

Te Kura Supervisor Newsletter

Years 1 to 10 and Special Education

2017 Term 4

Issue 25

Editor's letter

Welcome Supervisors

We are winding down from another busy year. Feel proud of what you have achieved with your student as you are a key player in their education.

Although we all come from different backgrounds and circumstances we all have a common goal in making sure our child is getting a quality education.

I am always looking for ideas from supervisors to include in our newsletter so feel free to send me any tips you find useful that you may want to pass on.

If you feel you would like to take on the art segment, send me an email at diannestephens11@gmail.com.

I would like to thank my fellow supervisor Carl for contributing to the fitness segment each term. Also thank you and farewell to Adele who until now has contributed a regular segment as a supervisor support advisor, as well as guiding us in our supervisor roles.

Have a wonderful break over the Christmas period and I look forward to catching up with you next year.

Cheers

Dianne

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We want to hear from you so email your contributions or questions to us with the subject title: *Supervisor Newsletter*

diannestephens11@gmail.com

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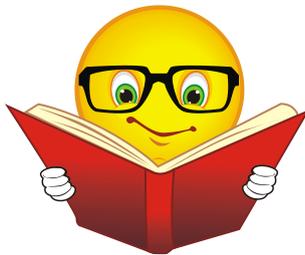
Supervisor Access to My Te Kura (OTLE)

Did you know as supervisors you can access the online learning environment My Te Kura (OTLE)? You can view the course content to monitor your student's work return. Please note, you will not be able to submit items to the dropbox or open items to view.

To request your user name and password email hub@tekura.school.nz with your full name and the ID number of your student. For more information go to:

<http://www.tekura.school.nz/supervisor-toolkit/supervisor-access-to-otle/>

TE KURA LIBRARY



Te Kura library services are available to fulltime students, early childhood students and young adult students living in NZ.

The library is open Monday to Friday from 8.30am to 4.30pm, including school holidays. It is closed on weekends, public holidays and between Christmas and New Year.

The books range from picture books to non-fiction, magazines, DVDs and audio books. Supervisors can also borrow books to help with their students' learning.

Contact the librarians to arrange for your student to receive a selection of books by post.

Library contacts:

Phone: 0800 65 99 88, ext. 8783 or 8502

Email: library@tekura.school.nz

Website: <http://www.tekura.school.nz/>

[Login](#) to gain quick access to explore the exciting new library site.



MĀORI RESOURCES



HARAKEKE

This link provides harakeke weaving activities for kids as well as hyperlinks to explore the history and tikanga of harakeke.



<https://my.christchurchcitylibraries.com/maori-weaving-for-kids/>

END OF YEAR CHECKLIST

- ✓ Notify Te Kura of your bank account number so they can deposit your end of year supervisor payment.
- ✓ Return reading packs and journals, as well as maths equipment or any other learning material that is no longer being used.
- ✓ Ensure your student completes and returns work to their learning advisor so it is marked before the end of term.
- ✓ Notify Te Kura of any change of circumstances for next year

Kia ora everyone!

Welcome to another edition of Te Kura Fitness, your helpful bulletin for staying fit and healthy while studying!



As summer is now upon us and our gorgeous warm Kiwi weather is just around the corner, many of us no doubt will be looking to head towards the beaches and swimming pools for a lovely splash and swim. In this issue we will be looking at keeping ourselves safe while we enjoy the pleasures of our New Zealand water.

We ♥ Water!

Let's face it, we were born for water! We started life surrounded by it; we play in it and wash in it every day. Water is absolutely necessary and for some - very enjoyable! That said water poses many risks for our health and safety, especially in the summer months and hopefully I can highlight a few things that you need to be mindful of when enjoying getting more than your hair wet this year.

I have organised this issue into a handy Q&A style article. Hopefully you'll find it useful and easy to refer to!



Can I swim immediately after I have eaten a meal?

Yes, you can if your intended swimming or water activity is of a **light** to **moderate** intensity. Treat swimming like any other physical activity. It's not advisable to eat a large meal before exercise but a small one should be OK. **Make sure you drink plenty of fluids throughout the day to keep your body hydrated.**



Can I drink sea, river, lake or swimming pool water?

NO. Any water source that has not been treated is not safe to drink. This almost always includes the water from the taps in public toilets too. Drinking untreated or contaminated water could see you becoming very sick indeed. **Don't risk it.**



Should I wear sun block (sun cream) when I'm swimming or playing in the water outside?

YES. Sun block or sun cream is an essential protection barrier for your skin. Use the correct strength and put it on early in the day. Keep reapplying it to your body if the product instructs you to do so.



Can I go into the sea or a swimming pool if I can't swim?

NO. Don't ever swim in water if you can't swim. Sadly, many people have lost their lives doing this; some of them drowned in shallow water. Even if your friends are encouraging you to come into the water and say that they will look after you, **DO NOT RISK IT.** If you really want to swim, ask your parents if you can have lessons. If you qualify for it, check out Te Kura's Kiwi Sport programme for help.



When and where is it safe to swim on the beaches?

Firstly, beaches must be made open to the public to swim on. **A beach that is closed is not safe so don't swim there.** Check with your local life or coastguard which local beaches are open on the day that you wish to swim.

