



# CAMBRIDGE MIDDLE SCHOOL

CONNECT · INSPIRE · GROW



## Cambridge Middle School - Issue 4 - 23 June 2023

### **2023 Term 2**

**Monday 26 June** - Totara Springs Camp #1

**Tuesday 27 June** - WIMS Basketball

**Friday 30 June** - Casual Clothes Day & Last Day of Term 2

### **2023 Term Dates**

#### **Term Two**

26 April to 30 June

#### **Term Three**

17 July to 22 September

#### **Term Four**

9 October - 11 December



### **Principals Pen 2023 Week 9, Term 2**

Kia ora e te whānau,

Firstly, I would like to celebrate the success of our ShowQuest team. This group has worked very hard over the past few months on their routine, under the guidance of Mrs Andrews, Ms McCree and Ms McKeown. Their performance gained them second place and numerous special awards on the night. We are very proud of their achievements and would also like to thank all of the teachers and parents who supported them on the night.

#### **NZEI teacher settlement**

While the recent teacher's union settlement doesn't address all of the issues that were raised by primary teachers, it does make a good start. With the settlement confirmed we are hoping for a settled remainder of the year. Thank you for your support during the negotiation phase, it was very appreciated.

#### **Staffing changes**

Next week we will farewell **Miss Ashleigh Frey** from Room 10. Mrs Frey is taking up a role with the Northern Health School. Miss Frey started as a beginning teacher at CMS and we will miss her but wish her all the best in her new role.

This week we welcomed **Mr Chris Garland** to Room 1. It has been great to finally have Mr Garland on board at CMS and I am sure Room 1 and all of the past Goodwood children will also make him feel welcome.

Next term in Week 4 **Mrs Chantal Harris** will begin in Room 10. Mrs Harris lives in Cambridge but has most recently been teaching in Putaruru. We are looking forward to having her join CMS.

Our SENCO **Miss Sophie Dewstow-Wright** is heading off on maternity at the end of this term and we will have **Miss Katie Paterson** and **Mrs Charlott Bayliss** covering this important role in our school.

#### **Totara Springs**

I want to wish the Totara Springs sports camp participants the best of luck as they head off next week to compete against other intermediate/middle schools. We are looking forward to hearing updates from Mr Heaton and Miss Fuller as the week progresses and we will share photos and updates via our school's Facebook page during the week.

### Teacher Only Day

On Friday 16th June all staff from Cambridge schools and many early learning centres came together for a day of learning and connection. This event was held at Sir Don Rowlands Centre, Lake Karāpiro, a culturally significant place for Ngāti Korokī Kahukura that is steeped in local history. The focus for this day was to deepen our understanding of mana enhancing practice and the curriculum refresh.

Wishing you all a great last week of Term 2 heading into the school holidays.

Noho ora mai,  
Daryl Gibbs

## Vaping

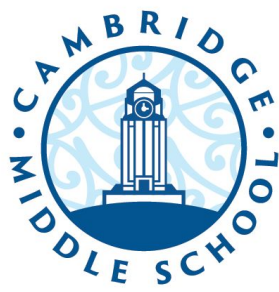
Cambridge Middle School is deeply concerned about the increasing numbers of children across New Zealand that are vaping and of incidents involving students vaping on school premises. In this newsletter we aim to provide parents with the necessary resources to address this behaviour and inform them of the potential consequences if their child engages in vaping at school.

The negative health effects of vaping on students are significant, and many parents are not aware of the risks associated with this activity. Vaping involves inhaling a vapour produced by an electronic vaporizer or e-cigarette, which can contain nicotine and other harmful substances. These liquids come in various flavours and are often marketed to look like candy. Vaping devices come in different shapes and sizes and can be easily hidden in backpacks or clothing. Although stores cannot sell vaping items to those under 18, students report purchasing them online or from older siblings, friends, or even parents. Students may vape due to nicotine addiction, peer pressure, or curiosity, but it can harm brain development and negatively impacts the school environment .

Cambridge Middle School prohibits vaping for both students and adults, and there are consequences for those who violate this policy. The school’s goal is to partner with parents to educate students about the dangers of vaping and help them make positive decisions. We encourage all whānau to discuss vaping with their children.

Additional parent resources:

- [Supporting Parents/Vaping Facts](#)
- [Sunday Programme TVNZ info on vaping](#)
- [Parenting Place/How to talk about Vaping](#)
- [Don’t Get Sucked In](#)



# Reporting @ CMS

Our mid year reporting to parents is made up of three main components: your child's Mid Year Report; your child's Seesaw profile; and their Parent/Teacher Conference. We believe that these three reporting components will give you the most accurate snapshot of your child's achievement thus far.

