



# Pānui

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# Tumuaki / Principal's Column

*Kia ora e ngā whānau me ngā hoa o te Kura Tuatahi of Goodwood.*

*Greetings to all family and friends of Goodwood School.*

It was great to see so many of you at our Internet Safety session presented by John Parsons last Tuesday evening. I know that you will have left more informed and empowered to support your child.

I am fortunate to have heard John present at least a dozen times to principals, teachers, communities and children. This year John presented a concept I hadn't heard before that he described as 'heavy lifting parenting.'

This concept really resonated with us. Children today face incredibly complex challenges, not experienced by any generation before them. Their online world is a wonderful yet potentially very dangerous place. Their online world is increasingly entwined with their day to day physical world.

The 'values' messages they see on television and online are often inconsistent with your family and school values. Screen time can displace physical activity, sleep, family time and friendship opportunities.

The impact of technology is increasing exponentially. The increase of AI, scamming and online bullying present a challenge at a level not faced by parents and teachers previously.

Children's brains and ability to cope have NOT developed at this same breakneck speed.

John stressed the importance of 'heavy lifting parenting from ages 0 - 13.' The relationship, rules and expectations that you establish NOW will either set you up for success or come back to haunt you during your child's teenage years.

Heavy lifting parenting looks like ...

- Not allowing technology time to interfere with quality and quantity of sleep, family time and physical education. Tech can easily steal this time from your child and your family.
- Not providing your child with a phone until they lead into high school, and then only if you feel that they are ready for the responsibility.
- Staying VERY close to your children online. Learning about their interests and modelling your values online, having access to all of their passwords and NOT allowing tech in their bedroom.
- Adhering strictly to age limits on games and apps. They are there for a reason. Mainly to keep them safe. John reiterated that pre adolescent girls and boys have no place on social media. Content too often leads to unrealistic portrayals of relationships and body image, and eventually to pornography. The earlier your child starts on social media, the earlier and more intensely they, and you (and us!) will be grappling with these issues.

You will be challenged. Your child will ASSURE you that EVERYONE is accessing phones, apps etc (they aren't!). That is when heavy lifting parenting REALLY kicks in. Stick with your beliefs and REFUSE to let other parents parent YOUR child.

The good news is that you are not alone. We have your back and will continue to reinforce these messages too. Thanks for working with us to set strong boundaries and for working together when things go wrong.

We will be sharing John's messages over the next few newsletters - if you missed the session - don't miss checking out these quick 5 minute watches...

David and your Goodwood Team

## School App - have you downloaded?

All current information is available on our school calendar at...

[GOODWOOD SCHOOL CALENDAR](#) and are also available on our school app for [Android](#) or [Apple](#) at present we have over 2000 downloads.



## Happy August birthday to:

Cleo S, Summer K, Sophie H, Mason E, Alexander S, Isla R-R, Emily S, Lola S, Archie T, Caleb R, Ella Mc, Elliot T, Lucia T, Eli S, Kwanjira E, Connor O, Charles W, Anouk M, Delilah W, Viktor S, Georgia B, Yuri S, Hendrik W, Nash B, Mac S, Scarlett D-G, Cooper M and Madelaine V.

## Healthy Lunchboxes and Green Gold Enviro

At Goodwood we are encouraged to see the healthy lunchboxes that explorers bring along - an added bonus is that the 'package free' and sustainable wrappings in those lunchboxes.

There is no place for lollies/lollipops or other sweets in lunchboxes. The type of food your explorer eats does have an impact on their learning stamina.

Explorers are supervised for two eating times (morning tea and lunch) and also have an opportunity for a 'fruit time' later in the day. The whole school has been focussed on sitting and eating with the purpose to refuel our bodies and minds for learning and play.



# Goodwood Cross Country - Tomorrow Friday 25 August

We are looking forward to our school Cross Country tomorrow, Friday 25 August.

Goodwood Cross Country is a fun inclusive event that promotes health, participation, resilience and perseverance.

Cross Country is for everyone - we have all been taking part in lessons and activities in class as part of our PE and Health curriculum.

