



Belmont Intermediate School

Newsletter 13 - 27 August 2021

Leading Excellence in Intermediate School Education

www.belmontint.school.nz
office@belmontint.school.nz
www.twitter.com/bisnewsfeed
www.facebook.com/belmontintermediateschool



Dear Parents, Caregivers and Friends of the School,
Tena Koutou Katoa Nga mihi nui Ki a Koutou Katoa,

Thank you for your continued support and encouragement that you are providing for our tamariki at this time. We hope you are all keeping safe and well in lockdown. I'm sure you can appreciate that there have been a number of events that have been either cancelled or postponed due to the uncertainty of our current situation. Please reassure your children that we are doing everything we can to support them and reorganise events where possible.

In the meantime, I would like to reinforce that whilst our tamariki are engaged in online learning, there are pitfalls to spending too much time on devices, as well as the dangers of accessing inappropriate content. Therefore, we ask that you regularly check in with your children, to ensure that the relevant measures are in place. Please click on this link for some useful information from [Netsafe](https://www.netsafe.org.nz), to assist you and your family's needs. It covers a Tik Tok family safety toolkit, random chat websites, as well as a range of tools and resources to assist with conversations between parents and children about safeguarding online.

We have also included some tips, to alleviate any overwhelming feelings that could be manifested during this lockdown period.

KEEP A ROUTINE

- Where possible, stick to a normal routine. Routines are good for our mental health, they help to maintain our confidence and sense of purpose.
- Try to go to sleep and wake up at the same time each day and have meals at regular times.
- Shower and change your clothes daily, even though it may be tempting to stay in pyjamas or wear the same clothes. Remember everyday tasks like chores. Prioritise exercise, hydration, and healthy food.
- Stay connected with friends and family, in whatever way works for you. Sharing our feelings and offering support to others builds our support, helps us to destress, and can make us feel better.

LIMIT EXPOSURE

- Constant exposure to negative information can be upsetting. Avoid reading social media posts on COVID-19, or getting drawn into pessimistic pandemic discussions.
- Stick to reliable sources of information, such as COVID19.GOV.TZ so that you don't get drawn into sensationalism in the media, which can increase worry.

FOCUS ON POSITIVES

- If you are feeling anxious about the resurgence of the coronavirus, remember that as a society, we do have some control. Medical and scientific experts are informing New Zealand of how best to proceed as a country, and working on ways to contain the virus and treating those affected. Think about the progress we have made in flattening the curve.
- You have control over your actions. You can wash your hands regularly, and follow the advice given by our government on scanning QR codes and using masks when out.
- Keep socially distancing and stay home if you are sick.

GIVE YOURSELF A WORRY PERIOD

- We often notice that we are worrying constantly and it's not helping us. Worry can make you feel like you need to engage in it RIGHT NOW. Letting go of worry completely can be daunting too, but it's important to maintain balance in your life. Try postponing your worry. Set aside time each day, for instance, 30 minutes, in which you are allowed to deliberately worry. This can make it easier to let go of worry in other moments.

BE MINDFUL

- In moments where you feel stressed, pause and take a moment to ground yourself. This can mean doing some deep breathing to centre yourself or noticing your surroundings and what you can see, hear, smell, touch, and feel, or talking to someone.
- Pause and ask yourself, are my thoughts helping me to plan, or out of my control? If your thoughts are not helping you, look at ways to respond to them with compassion.
- Be kind to yourself, it's normal to feel concerned at a time like this.
- Practice gratitude to lift your mood and stay positive.
- Self-care and taking advantage of moments that uplift us is another way to mitigate our worry and be kind to ourselves during a difficult time. This could mean going on walks, listening to music, taking tea or coffee breaks, stretching, reading a book, journaling, doing yoga, baking, arts and crafts, taking a bath – the list goes on!
- You could try breathing exercises or guided meditations, there are many available online.

We are very much looking forward to seeing you all back at school in the near future, but until then, please stay positive and continue to be calm and kind. He aroha whakatō, he aroha puta mai - If kindness is sown, then kindness you shall receive.

