



TERM 1

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C.A.S. Newsletter

Christchurch Adventist School, a member of the NZ S.D.A Schools

BOARD CHAIRMAN'S COMMENTS - From Pr Neil Thompson

Dear Parents and Students,

It is with incredible relief and gratitude that I write to you at the resumption of school today that our school community is safe and well. These last two weeks since the February 22 earthquake have been unparalleled as the full scale of the disaster has been revealed to us. Our school has fared comparatively well receiving only minor damage and not of the sort that will prevent us safely using our facilities now and into the future. Even more remarkable is the fact that our school community has avoided serious injury through this event getting off relatively unscathed. Praise the Lord.

It is great to be a part of a Christian school community that cares for each other. It was gratifying to know in the days after the quake that our principal and pastoral support team had been in touch with families checking on their well being, and offering such assistance as we could. It is always nice to see the practical side of our Christian beliefs being put into action. Another reminder that we are indeed *educating for eternity* not just in the classrooms but in all we do.

In times like these it is good to remind ourselves of the truth of scripture. While it is true that in this world we will have Trouble (with a capital T, see John 16:33) the glorious truth is that God will never leave or forsake us (Hebrews 13:5,6) having promised to be with us to the very end of the age (Matthew 28:18-20). In fact according to the Word of God nothing can separate us from the Love of God. (Romans 8:37-39). And in times like these where our world is literally being shaken apart we can draw huge comfort from this. Beyond this there is also the incredible gift of peace that Jesus promises to give each and every one of us. Jesus says:

I have told you these things so that in me you may have peace... Take heart I have overcome the world. (John 16:33)

Peace I leave with you, my peace I give you. I do not give as the world gives. Do not be troubled and do not be afraid (John 14:27).

These are certainly great promises that we can claim to be ours by faith. Obviously the earthquake affects us all differently. So if you know of anyone in your area of influence who needs help or are able to help in the ongoing rebuilding our community then they can register their situation at the website below and be part of a community helping each other. There are people who have accommodation available now for affected families. It is worth a look: www.earthquake.adventist.org.nz

On behalf of the school board,

Wishing you and your family God's richest blessing and deepest peace,

Pr Neil Thompson
Board Chair

FROM THE PRINCIPAL

Tena Koutou Katoa, Nga mihi atu kia koutou i tenei – Greetings Parents, Students, Friends of the School and Teachers!



Praise God for His protection during the 12:51 pm Earthquake on February 22 over our school families and most importantly for our students.

May I commend the parents and caregivers for your promptness and diligence in collecting your child at school on the day of the earth quake. Many walked to reach their child at school. God had performed a miracle at CAS in that no buildings or structures were damaged. Hence our ability to re-open school once Civil Defense had uplifted its orders.

If parents and students could keep in mind:

Emergency Assembly Area: Basketball Courts. Parents to use Frank Street as the student pick up zone for all emergencies.

Water – The school is providing drinking water, however, we are encouraging students to bring to school from home bottled water. **Sanitizer**: Students have clean water and hand soap to wash hands, however, the school is providing in the classroom hand sanitizer to be used before eating their morning tea and lunch.

Travel – as many other local schools re-open and with limited bus services (currently at no charge), traffic to and from school will increase. Please be patient and anticipate traffic.

HELPING CHILDREN THROUGH TRAUMA – DAVID GOODWIN

1. Children need to be able to talk and ask questions about what happened.

If children have a question and do not feel they can talk about it, the problems become really scary for them. This is true even if there are no real solutions to the problem. Children still need to be able to ask questions and talk about what worries them. Not being able to ask a question or talk about an issue makes problems far worse for children. Bringing things out into the open is the very best thing you can do.

So even if you say to your child, "I don't know" that is 100 times better than the child feeling they cannot talk about it or ask the question.

2. Reassure your children they are safe.

Children need you to reassure them that they (and you) are safe." You do this by taking time to talk about what happened and listening to their thoughts and feelings.

Children have more insight than we sometimes realise. Children may have questions, fears right away, often with children, however, questions and fears will arise several days later. For example, in the recent fires, what they think about may include:

- Inside the rubble that was a building are still many people alive but cannot get out.

- The interviews that have shown people who have lost homes or loved ones or even those not knowing if their loved ones are safe.
- The issues of faith and God and not knowing why this happened
- Will there be a another fire and where will it be?
- The animals that have died in the fire.

Listen to them carefully. More than anything, they need to know you are listening to them and they need your reassurance that that they are okay.

