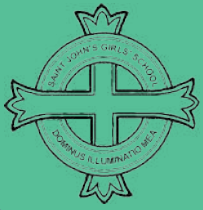




# NEWSLETTER

St John's Girls' School

23 May 2025



Greetings from the  
Acting Principal

Kia Ora, Ola,  
Namaste

Whakatauki -  
Māori Proverb

He toa taumata  
rau

*Courage has many  
resting places.*

It's hard to believe we are already approaching the halfway point of Term Two! It has been a busy few weeks at our kura, with classrooms humming and our girls embracing a wide range of learning opportunities, both inside and outside the classroom.

This week at assembly, I had a kōrero with our girls about an important kaupapa that supports their development as learners and as confident, capable wāhine: **stepping bravely outside their comfort zones.**

Meaningful learning rarely happens when tasks are easy or familiar. It happens when we are willing to try something new, take on a challenge, or navigate uncertainty. These experiences may feel uncomfortable, even daunting, but they are essential for building confidence, capability, and resilience.

We explored a powerful quote from *Play Is the Way* founder, Wilson McCaskill:

*“School is about stepping bravely into the unknown. The unknown is often uncomfortable. The braver you are, the more you learn.”*

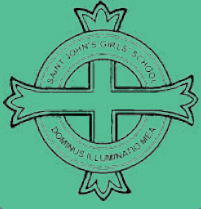


This message is especially timely, as this term is full of opportunities for our girls to rise to new challenges, such as:

- **Swimming Sports** – where many of the girls challenged themselves to enter a swimming race for the first time
- **Cross Country** – which takes persistence, preparation, and determination
- **Dance and Speech Exams** – where confidence is built through performance and practice.

For some of our students, participating in these events represents a significant personal milestone. They may feel nervous or unsure, but each time they step forward, they are developing resilience, courage, and a growth mindset. These are skills that will benefit them for life.





## Values Cup Recipients



**Luna Welsh**  
**Room 8**



**Charlie Visser**  
**Room 3**

We also celebrated inspiring examples of bravery this week. From wāhine like Dame Whina Cooper and Jessica Watson, to our very own Miss McSoriley, who recently exhibited her artwork in a public gallery, even painting live while the public observed! These examples remind our girls that bravery and personal growth can take many forms.

As parents and kaiako, we play a vital role in encouraging our tamariki to “have a go,” even when success isn’t certain. When we praise effort rather than just outcomes, we help our girls build the self-belief and perseverance they need to continue stepping forward.

Thank you for the incredible support you provide at home, especially as we head into these key events. Each experience helps your daughter discover more about what she is truly capable of.

Let us continue to nurture young wāhine who are willing to be brave, to try, and to grow.

### Swimming Sports

Our annual swimming sports event was held on Monday afternoon, and what an exciting afternoon it was! The races were incredibly close, with plenty of nail-biting finishes. The energy from the spectators was electric—at times it felt like the roof of Splash Palace might lift off! Congratulations to Enderby, who were officially crowned the winning house at this morning’s assembly.

### Cross Country

Our school cross-country event will be held at Queens Park next Wednesday afternoon. We are looking for parent volunteers to help out on the day. Your support would be greatly appreciated. If you are able to assist, please get in touch with our sports coordinator, Netty Dennis.

### Uniform

Our lost property bin is overflowing with unnamed items, including several brand-new pieces of winter uniform. Please make sure your daughter’s uniform items are clearly named. This helps us return misplaced belongings to their rightful owners quickly and easily.

### Invoices

The Term 2 invoices have been sent. These are now due to be paid. Please act on these promptly. Your contribution is what allows our school to provide what it does for your daughter.

When settling your invoices, please ensure you are paying into the correct account [Board of Trustees or Board of Proprietors] and include your daughter’s name as a reference.

Have a safe and relaxing weekend.

