



4 December 2024

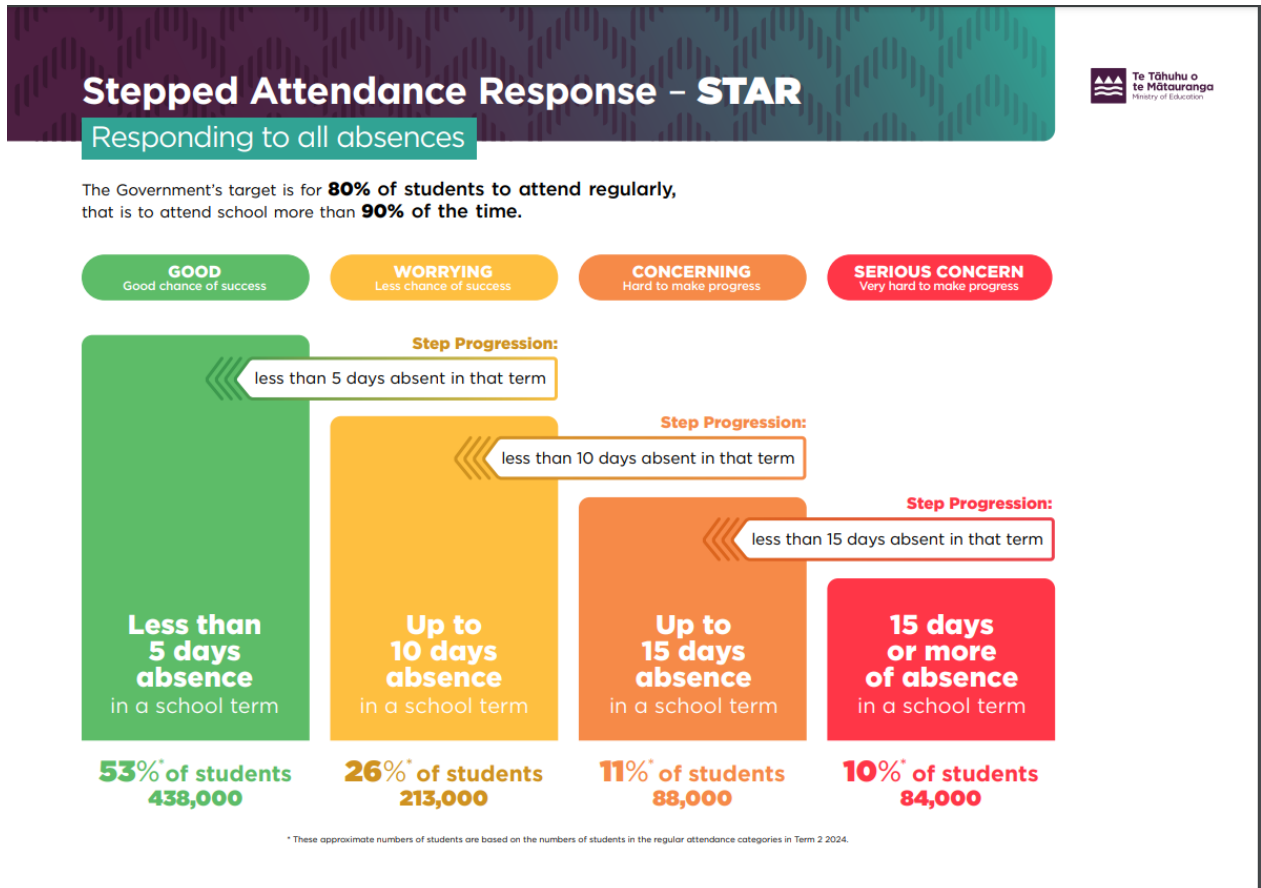
**Tēnā tātou katoa e te whānau**

Dobar dahn, Nabad, Hola, Ciao, Ni hao, Namaste, Valttukkal, Abhinandan, Subhakansalu, Grīṭigaza, Talofa, Bonjour, Χαίρετίσματα, Grüß Gott, Zdravím, Приветствия, Sawasdee, Konnichiwa, Pozdrowenia, Selamlar, Guten Tag, Salaam, Salama Aleikum, Leikum Zdras-Tvuy-Te, Ahn-Young-Ha-Se-Yo, Marhaba, Nay Hoh, Ayubowan, Xin Chào, Kia Orana, Shalom, Buenos Dias, Bom.

