



Glen Eden Intermediate School

Kia Ora and Greetings

Dear Parents and Caregivers,

Our Students have done a fantastic job raising money for Christchurch Schools. At our Red & Black day last week we raised \$3,700.00 and that number is climbing. Some of our mini schools have held a bake day and some a raffle for an iPod. That figure will grow to help Canterbury Schools in need. The Auckland Primary Principals, on behalf of schools, gave over \$45,000 in September and we hope to double that this time. I heard yesterday that eighteen schools are out for a long period. 9000 Secondary and Primary school students have no school to go to! This terrible disaster I'm sure is a trying time for those families. We have enrolled six great students who have come to Auckland to be with friends and relatives.



<http://www.youtube.com/watch?v=vUQDM4kiAKY>

All Red & Black Day:

Our students are probably all talking about the YouTube video clip they saw on Cactus which some of our students made with Mr Diprose. This video will go out to schools, we hope, all over the world. The Donations will go to Red Cross.

Take time to have a look at this moving piece from a Fantastic group. Well done Students!

Swimming Sports:

The Year 8 and 7 swimming sports held over the last two weeks were great to attend and to listen to the Mini School chants. Each Mini School displayed their colour and lost their voices chanting for their team. Well done students. Many thanks to parents who came and watched and cheered their children along the way.

Swimming Sports Results:

1st Place: Te Henga

Total Points: 7402

Year 7's - 3829 Year 8's - 3573

2nd Place: Piha

Total Points: 7303

Year 7's - 4153 Year 8's - 3150

3rd Place: Muriwai

Total Points: 6998

Year 7's - 3956 Year 8's - 3052

4th Place: Karekare

Total Points: 6781

Year 7's - 4113 Year 8's - 2668

Top Swimmers:

Senior Boy: Jarrod Mincham

Senior Girl: Taylah Inansci

Junior Boy: Jackson Dawson

Junior Girl: Briana Coury



Glen Eden Intermediate

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www.geis.school.nz

Coming Events

Maori & Pacific Island Hui 6.00 pm	Thursday 17th March
School Social 6.30 - 9.00 pm	Friday 18th March
Board of Trustees Meeting 6.30 pm	Wednesday 23rd March

From My Principal's Digest *A Note for Parents and Caregivers*

The Importance of a good night's sleep for the new school year

Getting a good night's sleep often comes down to routines. Avoiding late-night technology use and keeping a regular sleep schedule are two important techniques as children head back to school. Recent studies found that adolescents used multiple forms of technology late into the night, including gaming systems, cell phones and computers. As a result, they had difficulty staying awake and alert throughout the day. Any factor that decreases the quality or quantity of sleep will lead to difficulty with school performance and poor behaviour problems. When children stay up late at night texting in bed or playing computer games, they are increasing their

risk for neuro-cognitive problems. According to research, having a regular bedtime was the most consistent predictor of positive developmental outcomes in four-year olds. In this 8,000-person sample, language, reading and maths scores were higher in children whose parents reported enforcing regular bedtimes.



Disrupting the normal sleep pattern, whether with technology or not, can reset the brain's circadian clock. A common problem, staying awake late and

sleeping in on the weekends, can make it difficult to fall asleep and wake-up during the week, so it is important to maintain a consistent schedule all week long.

The number of nightly sleep hours required by children varies by age. In general, five-year olds should get 11 hours of sleep, nine-year olds need 10 hours and 14-year olds require at least 9 hours.



Medical Centre:

Please remember to update your contact details with the school should they have changed recently. This is especially important with emergency contact details. Thank you .



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T.N.T

Congratulations to the following students who interviewed and made it into TNT this year! It's going to be an exciting year, with TNT running at both break times and lunch times every day. Don't forget to tune into 87.8 TNT!

Gabrielle Rm 18
Jack Rm 2
Harrison Rm 5
Ella Rm 5
Amber Rm 5
Zoe Rm 4
Shayna Rm 6
Alena Rm 9
Mikayla Rm 9
Olivia Rm 4
Caitlin Rm 4
Luca Rm 21
Max Rm 4
Caitlin Rm 8
Chavaun Rm 27
Connor Rm 18

Maddy Rm 18
Kyle Rm 11
Summer Rm 5
Milly Rm 9
Chelsea Rm 27
Renee Rm 5
Tom Rm 13
Kizzie Rm 21
Jonty Rm 4
Sarah Rm 4
Amaya Rm 9
Courtney Rm 9
Sapphire Rm 30
Tamara Rm 7
Ariya Rm 15



Principal's Honour Roll

Congratulations to the following students who are recent Principal's Honour Roll recipients:

