



REMUERA  
INTERMEDIATE  
SCHOOL  
RELIABILITY INTEGRITY SERVICE



## MARCH 2022 NEWSLETTER

### FROM THE PRINCIPAL'S DESK

#### TAKING CHARGE

A few years ago, Remuera Intermediate started on a journey of exploring how we can support young people to develop resilience. Fast forward a couple of years and COVID arrived and this became more important than ever. The work we did has become embedded in the school and in our curriculum.

Research shared by the Resilience Institute when we began this journey demonstrated that resilience can be taught and through some simple changes our outlook can be impacted greatly. Personally, I have continued to use some of the strategies we learnt about and in doing so have noticed significant changes in my own ability to achieve greater balance and productivity.

As we move past this latest phase of the pandemic, I thought I would share a couple of strategies that I have found useful. They are both very simple and require very little time or effort. The first is what we refer to as tactical calm, a technique used a great deal in professional sport, certainly one of the more intense and high-pressure environments. The second is connectedness.

Tactical calm is really just a fancy name for what is basically slowing your thoughts, breathing to bring you back to a calm state. Often in my day I find there are many demands on my time especially over these past couple of years. The challenge is often trying to decide what task takes priority at any given time. The solution that many rely on is 'multitasking', which is actually just multi switching in rapid succession.



This rapid change of focus can be very demanding and actually have negative impacts on productivity. By raising my awareness of this and consciously stopping in moments when everything is happening at pace, I am able to calm myself very quickly and move into a more focused state. This simple practice had enabled me to achieve much greater focus with more considered responses.



Connectedness is another important area, especially now having been isolated and working online so much over the past couple of years. Now, as we return to school, we are wearing masks which is making it challenging to feel as connected as we are used to. Research has proven that face-to-face contact is far more powerful than virtual communication, no surprises there. The various hormones that are associated with human contact are not released when connecting online. To this end we are encouraging classes to move outside where appropriate so masks can be removed and children and staff can feel more connected with the added benefit of getting outdoors, which has its own benefits.

So, by simply slowing down at times and connecting face to face with people where possible, I have seen major changes in the way my day looks and feels. It is great to know that we can take charge of our reality and that RI's mission to build resilience in our young people is not only a worthy goal, it is achievable.

Kyle Brewerton  
Principal

Ascot Avenue, Remuera, Auckland 1050, New Zealand  
T 09 522 9890 | E officemgr@remint.school.nz | www.remint.school.nz

## WATERWISE



Our Year 8 classes have been having a wonderful time at Waterwise in Orakei Basin.

They've been given the opportunity to try kayaking, windsurfing, paddle boarding and sailing.

Everyone worked as a team, following instructions and even helping those that fell out of their kayak or sailing boat!

## RI CYCLING CLUB 2022

The RI Cycling Club is a parent-led group who train and race in all codes of cycling; road, track and mountain biking. This year we have registered more than 20 RI students with Cycling NZ Schools, enabling riders to compete in local, regional and national events.

A bunch of these keen Y7 & Y8 boys and girls, along with their parents, meet regularly on Sunday mornings at Cornwall Park to train. Riders of all abilities have fun while learning some basic individual and bunch riding skills. Prior to mountain biking competitions, riders might also train at Woodhill on a Sunday morning. Everyone looks forward to a hot chocolate at the end of training sessions!

For more information about the RI Cycling club please [click here](#) to view our website.



## NZ BMX NATIONALS

Year 8 student, Cole Feringa, recently competed in the NZ BMX Nationals competition where he achieved an amazing result of 4th in the 13yr age group.

The competition was tough in the field of 28 very capable riders. Cole has been training hard for many months to achieve this result and it's the first time in his many years of competing that he has made it to the final 8.

He put everything into the final race to get 4th place, supported by all the valuable skills he has learnt through this sport; resilience, perseverance and practice. Cole is a highly skilled and motivated all-rounder when it comes to riding but most of all he loves hanging out with his friends on a bike.



## NETBALL TRIALS 2022

The start of the 2022 Netball season is fast approaching. We are looking forward to another exciting year of action on the courts.

If your child wants to trial for the after school Tuesday Netball team they need to complete the google form they have been sent via their school email.

If students miss the first trial date, we will be holding a second trial date at least 7 days later to make sure all girls get a fair chance (see attached form for dates).

As we are still struggling with the COVID outbreak, some students are not at school and we do not want them to miss out so please communicate with me regarding the situation of your child i.e. if they are isolating etc.