Ngā manaakitanga

Holly Bradshaw

**Tumuaki Whakakapi | Acting Principal**



# CALENDAR OF EVENTS

## MAY

- 27 SGHS/SBHS Legally Blonde Production - Yrs 7 & 8 to attend
- 28 School Cross Country

## AUGUST

- 19 Polyfest Performance - [Stadium Southland] 2.10pm
- 21 BoT Meeting - Staffroom [5.30pm]

## JUNE

- 2 King's Birthday **[School Closed]**
- 4 All Saints Cross Country 12.30 pm  
Scientist Visit - Jnr Syndicate
- 6 All Saints Cross Country -  
postponement day
- 19/12 Cyber Safety
- 13 KIPRRR Day [non-uniform]
- 16-19 Speech Exams
- 18 BoP Meeting - Staffroom [5.30pm]
- 20 Matariki **[School Closed]**
- 24-25 Dance Exams
- 24-27 Life Education Bus
- 26 BoT Meeting
- 27 Last Day of Term 2  
Stripes and Bonus Trophies Awarded  
Reports Out

## SEPTEMBER

- 2 Science Fair
- 10 BoP Meeting - Staffroom [5.30pm]
- 16 Production - Dress Rehearsal
- 17 Production Performance - 6.30pm  
[CentreStage]
- 18 Production Performance - 6.30pm  
[CentreStage]
- 19 Last Day of Term 3

## JULY

- 14 First Day of Term 3
- 22 Parents ' Association Mtg [7pm]
- 23 Parent/Teacher Interviews **[2.15pm -  
School finishes at 2pm]**
- 24 Parent/Teacher Interviews **[3.15pm -  
School finishes at 3pm]**
- 31 Staff Only Day **[School Closed]**



# WEEKLY AWARDS

## CONGRATULATIONS

### ROOM 1

Lily Vaughan, Annabel Flannery, Harriet Telfer

### ROOM 2

Imogen Dixon-Calder, Amaia van Westrenen, Saffron Smith, Oriana Smith

### ROOM 3

Maeve Devlin, Charlotte Farley, Lorelai Stirling, Ivy Manera, Lucy Dixon-Calder

### ROOM 4

Lara Preininger, Madeleine Davison, Briary Brad, Victoria Duncan

### ROOM 6

Elise Davison, Ava Amar, Amelia Kemna, Lauren Baird

### ROOM 7

Samantha Parry, Willow Murry, Briar McKenzie, Maya Preininger

### ROOM 8

Emma Visser, Martina Bosma, Drew Peddie, Charlotte Beer

### VALUES CUP

Luna Welsh  
Charlie Visser

Room 8  
Room 3

### PRINCIPAL'S AWARD

Eloise Smith  
Nikita Zeestraten  
Amelia Bosma

Room 4  
Room 4  
Room 6



# JUMPING INTO MAY

## St John's Jumping Day

What an action-packed Jumping Day we had at school! From hopping, skipping, twisting, and dancing, our feet barely touched the ground! We bounced into Rotation 1 with chalk and elastic games that had us laughing and leaping. Then we hit the stage in Rotation 2, busting out our best moves with energetic Jump Jam dances. Next up was Rotation 3, where we showed off our skipping rope tricks to some awesome beats! Finally, we powered through the obstacle courses—junior and senior students zigzagged, climbed, and jumped their way to the finish line. It was a day full of fun, fitness, and flying feet!

Why not keep the fun going at home? Check out the skipping techniques below and have a go with friends or whānau—see how many tricks you can master!

## Skipping Techniques



**Double Dutch** - This skip involves using two long ropes that two people hold at each end, and turn them opposite ways, and the person in the middle tries to jump over both of them.



**Criss Cross** - This skip you do the regular single skip and then cross your arms over each other so the rope crosses and then you jump the twisted rope.



**Normal Jump** - This skip is just small jumping on the spot.



**Double Jump** - This skip is where you jump and try to flick the rope around twice in one jump.



**High Knees** - This jump is when you are skipping while doing high knees.



**Heal Toe** - This jump is where you skip and tap your feet heel toe.



**Alternate Legs** - The alternate legs jump is kind of like high knees, but your legs are out to the side.



**Kicking** - Kicking is where you flick your legs out on the spot.



**Twisting** - Twisting is where you move your hips and legs from side to side.



**Star Jumps** - Star jumps are where you jump while putting your legs in and out.

# Ways to stay fit at home



10 minutes of jogging



5 minute segments of skipping



20 star jumps a day



Walk the dog

## The purpose of keeping fit

The point of keeping fit is to reduce the risk of chronic diseases, boosting energy, improving mental health and enhancing the overall quality of life.

## Thank you!

The Kaiarahi and the rest of the school would just like to thank Miss Coatsworth and Mrs King for organising this day for the girls and we all loved it very much.

