



## LUNCHES and HEALTHY EATING

We like to think that all children have a good healthy lunch every day (e.g. sandwiches, fruit, baking). We also encourage our students to keep a named water bottle at school.

- ♦ **Lunches from Home:** We encourage families to provide good quality food which is low in fat, salt, and sugar and which has high nutritional value suited to children actively engaged in a busy school day. Foods such as chippies and pies with a high fat content and sugar-loaded biscuits, cakes, and desserts are discouraged. Lunches should not have any sweetened drinks as we are a 'water only' school.
- ♦ **'Water Only' School:** Riverview School has a 'Water Only' approach for all children.
- ♦ **Considerations related to Food Allergies:** There is a growing number of children with food allergies, some being quite severe. Riverview School has adopted an approach of community responsiveness, in order to support these children. Where a child has a food allergy (often related to nuts, eggs, fish, and other food types), families with children in that child's class will be asked to avoid putting these foods in their child's lunches. You will be notified if that applies to your child's class.
- ♦ **Brain Food Snack:** Classes have a short 'brain food' snack' midway through the first two-hour teaching block. These snacks need to be of a healthy nature (e.g. raw vegetables, fresh/dried fruits). Class teachers will help children and their families understand good food choices in this regard.
- ♦ **Celebrations and Special Occasions:**
  - \* **Children's birthdays** are family events and should be held out of school. Parents are asked not to bring food and other birthday treats to school to celebrate their child's birthday.
  - \* **Shared lunches** and other 'food sharing' class events: These are on an occasional basis only, and children are encouraged to bring healthy food for these if possible.
  - \* **Food as treats from teachers/school:** This is not a regular practice, but may occur on a special occasion, with examples being:
    - ◊ completing the Cross Country.
    - ◊ a winning class on a particular project, such as selling the most raffle tickets for the Bazaar.

Riverview School has a Facebook page to promote Riverview School events from the school, the PTA, and the Bazaar Committee. We are not seeking feedback and opinions, rather sharing information about upcoming events.



Phone or text messages for children to the office by **2.30pm** daily please.

## CHILDREN COLLECTED BY CAR

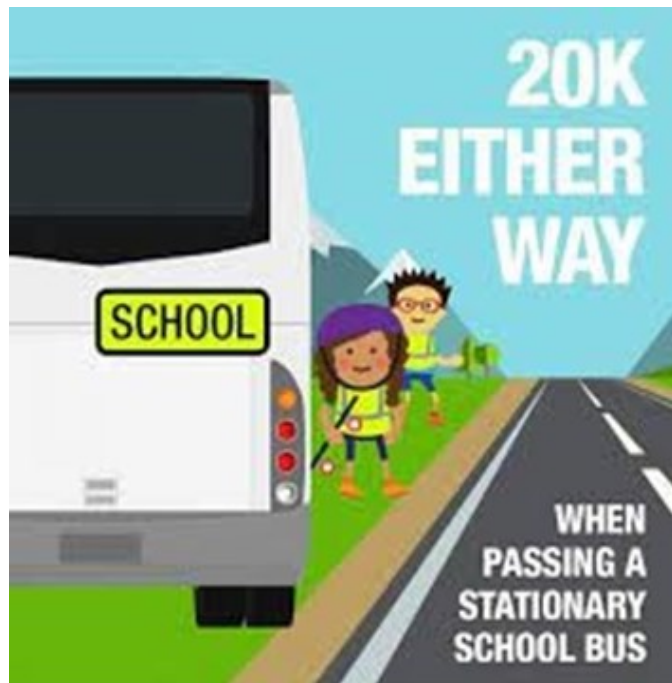
Children must wait at the roundabout at the end of the day, supervised by a teacher until 3.15pm. Should children not be picked up by 3.15pm, they then wait at the flagpole by the school office. Office staff will phone you to check on your arrival time.



## Parents/Caregivers

Please confirm with the office your child/ren's bus arrangements.





- When dialling the school, you will be greeted with a series of options.
- You will have the option to speak directly to our reception staff, but it may be more convenient for you to choose the automated option that follows. Please be assured that any messages left are checked regularly.
- Personal Assistance - press 1
- Record an absence or leave a message for your child - press 2
- List of contacts - press 3



Collect the Yummy cut-out labels from bags (each cut-out label is worth 10 stickers) and individual Yummy apple stickers for your school's share of the \$200,000 free DG Sport sports gear prize pool. Yummy apples are available from New World, PAK'nSAVE, and participating Four Square stores. The more you collect, the more sports gear you get, so get going and start collecting your Yummy cut-out labels and stickers now! All stickers/cut-outs need to be collected before 15 September 2023 for us to participate. Students can call into the office and collect a form to keep at home.