Please [click here](#) for more information and complete the permission form for your child to attend the upcoming trials, returning to Mr Buys in Room 30 or through email at [sportscoordinator@remint.school.nz](mailto:sportscoordinator@remint.school.nz) by Tuesday, March 22nd.

No form, no trial, no exceptions.

## ROOM 29 NEWS

Room 29 has a new pet cactus called Glen.  
We are going to take photos to document his growth throughout the year.



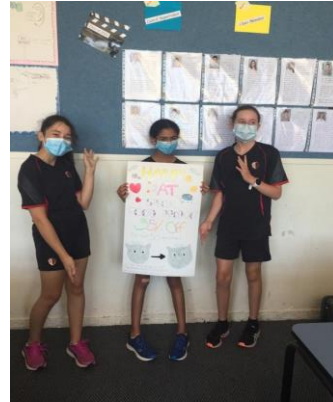
## ROOM 5 NEWS

Advertisements are all around us, but creating one of your own can be a challenge. After learning about various types of advertisements and different techniques used in them, students of Room 5 embarked on creating an advertisement of their own. Different groups used different situational prompts to create an advertisement. My group worked on a video advertisement about chocolates. Our chocolate consists of a range of chocolate nicely packaged in a small box. For this advertisement, we used pathos and ethos (techniques used in advertisements). We showed a 'boring' party at the start and then brought in our product and described it as 'the life of the party'.

*By Fiona Mombay, Danica Wong, Pahul Minhas and Keely Kara*

Our group worked on making an advertisement for a special food product for cats. We did it on a poster, and used our brand name 'Happy Cat'. We used the more cheerful colours (like yellow and orange) to make our advertisement more appealing. Our product was meant for cats and their owners. The food is biscuits shaped like a cat's paw. On the poster we drew on hearts, smiley faces, and fish to make it look really upbeat and exciting for the cats (as well as appetising!).

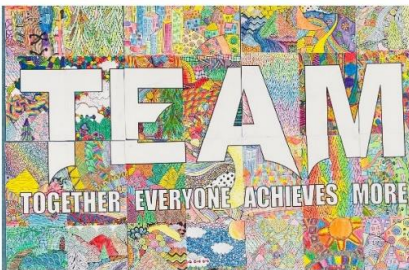
*By Sierra Sharma, Isla Chenery, and Isabelle Mercier Duran*



## ROOM 21 NEWS



A digital art project where students had to use 20-30 words about themselves and arrange them in a shape that represents something they are interested in



A whole class collaborative art project



Our whole class team building photoshoot challenge at the start of the year

## MULTI MATERIALS NEWS

As part of the Multi-Materials Specialist classroom lessons, Year 8 students have been designing, constructing and testing tetrahedron and diamond shaped kites.

We have been learning about accurate measurement, the physics of flight, the geometry of 2D shapes and also improving our physical fitness as we fly them across the Remuera Intermediate Field.

Next we will be designing and making land yachts.

Mr Symons

Multi-Materials Specialist Teacher



## VISUAL ART NEWS

Exciting times!!!! Year 8's have managed to complete a whole unit of work this year!

They have been working with multiple printing processes (background printed mat, stencil, lino and foam print) to create their mandala. This has been a complex layered project with students very proud of their outcome.

Pictured are Jordan, Max, Caitlin, Salma, Monique and Melody.



## NEWS FROM THE MUSIC ROOM

Warm greetings to everyone from the Music Room and myself.

I am thrilled to let you know that we have successfully started Rock Band sessions with Lewis MacCallum and our super talented 10 RI Rock Bands.

In addition to that, Violin lessons and the Advanced String Orchestra rehearsal with Dr John Thomson have also commenced.

Our remarkable Advanced String Orchestra is going to have a slightly different sound in 2022, and it is all due to a lovely harp player that has joined the ASO this year! I had a sneak peek at their rehearsal last Friday and they sounded wonderful! Imagine how magical they are going to sound at the end of the year!

I can say that all students are very eager to learn new skills, meet new friends and enjoy making great music. There have only been 3 weeks of tuition, however, everyone is already starting to sound very good and music is starting to take shape.

More news to come!

Thank you

Veronica Issa



## RI PTA

Could you give some of your time to the RI PTA? Could you help out at one of the RI PTA events?