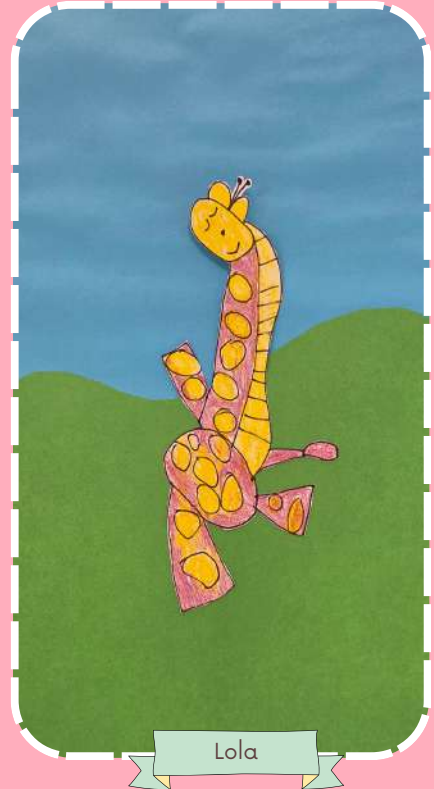


**FROM YOUR KAIARAHİ**

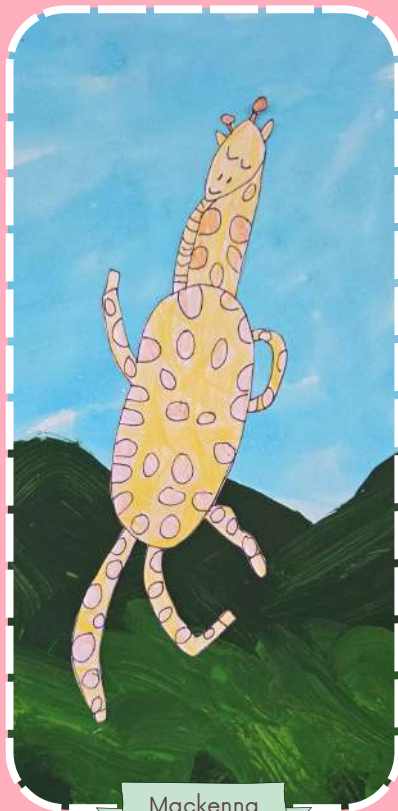
*Briar N, Evie E, Greer P and Bailey C*

# Room 1

This year in Room 1 we have been learning about the magical power of "Yet". With practise and perseverance we can learn to do many things and we don't give up, we just say "I can't do it yet". This was put into practise when the girls did their giraffe pictures. They practised 4 times before producing some fine looking [and rather cute] giraffes.



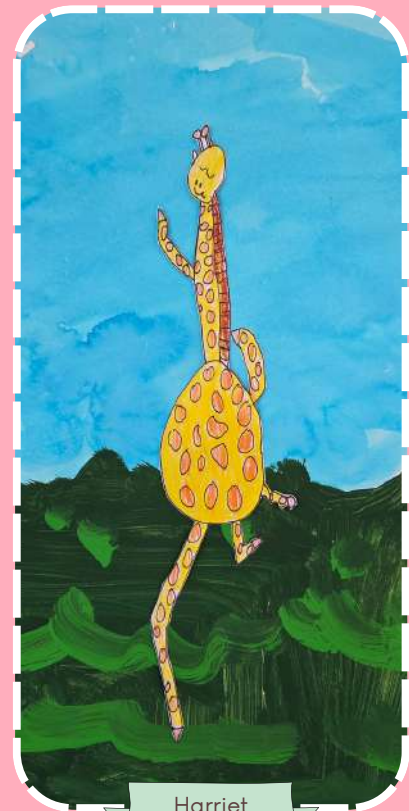
Lola



Mackenna



Lily



Harriet

Greedy Cat stories are always popular in Room 1. The girls painted some Greedy Cat pictures and also did some writing.



Lara



Abby



Jasmine

*"Greedy Cat ate all the chocolate and sausages. He didn't like the pepper."*

Amelia



*"Greedy Cat didn't like the broccoli and cat biscuits."*

'Lily



*"Greedy Cat ate all the food. The Mum was angry."*

Gussie



# Room 2

It's been an action-packed start to Term!  
We have had so many exciting opportunities already.

