

# Pānui #8

Rāpare Rua tekau ma tahi Haratua  
Thursday 21 May

## Cat's Catch-Up

I have been reading a lot lately about Mindsets and how these affect our ability to learn. Carol Dweck has researched these and found out that there are 2 types of mindset - the fixed mindset and the growth mindset. She also found that students who had a growth mindset made significant progress while students who had a fixed mindset put limits on their ability. The best thing though is that we can change our mindset. Check out this graphic and ask yourself which mindset do you have.

Kind regards,  
Catriona Chrystall

Dates to Note	
COPS Winter Sports	Wed 27 May
COPS Postponment	Wed 3 June
Queen's B.day School Closed	Mon 1 June
Learning Journals Sent Home	Mon 15 June
Reports Sent Home	Fri 26 June
OPS's Got Talent	Fri 3 July
Term 2 Ends	Fri 3 July

## Happy Birthday to You

Ocean has a birthday today and  
Te Heruika has a birthday next week.  
We hope you both have a great day  
Ocean and Te Heruika.



Name	Caught Being Good For
Brooklyn T	Always putting 100% effort into her learning.
Cayden	Working hard to improve his reading.

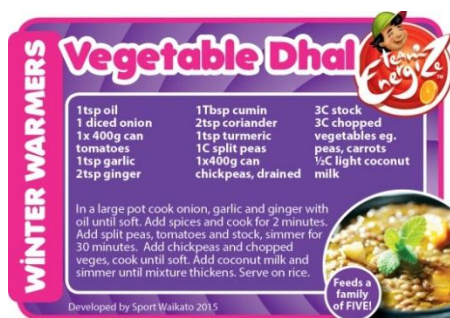
## Growth mindset vs fixed mindset

SUCCESS ← → FRUSTRATION

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

GRIT ← → Learned helplessness



## Ngā Kupu o te Wiki

This week's words are **tio** which means **oyster** and **taringa** which means the **ear**.

## Kia Kaha

This is the anti-bullying programme developed by NZ Police. All classes will be working with their teachers and Constable Irwin on this programme. It runs for 4 weeks starting Tuesday 2<sup>nd</sup> June.

## COPS

This year's COPS winter sports will be held in the following areas. Soccer at the Domain, Netball at the town Courts and Rippa Rugby at the Island Reserve.

Please let us know if you are available to help on the day with supervision or our sausage sizzle held at Rippa Rugby.

## FITNESS

This term we are doing fitness as a whole school. We have learnt some new circuit activities and now we are playing a game called Dog Pound, Skipping and doing an obstacle course on the playground. Fitness is 15 minutes of Huff and Puff activities where we get our heart pumping fast.





## "A FIVER FOR NEPAL" – Friday 29 May

If there was ever a time to honour Sir Ed Hillary's call, it's now.

The people in Sir Ed's beloved Everest region have suffered great losses. The schools and hospitals he built over forty years have been damaged, and in many cases destroyed. The organisation that Sir Ed founded, the Himalayan Trust, is dedicated to rebuilding these communities, and to build them back better — so they are safe and earthquake resistant.

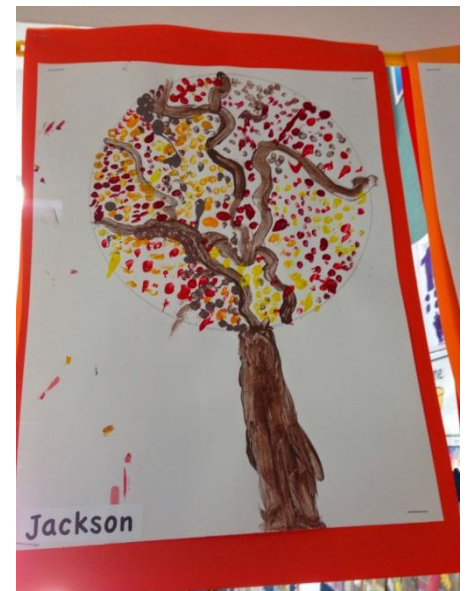
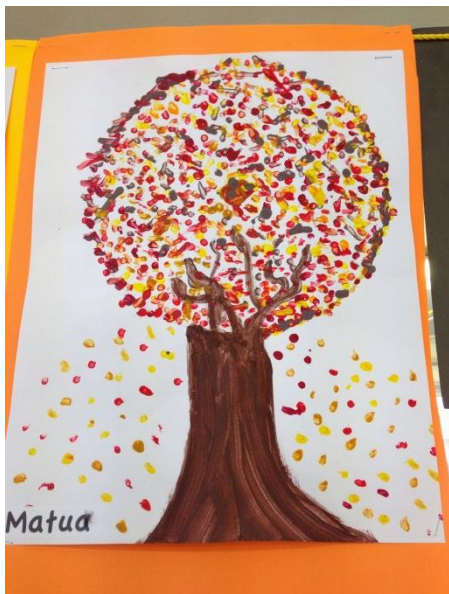
The Himalayan Trust needs substantial funds to do this.