Ngā mihi nui



Claire Janes
Acting Principal



Merit Mentions

Room 1	Kate Dennison Alexa Waterworth	For her consistent effort to improve. She is finding confidence to share her thinking during class discussions and is taking initiative to improve. For her thoughtful contribution to class discussions and her support to the other students in the class when they are in need of it.
Room 2	Hugo Moeller Evie Seeque	For bringing positivity and eagerness to our Zoom meetings this week. Keep it up! For being present and staying connected with friends during Lockdown. Keep it up!
Room 3	All of Room 3	For their amazing resilience, commitment and positivity to their learning. I am very lucky to be your teacher, Room 3!
Room 4	Emily Western Farrah Grice-Douglas	For applying outstanding effort to learning and practising her basic facts. Congratulations on your fantastic results, Emily. 100%! For the effort she has put into learning and practising her basic facts and getting 100% on her test. Congratulations, Farrah.
Room 5	Caleb Wilson Evie Brodie	For stepping out of his comfort zone and making a catchy as well as a meaningful poster on the influence of social trends on society. Keep up the good work, Caleb! For using your initiative and for always being so willing to stand up for what you believe in and by encouraging positive change by looking after our environment.
Room 6	Every student in our Room 6 whānau!	For adjusting to the news of a sudden lockdown with ease and flexibility. I am so proud and grateful for the way you all have shown resilience and commitment to your learning, everyone showing up each day and doing the mahi! He mīharo koe!
Room 7	Avery Hoyt Tara Barrett	For your gentle smile that brightens up the days in Room 7. It is such a pleasure to have you and your positive attitude around, Avery! For showing up for yourself and seeking help whenever you need it. You rock!
Room 8	Olivia Shen Leo Zolliner	For her excellent attitude and self-directed learning. For showing creativity and thoughtful presentations. For thoughtful contributions to discussions and for willingly sharing his artwork.
Room 9	Luke Tibbotts Dorothea Waldron	For his effort and positivity during distance learning. For consistently going the extra mile in her learning, and having a self-motivated and independent approach to distance learning.
Room 10	Munich Thanee Alfonso Banta	For his outstanding organisational and communication skills, impeccable manners and dedication to producing work of a high standard. Well done, Munich! For his wonderful sense of humour and valuable contributions to class discussions. You are a wonderful role model and an asset to our class, Al.
Room 11	Ethan Belch Edie Warman-Clough	For being an awesome addition to Room 11. We love how your sense of fun and humour brighten our class, Ethan, thank you! For the dedication that she shows to her school work and ballet, and for being an all round awesome human. You are a very special person, Edie!
Room 12	Rupert Cope Mikayla Snell	For his positive attitude in online learning by asking questions to better his learning. For her commitment to online learning and attending all workshops and challenges with enthusiasm.
Room 13	Hugo Posa Kane Te Whiu	For his dedication and diligence to all his class work. Hugo, we really appreciate your sense of humour and wit in Room 13 as well. For his diligence in all curriculum areas, and outstanding leadership in Kapa Haka. We really appreciate your passion in Room 13.
Room 14	Jessie Hitchens Brooklyn Horne	For enthusiasm, dedication, thoughtfulness and self-motivation toward all areas of her learning. For enthusiasm, dedication, thoughtfulness and self-motivation toward all areas of her learning.
Room 15	Mia Ohlin Indiana McCarthy	For her incredible work ethic. Mia is always taking notes in class and has been contributing to class discussions. A fantastic start to term three, Mia! For continuing to always think of others before herself. Indy takes so much initiative that I sometimes think she can read my mind. You are remarkable, Indy!
Room 16	Asha Edwards Hunter Pedersen	For continually putting 110% into absolutely everything she does! Keep up the amazing work, Asha. For demonstrating a growth mindset towards his learning and always trying his best, even through distance learning. Well done, Hunter!
Room 17	Ava Fitzgerald Toby Morrison	Ava is a wonderful student whether it's in the classroom or during distance learning. She is also a kind, considerate, and respectful person. Well done, Ava. For making great strides with your learning, even during the difficult times that is distance learning. Well done for seeking feedback and guidance, Toby.

Merit Mentions cont.

Room 18	Theo Wilkins Finley Gallagher	For his awesome work ethic, and general attitude towards learning and making academic improvements. For his kind and friendly disposition and making conscious efforts to consistently apply himself.
Room 19	Lulu Knapp Isabella Watson	For writing an outstanding persuasive essay on "The good, the bad and the ugly" of social media. For always contributing to class discussions and seeking out feedback to enhance the quality of her learning.
Room 20	Peony Liu Daniel Skilton	For an outstanding attitude towards her online learning. Peony your enthusiasm, positive attitude and resilience make you an awesome student to teach. For always giving everything his best effort and remaining positive and focused on his work. Dan you are a very kind, thoughtful and generous young man.
Room 21	All of Room 21	For your wonderful flexibility and ability to pivot into lockdown. Through your positivity you have all retained our strong Room 21 culture and ethos. Well done team!
Room 22	Clara Marsh Alyssa Fellingham	For a huge improvement in the effort she is putting into her academic work. She is striving for her best, paying attention to detail and using criteria to guide her answers. For the persistence and drive she has shown in her online learning this week.