Dear whānau,

We are supporting Stats NZ to encourage everyone to complete the 2023 Census.

So, this is a reminder that you need to return your census forms if you have not done so already.

Census data is used to make important decisions that affect us all. The census is the official count of people living in Aotearoa New Zealand, and everyone who was in the country on Census Day, 7 March 2023, is required by law to complete a census form.

Your participation will help to ensure that our community receives funding for services for the number of people that live in our community. That includes education, health, and social services.

To complete the census, you can do it online at [www.census.govt.nz](http://www.census.govt.nz) using one of the access codes provided in the letters sent to your household. Or you can fill out paper census forms if you have them. To request a new access code or paper forms, freephone 0800 236 787 (0800 CENSUS) or order online at [www.census.govt.nz](http://www.census.govt.nz).

The 2023 Census closes on 30 June, so you should do them online now or as soon as practicable. Ensure that your paper forms are posted so they arrive with Stats NZ by 30 June.

Census collectors are no longer visiting households providing help to complete census forms (except in the cyclone-impacted areas of the Far North, Te Tairāwhiti, and Hawke's Bay). If you need assistance or more information:

- ♦ You can attend a census support event and get face-to-face help to complete forms (for more information go to [www.census.govt.nz/census-support](http://www.census.govt.nz/census-support)).
- ♦ We encourage you to help whānau, friends, and neighbours to complete their forms.
- ♦ There is information in New Zealand Sign Language, Braille, Easy Read, Large Print, and Audio formats, as well as in 29 different languages at [www.census.govt.nz](http://www.census.govt.nz).
- ♦ The 0800 CENSUS (0800 236 787) helpline will be open until 30 June.

Thank you for your support in making sure that our community is accurately represented in the census.



## Positive Behaviour for Learning (PB4L)

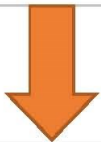
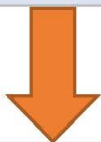


Riverview School uses guidance, resources, and tools from Bullying-Free NZ to review, plan, and implement an evidence-informed approach. We use the attached document (written in 'kids speak') to work with students on identifying accidental, unkind, targeted, or bullying behaviour, and to work out what strategies can be used to either prevent it or fix it.



## Is it Accidental, Unkind, Targeted, or Bullying Behaviour?

*\*Hurt can be physical (body) or emotional (feelings)*




*Bullying = targeting another person lots of times*

What's happening?	Accidental Behaviour	Unkind Behaviour	Potentially Targeted Behaviour	Targeted Behaviour
Did you mean to do it?	No	Yes, but I didn't mean to hurt* the person as much as I did.	Yes, and it ended up worse than I expected.	Yes
Do you usually start it most of the time?	No	Not really	Usually	Yes. The other person usually has said/done nothing to me.
Has it happened before?	No	Not really	Yes. It has happened more than once with this person.	Yes. It has happened several times before with this person.
Did it end up with someone getting hurt*?	Possibly	Sometimes, but it doesn't last long.	Yes	Yes. It has hurt* the other person.
				
How can I fix it?	I will say sorry and put things right by showing <b>Aroha</b> and checking that the other person is OK.	With a teacher's help, I will put things right, by saying sorry and trying harder to be <b>HEARTWISE</b> , showing Aroha, Respect, Tolerance, and Whānau.	I need to meet with the AP or DP and the person. I need to apologise, try harder to be <b>HEARTWISE</b> , and make a plan with the AP or DP so that it doesn't happen again. My parents will be told about it.	I need to meet with the Principal and my parents to work out how to make things better. We need to make a plan so that I don't do it again. I will try hard to be <b>HEARTWISE</b> .

## Is it Bullying?

*\*Hurt can be physical (body) or emotional (feelings)*

**Bullying = targeting another person lots of times**

Looking at what happened	Hassling / teasing	Fighting / aggression	Bullying
Does it go both ways?	Yes. We have both been hassling and teasing each other.	Not really. I started it. When the other person asked me to stop, I didn't.	No. I was the one that started it and was doing it. The other person didn't do anything.
Are we friends having fun?	Yes. This is what our friendship looks like and sounds like sometimes when we are having fun.	No. They told me to stop and that they didn't like what I was doing.	No. The other person was hurt* and upset.
Is it meant in a kind way?	Yes. We are not trying to hurt each other.	Not really. I was trying to be mean to the other person and to hurt them.	No. I meant to hurt the other person.
Is it a one-off?	No. It happens quite often because we hang out together a lot.	Yes. It hasn't happened with this person before.	No. It has happened several times before with this person.
Is it between equals?	Yes. Neither of us has more power than the other person. We are equal in the hassling and teasing.	Not really. I was trying to be the 'boss'.	No. I was the one that started it and carried on doing it. The other person did not. They kept asking me to stop.
			
