



# Kuratau School

Kimihia Te Matauranga Kia U Ki Te Pono  
Through Seeking Knowledge Comes Truth

SH 41, RD1, TURANGI 3381  
PRINCIPAL: Mike Scaddan

School Office Hours are: 8am – 12noon

PHONE: 07 386 5801 FAX: 07 386 5802

EMAIL: ksadmin@kuratau.school.nz

March 22<sup>nd</sup> 2019 - Newsletter 6

## IMPORTANT DATES TO REMEMBER

Friday 29 <sup>th</sup> March	Duathlon /Triathlon
Friday 12 <sup>th</sup> April	Last Day of term 1
Monday 29 <sup>th</sup> April	First Day Term 2
Monday 3 <sup>rd</sup> May	Meet the New Principal

Our school office is open from 8am – 12noon after this time you can leave a message on our answer phone – this is cleared before 2.30PM every day.

## PRINCIPALS ASSISTANT THIS WEEK IS

Amber Newell



## HEALTH

We are having problems with our water supply. Our water is unsafe to drink or wash with. Please supply your child/children with a large water bottle. Hopefully this problem will be resolved by Tuesday next week.

## IMPETIGO (School Sores)

We have several cases of Impetigo. These are spread by direct contact with discharge from infected skin. Early signs are scabby sores on exposed parts of the body. The sores are infectious until 24 hours after antibiotics are started or until sores have healed. If your child/children have sores please ensure that they are covered when they come to school.

## MEET THE NEW PRINCIPAL

And information evening about Board of Trustees Monday 13<sup>th</sup> May 2019

## PRINCIPALS CORNER

### Hairy Brain Hints

My assistant this week was Amber Newell. I have never faced a situation like the one this week where New Zealand society was rocked in regard to values. Making it more complicated is “what is my role as Principal and how can I positively affect our students?”

So when it came to the saying this week I wanted to continue the link to learning and also look at what has happened, through a positive light.

“Learning creates a pathway to kindness.” All learning changes the brain. It rewires systems and connections. This is known as neuro plasticity which refers to the fact that circumstances change our brain from early childhood to the very end of life.

We need to learn to control our thoughts. If we don’t control our brain, it will try to control us through its own, often negative thoughts. Thoughts are rarely true, so we need to use our Reticular Activating System, a part of our brain that works like a Google search engine, to help us focus on what we want rather than what we want to avoid.

Our brain focuses on key words. If we say; I don't want to focus on stress," the brain hears "focus on stress."

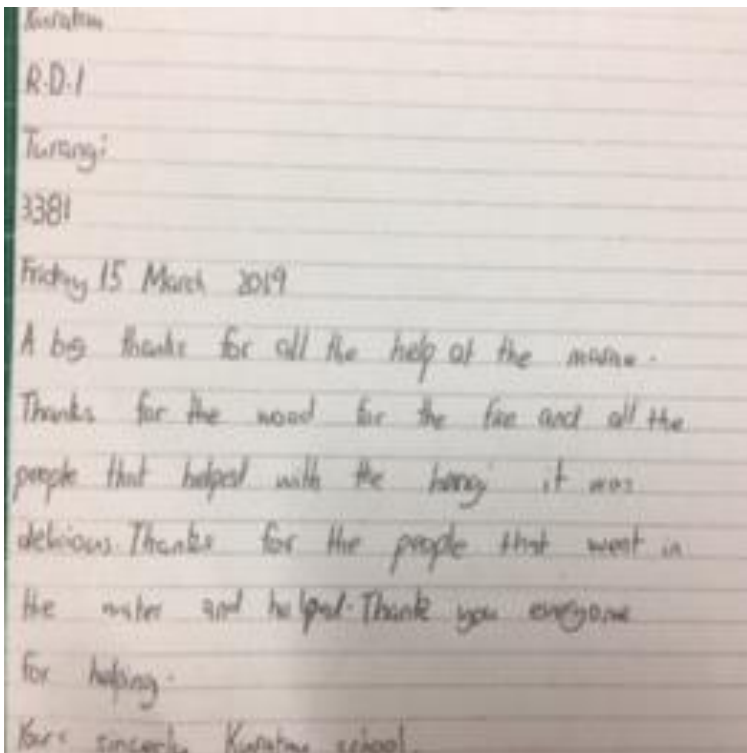
Don't forget to bring your money" in the brain becomes "forget your money." Instead we need to say and focus on "remember your money."

