



# T.G.S. Bulletin

ISSUE NO. 5

DATE: 9 MARCH 2010

## FORTHCOMING EVENTS

**4-5:00pm, Wed 10 Mar**  
Years 7 & 8  
Softball Training

\* \* \*

**3:30-4:45pm, Mondays**  
**(8/15/22/29 March**  
**& 19/26 April)**

Milo 'Have a Go' Cricket

\* \* \*

**7:00pm, Wed 24 Mar**  
Board of Trustees Meeting

\* \* \*

Term 1, 2010

Thu 4 Feb – Thu 1 Apr

Term 2, 2010

Mon 19 Apr – Fri 2 Jul

Term 3, 2010

Mon 19 Jul – Fri 24 Sep

Term 4, 2010

Mon 11 Oct – Fri 17 Dec

### SCHOLASTIC BOOK ORDERS

Please write child's name & class in full on the order form with cheques payable to 'Scholastic NZ'. All orders to the Office. Extra brochures available from Pukeko 2. Orders due Friday 12 March 2010.

### BOARD OF TRUSTEE ELECTIONS, MAY 2010

Become a member of your school's Board of Trustees (BOT)

Attend next week's Board meeting to see what happens!

**BOT ELECTIONS - MAKE A  
DIFFERENCE FOR YOUR SCHOOL**

### THE GARDENS SCHOOL

101 Charles Prevost Dr  
MANUREWA

PH: 09 269 0041

FAX: 09 269 2098

E-MAIL:

reception@thegardens.school.nz

WEB ADDRESS:

www.thegardens.school.nz

## HELLO FROM THE PRINCIPAL!

### **Dear Parents/Caregivers & Friends of the School:**

Is your child up with the larks or still hooting with the owls? It seems that your grandmother's advice was right - children need a good night's sleep.

A recent overseas study sets out the different types of childhood sleep patterns & examines how young bodies cope with late nights. The study concluded that from a very young age, children can be categorised into three main areas - Morning Types (or 'larks'), Evening Types (or 'owls'), or Intermediate Types. Parents & educators of Evening Types ('Owls') may be concerned to learn that a host of behavioural problems are more common amongst children who are wakeful in the evenings & who have difficulty obtaining enough sleep. Such children may experience increased daytime sleepiness, poorer school achievement & greater emotional & behavioural problems. As parents we know that a tired child is more likely to play up, either becoming irritable or hyperactive & giving in to extremes of behaviour.

Here are some tips for making sure your child is getting enough sleep:

- \* Maintain a consistent bedtime & awaking time. Aim for an early bedtime. Young children respond best with a bedtime between 6:30-7:30pm & most children will sleep better & longer when they go to bed early. Keep kids' bedtimes regular & to a routine right into their teenage years.
- \* If going out as a family & you know that you may get home late, insist on an afternoon nap, even if your child is ten years old. You will have a much happier child who won't become irritable at the barbeque, due to the fact they have clocked up some sleep earlier.
- \* If your child still requires a small nap that's fine! Or it can just be some quiet time where they read a book. It's not as good as a nap but it's better than running around the garden being exhausted & there's always the chance they'll nod off.
- \* Look out for signs that your child is tired. If you have to physically drag them out of bed in the morning, this means they need an earlier bedtime.
- \* Provide the right nutrition. Foods can affect energy levels & sleepiness. Carbohydrates can have a calming effect on the body, while foods high in protein or sugar generate alertness, particularly when eaten alone. Vitamin deficiencies due to unhealthy food choices can affect a child's sleep. Provide your child with a daily assortment of healthy foods.
- \* Help your child to be healthy & fit. Many children don't get enough daily physical activity. Too much TV watching & a lack of activity prevents good sleep. Children who get ample daily exercise fall asleep more quickly, sleep better, stay asleep longer & wake up feeling refreshed. Avoid activity in the hour before bedtime though since exercise is stimulating - they'll be jumping on the bed instead of sleeping in it!
- \* Teach your child how to relax. Many children get in bed but aren't sure what to do when they get there! It can help to follow a soothing pre-bed routine that creates sleepiness. A good pre-bed ritual is story time. A child who is listening to a parent read a book or tell a tale will tend to lie still & listen. This quiet stillness allows them to become sleepy.

Work with these ideas & you'll see improvements not only in their sleep but also in their attitude & demeanour at home & for school.