In Health we have been learning about making health food choices and how a variety of foods are important for our growing bodies and brains. Olive became our model for filling with healthy food!



In Science we are looking at what a scientist does. We are actioning these ideas and are becoming Room 2 scientists.

In our Friction unit we have experimented with different surfaces to see what makes our cars move faster.

This has included lining our ramp with sandpaper, carpet, tinfoil, bubble wrap and towelling.

Which surface do you think created the least friction to help the cars move further and faster?



It was so much fun taking part in the 'Jumping afternoon'. We loved the skipping rope games and the Jump Jam moves.



Last week we were lucky enough to have a coaching session with The Steel netball team. They were inspiring!



To top off a fabulous week we loved The Playhouse Theatre. The performers were so talented and funny! They left us with an important message, it always pays to tell the truth!

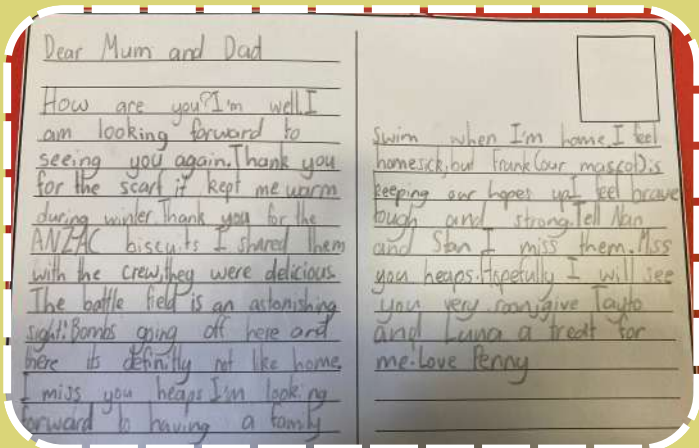


# Room 3

Term 2 is off to a flying start! We've started our learning based around ANZAC day and what better way than to kick off with baking delicious ANZAC biscuits. We really enjoyed the opportunity to get into the Technology room and bake up a storm. We were lucky enough to have Mrs Lang, Mrs Dennis and Mrs Smith help us out as 19 Year 4's in a kitchen was pretty busy! Everyone managed to get a job either measuring, stirring, rolling or dishes.



During reading we have been working on an ANZAC task board. This included many reading activities to learn about our ANZAC soldiers and life as it was for them. We've read many journals and articles making us feel fortunate for our lives now and appreciate what our relatives and soldiers did for us in the past.



We've also completed some ANZAC writing. The girls wrote a postcard to family back home from the viewpoint of a soldier. The language they used and details was very motive and thoughtful. To finish off our ANZAC learning during art the girls mad soldier silhouettes.

We are super lucky at SJGS to have so many extra opportunities for our girls to be a part of and enjoy. Here are a few photos from some of our recent events. Jumping Day, Southern Steel visit and Playhouse Theatre.

Jumping Day



Southern Steel



Playhouse Theatre  
The Boy Who Cried Wolf



# Reward Ideas for Happy Teeth



Try these great non-food reward ideas for a healthy happy smile!



## School-Based Rewards

- Extra art, reading or library time
- Sitting with friends or in a special seat
- A special certificate from the teacher or principal
- Being the 'Student of the Day' or 'Classroom Helper'
- Acknowledgment during assembly or in a newsletter

## Extra Time & Privileges

- Extra playtime or special 'free choice' time
- A special outing or extra time for a favourite activity
- A movie night, family game night or a sleepover with friends
- Choosing a bedtime story or helping to plan an activity or outing

## One-on-One Time

- Reading a book or playing a game together
- Working on an activity, baking or crafting together

## Small Items & Tokens

- Stickers, temporary tattoos, fun stationary or art supplies
- Books, magazines, comics and bookmarks
- Trinkets, wristbands, magnets, frisbees, trading cards
- Activity sheets or pocket card or games sets
- Coupons, vouchers, gift certificates or play money

## Active Rewards

- A new ball, jump rope, or hula hoop
- Trip to a park, beach or playground
- Time to play a favourite sport or outdoor activity
- A bike ride, walk or swim with family or friends

Health New Zealand  
Te Whatu Ora

Community Oral  
Health Service



Talkteeth Southern

