

# CLENDON PARK SCHOOL NEWSLETTER



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TERM 4 WEEK 2



**SCHOOL CLOSED: MONDAY 23 OCTOBER LABOUR DAY PUBLIC HOLIDAY**

## PRINCIPAL'S MESSAGE

### CYBER-BULLYING: WHAT PARENTS CAN DO ABOUT IT

#### What is the Problem?

According to a recent study, our children can be the target of bullying on-line. The results of such bullying can be just as devastating.

As parents, we need to be aware that cyber-bullying may be occurring in our homes without our even knowing it, and we must do our best to protect our children from cyber-bullies.

#### What is Cyber-Bullying?

Cyber-bullying is the spreading of embarrassing, humiliating, harassing, or damaging communication via the internet or via cell phones by text or picture messages. Cyber-bullying has resulted in skipped school and ruined friendships

Ideally we would like to minimize our children's chances of being the victim of cyber-bullying.

But the problem is huge and chances are that our children will experience cyber-bullying at some point during their school career. If they do, we want to maximize the likelihood that they will come to us or a trusted adult to help them deal with it.

#### What Can You Do?

While nothing can guarantee that our children will not be cyber-bullied, there are many things parents can do to lessen the likelihood that it will happen and to minimize its effects if it does occur.

#### Parents can:

- maintain open and honest communication,
- teach about Internet safety and cyber-bullying,
- build self-confidence,
- establish enforceable rules,
- and keep the computer in a central easily monitored location.

#### Listening

Listening is probably the most important tool we can use when helping our children to deal with bullying – or most anything else, for that matter.

The skill of active listening encourages our children to keep talking and get beneath surface chatter. In its simplest form, active listening is total focus on the child and reflecting back in a tentative non-judgmental way what we think s/he is saying or feeling.

By listening, rather than leading the conversation, we give our child the time, attention and security necessary to get to the bottom of the real issues.

#### Discussing

We need to keep the conversation going with our children regarding the dangers – and fun – of the internet. Revisit the issues periodically to keep the lines of communication open about cyber-safety; remember that as your children grow, the issues that they face on-line will continue to change.

As you talk with your children, ask questions – not ones with “yes” or “no” answers, but “what do you think of...” or “tell me about...”

#### Detecting Cyber-bullying

We as parents need to be alert to the possibility that our child is being cyber-bullied. We need to look for changes in our child's behavior and determine if s/he is:

- spending more or less time online,
- avoiding school or activities,
- appears depressed,
- or frequently switches screens when someone walks in the room.

If you think your child is being bullied, talk to your child in a clear, straightforward, and honest way about the situation. Your child needs to know you and other trusted adults are strong sources of support and help.

## BELL TIMES

8:55am	School starts
10:55-11:15	Interval
12:45-12:55	Lunch eating
12:55-1:45	Lunch playtime
3:00pm	End of day

## IMPORTANT DATES FOR TERM 4

### Week 2

20.10.23 TWA Mufti Day

### Week 3

23.10.23 Public Holiday - Labour Day

### Week 4

30.10.23 CPS Athletics Day  
31.10.23 Halloween Mufti Day  
01.11.23 Counties Touch

### Week 5

06.11.23 CCSA Athletics

### Week 6

13.11.23 Teachers Only Day School Closed



Follow our two school pages for frequent updates.