Explorers will need a named drink bottle, clothes for running, warm clothes for afterwards - and explorers who run in the paddock will need shoes.

The program and all details have been emailed separately earlier this week.

## John Parsons and approved apps at kura/school

At John's parent hui evening he said he would share about 10 short videos for schools to share via the newsletter one each time.

Here is the first video:

**SEXTORTION** - <https://www.facebook.com/johnparsonsS2E/videos/688962838844771>

John's visit was a good termly reminder for us all about the user agreement teachers, explorers and home have all signed. At school, explorers are to only access the school approved and agreed upon suite of apps. Year 3 - 6 students have a GAFE (google apps for education) login. This looks like an email - but is not. There are no social messaging apps that are approved for use at school. Social messaging apps (even kid messenger, or apps on smartwatches etc) are NOT school approved. Explorers using these to contact home or outside school while at school are stepping outside our user agreement. If explorers need to contact home they are to go via classroom teacher. If you would like any further information or discussion in supporting this please contact Marsha or David.

## Goodwood Jackets

Goodwood soft shell jackets are now available for ordering - Sizing samples are available in the school office.

**Please complete a separate form for each order.**

Price per jacket with the school logo on the front, Goodwood and your child's name on the back - \$75.00

Payment can be made by internet banking - 12-3268-0090127-00 - Goodwood School (please use Child's Name and 'Jacket' as reference) eftpos or cash at the school office.

Jackets will take 1-2 weeks to arrive once ordered. If you have any further questions please contact the office. Adult jackets are available upon request - \$85.

[Goodwood Jackets Order Form](#)

## Kapa Haka Festival - Friday 1 September

The Cambridge Kapa Haka Festival is being held at the Don Rowlands Centre on Friday 1 September. All kapa haka explorers from Year 3 to 6 are welcome and encouraged to perform. [All details are here.](#) Please fill in this form before Friday 25th August

All explorers will perform together from 10.20 am to 10.40 approx. We will video the show and share on Facebook.

Year 3 and 4 explorers will return to school at 12 noon

Year 5 and 6 explorers will stay to tautoko / support other kura / schools and will return at 2.40 pm. Kia Ora

[Kapa Haka Permission Form](#)

## Lake Te Kō Utu Celebration (Optional)

On Thursday 14 September 2023 Ngāti Koroī Kahukura and Ngāti Hauā will lead our 2023 Te Oko Horoi celebration at Lake Te Kō Utu. This is a place of cultural significance, one which carries a legacy dating back to the time of Kingi Tāwhiao, the second Māori King.

You are warmly invited to join with our Mana Whenua in Pai Mārire, Karakia, Waiata and the story of Te Oko Horoi and Te Kō Utu and its significance.

Aakonga / children, kaiako / teachers, kura leaders, whānau / families and community are invited to attend the ceremony.

The ceremony begins at 7.00 am sharp and will be followed by refreshments.

This event will proceed rain or shine.

Parking will be limited.

Goodwood School can transport explorers and whānau on a bus leaving Goodwood at 6.30 am. The bus is expected to be back at Goodwood by 8.30 am.

[Here is the permission form](#)

It was a magical morning last year



## Agricultural Day - Wednesday 11 October 2023

Please fill out the following options if you are bringing a calf, lamb or kid goat to Ag Day on Wednesday the 11 October 2023. Registrations close on Tuesday the 12th of September 2023.

[Agricultural Day - 2023](#)

Now is the time to return all trophies from last year returned to the office ready for this year. Thank you.

## Inter-school Cross Country - 8+ years

Scheduled for Friday 15 September the Inter-School Cross Country is happening! Explorers who choose to take the competitive pathway for our school cross country, finish in first, second or third and are 8+ years old will take part in this event. Mr Graham and Mrs Miles are organising this event and will be in touch with explorers after our school cross country.

## Toys and precious items at kura/school

We are noticing an increase in the number of toys, soft toys and precious items coming to school. We strongly encourage these personal items to be left at home. Having these items in class (even in our bags) can be distracting for learning.