3. Keep doing regular things.

Children find security in doing regular and planned events. To cancel an outing or pull children out of school when a crisis like this hits, can hurt a child's sense of security – especially for younger children. The exception of course is if the child is in danger.

4. Look for symptoms of anxiety

Often children appear to perform very well at the time of a crisis, but can in due course experience some symptoms. These include:

- Anxiety,
- Fear,
- Panic
- Anger,
- Difficulty sleeping,
- Waking throughout the night,
- Nightmares or daydreaming.

You can see these symptoms by:

- Change in appetite,
- Reliving images of traumatic events or dwelling on the event.
- A child may become easily angered or upset or may withdraw or become reluctant to be open or talk.
- Headaches, stomach aches, nightmares, indigestion are common by products of this type of stress.

Any of these symptoms may indicate emotional stress.

5. Control the television

"Tune in for updates and stay informed, but do not let the television reports of this tragedy dominate the atmosphere of your home. It will also help at this time to allow your children to watch their favourite programs or movies."

6. Pray with your children

Talking with your children and listening to them is essential but there is one important thing that we can do as Christians, even when we feel hopeless and the answers seem far away. Praying will provide an answer both for the victims and for your children. Children will feel empowered when they know they can pray.

7. Need Help?

If you have children affected by this tragedy and you would like someone to talk to about how to help them, please do not hesitate to ask. david.kidsreach@gmail.com

CANTERBURY PUBLIC HOLIDAY

The NZ Government and the Christchurch City Council have legislated that Friday 18 March is declared to be a one-off public holiday for those in Canterbury. This is part of the national day of mourning. Hence, school will be closed for instruction.

FRANK STREET PARKING ALTERNATIVE

When dropping off or picking your child up from school, we wish to recommend parents and caregivers to use Frank Street entrance via the Basketball court.

ABSENCE FORM SCHOOL NOTIFICATION

Please ring school (Press Option #1) to notify the school of your child's absence by 9 am.

BECOME A NEWSLETTER SPONSOR!

We are inviting our community to become a Newsletter Sponsor. If you would like to support and promote your business services to the local school community then please contact the Principal.

CHAPLAIN'S COMMENTS - From Pr Tracey



OTHER GREAT PROMISES TO REFLECT UPON

"For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of Sonship. And by him we cry *Abba*, Father. The Spirit testifies with our spirit that we are God's children". (Romans 8:15-16)

"Now if we are children, then we are heirs- heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory". (Romans 8: 17).

"We rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us". (Romans 5:2-5).

"We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed".(2 Corinthians 4:7-9).

"For we fix our eyes not on what is seen, but on the unseen. For what is seen is temporary, but what is unseen is eternal". (2 Corinthians 4:18)

"We do not want you to be uninformed... We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead". (2 Corinthians 1:8-10).

PRIMARY CAMPUS NEWS ITEMS - From Ms Ah-Siu



Primary Family Picnic & Information Evening

On the 15th of February, our school had our information night. First up we had a picnic dinner on the lawn. Each family brought their own dinner and ate it on the field. Next came the treasure hunt, which the children really enjoyed. The three of us had such a cool time running the treasure hunt and giving out the prizes at the end. All the kids got a lollipop for participating and if you got the clues

correct you also got a muesli bar. The prefects were really helpful. They played games with the kids and helped them with the treasure hunt. It looked like they were having fun too. It was a very exciting time and we want to thank Mr Carrasco, Ms Ah Siu and the High School prefects for helping us have a fun evening. Thanks to our parents and our teachers for letting us go to the information evening. We hope we get to have one again. By Elle, Maddi and Emily.

PRIMARY SWIMMING PROGRAMME:

This event will now take place at Rangiora Indoor Pool, 47 Church St, Rangiora (April 4, 5, 7, 8, 11, 12, 14, 15.) Students and teachers will be transported by bus to and from the pool leaving school at 9:45am and returning to school by 1:00pm. Please note the dates your child's class are swimming and ensure your child wears the sport uniform to school on their swim day as well as their normal sport day. Morning recess for swimmers will be at the venue between 10:30 - 11:00 at the teacher's discretion. Lunch will be at 1:00 on return to school. We are requesting assistance with supervision in the changing rooms for our younger students and would appreciate hearing from any parents able to help on any of the days.

*Swimming Times:

P1, P2 & P5 Classes only on Mondays 4 & 11 and Thursdays 7 & 14 April.

