



**Aidanfield
Christian School**



TERM 1 | WEEK 6



Kia Ora Aidanfield Whanau

The world is a weird place!

I think this sums up my reflections over the last few years. My latest reflection is around the way the media is reporting on the Corvid-19 spread and the manner in which so many people have been tackled by fear. It seems odd that a flu like illness can cause supermarkets to sell out of toilet paper and bottled water and I have pondered on what might cause such panic? Common sense says that water will still come out of the tap even if a significant percentage of the population in New Zealand is struck down with the virus. The symptoms of the virus are coughing, sneezing, shortness of breath and a fever. I have not yet seen diarrhea as a symptom, so why a rush on toilet paper? Perhaps I am missing something? General information seems to suggest that many people who may have the virus might have very little if any impact from it.

Fear has a masterful way of invading a person's peace. It sneaks up, it can grow on a groundswell of misinformation. It delights in attacking rational thought and plays in the emotional space. It blinkers our sight and leads us into a place of darkness. Why do we allow the impact of fear to take hold so easily? Without question, some fear can be healthy. It keeps us safe from, for instance, leaping off tall buildings, playing with snakes, avoiding fast moving objects. But it also can become a master that drives our lives into darker places than we ever need to be in. Scripture talks of love being an antidote to fear, it calls us to be of sound mind and good judgement and it suggests that, when we find ourselves being toyed with by fear that we turn to our Heavenly Father and place our fear at his feet, ask for his strength and peace, his presence – the perfect presence of love – to speak peace into the fear and uncertainty that we are so easily afflicted with.

Can I encourage you in this weird world we live, remove any blinkers to seeing, seek information from the places

that are charged with getting the information correct and rest in our God who brings peace to the restless.

Having said all of this, please also note the update to the virus issues and make good decisions based on updated information. The Ministry of Health is always the first port of call for guidance and the schools updates from time to time are simply reminders to be aware of any new information from www.health.govt.nz.

The Fair: A Fundraising Project

This week! The exciting focus of our fundraising at the moment is to get all-weather turf laid in our junior primary area. There is a partnership between the Parent Association and the Proprietor who have committed to share the cost of having a full netball sized area put into all-weather turf where the juniors currently play soccer. This will make the space useable all year, even in the rain. We will then be able to get improved goals and this space will be transformed. Please help get us to the total we need to achieve this very expensive exercise. The pupils will benefit for years to come! Come to the fair and spend well!

Teacher Only Days: Friday April 3 and Friday May 29.

I hear the groan! We are very aware of the disruption that such days cause our families and so we use these sparingly when there is no other way of doing the professional development we need to do. We have two coming up. Please make plans for your children as the school will be closed and no supervision will be available.

And finally:

Thank you to all the parents who came to the interviews with teachers recently. This is a very useful time for teachers to link with you as parents. We value your support and involvement immensely!

Grace and peace

Mark Richardson

Growing in Wisdom and Stature | Stand and be Confident

www.aidanfield.school.nz | office@aidanfield.co.nz | 03 338 8153 | 2 Nash Road Aidanfield Christchurch

Aidanfield School Counsellor's New Addition

The school counselling department is pleased to introduce a new member of the counselling team, in the form of a therapy pup named **Otis**.

Bex Smith who is the counsellor at Aidanfield is planning on bringing Otis in to school to assist her with her work with the children who are referred for counselling support. Although he is still a puppy, Otis has already had specialist temperament testing and initial therapy socialisation and desensitisation training, his training will continue throughout his time at Aidanfield.



Why bring a dog into the therapy room?

For many children it can feel a bit daunting coming into counselling, especially if they are feeling anxious or overwhelmed. Having an animal to cuddle, pat or play with can quickly break down barriers within the therapy room. Children can also feel safer to share their life stories and struggles with a creature that they feel will not judge them, and ultimately it can allow a child to feel more open to expressing their emotions. When a trained therapist is then also in the room to guide and support this process it can create very effective therapy. So much of this connecting, healing and growing process can be without words when an animal is in the mix.

Research shows therapy dogs can reduce stress physiologically (cortisol levels) and increase attachment responses that trigger oxytocin – a hormone that increases trust in humans.