## Goodwood's Got Talent - GGT - Wednesday 20 September

We are so pleased to share that Goodwood's Got Talent is returning in 2023. Scheduled for Wednesday 20 September for a 6:30 pm start.

GGT is an opportunity for explorers to share a talent or skill across the area of arts. Items may be a dance, skit, drama, musical instrument/band etc.

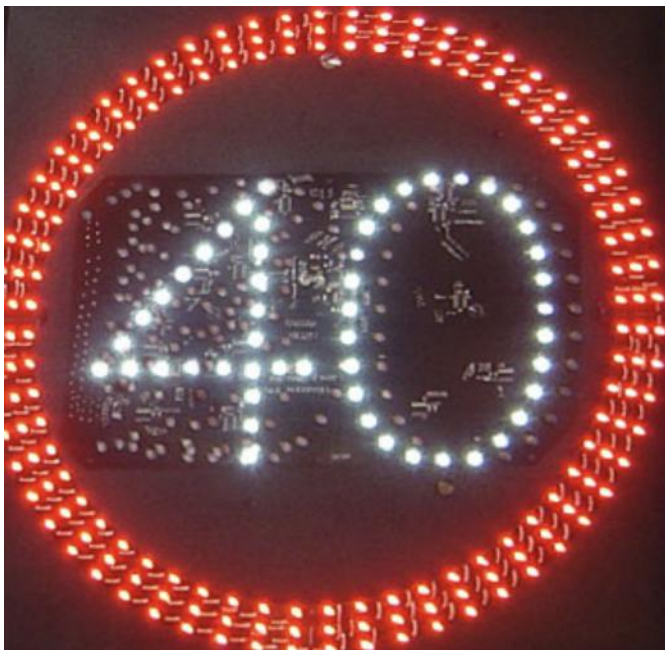
This event is explorer led. Explorers self-select and create item. Practices happen in breaktimes.

There is an opportunity to perform and progress through at group, class, collab, team level. From team level finalists will be selected.

Explorers are leading this event - designing covers, tickets, presenting and performing.

## Office Kat says PLEASE SLOW DOWN

Our Police Education Officer Kat LOVED her time at Goodwood. Some explorers even gifted her some donuts (they'd heard a rumour police officers enjoyed them - and Kat does!) HOWEVER, Kat was dismayed that every day she arrived to work with us - she noted our whānau speeding past the 40 kmph signs and even had to issue warnings and tickets. Please slow down to keep our explorers safe!



## New enrolments

Do you have a three or four year old that will be **starting school this year OR NEXT YEAR in 2024**? If you have not already done so could you please let Trudy know so we can add them to our system - [trudy@goodwood.school.nz](mailto:trudy@goodwood.school.nz)



## Waikato Children in need

We continue to have a fantastic response for used clothes, blankets, coats etc, thank you very much if you donated. We still have the box in the front office if you have some items that you would like to drop off. The more the merrier!

## Medications

If your child needs to take any medication, antibiotics, inhalers etc, for a short term or long term please make sure that you bring it to the office, fill out the correct form and we will keep it secure in the sickbay for when they need it.

## Lambs

We have a family who would like to visit a lamb daily, look after, feed, play with and get to know a lamb so they can show it at Agricultural Day next term. If you would like to host and provide a lamb or know someone who would then please contact [trudy@goodwood.school.nz](mailto:trudy@goodwood.school.nz) for further information.



# Goodwood News



Thank you to Rūma Whio and Rūma Kōkako for a fun maths themed assembly! Great to see the youngest of our explorers presenting with confidence. Thanks to those parents who could make it along.

Congratulations to all last week's award winners!





Great to welcome John Parsons back to Goodwood and extra special to be joined by our friends from Te Miro School for his sessions. Our explorers learnt how to stay safe in their ever changing digital world.

Congratulations to Addy who came away with the big win at the Werder one day series squash tournament at Ruakura!