Clendon Park School | Te Whānau Āwhina Clendon Park School



COMITTMENT + PRIDE = SUCCESS

# TAUTUA MO TUPULAGA

## TAKE ON ROTORUA



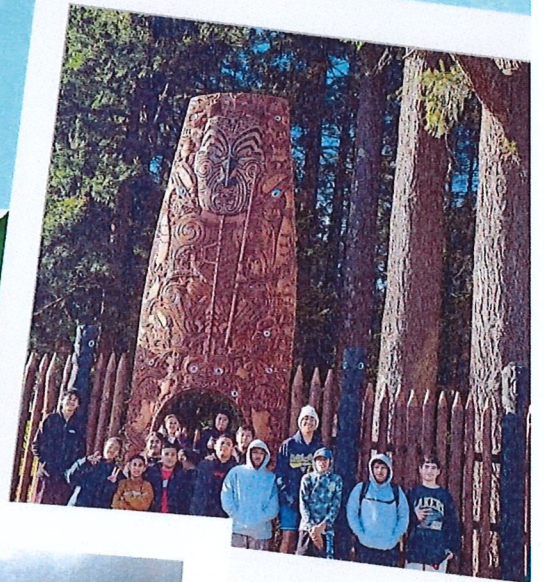
Adrenalin Forest



Rotorua Gondola



Rotorua Luge



Redwoods Treewalk

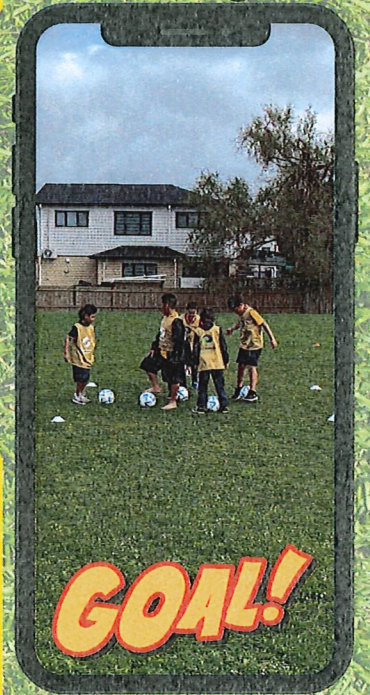
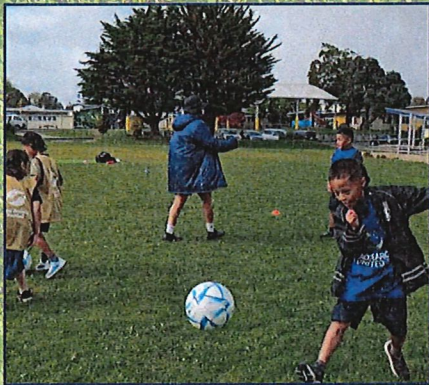


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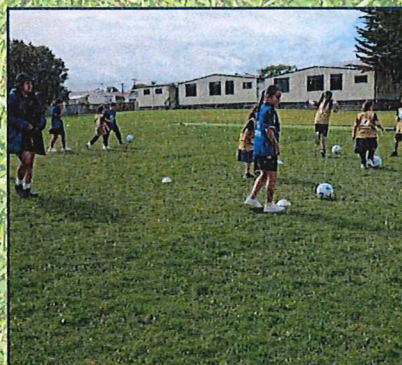
# CPS SOCCER-MANIA

It is wonderful to hear that Whaea Mahalia will be taking junior school students for soccer lessons over the next five weeks. This opportunity will provide students with a chance to learn new skills, improve their teamwork abilities and engage in physical activity.



Soccer, also known as football, is a popular sport played around the world. It involves two teams of eleven players trying to score goals by kicking a ball into the opposing team's net. Not only is soccer a fun activity, it also provides numerous health benefits such as improving cardiovascular fitness, building strength, and enhancing coordination.

Having Whaea Mahalia as the instructor for these lessons is an added bonus. With her expertise and knowledge in soccer, students are sure to receive a high-quality learning experience. Her guidance and support will help students develop their skills in a safe and enjoyable environment. Overall, this is a great opportunity for junior school students to learn new things, make new friends and have fun.



SCHOOL COMMUNICATION

COMING  
SOON

TE WHANAU AWHINA  
PRESENTS

MUFTI

day

WEAR YOUR FAVOURITE  
BRIGHT COLOUR

FRIDAY 20TH OCTOBER, 2023



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