P3 & P4 Classes only on Tuesdays 5 & 12 and Fridays 8 & 15 April.

What your child will need for Swimming: two towels, their swimming togs or swimmers in a plastic bag or a swim bag, food for morning tea and lunch as normal, and a bottle of water. As this is a compulsory part of our PE/Health Programme, we expect all students to participate. Exemption is considered and a written explanation is required for medical reasons. Thank you for your assistance and support.

SCHOOL UNIFORM: Thank you for your efforts in ensuring your child wears the correct uniform to school everyday. Please contact the school office if you are unsure or concerned about any aspect of the uniform. Daily uniform checks are being conducted and students wearing incorrect uniform will be issued with a uniform pass for the day. A yellow uniform checklist will also be sent home identifying the incorrect uniform item. To reduce the ever-increasing amount of lost property and to ensure clothing is returned to the rightful owner, we ask that ALL items of clothing be clearly labelled. Please erase the names of previous owner on clothing and replace with your child's name where appropriate.

SCHOOL SUNHAT: The wearing of the School sunhat is compulsory for all Years 0-8 students (school cap for Years 7 & 8 students only). Students without sunhats are asked to remain in the shaded areas only, during outdoor activities, including recess and lunchtime breaks. Please assist us in ensuring your child's safety in the sun.

SUPPORTING YOUR CHILD'S LEARNING

Acknowledgement: "What Teachers Wish You Knew. Parents, pull up a chair: Here's how to help your kids do their very best at school" by Lisa Collier Cool

Learning doesn't stop at 3:00.

You can help the teacher do a better job by encouraging your children to show you something they are working on at school. Every time your children get a chance to show off what they know, it builds confidence.

Let your child make mistakes.

Teachers don't want perfect students; they want students who try hard. Sometimes parents think every assignment has to be done exactly right, and they can put too much pressure on their children. But it's OK for children to get some problems wrong. It's important for teachers to see what students don't know, so they can go over the material again. Is your child struggling with an assignment?

Encourage your child to take charge by asking the teacher for help the next day. Assignments are often clearly not the work of a child. What matters isn't the final result; it's letting a child have ownership of the project and learn along the way.

Stay involved.

Give support and be your child's cheerleader no matter how well (or poorly) you did in a certain subject. We don't expect you to be an expert on every subject. Just knowing their parent is paying attention can be very motivating for a student.

Teachers are on your side — give them the benefit of the doubt.

Some parents go into attack mode when their child complains about a teacher or they take the problem to the principal, so the teacher feels blindsided. This is where a good relationship helps, as a quick text can usually sort things out before it all escalates.

Keep your child organised.

Most teachers have to spend far too much time tracking down forms sent home for a parent's signature. It's a good idea to have your children empty their backpacks every day as part of a regular after-school routine. Set up a special place, such as a box in the kitchen, where they can put the day's papers, or a brightly coloured folder for papers to be signed. Also, try to keep plenty of supplies on hand so children don't go to school for days without the proper gear — before they get round to telling you.

If the teacher deserves a good grade, give one.

Teaching isn't easy so it's incredibly uplifting when someone takes the time to say thank you. Why not email when your child enjoys a class event? And if you feel the teacher is doing a good job, let the principal know. Volunteering is another way to demonstrate your support. It shows your children — and the teachers — that you really care about their education.

SECONDARY CAMPUS NEWS ITEMS - From Mr Charles Bosch



NCEA HANDBOOK AVAILABLE ON SCHOOL WEBSITE

2011 Student and Parent Handbook is posted on the school website for reference and guidelines to any queries.

NCEA FEES

All NCEA examinations fees is due by the end of Term 2. The 2011 fee is currently \$75. **Can I get help to pay?**

If your family cannot afford to pay you might get help. This is called Financial Assistance. To get this help (your parents or caregivers) must meet one of these conditions:

- be getting a Work and Income or Study Link benefit
- have a Community Services Card have joint family income that qualifies for a Community Services Card
- have two or more children entered as candidates this year with fees more than \$200.

You have to fill in a [form to get financial assistance](#) and give it to your school. Get this form from your school or [NZQA](#). If you do not pay by due date, a \$50.00 late fee applies.

YEAR 11 WORK EXPERIENCE

All Year 11 Students should be working to confirm their workplace employment for last week of Term 2. Parents please check that your child has brought home the necessary documents. The Work Experience is an Internal NCEA assessment and carries credits.