Tēnā koutou

Greetings and welcome to week 6 of Term 1. We extend our warm wishes to our Muslim community as they observe the holy month of Ramadan. May this period of reflection, prayer, kindness, and forgiveness bring peace and blessings to all who celebrate. Just a friendly reminder that we have a peaceful room available for daily prayer all year round. If you're interested, please reach out to our Cultural Diversity Facilitator, Sharnali Tisi, for more information at **tisi@riccarton.school.nz.**

Last Wednesday we held our Year 9 Parents Information Evening. This served as a valuable opportunity for our Year 9 parents to meet their child's subject teachers, whānau teacher and other key staff. We extend our sincere gratitude to everyone who attended for their presence and active participation, which contributed significantly to the exchange of constructive feedback for the benefit of our school community.

If you are a new parent to Riccarton High School in 2025 please remember that we thoroughly enjoy celebrating our students' accomplishments beyond the classroom. This week we wish Year 10 student, **Leon Tymons** well as he competes in the International Crankworx Mountain Bike Competition in Rotorua. We look forward to hearing the results.

A big thank you to our amazing parents, dedicated coaches, and supportive managers for their unwavering commitment to our four volleyball teams who competed in the Mainland Championships over the weekend! Providing our young people with these opportunities requires a great deal of dedication, effort, and commitment. I would especially like to express my gratitude to our Sports Administrator, Ms Rebecca Dodge, for her exceptional organisation of these types of events.

Regrettably, we had to make the decision to cancel our annual Gala Sports Day today due to inclement weather conditions. As rescheduling proved to be a logistical challenge, we now look forward to upcoming events later in the term that will provide the opportunity for some friendly rivalry between our 4 whare.

REMINDER: PASIFIKA PARENTS' INFORMATION EVENING:

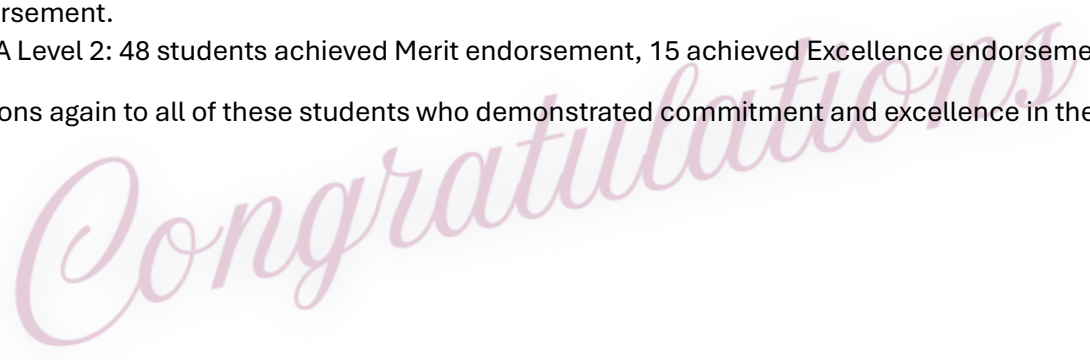
A reminder that this evening will be on Thursday, 6 March 2025 from 5.30pm to 7.30pm in our Riccarton High School staffroom. This will be a wonderful opportunity for our Pasifika parents to gather some important information about our school system and to connect with the school community.

ACADEMIC AWARDS:

Last week we acknowledged our Year 12 and 13 students who achieved outstanding results in their NCEA qualifications in 2024.

- NCEA Level 1: 50 students achieved Merit endorsement, 13 students achieved Excellence endorsement.
- NCEA Level 2: 48 students achieved Merit endorsement, 15 achieved Excellence endorsement.

Congratulations again to all of these students who demonstrated commitment and excellence in their studies.



YEAR 10 OROHAKI CAMPS:

10O and 10I are next to head away to Orohaki for school camp. The required consent forms may be submitted using this link**:** **OROHAKI - HEALTH PROFILE, CONSENT, AND RISK DISCLOSURE - YEAR 10 - 2025** or hard copies can be collected from the main office. Extensive around the camps can be found using this link: **YEAR 10 CAMPS - INFORMATION LETTER**.

