

# LEVIN INTERMEDIATE SCHOOL NEWSLETTER

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Principal: Trevor Jeffries  
Deputy Principal: Sue Binning  
Assistant Principal: Richard Maclean

## Upcoming Events

- ◆ 15 - 19 September - Activities Week
- ◆ 23 September - Super Sport Soccer
- ◆ 26 September - End of term 3
- ◆ 13 October - Start of term 4
- ◆ 27 October - Labour Day
- ◆ 29 October - Open evening for Year 6 students and their parents
- ◆ 31 October - Teacher Only day
- ◆ 4 November - School Photos
- ◆ 5 November - Open evening for Year 6 students and their parents
- ◆ 7 November - Open day for Year 6 students
- ◆ 24 November - 3 Way Conferences
- ◆ 16 December - Year 8 dance
- ◆ 18 December - Year 8 Graduation
- ◆ 19 December - End of term 4

Dear Parents/Caregivers

I am currently attending the NZ Association of Intermediate and Middle Schooling conference. The

key themes of this conference are  
- 'How can we design a curriculum geared to the Middle Years?' and  
- 'What is best practice to teach this age group?'

The key note speaker is Andrew Fuller, an educational psychologist who specialises in working with pre-adolescents and adolescents. He had some interesting observations to share about this age group which are useful to think about.

He describes this group as the "click and go learners" and key characteristics are -

- They have grown up in an age of interruption
- Continuous thought is virtually impossible
- Their auditory processing skills are poor
- They display less independent organizational skills
- They like to be shown the ropes
- They have high levels of anxiety (shows up as under-performance)
- De-sensitised kids, over sensitised parents.

At this age pre-adolescents exhibit bi-polar (either/or) thinking, eg, I'm smart or I'm stupid, he's cool or he's nerdy.

So what does that mean for teaching this group? The most important message for them to get at this age is that "Passion Beats Brains". If they think they can't, they won't. Notice that they can and they will. Develop their resilience. Get them to focus on skill acquisition and to be aware of their success. Direct attention to their strengths. Aim to have students feel valued, respected

and able to move forward. If a student increases their self esteem in a specific subject or skill area it will improve their global self esteem too.

Through the study of the brain we are learning that the rate of development at this age group is second only to the first two years of life. Huge numbers of new pathways are being opened up in the brain and so the opportunity to learn new habits and routines for future use are immense. It takes at least six weeks of routine to embed a new skill as a habit so repetition is vital.

There are two chemicals in the brain which impact on self esteem, and therefore a willingness to learn, and which decrease during adolescence. The first is serotonin (the happy drug) and the second is dopamine (the energizer).

Levels of serotonin can be increased by giving specific feedback (I noticed you ...), a diet which is high in protein and amino acid and lower in carbohydrates, exercise, sleep, and giving them choice and control in their lives.

Levels of dopamine can be increased by repetitive movement as in some sports or exercises, challenges in games or puzzles, novelty – something out of the ordinary, social interaction and risk taking,

For all of us engaging with these wonderfully complex, incredibly frustrating and unbelievably talented young people, we need to do our best to understand their needs and be prepared to act as teachers, mentors and adults in order to give them the best chance at success for the future. They won't make on their own.

Naku noa,

Trevor Jeffries

## SCHOOL CANTEEN

We have a state of the art canteen which sells only healthy food that is good for our students and helps them learn. Its future is under threat through lack of patronage. We are asking for your support so we can continue to offer our students this service. Talk with your child about where they are spending their food money and on what. We all know that kids prefer lollies and fatty food but is there a good balance? Diet is very important for a successful learner. Parents have the most chance to influence their child's decision making by providing specific guidance and positive modeling.

Below is an example of what is offered in our school canteen. Much of it is made fresh, on site, daily and everything has been checked against the healthy food guide:

American Hot dog \$2.00	Murphies Mince \$2.00	Calzone Rapperz \$2.00	Chicken Noodles \$2.00
Garlic Bread \$1.20	Mouse Trap 0.50	Texas Sub \$2.50	Nachos \$2.00
Beef Burger \$2.50	Chicken Burger \$2.50	Sandwiches \$1.00 & \$2.00	Toasted Sandwiches \$2.50
Fish Roll \$2.50	Filled Roll \$1.50 & \$2.50	Wraps \$2.50	Milkshake \$2.00
Chicken Nuggets \$2.50	Stuffed Potato \$3.00		

There is also a variety of fresh fruit, yoghurt, muffins etc available on a daily basis.

## REPORT FROM THE BOARD

Focus areas for Term 3 have been the Literacy programme, Property, Health & Safety and the Board elections.

Staff have continued with professional development in the area of literacy and a comprehensive progress report was delivered to the board at its June meeting.

Property is currently a huge focus. The Administration block upgrade is set to commence in week 9 of this term with demolition of the existing building. Week 1 of term 4 should see the construction of the new building commence. Staff have taken a proactive and positive attitude towards this project working together to minimize disruption to the effective running of the school.

The Board called for nominations to fill 4 vacancies at its triennial elections. At the close of nominations only 4 had been received so there will be no election. Peta Hill & Neville Wagstaff return to the board and we welcome new trustees Helen Irvine and Charlie Tupara. We farewell Kelly Binning-Rangi and Sharon Geerling and thank them for their contribution and service to Levin Intermediate School.

Contact details for Board members are available through the school office.

Peta Hill  
Board Chair

## SUPERSPORT RUGBY

On Wednesday 3 September our girls' Rugby team travelled to Wanganui to compete in the Supersport tournament.

The girls represented our school in a positive manner with skills, determination and a positive team spirit. We went through our pool unbeaten. Our final game was against Feilding Intermediate which unfortunately we lost 19-7.

Congratulations to the girls for their efforts. It was an enjoyable day.

Highlights included:

- ☺ Oceay (number 8) try from halfway
- ☺ Kayla (number 12) three tries from halfway
- ☺ Shaye (number 10) awesome carrying of ball and tackling
- ☺ Whole team - working together and doing their job
- ☺ Finishing 2nd out of 8 teams

Jasmine McKay  
Teacher in Charge

## SUPER ARTS CHOIR



## VOLLEYBALL