**Attendance Requirements 2025**

Every state/integrated school or kura must record student attendance data and provide it the Ministry of Education (M.o.E) daily from Term 1 2025.

The Government’s target is for 80% of students to attend regularly, that is to attend school more than 90% of the time. The graphic below will show attendance categories.



STAR includes notification to parents as attendance moves through the categories (it doesn’t take long to get to the WORRYING stage) with the view of supporting whānau to achieve the attendance target.

As you may be aware absences are classified **justified or unjustified**. Check out the graphic below

Code Group	Sub-Group	Code (Current)	Code (Proposed)	Change
Present	On-site	P - Present	P – Present	No change
		L – Late to class	L – Late to class	No change
		V – Unsupervised exam study	V – Unsupervised exam study	No change
		I – Internal school appointment	N – Present but out of class	Merged to N
		R – Removed from class		
		N – On-site school-based activity		
		S – Sickbay		
	Off-site	C – Justice Court proceedings	D – Approved external appointment	Merged to D
		D – Medical appointment		
		F – Off-site class / course / distance learning	Q – Board approved offsite learning	Merged to Q
		Q- Off-site school organised activity (trip / camp)		
		W – Work experience		
		A – Alternative Education	A – Alternative provision	Merged to A
K – Teen Parent Unit				

Code Group	Sub-Group	Code (Current)	Code (Proposed)	Change
		Z – Secondary-Tertiary Program		
		H – Health camp / health school / residential school		
		Y – Activity Centre		
Absent	Justified Absences	M – Illness / Medical Absence (e.g. Covid)	M – Illness / Medical absence	No change
		J – Explained and accepted	J – Explained and approved	Merged to J
		O – Justified overseas posting		
		U – Stood down or suspended	U – Stood down or suspended	No change
	Exam Leave	X – Exam Leave	X – Exam Leave	No change
	Unjustified Absences	T – Truant	T – Truant	No change
		E – Explained but not accepted	E – Explained but not approved	No change
		G – Holiday during term time	G – Holiday during term time	No change
? – Unknown (Temporary)		? – Unknown reason (temporary)	No change	

## Clyde Quay School – Annual Plan 2025



**Thank you to the families who have responded - we've had 25 responses so far, we have over 140 families at CQS, so please get this done as soon as you can. We will close the survey end of next week.**

Your feedback is very important! We invite our school community to contribute your feedback, ideas, and opinions to ensure we understand what is important to you.

**[Please complete the survey here!](#)**

You can find out more about the Ministry of Education requirements and expectations of school planning on the [Ministry of Education website](#).

You can find more information about our school Strategic Plan 2024-25 and Annual Plan 2024 on the school website [here](#).

We'll take all school community feedback into consideration and a drafted Annual Plan for 2025 will be provided early in Term 1 for further consultation with our school community.

We'd be happy to discuss your thoughts further, or receive detailed feedback via email – [board@clydequay.school.nz](mailto:board@clydequay.school.nz)

Clyde Quay School Board

# Reminder

## Whaea Liz's Farewell

"There is a signing book for parents, whānau and the community to leave messages of gratitude and well wishes for Whaea Liz before she finishes up at the end of the term. The book is at the school reception for the coming weeks, before it is presented to her at assembly on the 10th December."



# MĀ TE WĀ WHAEA LIZ

Help us give Whaea Liz a memorable send-off!

TUESDAY

**10TH**

DECEMBER 2024

12:30 PM START

Wellington East Girls' College Hall

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# Community Picnic



"We will be having a community picnic at Clyde Quay School on Thursday 12 December from 5.00pm-7.00pm. This will be your chance to say your final farewells to Whaea Liz.

Bring your own picnic food, drink and join us to celebrate Whaea Liz.



## IMPORTANT LIBRARY REMINDER!

### **ALL BOOKS ARE DUE BACK THIS WEEK**

This is so they can be included in our stocktake and be back on the shelves ready for borrowing again next year.

