

TEACHER ONLY DAY - FRIDAY 31ST MAY 2024



WELCOME

Certainly was a cold week to entertain the idea of the Tough Guy & Gal Challenge but our kids smashed it. This is a super event that really pushes kids outside their comfort zones.

Our school took a contingent of almost 150 kids to this event. It was great to see a large amount of parent support that came along to.

BOOK WEEK

Well that was one amazing Book Week. With the increase in technology and the fact that kids are so busy these days it does mean there is less and less time put aside to read your favourite book. It is well known that reading improves your written comprehension, vocabulary and knowledge but other studies have shown that it also has benefits for both your physical and mental health. Similar to doing

yoga, reading can reduce stress and has been shown to reduce a person's blood pressure and heart rate. Books remain a massively important part of life and should continue to be enjoyed.

JUMPING JUNE

We are super excited to let you in on a little secret. This year, Lytton Street School will be taking part in Jumping June. This is a charity fundraising initiative through which we hope to raise much needed funds for The Heart Foundation. The Heart Foundation is New Zealand's heart charity, leading the fight against heart disease.

All students will receive their own skipping rope and will spend the weeks leading up to our 'Jump Day' learning new skipping skills and tricks as well as raising funds for The Heart Foundation. On 'Jump Day' all students will be given an opportunity to show off their new skipping skills and skip alongside their fellow classmates, friends and students. If they feel game enough, they may even challenge their teachers to the double dutch!

Funds are raised through an online fundraising platform. All students who fundraise \$10 or more will be able to select from an awesome bank of prizes. The more money the students raise, the better the reward.

This is an awesome initiative and we look forward to raising as many funds as we can for The Heart Foundation. More information will be sent home with your child tomorrow.

TEACHER ONLY DAY

A reminder that our school is hosting many others from the region on Friday 31st May 2024. This day will be utilised to expand staff knowledge of brain development and resilience.



TE AO MAORI @ LSS

The third star is Tupuānuku which is associated with food grown in the ground. This star is looked upon during the month of May to indicate that the summer harvest has ended, and winter is near.

You can look upon this star and set an intention to get out into your vege garden. June is a great time to plant winter vegetables such as spinach, silver beet, lettuce, onions, and peas. Homegrown kai that can be shared with whānau and friends.

OPPOSITIONAL DEFIANCE DISORDER (ODD)

Oppositional Defiance Disorder (ODD) can be challenging for children and parents. Understanding it is crucial for effective management. ODD is characterised by a pattern of angry/irritable mood, argumentative/defiant behaviour, and vindictiveness. Here's some ideas for how parents can support their child with ODD.

1. Educate Yourself: Learn about ODD, its symptoms, triggers, and treatments. Knowledge empowers support.
2. Stay Calm and Patient: Respond calmly to defiance to prevent escalation.
3. Set Clear Boundaries: Establish consistent rules and consequences. Predictability helps children with ODD feel secure.
4. Positive Reinforcement: Praise good behaviour to motivate appropriate actions.
5. Communicate Openly: Encourage your child to express feelings. Listen empathetically and guide them towards healthier expressions.
6. Seek Professional Help: Consult a mental health professional for diagnosis and treatment.
7. Take Care of Yourself: Practice self-care and seek support from family, friends, or support groups.
8. Understanding ODD and implementing these strategies can lead to a more harmonious family life. At LSS we are keen to support you and your whānau to learn more about managing ODD.

ATHLETICS AWARDS

Congratulations to our Lytton Street School and Interschool Athletics award winners from Term 1. These winners were officially recognised at our Sports Assembly last Friday.





PARAFED
MANAWATU
DISABILITY SPORT



MASSEY
UNIVERSITY
UNIVERSITY OF NEW ZEALAND



MANAWATU
SPORT AND
RECREATION
SERVICES

WICKED WEDNESDAY

WHAT WE OFFER...



BOCCIA



ADAPTIVE ROWING



TABLE TENNIS

+ MUCH MORE PLAY AND SENSORY EQUIPMENT SUITABLE FOR ALL AGES AND ABILITIES

What is Wicked Wednesday's?
Wicked Wednesday's is an inviting and inclusive space where individuals of all abilities can come together to play, engage, and connect by participating in a variety of activities and sensory experience

Why us?
ParaFed Manawatu are a fun, loving, and engaging team focusing on providing a fun, family like environment for all to come have a go and have fun in!

When and Where?
At Massey Recreation Centre - Every Wednesday 5:30-6:30pm, Starting from the 5th June!!

Fostering
Life long
**PLAY & ACTIVE
RECREATION**