# Get to know the Goodwood Team

**Mrs Bailey Harding is one of our wonderful Year 1-2 teachers, here are a few of her favourite things:**

1. What are your hobbies/interests?

*Bailey: Walks with my dog, going to the beach and cooking.*

2. Are you an early bird or a night owl?

*Bailey: Early bird.*

3. If you could have a superpower what would it be?

*Bailey: Teleport to go wherever, whenever.*

4. When you were a child what did you want to be when you grew up?

*Bailey: A Teacher.*

5. What kind of music do you like to listen to?

*Bailey: Anything upbeat.*

6. Do you have any pets, if so, what's their names?

*Bailey: Alfie the golden retriever and two kittens called Bonnie & Clyde.*

7. What was the name of your first Primary School?

*Bailey: Goodwood School!!*

8. What is your favourite season of the year?

*Bailey: Autumn.*

9. What is your favourite food?

*Bailey: Mexican.*

10. What is your go to board game?

*Bailey: Phase 10.*



**We will have another team member profile in our next edition.**



CAMBRIDGE CRICKET ASSOCIATION

# JUNIOR Cricket

## season of 2023/24

### open now

*Skill based fun learning*

*Proven results over the years*

Let's Smash It

### STARTING DATES

Saturday Cricket , Year 5 - 8

- Saturday 28th October

Girls Cricket , Year 6 - 8

- Wednesday 1st November

Friday Cricket - Year 0 - 5

- Friday 3rd November

### CONTACT US NOW

Steve Carter - Club Captain

Indika Senarathne - Director of Cricket



021 821 820 - Steve Carter  
022 320 9076 - Indika



cambridgejuniorcricket@gmail.com  
Indicambridgecricket@gmail.com



John Kerkhof Park



# AIR TRACK TUMBLE CLASS GOODWOOD SCHOOL

*Beginner and advanced classes for all school years*



Term  
**3**

**Monday 7:45-8:45am.**  
**31st July - 11th Sept**

*7 weeks with Grade Award!*

**\$99**

*Class runs in Fenton Hall*

***Book online at***

**[www.thegymnasticacademy.com](http://www.thegymnasticacademy.com)**

**Call Marie** **0211705426**  
for more information

# **Paw Patrol The Mighty Movie Premiere**

Leamington Playcentre is  
hosting the premiere at Tivoli  
Cinema on Wednesday 28th  
September at 430pm  
Tickets are \$20  
Spot prizes, raffles and a  
prize for best dressed!

**Contact Sophie Paterson**  
**0278427457**  
**[leamington@playcentre.org.nz](mailto:leamington@playcentre.org.nz)**

*Come along and be the  
first kids to see the new  
Paw Patrol movie!*



# Splash Polo

Waikato

**Waikato Water Polo is excited to present**

## Splash Polo

- Do you love being in the water?
- Do you enjoy making new friends?
- Do you like ball sports and want to try something in the water?
- Want to try something new?



Playing in the water is FUN and splash polo gives the players a great stepping stone to Water Polo.

Splash Polo is an easy way for all children to be active while trying something new.



It's a great sport for building water confidence, learning new ball skills, learning to swim and be safe around the water all while in a shallow pool.

[www.waikatowaterpolo.co.nz](http://www.waikatowaterpolo.co.nz)



The game is for primary aged children from  
Years 3 - 6

## Splash Polo

Is a beginners version of water polo for young kids wanting to get in the pool and have some fun, learning new skills and making new friends.

**SOUND LIKE FUN?**

See your teacher now to register!