Other benefits of having a therapy animal in the counselling room include:



- teaching empathy and appropriate interpersonal skills
- help individuals develop social skills
- be soothing and the presence of animals can more quickly build rapport between the professional and client, and improve individual's skills to pick up social cues imperative to human relationships.
- Professionals can process that information and use it to help clients see how their behaviour affects others.
- enhanced relationships with peers and teachers due to experiencing trust and unconditional love from a therapy dog. This in turn helps students learn how to express their feelings and enter into more trusting relationships.

Otis is a small medium sized Labradoodle. The perk of being a Lab-poodle mix is that he has a non-shedding low allergen coat so is great for people with allergies. Otis is a very friendly, non-aggressive dog and he will remain under Bex's or another trusted adult's supervision the entire time that he is on the school premises and will spend most of his time in her counselling office. If he is outside, he will be on a lead. He may go for little excursions into the playground (on lead) during school breaks as he will be encouraged to socialise well with children. As he is a working dog the children on the playground will not be encouraged to overwhelm him with love and affection but Bex will instruct any child in the best ways to greet him. Within the counselling room Otis and a child may cuddle or play together, this is encouraged. There will also be a lockable crate that Otis can be put in if a child is not comfortable with dogs or does not want to interact with him. Any child who is currently working with Bex will be informed of his arrival and given the option of interacting with him or not.

Having Otis on staff may also prove for more relaxed teachers as he will also be making trips to the staffroom for regular cuddles!!

Otis's first day of school will be Thursday 12th March.

German Students Visit to Aidanfield

We have recently had a group of 16 young people from Lucas Schule (Munich) stay with us at Aidanfield. A similar sized group were hosted by Rangiora New Life School. This group visits every two years, and this is their third visit with us.

Homestay parents created a wonderfully warm living environment for these students, and they were enthusiastically welcomed by our pupils in Year 9/10. Over the course of three weeks, friendships were formed, challenges made, and achievements accomplished. The visiting students became part of our Year 9 class group, and had times when specialist English teaching was carried out by Mrs Eunjin Kim, one of our English Language Learning teachers. They spent two days on visits with their counterparts from Rangiora - one day involved a trip to the beach (very few beaches are available for these students in Germany - and it was over their winter holidays), and a ride up the Gondola. The second day was a highlight with a cultural experience at Willowbank - poi, Ti ti toria and haka. Their final week comprised of a trip around the top of the South Island - kayaking, dolphin watch and Golden Bay beaches were voted most favourite places to visit for this trip.

An 'International' football match was organised, and ACS held the winning place until the last few seconds of the game, when

our German counterparts came back to draw the game 1:1. It was an excellent challenge for our Football fans, and created a wonderful opportunity for future matches - real rivals, but in such good spirit.

Their final day involved cooking NZ foods (pavlova and hokey pokey were two favourites) and taste testing Marmite and Pineapple lumps. The farewells from host families and ACS students were tearful but also celebrated the chance to interact with a cultural group that had the same faith based foundation as our own school.

What a privilege it was to share ACS with such an amazing group, and to form closer bonds with a Christian school so far away and we will welcome them back in 2022 to learn more of the cross cultural connections we have within the family of God.



Snapshot of Events So Far

Year 9-10 Athletics
Year 4-10 Swimming Sports
Cycle Safety



Ways to Connect With the Aidanfield Community

Multi-Culture Group

Open to anyone and everyone. We have a very diverse cultural mix at Aidanfield and our goal is to continue to bridge the gap between all cultures and encourage connection. Come along to meet and mix with others, build your connections at the school and learn about other cultures along the way.



Whanau Hui

Our Whanau Hui (gathering) brings together those in our school who identify as or have interest in things Maori and aims to support relationship and communication with this group. Email joelle.nareki@aidanfield.school.nz to ask to be kept informed of future dates.

Junior Coffee Group

Our Junior Coffee group runs on a Wednesday 9am in Tikouka 3, all are welcome including pre-schoolers. Come and enjoy some good coffee/tea and baking and get to know other school parents/grandparents. Our last coffee morning will be held on the 4th December.



Parent Association FB Page

This is not the official school Facebook page but is another relational connection point that is great for lost school notice shoutouts, general connection and ways to find parent's of children to make playdates happen. Search for "**Aidanfield Christian School Parents Group**". Stuck for school lunch ideas? Search for the Parent Association "**Aidanfield Parents School Lunch Ideas**" for some inspiration.

Tuesday Morning Coffee Cart

The coffee cart has moved to outside Horoeka block. Grab a coffee and enjoy some company before continuing with your day.