Specialist Merit Mentions

Visual Art	Lucy Bates, Nicole Wang, Maddisyn Sara, Liam Grainger, Hinata Sato, Saskia De Vrij	Outstanding artworks created in distance learning.
Food Tech	Hosea Teasia, Sophia Twine, Laura Mackenzie, Ziron Su, Ava Fitzgerald, Kanza Lalani, Tomas Gustafson, Eva He, Benjamin Cassidy, Hannah Jermy	For their work in food technology, displaying a positive, focussed and hard-working approach to all tasks.
Languages	Zara Matthews, Lexi Choi, Lan Anh Do, Salome Richter, Sacred Lokeni, Jonathan O'Brien, Heidi Ohlsson, John An, Teo Besier, Milla McKendry	For their excellent work and effort during distance learning.
Music	Oliver Service Tomas Gustafson Poppy Cousins, Shray Patolo, Ella Jung, Emma Maddigan, Maximilian Pollock, Felix Gould, Lucas Kandziora, Noah Webster, Sasha Wilton	Being thoughtful and helpful - going the extra mile. Sharing his knowledge and ability on the French horn. Excellent effort with distance learning.
Science	Andrei Gayliev	Amazing effort in distance science.
ESOL	Vira Guba Jenna Zhang	For your hard work in preparing and revising your speech. For your hard work and independence in writing and revising your assignments.
Kapa Haka	Adeline Lee Isla Inch Alyah Johnstone Green	For her beautiful singing voice and her talented musical ear, helping us add in new kupu for Mr Fergs farewell song! Kia ora Adeline! For her continuing commitment to kapa haka after her netball practices! For her continuing commitment to kapa haka, always bringing a positive attitude and gorgeous smile!

Tales From Our Lockdown

Maddy Sara from Room 6, Oliver Sara from Room 13 and their family created a Japanese restaurant, called Kazoku Ai meaning family love. It looks とてもおいしい, - very delicious!



Here is Room 6 in their 'Something Beginning with P' zoom, pets and all. They helped Addyisn Smith name her new puppy - Teddy!

Open letter to Jacinda Ardern by Evie Brodie Room 5

To Jacinda Ardern

I am a very concerned 12 year old for the future of our world. Global warming is really taking a toll on our earth, when I am older I WANT to have a pretty world to live in, trees still surrounding us and we still have the ability to smell fresh air. Currently there is too much plastic being produced in the world. We need to start to ban plastic in as many ways as possible.

Here are the changes I propose you make. I know that we have already banned single use plastic bags but why do we need to have individually wrapped chips and other food packaging? It is just not necessary! If we really have to keep them wrapped up we need to use compostable plastic or paper. Or why not have bulk food shops everywhere that cost the same as supermarket prices? I know that is one of the reasons a lot of people don't shop at bulk food places because the food is organic and therefore more expensive. Bulk food shops are a really great way to prompt no plastic and instead a sustainable way to shop for your food. Not all the food there has to be healthy or organic, it just has to have no packaging.

These proposals I have made really are not that hard to achieve, but there are two more I have and these are a bit of a bigger ask, but will really make a difference. Cars are a really bad source of carbon emissions and that is terrible for the environment and planes are involved in it as well. To get rid of alot of those emissions we need to go battery powered and that is really going to help with the clarity of the air around us. We also need to produce more of our own food in New Zealand and keep the food we already grow here for Kiwis to eat, so we can stop the air miles on our food.

Going vegetarian, vegan or reducing your meat consumption is another way we can greatly improve the health of our planet. I know that a lot of people aren't going to agree with me on this one and I understand that a lot of people love meat and are used to eating meat every day. Promisingly, studies show that vegan diets tend to have far lower carbon, water and ecological footprints than those of meat- or fish-eaters so perhaps we should work on banning the consumption of meat so we can have a healthier planet. Surely our cattle and sheep farmers can grow crops instead for the health of our world.

While some of the changes I am proposing are quite difficult tasks and are going to require some serious rethinking for the New Zealand population, surely it is worth it so we can continue to be clean and green. Please help me save the world so your child and my children can have a place to live when I am older. Would you prefer a world or something you call a dump? I have a clear winner. What about you?

Yours sincerely,

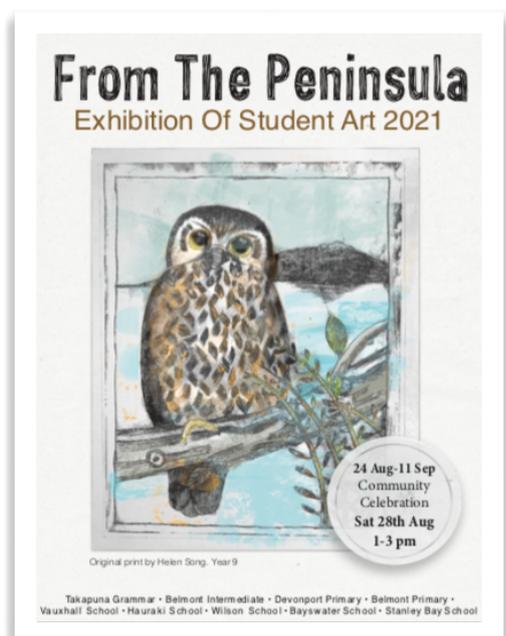
Evie Brodie

'From the Peninsula' Art Exhibition

Sadly, this exhibition has been cancelled for a second year in a row. Our Visual Art teacher, Larissa Johnson, has created a virtual art gallery featuring all of the selected works so our talented artists can still have their pieces on show. We have also created a 'Comments Book' where viewers can congratulate and comment on our exhibitors works, much like they would had they been able to view the works in real life. Our young talented students would love to hear what you think about their creations.

