Taiga
demonstrating resilience and enhancing the hauora of yourself and others in Ruma Tahi. Tu meke! for demonstrating personal excellence. You have settled into Ruma Tahi well, and are making positive choices in your learning. Ka pai!	
Room 2	Hugo
striving for personal excellence in all learning areas. You are a great role model to the other tamariki in Ruma Rua. Ka mau te wehi.	
	Mirach
demonstrating personal excellence and resilience as you persevered to understand tricky concepts during maths. You made connections and visualised patterns. Tumeke!	
Room 3	Leikyn
showing resilience and personal excellence at Waterwise. You are positive and take risks in this new learning.	
	Cam
showing personal excellence by sharing his ideas and explanations in our science discussions.	
Room 4	Samika
showing personal excellence in all your learning. Your self-portrait is an example of your perseverance, skills and positive attitude to learning tasks.	
	Taylah-Gene
willingly enhancing other children's hauora. The kindness you are showing in whanau wai is appreciated.	
Room 5	Mareikura
demonstrating resilience and personal excellence when you used maths thinking to make meaningful predictions and persevered to discover tricky patterns - tūmeke!	
	Gabe
being a kind and supportive maths buddy, you ensured your partner's ideas were included and justified your thinking clearly - ka rawe!	
Room 6	Abigail
the resilience and personal excellence you showed when you used maths thinking to make meaningful predictions and persevered to discover tricky patterns.	
	Patrick
enhancing the hauora of others by being an encouraging and supportive buddy during 'Read to Someone' in Daily 5..	
Room 7	Vedant
sharing your prior learning with your friends and taking on the Bayswater Values so well. We love having you in Room 7!	
	Edward
showing the Bayswater Value of hauora by thinking about the feelings of your new friends and taking care of them. We love having you in Room 7!	
Room 8	Hudson
demonstrating the Bayswater value of Resilience. You took on challenges, like sharing your mihi, and you overcame difficult feelings. Ka rawe.	
	Olive
demonstrating the Bayswater value of Hauora. You have shown kindness and aroha to friends, new and old. Tu meke.	
Room 9	Aroha
demonstrating the Bayswater Value of Hauora. We are so proud of how you have a wonderful, caring nature towards friends.	
	Armand
demonstrating the Baywater value of Hauora. You have been trying very hard to see things from other people's point of view. Keep it up.	





Happy Birthday to...

Breonna Johnson 8, Lennox Carew 7, Hunter O'Keefe 6, Breah McLean 9,
Presley Ah Ken-Fruean 7 and Stella Percival 10.

We hope you have a wonderful time celebrating your special day with family and friends!



Community Notices

Guitar Lessons

Guitar Lessons are available at the school in 2020, through Dave Gatman from Musiqhub. If you would like to enrol your child to start Guitar Lessons, or if you would like more information, please contact Dave on 021 222 1456 or dave.gatman@musiqhub.co.nz.

6TH MARCH
7 – 10PM

SONIC

**LOU'ANA | GRETEL
HOLLY AFOA**

BAND ROTUNDA
WINDSOR RESERVE
DEVONPORT

PRESENTED BY THE DEVONPORT YOUTH FORUM
DEVONPORTPENISULATRUST.NZ

Logos at the bottom: Devonport Peninsula Trust, Devonport Flagstaff, Devonport-Takapuna Local Board, and others.

**ecofest
NORTH**

21 March – 19 April 2020
kaipatiki.org.nz/ecofest

A month-long series of eco-events.
See you there!

Logos on the right: Live Lightly, Kaipātiki Local Board, Auckland Foundation, Auckland Council, and Kaipātiki Project.

Re-energising Massage to Nurture the Body & Soul - Bayswater

Angela has been massaging for 30 years and holds a Certificate of Relaxation Massage from the Melbourne College of TAFE. She has attended a five day Thai Massage course in Chiang Mai and completed six months of a full time Shiatsu course in Melbourne.

"Love the use of intuition in Angela's massage" says one client. "You will leave feeling nurtured and re-balanced", says another.

Angela offers 15 minute seated shoulder massages (\$20), and one hour massage appointments for \$80 to ease those stresses and aches away. Please call Angela on 027 8000 358 to book your appointment or visit <https://www.facebook.com/truepotential.co.nz/> to book online.

"I walked in to Angela's house feeling like I had the world on my shoulders. The hour long massage stripped away the layers of city life and I left feeling lighter, fresh and slept like an angel. The next day as I was faced with challenges at work, I felt that the strength I received through the energising massage helped me to sail through, rehumanised and, able to keep perspective! – Catherine Boyle.