Lost Property

There is a lost property box situated just outside the office and Horoeka 3 cloakroom for any lost items.

Home Stay Families

We are always looking for homestay families for our visiting international students. Long term and short term options available. Please email Angela on int.admin@acs.aidanfield.school.nz.



Community News



FREE PARENTING HELPLINE
ALL ISSUES | ALL AGES
www.parenthelp.org.nz
0800 568 856



Easy Lunch Orders Every Friday

Order your favourite healthy and delicious subs, salads along with Subway's extras anytime before 9am on a Friday. Your Subway lunch will be delivered to the school in time for lunch. Orders are made online through your myKindo account. One account for the whole family!

www.mykindo.co.nz



Music Lessons
with Christine Rudd

Piano - Violin - Guitar - Recorder
Singing - Music Theory - Ukulele

Onsite at school starting from 8am till afternoons.

2020 Enquiries
027 227 4856

2 DRUM
...or not to drum?



Does your son or daughter want to learn how to play the drums?

Drum Tuition (in school)
Graham Thomson
e. grayim@hotmail.com or m. 021 365 313

Parent's Association Notices



Aidanfield Christian School FAIR

SATURDAY MARCH 14TH
10am-2pm

Fun games and rides, live music, auction, face painting, international food stall, hot chips, cakes and much more!

Reminders About Covid-19

We continue to monitor the advice from the Ministry of Health and the Ministry of Education in respect to Covid-19. The best place to get up to date information is www.health.govt.nz. You will notice a difference in the information there compared to the media.

We wish to remind our Aidanfield community, those who have travelled and those planning to travel in the coming months, as announced by the Ministry of Health, there are now two categories for travellers arriving/returning to New Zealand. As at March 5 these are:

Category 1 – (a) Mainland China, Iran, (b) South Korea and Northern Italy.

Category 2 – Hong Kong, Italy (the rest), Japan, Singapore and Thailand.

What this means:

Category 1a Countries: there are travel restrictions. Anyone arriving from these countries must register with Healthline (0800 358 5453) and must self-isolate for 14 days. Travellers in this category are not allowed at school for 14 days after arrival in NZ.

Category 1b Countries: there are no travel restrictions at the time of writing. Any person who has recently returned from Republic of Korea or Northern Italy, excluding transiting passengers, is requested to register with Healthline on their return (0800 358 5453) and monitor their health.

Category 2 Countries: there are no travel restrictions at the time of writing. People who have travelled from or via countries in Category 2 who develop symptoms of fever, cough or shortness of breath should seek medical advice by first phoning Healthline's dedicated COVID-19 number 0800 358 5453 or contacting their GP including phoning ahead of their visit. Currently there is no requirement to self-isolate but people must be vigilant around their health and stay away from school if they feel unwell.



MARCH FOR LIFE CHRISTCHURCH

facebook.com/MarchforLifeChristchurch/
Like us on Facebook for event details and updates

Saturday 12pm 28 March
Cathedral Square to North Hagley Park

Gather at the Chalice in the Cathedral Square, Christchurch, from 12pm

Join us!

Every human life is precious!

More than **500,000** unborn kiwi lives lost to abortion.
"Speak up for those who cannot speak up for themselves" - Proverbs 31:8

Countless **Women & families** wounded physically, emotionally and spiritually.

Join pro-life New Zealanders in Christchurch for a March for Life. Be a voice for the voiceless and let New Zealand know that we love them both!

#500kReasons
#MarchforLifeChristchurch

Supported by www.righttolife.org.nz www.shekinah.org.nz Right to Life NEW ZEALAND "upholding the sanctity of life in New Zealand" 

As always (for the last forever), anyone who is unwell should not be at school. If you have a particular concern about your child please contact Healthline at 0800 611 116 or their GP for medical advice. Healthline has translators and interpreters available 24/7 in 150 languages and they do have Mandarin and Cantonese speaking staff available.

Good Practice Reminder

You can take some simple steps to help stop the spread of diseases like COVID-19:

- Avoid close contact with people with cold or flu-like illnesses.
- Cover coughs and sneezes with disposable tissues or clothing.
- Wash hands for at least 20 seconds with water and soap and dry them thoroughly:
 - before eating or handling food
 - after using the toilet
- after coughing, sneezing, blowing your nose or wiping children's noses
- after caring for sick people.