The RI PTA (Parent Teacher Association) would like to invite both new and returning families to join. As a PTA, our main objective is to provide a welcoming link between students, families and the school, creating a community and undertaking purpose-driven fundraising.

So far this year, we have held the 2nd hand uniform sale, which was a great success, so thank you to everyone who helped and to those who came along and purchased items. Many of our events have traditionally been in-person, however we are looking to pivot and ensure that some activities can be moved to an online format. For Term 2, we will be looking at some evening events with guest speakers and support Art Week in July.

The RI PTA meets every 2nd Tuesday of the month from 6.30pm for approx 1 hour, and meetings are currently all online. If you would like to join there is no requirement to attend every meeting, however you are most welcome to join whenever it suits you.

Our events also require helpers, so if this sounds like you, then please email us at [PTAchair@remint.school.nz](mailto:PTAchair@remint.school.nz) confirming that you would like to receive the RI PTA emails.

Lastly, I would like to thank both Nikhil Ambani and Tushar Sharma for their contributions as Treasurer and Secretary, and to welcome Dananka Peiris and Adeline Martin for taking on these roles.

Hope to hear from you soon

Megan Bason

RI PTA Chairperson

## TAXGIFT

Please support us by TaxGifting, it is the easiest fundraising you'll ever do!

We're excited to announce that we've partnered with TaxGift. Did you know that your donations to us attract a tax credit? Don't let that money go to waste! By choosing to TaxGift your tax credit, you will be supporting us even further at absolutely no cost to you.

It's the easiest gift you'll ever give us! Simply TaxGift us your donation tax credits on your gifts to us from this year forward. It takes less than a minute to opt in, then the friendly folks at TaxGift will make it happen. To opt in, please click [here](#).

With TaxGift, every \$100 that you give to us can become up to \$148 without you paying anything further!

Please [click here](#) for more information on TaxGift.



## AT ADDITIONAL BUS SERVICE

From 21st March 2022, AT will be running an additional school Bus 542 in the morning and afternoon from Kohimarama to Remuera Intermediate via Meadowbank shops.

The morning service will depart at 07:28am from stop number (1030) at Kohimarama Road/Selwyn College. There is no change to the route. This service will depart 3 minutes after the first service which departs at 07:25am.

The afternoon service will depart at 03:11pm from stop number (1712) at Remuera Intermediate School. There is no change to the route. This service will depart 1 minute after the first service which departs at 03:10pm.

This change means there will be more space for students on the 542 which we understand has been a very popular service.

For more information, please visit <https://at.govt.nz/bus-train-ferry/timetables/school-timetables/remuera-intermediate/>



*Let's go there*



## IMPORTANT DATES

22 March	BOT Meeting	10 May	PTA Meeting
12 April	PTA AGM	17 May	BOT Meeting
14 April	Term 1 Ends	03 June	Teacher Only Day
02 May	Term 2 Starts	06 June	Queens Birthday

(For a full list of important dates, please see the calendar on the school website.)

## REMUERA INTERMEDIATE SCHOOL APP

You can download the free app from the App Store or Google Play. It works on both android and Apple phones. It sends important school messages and forms a big part of our school communications. If you have not downloaded the App, please click this link <http://remueraint.apps.school.nz/share/>



### Features of the App:

- You can subscribe to alert groups of interest to you and your child
- You can complete the absentee form directly from the App
- You can access the school calendar, news and events directly through the App
- We can send out targeted alerts to everyone with the App or to specific groups

## ABSENCES

All absences need to be reported by 8:45am at the latest. To report an absence please:

- Use the 'Report an Absence' link in the top right corner on the school website homepage <http://www.remint.school.nz>
- Use the school app or phone the office on 09 522 9890 Option 1  
Please do not email absence notifications to classroom teachers

## ABSENCE TEXT NOTIFICATION

Your children's safety is of paramount importance to us. In order to ensure the safety of all our students, at 9:30am if your child has not been marked as Present we will send out a text notification to alert you of his/her absence.

We are aware many parents are simply very busy people and forget to notify the school so please respond with a Y and a reason for the absence/lateness.

Respond with an N if you have dropped your child at school or know that he/she was coming to school and we can investigate this promptly.

**Should your mobile number change, please notify the school immediately so that we can update our records accordingly.**

## PARENT PORTAL

Parents are able to use our portal to pay for their child's donations and fees. We encourage anyone who has not already signed up to do so. The address is <https://parent.edgelearning.co.nz/>