**Please help your child remember them**

If you need to know what books your child currently has to return, or need to get in touch about lost books please email me at:

[school.librarian@clydequay.school.nz](mailto:school.librarian@clydequay.school.nz)

Thank you  
for supporting our wonderful  
library!



In Ngaio we have been learning about explanation writing. We used what we know about stress to create texts that can help others to deal with tricky times or situations. We have tried to hook in our reader at the start by describing very stressful situations people can face. We have also tried to organise our writing in paragraphs and use a variety of sentence openers and lengths to keep the attention of our reader from start to finish. We hope you enjoy reading Francesco's and Evie's writing. They worked so hard on this task and should be super proud of themselves.

Anya and Joseph

## How To Deal With Stress

Imagine that one day you woke up and you couldn't find your chromebook. Then when you looked up at the clock you found out it was 8:55! You quickly packed your bag, unfortunately forgetting you still didn't have your chromebook. When you got to school you peered into your backpack and saw that your water bottle had leaked and everything in your bag was drenched and soaking with water, you had also forgotten to pack your lunchbox. As you stared down into the wet mass that was your stuff you noticed your homework, the paper was wet and broke at the slightest touch and the words were no longer readable! You felt like you could melt on the spot like an ice cube left out in the blazing sun. Stress was overloading you. But what even is stress? Stress can be when you're under pressure and it can show in many more ways. It can also be when you get really worried and feel like you can't do what you want or need to do. A little is ok, a lot is not.

Causes of stress. The causes of stress will be different for each of the age groups, different for each person. For adults it's mostly stuff like rent, mortgage, bills but for other people it might be something like relationships, something on the news, or it could be money and other stuff around that area. Most of the time adults are the ones having more stress than the kids but that isn't what happens all the time.

The causes of stress for kids will be different from adults because they usually have less responsibility so the kids have less things to worry about. For kids the causes of stress are mainly stuff like friendship problems, homework or deadlines and more but there's also times where you can't find your parents and get really stressed about that too.

Signs of stress. Some signs of stress are when your heart might beat a bit or way faster, you might say negative things in your head about yourself example "I can't do this". There's also a chance that you'll get really easily agitated. Also some things like sweating a lot for example can also show that you're stressed, your speed at breathing will change, and those are some of the signs of stress.

How to respond to stress. There are many methods to help you respond to stress. Here are some examples, you could do five finger breathing (a breathing technique), you can think of happy thoughts or talk to a trusted adult. Stress forms in many many different ways so you just have to find the right method that works for you.

The main points I have explained here are that stress can be different to everyone. You just have to find out the way you can deal with it. By Evie L.

Stress is when you feel frustrated and hectic or even sad. For example imagine you are late for work and it's far away but you forgot your keys so you think maybe I can go back home to get the car keys. But you remember your wife has the house keys so you reach into your pocket to get your iphone but you realise that your iphone is at one percent so you speed to call an uber but... your phone DIES!!! So you have to walk to work ( also remembering that you don't have a snapper card ) and it starts to rain...

HEAVILY.

What you are experiencing is called stress.

**Children:**

For children there are many causes of stress. One of the biggest causes of stress is homework because you can worry about not finishing in time or getting an F minus but don't worry too much or you will start stressing a lot and that is not a good thing so try to think less about it.

**Adults:**

For adults there can be a lot of causes of stress. One of the most common causes of stress is work, mostly because most jobs are in enclosed spaces and enclosed spaces aren't healthy because they can cause sweating and headaches - causing stress. Also if you can't pay your rent because you can't pay for it so you decide to work overtime and that will only cause more stress

**Signs of stress:**

Signs of stress like sweating and headaches can be caused if you're playing a sport for too long while listening to 80's pop music for eleven minutes straight and believe it or not that happens every time I go to a sports lesson, it also makes me dizzy and have a fast heartbeat. Also if some people (mostly adults ) stress too much they might even lose their hair!!!!

Did you know that there are ways to respond to stress?!

For example, I like to draw and play video games. They really help me relax. Sometimes I even meditate. I highly recommend finding a hobby or things that you like.

