

# SPA NEWSLETTER

SHERWOOD PARENTS ASSOCIATION

OCTOBER 2019

## Welcome to our October 2019 SPA Newsletter

We are almost at the end of the year, with only one term to go! This term we start our weekly Ice Block fundraisers. Each Wednesday our lovely SPA volunteers will be outside the hall at lunchtime to sell ice blocks for just \$1!

On the 6th of November we have the lovely Sharon from B Fitbody Browns Bay hosting an awesome Bounce Fit class in our hall. Tickets are just \$10 each, and Sharon is generously donating 100% of the proceeds to SPA! Tickets are limited so get in fast! See the ad further down for how to book!

The dreaded 'C' word is fast approaching, and we are proud to announce that Sherwood will once again be taking part in the Browns Bay Santa Parade on the 7th December! Keep a look out for announcements if you and your kids would like to take part.

We are still putting the final dates together for our other fundraisers for the term, so please keep an eye out on our SPA board for updates. We are also starting planning for our Gala in March 2020. Please contact SPA if you have ideas, sponsorship or would like to contribute to the planning committee.

As usual, if you have any questions, concerns or just want to say hi, please feel free to contact us at [spa@sherwoodprimary.school.nz](mailto:spa@sherwoodprimary.school.nz)!

**Our next SPA meeting is Wednesday 30th October at 7pm in the staff room!  
As always, all are welcome!**

The SPA Team



## SPA BOARD UPDATE

Our board is up to date once again after term 3! We raised an epic \$2409 profit from our School Disco and we raised another \$574 from our Jesters Pie lunch. Thank you once again to all our awesome parents and caregivers for supporting our fundraising events!

## DATES FOR YOUR DIARY

29th October - 8th November - Calendar Art Orders Open

30th October - Next SPA Meeting

6th November - Bounce Fit Fundraiser

7th December - Browns Bay Santa Parade

Movie Night - TBC

Lunch Order - TBC

Sausage Sizzle - TBC



## HELPING KIND KIDS TO PUSH BACK

Words have the power to hurt or to heal. Mean words can feel quite literally like we have taken a punch to the gut. For a parent, to hear that our kids have been on the receiving end of meanness hits the alarm button like nothing else. The overwhelming urge to race to our kids defense is completely automatic and understandable. We'd rather take on the meanness ourselves (don't try this at home, this is not a good idea!).

### **Meanness isn't just for kids**

You probably still feel your stomach sink when you find yourself 'accidentally' dropped off the invite list. Maybe you've heard your name muttered while walking past the water-cooler at work. Sadly, meanness isn't confined to the primary school playground. Adults know it all too well in the workplace too.

People are just people wherever they go. The saying, 'Hurt people hurt people' rings true. Even as fully grown rational and reasonable adults, we occasionally get tripped up by the odd snarky remark. They still make us feel small.

Sadly, we can't cleanse the planet of meanness. We can't always be there in the moment to protect our kids. But we can help – and in doing so, probably help ourselves to process the water-cooler moments too. So how do we teach our little ones to navigate the landscape of mean 'friends'?

### **How to help your kids push back with the truth**

Meanness gets under the skin of kind kids who get stuck in their tracks, unsure of how to stand up for themselves. Like a deer in the headlights, kind kids can find themselves frozen to the spot. They can be so frightened of the ramifications of taking a stand that they hide away. Kind kids run out of strategies for how to tackle the meanness and take care of themselves. Well, not anymore.

Australian parenting speaker, author and educator Michelle Mitchell has a powerful antidote to meanness with her 'Push back with truth' video. It's short, snappy and brilliant. She teaches our kids to assertively push back. Instead of ignoring it, or meeting meanness with meanness, Michelle suggests that kids courageously push back with words of truth. Saying things like, "Hey, I don't think you should be saying that to me – I'm a really nice person," gives a child the power they need to stand up for themselves in the moment.

### **A resource to help**

As parents we want to equip our kids to face their tough situations but we can struggle to find the best tools. This is not the time for wishy washy techniques. In the face of meanness, kids need something snappy to help them tackle things with confidence. Michelle brilliantly equips kids with the tools that they need to stand tall one sentence at a time. These strong and sassy sound bites will help your tween find the language for what they need in the moment. I can't wait for you to check it out here.

So take heart, there is a way that we can empower our kind kids to stand up to meanness. They can be the kind comeback Kings and Queens of the future.

Article sourced from The Parenting Place

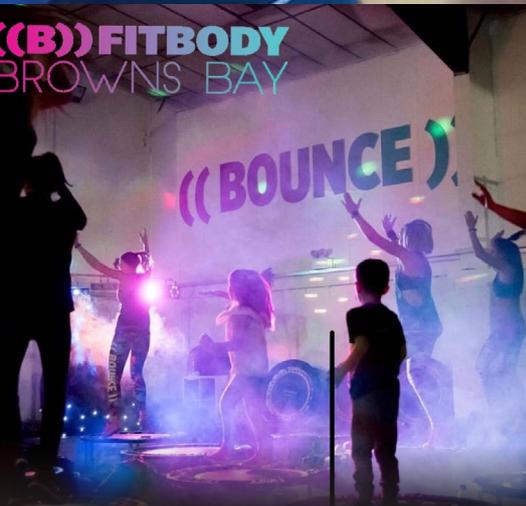


# SHERWOOD FUNDRASIER!

WEDNESDAY 6TH NOVEMBER • 7PM - 7.45PM

TICKETS \$10 - BOOK YOUR SPACE [HERE](#)

This will be the biggest bounce class ever held in Australasia!

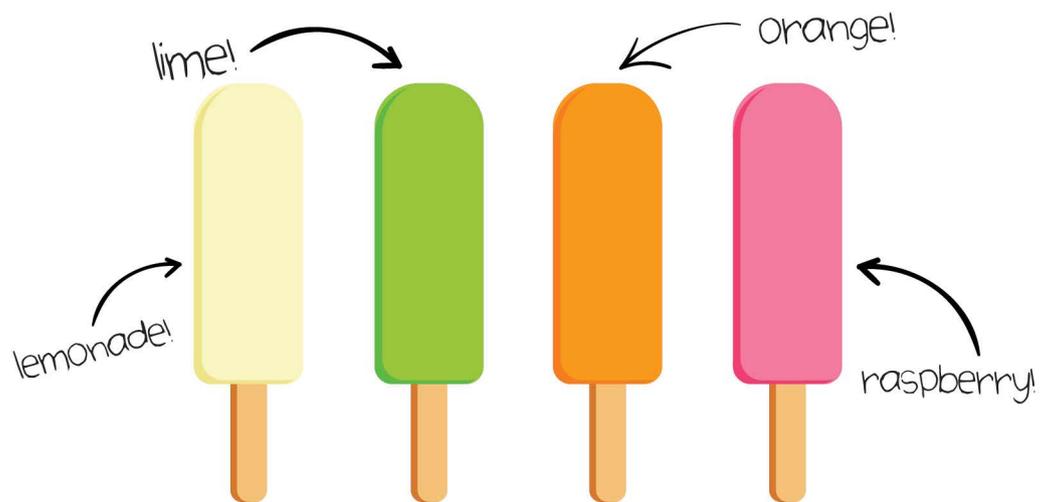


A HUGE THANK YOU TO SHARON AT B FITBODY BROWNS BAY



# ICE BLOCK WEDNESDAY

**ONLY \$1  
EACH!**



**EVERY WEDNESDAY OUTSIDE THE SCHOOL HALL AT LUNCH TIME IN TERM 1 AND 4!**



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# Children learn more from what you **ARE** than what you **TEACH**



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