STRIVE PERFORMING ARTS

# OPEN DAY

FREE  
PERFORMANCES  
AT 11.30AM,  
1.00PM AND  
2.30PM

Sunday 27th August 2023

2 Oliver Street, Cambridge  
(behind Hunting & Fishing)

## Classes Running:

10.30am: 5-8/Beginner

Acro

11.00am: 5-8 Jazz

12.00pm: 7+ Musical Theatre

12.30pm: 9+ Jazz

1.30pm: 10+ Contemporary

2.00pm: 9+/Intermediate

Acro

3.00pm: Preschool Dance

3.30pm: Adults Jazz &

Contemporary

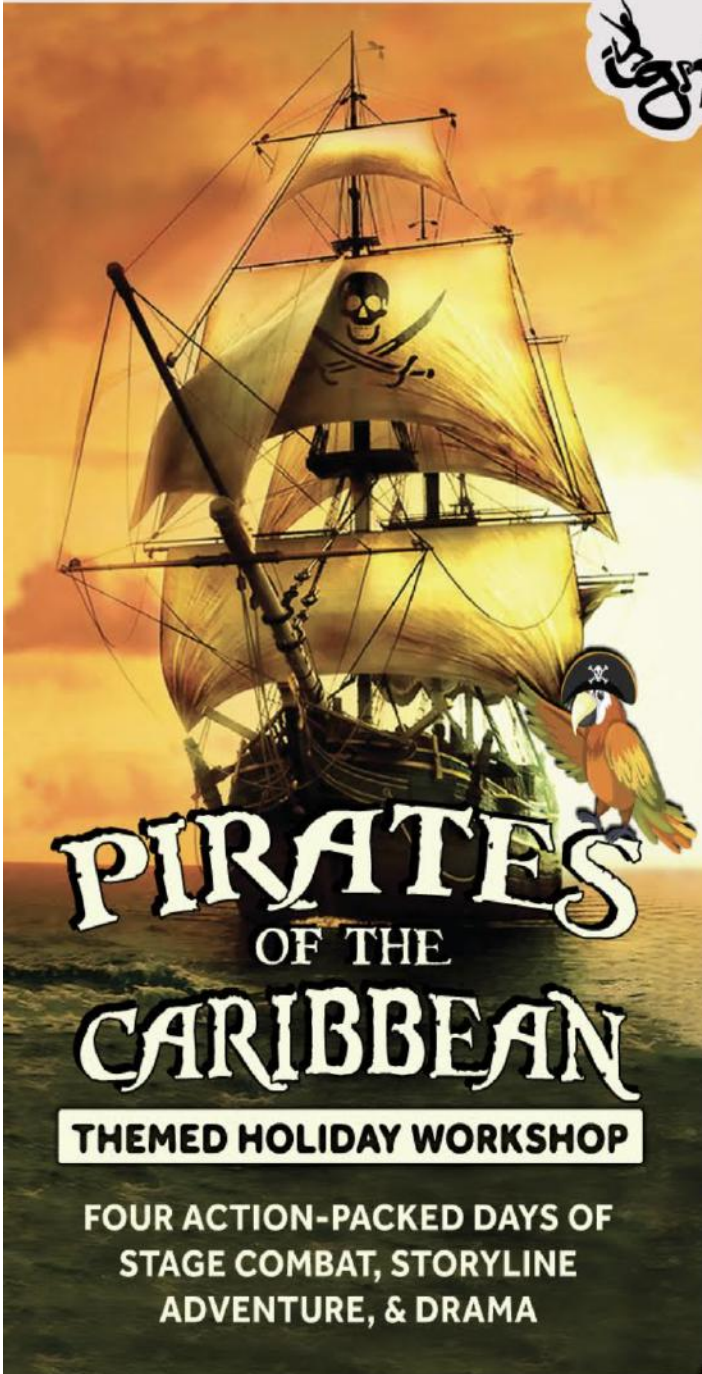


COME AND MEET THE STRIVE  
TRIBE AND CHECK OUT OUR NEW  
STUDIO! FREE TRIALS AND CLASS  
VIEWINGS ALL DAY.





# SEPT-OCT HOLIDAY WORKSHOPS



## PIRATES OF THE CARIBBEAN

**THEMED HOLIDAY WORKSHOP**

FOUR ACTION-PACKED DAYS OF  
STAGE COMBAT, STORYLINE  
ADVENTURE, & DRAMA

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BUDDING ROCKSTARS**

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**IGNITEARTS.CO.NZ**



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BOOK A SERVICE WITH US

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**hello@cstgroup.co.nz | 0800 11 44 90**