**Like:**

- \*cooking
- \*hiking
- \*sleeping
- \* lego

**Conclusion:**

Stress is a common thing and you just have to learn how to deal with it. Find strategies that work so you maintain a good source of well being. Just try not to think about it.

By Francesco

# School Calendar

<b>Term 4</b>	
<b>14 October—13 December 2024</b>	
<b>5 December</b>	Y8 celebration
<b>6 December</b>	Kindo ezlunch last day for orders
<b>9 December</b>	Board of Trustees meeting
<b>10 December</b>	<i>Formal Assembly for Whaea Liz starting at 12.30pm</i>
<b>11 December</b>	Fun Day Yr 5/8
<b>12 December</b>	Final Assembly—Y8 Leavers and awards 9.10 am start Community Picnic farewell for <i>Whaea Liz</i>
<b>13 December</b>	Last day of Term 4 School finishes at 1.00pm
<b>2025 Term Dates</b>	
<b>Term 1</b>	<b>3 February—11 April 2025</b>
<b>Term 2</b>	<b>28 April—27 June 2025</b>
<b>Term 3</b>	<b>14 July—19 September 2025</b>
<b>Term 4</b>	<b>6 October—17 December 2025</b>



# Interzone Swimming Results for CQS

## 25 Freestyle

Y4

- Erina 3rd

Y5

- Margaux 5th

Y6

- Lily 10th

Y7

- Leon 9th

## 25 Breaststroke

Y4

- Charlie 1st

- Erina 2nd

Y5

- Margaux 6th

Y6

- Lily 10th

- Frankie 4th

Y7

- Leon 6th

## 25m Backstroke

Y4

- Temi 1st

Y7

- Leon 1st

## 25m Butterfly

Y6

- Frankie 6th

## 50m Freestyle

Y4

- Erina 5th

Y6

- Lily 9th

- Frankie 5th

Ngā mihi nui,  
Anyā and Joseph



# Community Notices



## Holiday programme - Harbour City Gymnastics

Looking for some extra time to go get shopping done ? Why not drop your children off at our Christmas themed holiday programme. We'll be running a bunch of fun gymnastics games and activities, and flexing our creative muscles too with festive art projects.

Sessions are running from **9AM - 3PM**  
on **Wednesday 18th, Thursday 19th & Friday 20th**  
**December.**

[You can register via this link](#)

For enrolment information for 2025 gymnastic programmes please contact our office [office@hcg.org.nz](mailto:office@hcg.org.nz) or head to our website <https://hcg.org.nz/>

## English With Allie



### Online After School Lessons for Students:

- ~ Years 5 -10
- ~ Online group lessons (maximum of 4 students)
- ~ Online one to one lessons

**Course 1: Academic Written Language & Skills**  
(For Fluent & Near Fluent Speakers)

**Course 2: Academic English Language (ESOL)**  
(Not Yet Fluent Speakers)

**\*\* Enrolling Now for Term 1 2025 \*\***  
*Limited Spaces Available*



### Allie Rankine:

- Qualified & Registered New Zealand Teacher
- Over 35 years of teaching experience (primary, intermediate, secondary, tertiary & adults)
- Specialising in English, ESOL, IELTS, TESOL
- Former Director of Studies

For more information please contact me at:  
[EnglishWithAllie.teacher@gmail.com](mailto:EnglishWithAllie.teacher@gmail.com)

▣ Mt Vic Hub  
**GiFT SWAP**

# **GiFT SWAP DONATIONS WELCOME!**

## **AVO GiFT SWAP**

**13th Dec** Our gift swap event has the aim of getting a bit of joy out there by supplying folks with holiday prezzies for their loved ones without any money involved.  
**2-5pm**

In order for this to happen though, we need to ask folks in our community to donate any treasures that are looking for a new home. Things like: Clothing, kids toys, puzzles, home ware, and more! We appreciate it all!

**DROP IN OR  
GET IN TOUCH  
ANYTIME!**

24E Elizabeth St Mt Victoria  
hello@mtvichub.org.nz



▣ Mt Vic Hub

**8AM FRiDAY 13  
DECEMBER**



**INTERNATIONAL  
PiKELET DAY**

@ 24E Elizabeth St Mt Victoria