



Bruce McLaren Intermediate School

69 Bruce McLaren Road, Henderson • Tel. (09) 836-3175
www.brucemclaren.school.nz • admin@brucemclaren.school.nz

NEWSLETTER # 18

11 December 2019

Greetings, Kia Ora, Fakalofa lahi atu, Malo e lelei, Talofa lava, Taloha, Kia Orana, Ni hao, Buenos dias, Ciao, Malo no habari, Dobar dan, Bula vinaka, Anyeonghaseyo, Nameste, Sawatdi

From The Principal's Desk:

Kia ora koutou katoa

Here we are! Week 9 of Term 4. The last week of the school year. The last school week of the decade!

Much is still happening at BMIS! Year 8 Grad, Service Prize Giving, Formal Prize Giving (invitation to parents/whanau for Friday at 9:30am), assemblies, farewells and welcomes, donation of school uniforms, Cycle Safety for R8 & R4, packing up, packing down, ready for closing at 12:30pm on Friday.

The Year Book, created by students for students, has landed and is full of memories. These will be distributed to students who have paid for one, on Friday after Formal Prize Giving.

To our Year 8s: best wishes for 2020+. Always enact our BMIS philosophy – DREAM BELIEVE ACHIEVE.

To our Year 7s: what a wonderful year 2019 has been. We look forward to an amazing 2020 commencing on Thursday 30th January.

On a final note, thank you to our new BOT and THANK YOU TO EVERYONE who has supported our small school with the big heart, this year. Every ounce of support enables us to provide just that extra bit more for our students. It all adds up.

May everyone be safe and happy over the Summer break – and with this in mind, I will leave you with this: with only two weeks to go I expect your Christmas preparations are full speed ahead right now.

It can be very easy at this time of year to be busier and busier, and more and more stressed. Here are some tips for both students and families to ensure we have an enjoyable Christmas time.

Better wellbeing through mindfulness:

- 1. Meditate for 10 minutes every day.** Meditation has been proven to slow the frantic mind, improve sleep patterns and it also helps to quieten your inner critic.
- 2. Become a better listener than a talker.** Many people just pretend to listen, what they are actually doing is planning what they are going to say next! When

we really listen we not only give ourselves more opportunity to help the other person, we become more mindful too. Two ears, one mouth.

- 3. Stand tall and keep your head up.** Our physiology helps to control our mood. By standing up straight we are telling our mind that we are strong, confident, positive and happy. As soon as you've adopted this new physiology take 3 mindful breaths, focusing on the feeling of the breath passing the nostrils.
- 4. Stop comparing yourself to other people.** You will always be able to find someone who is better or worse than you are, so stop looking. If you want to improve in some way stay present and only compare yourself to how you were yesterday.
- 5. Limit your smartphone use.** Studies have shown that those who reduce the time they spend on social media become more mindful, happier and more relaxed. So monitor your smart phone use and, at the very least, turn it onto airplane mode a couple of hours before you go to bed and never take it into the bedroom.
- 6. Pause and think before you speak.** Not only can this help you to be more mindful but it may also stop you from putting your foot in your mouth! When you do speak, slow down, choose your words carefully and focus on the other person. Speak with honesty, integrity and authenticity but keep it brief. More full stops, less commas!
- 7. Help 3 people everyday without looking for anything in return.** Studies have shown that those involved with charity causes are happier and healthier. This is probably because they aren't thinking about themselves and their own problems all the time. Find a cause or activity that inspires you, one that you can be involved in which benefits other people.

Best wishes!

Meri Kirihimete

Nga mihi

Liz Wood – Principal

PRINCIPALS AWARDS:

Well done to the following students who received a Principal's Award at assembly:

Leesa Dawson (R8);
Cyclone Tamarua (R8);
Mustafa Alsadoud (R7);
Jodeci Popata-Hennessey (R2)

BEST ATTENDANCE:

Congratulations to **Room 1**, who had the best attendance for Week 8, Term 4 - well done!

McLAREN AWARD PRIZES:

Well done to the following students who received a McLaren Award prize at assembly:

Jodeci (R2); Phelix (R5); Serina (R5); Rhys (R7);
Gemma (R4); Hazel (R4); Montana (R2); James (R2);
Vlad (R4); Emma (R6); Kieran (R8); Toni (R6);
Milah (R6); Jesse (R9); Ciaran (R8); Sam (R8);
Ryan (R3); Liam (R9); Jude (R9); Thisara (R7);
Lenny (R7); Elaine (R5); Thomas (R5); Moses (R3);
Ashlie (R3); Jayshea (R2); Deborah (R5);
Welfare (R6); Joshua (R4)



**ROOM 4
ENJOYING
BIGFOOT CYCLE
SAFETY!**



*Wishing everyone a very safe
and Merry Christmas
and Happy New Year!*