How can I fix it?	We will agree to put things right by trying to show our friendship in kinder ways, showing Aroha and Respect towards each other.	I need to meet with the AP or DP and the person. I need to apologise, try harder to be <b>HEARTWISE</b> , and make a plan with the AP or DP so that it doesn't happen again. My parents will be told about it.	I need to meet with the Principal and my parents to work out how to make things better. We need to make a plan so that I don't do it again. I will try hard to be <b>HEARTWISE</b> .



# Keeping safe while using school buses

## INFORMATION FOR CAREGIVERS

Travelling by bus is the safest way a child can get to school. [Waka Kotahi's research](#) shows that travelling as a bus passenger is the safest mode of road transport.

Here's some information about how you can help keep children safe when they are travelling to school.

### What can I do to keep my child safe on the bus?

The most important thing you can do is make sure your child understands how to behave and keep themselves safe before, during, and after the school bus journey.

The highest risk is when a child gets off a bus.

To prevent children running across the road to or from the bus into the path of passing traffic, you should:

- Walk them to the bus stop in the morning.
- Meet them as they get off the bus, on the same side of the road that the bus stops.

Remember, the speed limit is 20km per hour when driving past a stationary school bus from either direction.

### Safety and behaviour tips for students

Getting on the bus	<ul style="list-style-type: none"> <li>• Wait in the designated place – well back from the road</li> <li>• Wait until the bus stops before approaching</li> <li>• Carry your bag in front of you so it doesn't get caught in the door</li> <li>• If there is a seat available, sit down straight away and remain seated for the whole journey</li> </ul>
On the bus	<ul style="list-style-type: none"> <li>• Follow all instructions from the bus driver</li> <li>• No eating, drinking, smoking or vaping</li> <li>• Bullying and harassment of any kind will not be tolerated</li> <li>• Don't shout or in any way distract the bus driver</li> <li>• Respect the bus company's property</li> <li>• Respect other passengers</li> <li>• When seated, wear a seatbelt (if available) and put your bag on your lap or under the seat in front of you</li> <li>• If standing, stay behind the bus driver</li> </ul>
Getting off the bus	<ul style="list-style-type: none"> <li>• Use the front door if possible</li> <li>• Wait well back from the road until the bus has moved away</li> <li>• Only cross the road when there is no traffic in either direction</li> </ul>



Students are expected to comply with the behaviour guidelines above and any code of conduct or conditions of carriage issued by the bus operator.

If a student's behaviour is disruptive or poses a safety risk, the school will take appropriate steps to manage this behaviour, and the student could lose their place on the school bus. If the bus driver judges that it is no longer safe to continue the route, the school or the Police will be contacted to remove the student from the school bus.

If a student loses their place on the school bus a Conveyance Allowance will not be paid in this situation.

#### More information


- Bus safety: [Waka Kotahi's website](http://www.transport.govt.nz) (www.transport.govt.nz)
- [Ministry of Education website](http://www.education.govt.nz) (www.education.govt.nz)




**Worry and anxiety is normal, but when it takes over, it can get in the way of enjoying and participating in life.**

As parents, we need to know how to help our children manage their worries, and recognize when and where to get help.


At this engaging and practical presentation, you will learn what makes children anxious, about the signs of anxiety, and what you can do to help your child deal with their worries and manage their anxiety.



**Presented by Cat Levine  
from Think and Be Me**



**22 JUNE - 7.00PM  
KERIKERI PRIMARY SCHOOL HALL  
\$10pp ENTRY - (PAY CASH AT THE DOOR)**



**EVENT FOR PARENTS  
AND CAREGIVERS**



# DISCO

Proudly brought to you by the PTA



Friday 16 June  
at Riverview School Hall  
\$2 entry

Drinks, snacks, and glow  
sticks from 50 cents.

Years 1-2 5:30pm - 6:30pm

Years 3-6 7:00pm - 8:30pm

Please note: Years 1-2 students **must**  
have adult supervision by a parent or  
guardian throughout the disco.

Years 3-6 parents or guardians **must**  
**come into the hall** to collect students  
following the disco.

Only for current  
Riverview School students.