**SUSANNAH FOWLER, PRINCIPAL**

### THINKING OF LISTING YOUR HOUSE?

CONTACT HARCOURTS REAL ESTATE, MENTION THE GARDENS SCHOOL,  
& THE SCHOOL WILL RECEIVE A PERCENTAGE FROM THE SALE!  
CALL DAN HEWES (MANAGER), HARCOURTS REAL ESTATE - PH 267 8900

## CAN YOU HELP?

### RURU 1

would like ice-cream containers  
with lids please

### KIWI 2

would like any old  
t-shirts or shirts that they could  
use for painting; also any old  
magazines (very handy for cutting  
out letters & pictures)

## **BOARD OF TRUSTEES (B.O.T) ELECTIONS**

**Are you a parent/caregiver of a  
student enrolled at T.G.S?  
Have you changed your address?  
Please notify the School Office of  
any changes as soon as possible.**

## **U.N.S.W EXAMINATION APPLICATION FORMS**

Here is an opportunity for students from  
Years 4 to 8 to sit exams in areas such as  
English, Spelling, and Computer Studies  
& Science. There is a cost involved to sit  
each exam. Application forms are  
available from Ms Gifford with all  
application forms & money to be returned  
to school by Friday 26 March.

## **BIKE RIDING TO SCHOOL**

Late last year, it was  
agreed by our B.O.T that  
students could ride bikes to  
& from school, after signing  
a set of conditions on the  
safety aspects of cycling to  
school & obtaining a 'Bike  
Licence'. We are planning to  
run more bicycle training  
sessions for students who  
want to ride their bike to  
school this year with 'Bike  
Licence' forms available at  
the Office. Students will  
work with our local  
Community Constable in a  
road safety programme for  
children specifically  
targeting cycling that will  
also involve bike "WOF's".



## **Christine Hansen**

*I was born in Hamilton & spent my childhood moving around several different  
Waikato towns farming. I went to high school at Putaruru.*

*After leaving school I headed to Australia to work for several years.*

*On my return I spent a few years in the Bay of Plenty & then moved back to  
Hamilton working in sales.*

*In 1986, I decided to go to university & change careers. During this time I had my  
daughter, Amanda. After completing my degree I entered Teachers' College & then  
started teaching in Hamilton & also 'acquired' three stepchildren.*

*After all our children left home, my husband & I made the move to Auckland & in  
2005 I joined The Gardens School staff. It has been a great experience thus far.  
This year I have changed from a classroom teacher & moved to the Poutama Centre,  
working with all levels of the school, as well as looking after the computers for  
everyone.*

*I am looking forward to a year of new challenges & some fun learning.*

## **WHAT'S HAPPENING IN OUR CLASS?**

**In Kakapo 2 we have been working on a new theme this term, "The Ocean  
& Us". We had to write poems wishing we were sea creatures & use our  
creativity to imagine all the activities we could do in the ocean:**

*If I were a Dolphin ...*

*I would swim in the ocean water & jump high over the waves.*

*I would eat off the big rocks of the islands,  
scraping algae with my rough tongue*

*I would race past speedboats & follow ships while I could,  
For all too soon, an octopus will come out from behind the corals  
& I must stop suddenly & swim super fast to save my life  
& look for prey in the deep oceans & beyond.*

**VAUGHAN WEBB, YEAR 6**

*If I were a Fish ...*

*I would swim in the deep oceans & around rocky shores.*

*I would feed on tiny algae & plankton.*

*I would bite the swimmers while I could,  
For all too soon the sharks will peep out from behind the rocks  
& I must pick up my speed to swim down the deep oceans & beyond.*

**KYRAN NARAYAN, YEAR 5**

*If I were a Sea Anemone ...*

*I would sway my arms over seaweed, shells, fish & rocks.*

*I would swing from side to side in the ocean currents.*

*I would tickle little fish with my tentacles.*

*I would cling to human fingers & feet,  
For all too soon, the sun will sink & I must drift off to sleep,  
for tomorrow comes a new day full of excitement & joy.*

**TRENT GREGORY, YEAR 6**

## **THE GARDENS SUPPORT TEAM PRESENTS A G.S.T FUNDRAISER:**

### **"HYPNOTIST SHOW"**

**7:30pm, Friday 23 April - \$20 per ticket (includes nibbles)**

**Contact Juliet - PH 269 2607**

## **PARENTS INC. PRESENTS A FREE SHOWCASE**

**4:30-6:00pm, Thursday 11 March**

The Parenting Place, 300 Great South Rd,  
Greenlane with mini workshops by  
Ian Grant, Jenny Hale & John Cowan  
PH 524 0025 to attend

## **EVERGLADE SCHOOL & COOKIE BEAR ROADSHOW!**

**FAMILY FUN DAY**

**10:00am-2:00pm, Saturday 13 March**

**Cool Rides - Raffles - Food -  
Dunking Machine - Meet Cookie Bear**

**'GREAT TIMES' AFTER SCHOOL CARE PROGRAMME, THE GARDENS SCHOOL HALL**

**Call Simone Shervell (PHH 267 1041 or MOB 021 663 226)**