**Ed Hillary and Tenzing Norgay made their historic climb of Everest on 29 May 1953.**

So we would like to ask that each of our school's whanau/families donate \$5.00 to this cause. While it would be great to have a "Fiver" per family we do understand if this is too hard. Any donation will help and we are sure Sir Ed would agree.

### Ruma Ono

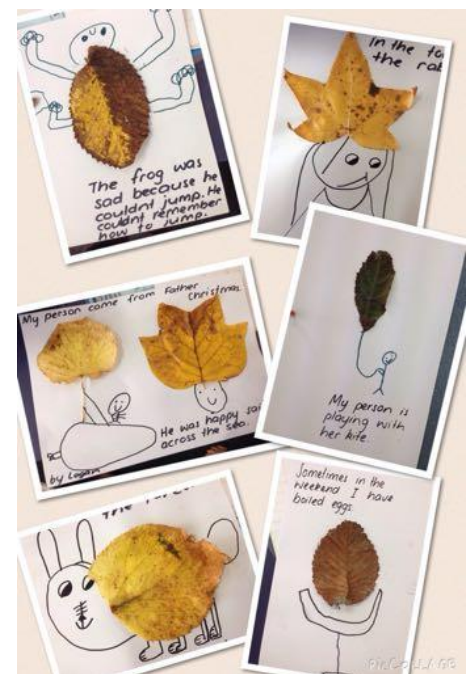
Room 6 has created some more autumn art. We painted trees and made them show the leaves falling off.



We also made pictures using autumn leaves.

Don't forget to check out our class blog to stay up to date with our learning!

<http://room6ops2014.blogspot.co.nz>



## Girls are Awesome Authors

### AALIYAH MASH IT SANDWICH



WE WERE IN OUR BIRD GROUPS.

TO MAKE A HEALTHY SANDWICH WE GOT TO MAKE IT OUR SELF.

WE DID NOT GET TO PUT IN BUTTER BECAUSE IT IS NOT HEALTHY.

I PUT CARROTS IN IT AND LUNCHEON, CHEESE, TOMATO, LETTUCE AND CUCUMBER.

WE GOT TO EAT IT, IT WAS YUMMY.

### NGAPERAS YUMMY SANDWICH

On Friday there was a thing called the food revolution. First we had ingredients. We had to choose lettuce, luncheon, carrots and cheese. When it was time to make it, we had groups in rooms. (I was in room 6.) It was time to make to them (Yum.) I put luncheon, carrots, cheese and the lettuce. (I should have put relish in because it was so good but on the other hand it was YUM). When I was eating it, it was like it was an explosion of heathiness in my mouth.



### BROOKLYNS YUMMY SANDWICH



On Friday we watched Jamie Oliver make his own sandwich. After that we started to make our own sandwich. First we got into our bird groups. I stayed in room four. When I made the sandwich I put cheese, lettuce, beetroot, and chicken luncheon. We were not allowed to put butter in it because it is not healthy. It was so yummy that it went in to my tummy.

## BLOGS

The children would really appreciate any comments you can add to their blogs. Check them out "Girls Are Awesome Authours" – <http://girlsareawesomeauthors.blogspot.co.nz/> and "Radical Ruma Ono" – <http://room6ops2014.blogspot.co.nz/>