Secondly, only swim between the flags that have been placed in the water. Swimming inside of these flags is considered safe for competent swimmers. If you swim beyond them you are increasing the risk of getting out of your depth or being pulled away by strong currents. **Don't take risks – be safe.** Jumping off rocks or boats is dangerous. Jumping into water where the depth is unknown is also dangerous therefore take good care of yourself always.



Can I swim in a lake, creek or river?

YES, if you are allowed to but check first to avoid disappointment. Be very careful around rivers. More people in New Zealand have lost their lives in rivers than in any other body of water. If the river or creek is fast flowing do not go in. A period of rainfall can quickly increase river depth and flow making it unsafe for swimmers. Some rivers and creeks have **safe** jump hotspots. Find out where they are and use them but check the depth and surrounding area before you jump as the environment can change from day to day. **Do not jump off bridges** – it's dangerous and people have lost their lives here in New Zealand from doing so. Respect the wildlife around you and always take your litter home with you. Be careful of reeds and rocks in the water and don't take any risks when playing or swimming near them.



Can I use the water that I'm swimming or playing in as a toilet?

NO.



Should I wear something on my feet when beach swimming?

If the beach and seabed is covered with shells and stones I would say **YES**. Anything sharp will cut into your bare feet.



Do I have to wear a lifejacket on board a boat?

YES. It is a legal requirement here in New Zealand and the life jacket you wear must be the correct size and meet “*NZ Standard 5823:2005 or another standard accepted by Maritime NZ*”¹.



Can I swim on my own?

As many serious accidents and deaths have been caused due to people swimming on their own in various swimming places, I would say **NO – do not swim on your own.** Rather, always swim in a group.

¹ <http://www.watersafety.org.nz/resources-and-safety-tips/safety-info-tips/boating/lifejackets/>



Can I swim when I'm tired?

NO. Swimming can be very fatiguing so avoid swimming when you're tired.



What should I do if I see someone in trouble in the water?

Immediately call for help. If the beach has lifeguards, get their attention; any other place call an adult. **DO NOT** swim out and try and save the person in trouble. Leave that to the experts or an older person. If a buoyancy aid is nearby, throw that to the person to hold onto.



Can I swim out of my depth or must my feet always touch the bottom of the pool or seabed?

If you are an inexperienced swimmer your feet should always be able to touch the bottom of the pool or seabed **easily**. Swimming out of your depth significantly increases the chance of getting into trouble. **Do not take any risks**. Strong and experienced swimmers are advised to swim out of their depth **with caution**. **Strong rip tides** and currents can quickly pull even the strongest of swimmers far away from the shore making it impossible to get back. Again, show great caution when out of your depth – **be safe and don't take risks**. Always swim within your capability.



Is it safe to dive bomb close to people to splash them?

NO, it is not safe – don't do it.



Is it advisable to wear something warm when I'm not swimming?

YES definitely. As water evaporates from your skin it will draw away some of your body heat cooling it down quickly. If the weather conditions are windy, you could become quite cold and this could be harmful in extreme cases.

Useful Resource for more information:

<http://www.watersafety.org.nz>



Well I hope you have found this quarter's Newsletter helpful to you? Chances are good that we'll be in for a hot Kiwi summer this year. Whatever your plans this summer, I hope you have a fantastic time and I look forward to chatting with you in 2018!!!

All the best,

Carl

ART & CRAFT

Gift Wrapping

Wrapping Christmas gifts can be expensive so why not look at these ideas to make even the simplest gift look special.



<http://celeryandcupcakes.com/2013/12/17/christmas-gift-wrap-inspiration-2/>

<http://eye-swoon.com/gift-wrapping-ideas/>

<http://bigideaslittlecents.com/enjoymint-stenciled-bag-tutorial-free-gift-tag-printable/>

Farewell from Adele...

This is my final contribution as a Supervisor Support Advisor to the Supervisor Newsletter which has been capably written and edited by Dianne Stephens for many years.

I am now a Hub advisor at Te Kura, working in an exciting new team to support and help students and supervisors alike.

Supervisors who used to contact me for support, can now direct their queries by phone or email to the Hub Team, any of whom will be able to help you;

The Hub:

**Phone 0800 65 99 88 Ext 8712 from 8am to 5pm on weekdays
Or email hub@tekura.school.nz**

Over the years Dianne has tirelessly produced this newsletter, sourcing useful information, preparing material and sharing her own practical ideas and knowledge to help supervisors.

She has also encouraged and supported supervisors to contribute their ideas to the supervisor newsletter. Currently Carl Paddick provides supervisors with sound and practical ideas to keep our bodies healthy and safe.

What's changed?

Although I will no longer contribute to this newsletter it will continue to be created and edited by Dianne. This unique newsletter is in great hands and I encourage supervisors to contact Dianne with ideas or questions; diannestephens11@gmail.com

Waiho i te toipoto, kua i te toiroa

Let us keep close together, not wide apart

This newsletter for supervisors was written by supervisors of Te Kura students. The views expressed in this newsletter are those of the supervisors who contributed to it.