On Wednesday 19th July your child's Mid Year Report will be shared with you through their Seesaw profile. We ask that you take the time to look at their Mid Year Report and all the samples of your child's work on Seesaw and Google Classroom. Then please ensure you book a Parent/Teacher Conference for Monday 24th July or Wednesday 26th July to come and celebrate your child's learning. These conferences will be an exciting opportunity to sit down with your child's teacher and your child. Booking details will come out next week so keep an eye out for this email.

For those who are new or still unsure about what Seesaw is please read on. Seesaw is our school platform to show students' learning and experiences through interactive real time reporting throughout the year. Our purpose for using our real time platform is to create a three way learning partnership between our parents, students and teachers in a timely and authentic way. You will have access to both your child's classroom and specialist learning through the Seesaw platform.

*Here are our CMS tips for getting the most out of your child's Seesaw profile:*

1. Check Seesaw regularly.
2. You'll get notifications about new entries in your child's journal and can respond to their work. Customize your notification preferences in Account Settings.
3. You can celebrate your child's classroom success and help to encourage the skills your child is working on in class outside of school.
4. We encourage you to use Seesaw as a conversation starter with your child to discuss their learning and experiences at CMS.
5. Communication through Seesaw will be personal from the teacher. Whole school communications will be sent by email through the School-Links platform.





# TECH HACKS

## with attitude

### The internet is like a city

There are heaps of fun things to do. You can meet up with friends or make new ones. Visit the arcade or the park. Go shopping. Outrun trains... okay maybe only online.

But like any city there are dodgy parts too. Like dark alleyways, sketchy shops and suspicious people.

This is your tour guide of how to enjoy living in this online world. You want to be able to explore and have a great time. But you want to avoid the dodgy parts of town. Here are 4 'do's and don'ts' when journeying through the online metropolis

### Happy Exploring!



#### Don't troll

#### Do be positive

If you wouldn't say it to their face don't send it. Instead choose to be positive! You wouldn't run around the street yelling mean stuff at people. So don't do it online.

#### Don't explore by yourself

#### Do ask for tech support.

We all need help from time to time from online experts like Netsafe. But the best experts are people who know you the best. Like your family.

#### Don't get trapped in the vortex

#### Do disconnect sometimes

Too much of a good thing isn't a good thing. Give yourself a break. Disconnect from the screen and connect with the world. Sometimes a couple of days away from the city gives you the break you need.

"I found out there was a group chat that my friends were in who were roasting people at my school... even me! I was super gutted so I asked my mate about it and they were pretty embarrassed and stuck up for me after that. I think that talking to people instead of about people is always the best way to go." - Judah, Year 8

#### THINK BEFORE YOU POST

#### 3 pātai to ask yourself before posting anything

1. What if a stranger sees it?



2. What if my friends see it?



3. What if my whanau sees it?



#### Did you know?

Online harrasment is illegal in NZ due to the Harmful Digital Communications Act 2015



# INTERNET SURVIVAL FOR PARENTS

**You are the first generation of parents having to ask questions like should my child have a Discord? Is it okay for them to keep their phone in their room overnight? What are V-Bucks and why does my kid want to buy them?**

Maybe you feel overwhelmed by this. But we'd like you to remember something. You have a more advanced device than any laptop, tablet or phone... your brain! Even though AI is bordering on post-apocalyptic sci-fi levels, you still have more wisdom than Google. Even though the algorithms are gathering data on your child to deliver them tailored content, **you still know your child far better than the internet will.**

**DID YOU KNOW? - The number one reason that young people don't tell their parents about bullying or seeing disturbing content online is that they are scared of losing their online privileges.**

## What is your Digital Parenting Style?

### THE FIREWALL PARENT:

Lots of rules. Children either grow up without knowing what YouTube is (very unlikely) or they access technology without the parents knowing. They bypass the firewall. Strict parents tend to make sneaky children.

### THE OPEN SOURCE PARENT:

No rules. No boundaries. Go for it. Oh you want an iPhone? Here have mine. You maxed out my credit card buying Robux? Here's your own one.

### THE BLUETOOTH PARENT:

You are connected to your child. No matter what you always stay connected to them. You give them a little bit of freedom in some areas but have strong boundaries as well. Bluetooth works when two devices are close.