**The rule then is focus on what you want rather than what you want to avoid.**

Here are some questions that may help you or your child frame the day. You can then review them in the evening.

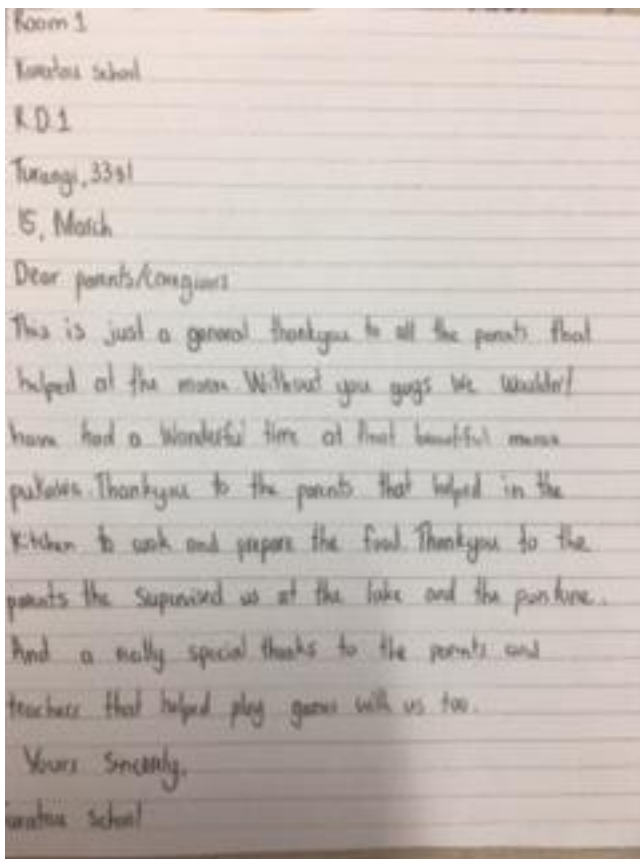
- What can I do today to make my learning/life/work better?
- What is great in my life?
- What can I do today that I have wanted to do for a long time?
- Is this problem really a problem, or am I looking at it the wrong way?
- What will I notice today that makes me smile?
- If I focus on being good at something what will that be?
- What am I putting off that needs to happen?
- How do I show people that I appreciate them?

PUKAWA MARAE



A handwritten note on lined paper, likely a thank-you card. The text is written in cursive and includes the following details: 'Kuratimu', 'R.D.1', 'Turangi', '3381', and the date 'Friday 15 March 2019'. The main body of the note expresses gratitude for help at the marae, mentioning the wood for the fire, the delicious hāngi, and the people who went in the motor and helped. It concludes with 'Thank you everyone for helping' and 'Love sincerely Kuratimu school.'

Kuratimu  
R.D.1  
Turangi  
3381  
Friday 15 March 2019  
A big thanks for all the help at the marae.  
Thanks for the wood for the fire and all the  
people that helped with the hāngi it was  
delicious. Thanks for the people that went in  
the motor and helped. Thank you everyone  
for helping.  
Love sincerely Kuratimu school.



## COMMUNITY ITEMS

### KURATAU COMMUNITY HALL AGM Thursday 28<sup>th</sup> March 6pm All Welcome

#### Public consultation for the District Plan review

Information which is relevant to the "rural" community. We would love to see as many members of the community as possible.

*The Taupō District Plan is under review, and we'd like your input on the rural sector! We'll be hosting two hour community engagement sessions in Tirohanga, Omori, and Broadlands where you can raise any issues you may have about the rural environment. Elected members of council and some of our policy staff will be there, so if you'd like to know what kind of development can take place in the rural sector or find out about subdividing, then come on along. These are drop in sessions, so you can attend at any time during the two hour time slot.*

- Thursday 21 March, 10am to 12 noon – Tirohanga Settlers Hall
- Thursday 28 March, 10 am to 12 noon – Omori Hall
- Thursday 4 April, 10am to 12 noon – River Road Community Hall

If you would like to get in touch with someone from the review team, please e-mail us at [districtplan@taupo.govt.nz](mailto:districtplan@taupo.govt.nz)