Natasha van Etten	Dayner Patten
Tayla Hughes	Harrison Gee
Mitchell Savage	Estella Nelson
Ellie Mynett-Johnson	Ella Walter
Cole Brann	Israel Hunter-Legge
Danielle Twentymann	Anirudh Iyer
Reuben Jenkin	Kage Te Hira
Parsha Bridgeman Davis	Abbey Melsom-Page
Levi Philp	Rowan Hart
Caleb Watling	Maia Fisher Aperahama
Zoe Willetts	Jack Kearns
Leroy Samson	Zenal Mohammed
Madeleine McKinnon	Bianca Crail
Anataia van Leeuwen	Samantha Diprose
Sam Darin	Charlotte Purcell

Community Notices

TUTORING AVAILABLE FOR YEAR 3 TO YEAR 8 STUDENTS in Maths and English. \$40 per hour.
Phone Michael, 027 343 1396, or email michaelgeorge@hotmail.com

"FOR BRIGHT CHILDREN WHO AREN'T LEARNING" For individual tuition specialising in Dyslexia, spelling, reading and comprehension from children through to adults. Phone Denise Price on 838 1219 or Robyn van den Berg on 816 9499.

EXPERT MATHS TUITION LTD.

All levels up to Year 13. Ph 820 3637. www.mathexperts.co.nz

MARIST COLLEGE—

Catholic School for Girls Y7-Y13.

Open Day Tuesday 22 March, 3pm—6pm. Prospective students and parents are invited to view the school facilities and meet the teaching staff.

GLEN EDEN HARRIERS CLUB— WALKERS, JOGGERS, SERIOUS

RUNNERS. Wednesdays 6.15pm (Start date 16th March) for 16 yrs plus.

Saturdays, 2.15pm (Start date 26th March) 7yrs up + Adults.

Contract Mark Battley, 817 2263, Jackie Eastman, 021 148 0721 or Neil Turner, 817 6230.

www.enrichtutoring.co.nz

Give your child a fresh start to the New School Year. Make issues with reading, spelling, writing, study skills and essays a thing of the past. Whether it be a boost to help launch the year right or diagnosing a learning difficulty, ring and make an appointment for an assessment and start them off on the right foot for the school year!

Email: info@enrichtutoring.co.nz or call Sarah 827 8086 and we will design a solution for your child.

KAURILANDS KINDY GALA - SATURDAY 26 MARCH, 10AM-2PM

White Elephant, Refreshments, Family Fun & More...
65 Atkinson Road, 8175249.

"Spaces Available in Titirangi Air Scouts!"

- Come along and check us out at our **Open Day on Sunday 20 March** from 10am-1pm.....lots of fun!
209 Atkinson Road (just below Titirangi Primary) Or come along on our usual evening as follows:

Scouts
Boys & Girls aged 11-16 yrs
Tuesdays 7.00-9.00pm

<http://titirangiairscouts.wordpress.com/>

50th Jubilee Reunion

On the 24th of March at 7 pm, we will be having the first meeting of our Reunion Committee.

The Reunion weekend is scheduled for Friday 4th of November and Saturday 5th of November.

This will be a special 50th Jubilee!

We would like a sign writer to create some signs for us.

Your help would be greatly appreciated.

Phone the office and speak to Mr Hewetson if you are able to assist us. Thank you.



Staff Car Park:

A friendly reminder to parents and caregivers to please refrain from using the Staff Car park before or after school as we need to ensure the safety of all of our students.

Drop offs and pick-ups should be made at the front gate, bearing in mind the road rules regarding the yellow lined area. Thank you for your support of this request.

Kind regards

Terry Hewetson, Principal

Important Information:

Maori &

Pacific Island Hui:

A reminder to all Maori and PI families there will be a meeting to present current Maori and Pacific Island student achievement and GEIS initiatives for 2011 on **Thursday 17th March at 6.00pm**. The meeting will include a performance from the GEIS cultural group and be followed by a light supper. An invitation will be coming out next week. Looking forward to seeing all of our families again.

Understanding Emerging Adolescence:

A good website for parents/caregivers is:
<http://nzcurriculum.tki.org.nz/Ministry-curriculum-guides/Middle-schooling/Learning-environments/Relationships/Adolescence-time-of-greatest-change> by Judith Baenen, this is a good video clip.

Behaviour Expectations

arriving at and leaving School:

A reminder to all students that from the moment you leave home in the mornings to the time you walk into your house afterschool, the school rules and behaviour expectations apply.

While you are in your school uniform, your actions are a reflection of our school and you should all be proud of being a student at GEIS.

Please remember to use your manners and be considerate of the general public while travelling to or from school.



Health Clinic at GEIS

My name is Cara Kelly and I work for Waitemata Health as the Public Health Nurse at GEIS. I have been a nurse for 21 years and have two teenagers and a foster child.

I will be running a clinic on Tuesday mornings at the school for parents and children to visit me with any health concerns they would like to discuss.

If you would like to make an appointment to see me at school please contact Deirdre,

the school nurse,
on 817 0032 ext 726.

I can also be contacted at Waitemata Health on 839 0000 ext 6222.

Email
cara.kelly@waitematadhb.govt.nz