**DID YOU KNOW? - 71% of NZ young people who have seen porn were not seeking it out when they first saw it**

## What does it even mean?

'We On' - Sounds good

'CAP' - lies/untrue

'L' - loss or defeat

'MMITB' - My Mum Is The Best

## Hot Tips:

### PARENTAL CONTROLS:

Internet, that you pay for, should be a privilege for everybody else in the house. A privilege that can be earned by cleaning their room, walking the dog or clearing up the dinner dishes. Another way to take control of the home wifi is to purchase a parental control wifi router. You can also use apps that give parental controls over device use. Simply Google "parental controls"

### GET INVOLVED.

Embrace technology and step into your child's world. Install the apps your child spends most of their time on. With your adult brain you will see the potential risks and it may alleviate your fears. Let them be the expert and they'll get excited and before they know it they've disclosed all of their secrets "villainous chuckle"

### TEACH THEM TO SWIM.

Don't chuck them in the deep end and assume they'll figure it out. Start shallow end. With social media and internet use you can be your child's coach. Introduce them to social media before their friends do.

### MAKE A CONTRACT.

Parents love contracts. Kids love contracts too because then they feel like they had some say in the rules. They can also agree on what the consequences may be if they break the contract. Let your child know that if they talk to you about anything they've seen online that you won't overreact immediately. In fact, you could agree that your first instinct will not be to take away or limit their device use.

**DID YOU KNOW? - 71% of NZ young people think there should be MORE restrictions for them**

## Who is Attitude?

These friendly faces make up the Attitude team which has been delivering programmes in schools for over 25 years. We are known for our presentations which are engaging, inclusive, informative and inspiring. We deliver these to over 175,000 students annually across NZ.

**[www.attitude.org.nz](http://www.attitude.org.nz)**





# Community Notices



## AIR TRACK TUMBLE CLASS CAMBRIDGE MIDDLE SCHOOL

inspiring students to achieve goals



Term  
3

Tuesday 3:15-4:15pm. in hall  
18th July to 12th Sept 2023

With graded certificate!

**\$125**



Book online at

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

Call Marie **0211705426**  
for more information

THE KIDS  
**Empowerment  
Coach.**



confidence : happiness : calm : positivity : communication : resilience

## EMPOWERED YOUTH: UNLOCKING POTENTIAL AND BUILDING RESILIENCE

Parents of Youth Aged 10-14, this is your chance to empower your child!

Join The Kids Empowerment Coach, Laura Wallace, for an engaging and transformative 2-day workshop.

- Date: July 11th and 12th
- Time: 9am to 2pm
- Venue: Cambridge Middle School, Clare St, Room 18
- Investment: \$279 - limited to 10 places

Workshop Highlights: ✨ Boost Confidence and Self-esteem ❤️ Strengthen Friendships 🗣️ Enhance Clear Communication Skills 😊 Manage Worry and Overthinking 🧘 Cultivate Resilience

Empowered Youth will equip your child with the essential life skills they need to thrive in today's world.

Invest in your child's future. Let's empower them for success!

PLEASE HEAD TO [HTTPS://EVENTS.HUMANITIX.COM/EMPOWERED-YOUTH-WORKSHOP](https://events.humanitix.com/empowered-youth-workshop)

TO GRAB TICKETS TODAY!

[www.thekidsempowermentcoach.com](http://www.thekidsempowermentcoach.com) : +64 21 032 9923 : [hello@thekidsempowermentcoach.com](mailto:hello@thekidsempowermentcoach.com)



After school

## Dance & Drama Classes

0273875702

[ppamnz@gmail.com](mailto:ppamnz@gmail.com)

- ✓ Fun & Engaging
- ✓ Affordable Fees
- ✓ Build Confidence
- ✓ Make New Friends
- ✓ Everyone Welcome
- ✓ Join At Any Time



**Rebekah Robertson**

is a fully qualified, registered & certificated teacher with extensive Performing Arts experience.

**Wednesdays**

Cambridge Scout Group Hall  
1 MacLean Street, Cambridge

3.30pm-4.10pm Dance & Drama Ages 4-7  
4.10pm-5.00pm Drama & Acting Ages 8-14

Enrol at [ppamnz.com/enrolment](http://ppamnz.com/enrolment)



Website: [kellysports.co.nz/waikato](http://kellysports.co.nz/waikato)  
Contact: Kim & Mark Lines  
Email: [waikato@kellysports.co.nz](mailto:waikato@kellysports.co.nz)  
Phone: 07 839 9017  
Facebook: @KellySportsWaikato