COUNSELLORS CORNER:

WHAT IS MINDFULNESS ANYWAY?

With student well-being always a high priority, we thought we would take a look at the importance of Mindfulness and how practising mindfulness can help our students in every aspect of their lives including increasing their ability to regulate emotions, decrease stress, anxiety, and depression. It can also help to focus students attention, as well as to observe their thoughts and feelings without judgment

Mindfulness is paying full attention to the present moment. It means taking your time to really notice what you're doing.

Mindfulness helps you do your best at things. When you're mindful, you:

- pay attention better
- are less distracted
- learn more
- stay calm under stress
- get tasks finished
- avoid getting upset too easily
- take your time instead of rushing
- gain self-control and self-awareness
- feel happier and enjoy things more
- listen better when others are speaking
- are more patient
- get along better with others

Three simple ways of being Mindful:

Mindful Eating

With mindful eating, your goal is to be fully present while you eat and eat slowly, without rushing. By paying more attention to what you're doing and avoiding distractions, you can enjoy your food more. Practice mindful eating with anything you eat during the day. Let's say you decide to practice with an orange. Do this exercise with your eyes open or closed:

- Start by holding your orange. Roll it in your hand. Notice how it feels
- Hold the orange near your nose. What does it smell like? Take a whiff of the bittersweet smell of the orange peel
- If you have your eyes open, notice how the orange looks. Pay attention to whether the skin is smooth or bumpy. If you hold it firmly, is it squishy?
- Peel the orange and then go ahead and taste it. Notice how it feels on your tongue, and against your teeth. Notice the flavour, the texture, and the juiciness as you chew each piece slowly
- Take your time as you chew, taste, smell, and feel each bite of your orange

Mindful Breathing

There are many ways to practice mindful breathing. You're always breathing, so you can always bring mindfulness into this experience, whether you're breathing quickly or slowly. Your goal is to pay attention to your breath in an easy way - on purpose but not forced. The following exercise helps you practice mindful breathing while sitting still and relaxing:

- Sit up comfortably. Close your eyes
- Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?
- Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?
- Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out
- When your mind starts to wander and think about something else, gently guide your attention back to your breathing

Mindful Walking

Here are some ways you can practice mindful walking:

- **Slow motion walk:** Pick up one foot and take a step forward, as slowly as you can. Notice which muscles are helping you keep your balance while standing on one leg. Repeat this pattern with your other leg. See how slowly you can walk while paying full attention to every sensation in your body and breathe in and out with each step
- **Walking body scan:** While walking, bring your awareness first into your feet and toes. Notice every sensation in these parts of your body, and how they feel while walking. Then slowly guide your attention to your ankles, your calves, your knees, etc., until you've reached your head. Notice how every part of your body feels while in motion

UPCOMING DATES FOR YOUR CALENDAR:

Tuesday 4 March	**Gala Day - CANCELLED**
Wednesday 5 March	**10R Camp to Orohaki**
	10O Social Studies Field Tip
Thursday 6 March	**Pasifika Parents' Information Evening. RHS Staffroom. 5.30pm to 7.30pm**
	10O Social Studies Field Trip
Friday 7 March	**Fortnightly Reports issued**
	L1 Dance Field Trip to Footnote Dance Company. 11.30am to 2.00pm
Monday 10 March	**Year 9 Social Studies visits to Te Pūtaringamotu throughout the week**
Tuesday 11 March	**Careers Information Evening for Year 12 & Year 13 parents/whānau. Manu Tiria 4. 6.30pm to 8.00pm**
Wednesday 12 March	**Kai and Korero - Māori Whānau Gathering. Manu Tiria 4. 5.30pm to 7.30pm**
	10O Camp to Orohaki
Friday 14 March	**L3 Biology Field Trip to Orana Park. 9.00am to 3.00pm**
Sunday 16 March	**L2 Biology Field Trip to Temple Basin. Returning Tuesday, 18 March**

Ngā mihi nui,

N Haywood

Neil Haywood
PRINCIPAL