[BIS Virtual Art Gallery](#)

['From the Peninsula Comment Book'](#)



Art students had the choice of three activities this week: optical art designs, personalised letters with patterning effects or finish a photo. Some students did more than one! Here are a few of the examples we have had so far.



Hinata Sato Room 6



Lucy Bates Room 6



Saskia De Vrij Room 5



Adele Chan Room 2



Cuinn Borella Room 9



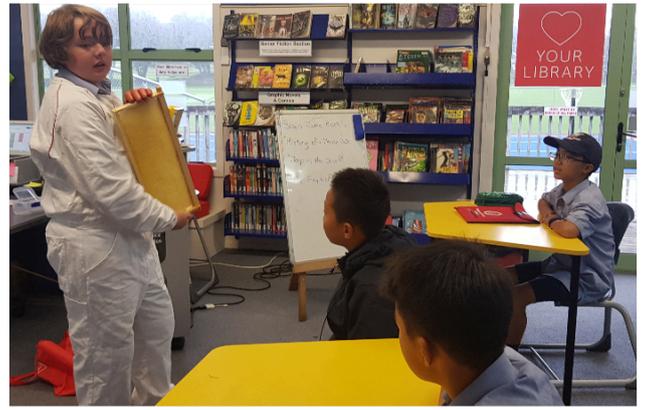
Nicole Wang Room 2

Focus On.....ESOL

We are lucky to have a number of ESOL (English as a Second Language) students, also called English Language Learners (ELLs), enrolled at BIS. Our students come from a variety of countries and speak English at varying levels of proficiency. Our ELLs participate primarily in the mainstream programme. Depending on their levels of English, they are also supported by specialist ESOL classes to varying degrees. These classes focus on the skills of listening, reading, speaking, and writing.

These skills are taught in a more explicit manner than our mainstream classes, with a stronger emphasis on skills such as foundational phonics and vocabulary acquisition. Skills are

typically taught in theme-based units which originate from literature. Karyn Borella is our ESOL teacher. She came to BIS last year after teaching English and ESOL in the US at the primary, secondary, and tertiary levels. She has a great enthusiasm for working with her students and enjoys each day as an opportunity to help facilitate their language learning. One of her greatest joys is working with the International Friendship Club. She considers this an opportunity to help develop the empathy and leadership skills of the Class Captains and Vice Captains and to simultaneously facilitate cross-cultural communication and exchange amongst the leaders and our ELLs. The Club brings these students together weekly for conversation and games. Overall, Karyn has a profound love of reading and writing herself and is passionate about sharing this love of language with her students!



Sports News

Girls Basketball Zone Day

The day we went into level 4 lockdown, our top girls basketball team played in the North Harbour Girls Basketball Zone Day. Competing against 11 other schools in the Harbour region, the girls did exceptionally well. They had a win and a loss in the pool play rounds finishing second in their pool and qualifying for the top eight playoffs. They defeated Northcote Intermediate in the quarter final and then went on to play Murrays Bay Intermediate in the semi final in a very close game which they won by two points. A strong Northcross Intermediate team were the opposition for the final and the team played a great game but were defeated 14-7. Well done girls this is a fantastic result. Thanks to Dion Hitchens and Phil Ison for coaching. Photos from the day can be [viewed here](#).



Cross Country

Further to the results in our last newsletter from the Cross Country Zone Day, we are pleased to announce that our Year 7 and Year 8 girls cross country teams both won the overall school team events at the zone day and have qualified for the Auckland InterZone competition on September 14 (Covid alert levels permitting). Our Year 7 and Year 8 boys teams also did exceptionally well, both finishing in second place overall.

COMMUNITY NEWS

Music Lessons after School: Guitar, Drums and Bass

If your child is interested in continuing or learning a new musical instrument please feel free to contact me, go to heathwatsonguitar.com for more information or call 021 256 1308. Guitar, bass and drums. 30min group lessons (single person lessons available too).

Ukulele Lessons

If your child is interested ukulele group lessons after school at Belmont Int. Please contact Heath Watson on the above contact options. Class will be dependant on numbers.

Guitar Lessons After School

We have spaces for a beginners class Thursday 3.30pm starting Term 3.

Please email me at: heathwatsonguitar@gmail.com or call 021 256 1308