## JULY 2023 HOLIDAY PROGRAMME

SOUTHWELL, TE TOTORA, FRANKTON,  
HOROTU AND HAUTAPU SCHOOLS

WEEK 1	Mon 3 July	Tues 4 July	Wed 5 July	Thurs 6 July	Fri 7 July
	<b>MEGA MANIA MONDAY</b> A month of mega games! Man Hunt, Monsters, Master Tag, Minifield, Multi-sports and more!	<b>MASSIVE MULTI-SPORTS</b> So many sports, so little time! Which one will you choose to play? Come and take part in a massive jam-packed morning full of fun!	<b>FOOTBALL CUP DAY</b> Come and try your Football skills and some cool football games at our Football Cup Day.	<b>NEW SPORT FUN</b> Discover loads of new sports. Have fun giving Aerobics, Ultimate Frisbee, Yoga & more a go.	<b>MID-WINTER XMAS</b> Let's bring some winter cheer by having a Mid-Winter Christmas! Have a holly jolly time as we celebrate together!
	<b>CRAZY TAG</b> Meet some new friends today! Team up for some great team tag games. Crazy Tag, Tug of War, Ropes Tag, Octopus and more.	<b>WEARABLE ARTS</b> Be creative and dress up your clothes in newspaper to make a fashion statement! Judge the kids in the best catwalk show!	<b>BASKETBALL</b> Bounce, dribble and dunk who is the ultimate champion? Basketball games.	<b>KIDS VS COACHES</b> Today is the day to find out who is the ultimate champion! You or the coaches? Join forces with your friends & battle it out against our awesome Kelly Sports coaches!	<b>CHRISTMAS CREATIONS</b> Join us for an arty and create some cool Christmas paper plates and glittering Christmas tree decorations.
WEEK 2	Mon 10 July	Tues 11 July	Wed 12 July	Thurs 13 July	Fri 14 July
	<b>FORT BUILDING</b> Definitely a kid's favourite! Build cardboard box forts, then smash them down in a team! Dodgeball War!	<b>BEAT THE WINTER BLUES</b> Play lots of high energy games to keep us warm. Dodgeball, team relays, Four Corner Soccer and lots of tag games.	<b>BALL SPORT EXTREME</b> Give a whole lot of ball sports a go and learn some new skills and games.	<b>MATARIKI GAMES</b> Celebrate the start of the Matariki New Year by playing Traditional Maori Games.	<b>PUBLIC HOLIDAY</b> Happy Matariki!
	<b>BOX TOWER</b> Let's recycle our boxes from this morning! In teams, create a massive box tower! Who can build the tallest tower?	<b>BUBBLES AND SLIME</b> Make bubble wands and see who can blow the biggest bubble. Then it's time to have fun with slime!	<b>KELLY SPORTS FAVES</b> Watch! The kids love the Kelly Sports favourite games. Octopus, King of the Ring, Run the Courtyard, Rapid Fire, Ball Tag and Rob the Nest.	<b>MATARIKI CRAFT</b> This year let's make a Kite and Tiki. Then finish the holidays with a Matariki colouring competition.	<b>PUBLIC HOLIDAY</b> Happy Matariki!

FULL WEEK: \$280 FULL DAY: \$57 HALF DAY: \$38  
8am-6pm (Mon-Fri) 8am-6pm 8am-1pm or 1pm-6pm

SUBWAY LUNCH AVAILABLE AT HAMILTON VENUES ONLY - PLEASE BRING CORRECT CHANGE  
6" SUB & A COOKIE FOR \$6 (\$7 FOR CHICKEN)

7:00AM-8AM EARLY START AVAILABLE AT FRANKTON AND TE TOTORA VENUES ONLY - \$8 PER DAY

**General Information:** We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. We provide quality childcare in safe and fun surroundings for children out of school. Our holiday programme is focused around sports, games, and outings to local attractions. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

**Who can attend:** Children aged 5-13 yrs.

**What do you need to bring:** Shoes and appropriate clothing, jacket or sweater, hat, drink bottle and food.

**Food:** Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12:30pm to 1:00pm each day.

**Programme activities:** Programme activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Programme activities may vary without notice dependent on weather conditions and programme numbers.

**Payment details:** Payment is required before the holiday programme begins. An invoice will be issued when a completed booking is received. All payment details will be included on the invoice.

**Work and Income OSCAR Subsidy:** Parents / caregivers that meet certain criteria will be able to access a WILNZ subsidy to help cover the cost of our programme. Visit [www.workandincome.govt.nz](http://www.workandincome.govt.nz) for more information.

**Please note:** Every care will be taken to ensure the safety of your child/en and their property. However, organisers of Kelly Sports accept no liability for any injury sustained by your child/en or any loss or damage to his/her property whilst at a programme. If your child/en are collected late after the conclusion of the programme you will be charged \$20 per 15 minutes or part thereof.

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SUBSIDIES AVAILABLE!

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**KELLYSPORTS.CO.NZ**