



PRINCIPAL'S MESSAGE

By Andy Lawrence

The Diligent Axe Cutter

In a forgotten forest, two woodcutters engaged in a silent competition. Each sought to outdo the other, their axes flashing in the sunlight as they tirelessly felled trees. One, a man of unwavering diligence, worked without respite, believing that sheer effort would guarantee victory.

The other, however, approached the task with a different strategy. He, too, worked diligently, but every hour, he would pause and disappear into the woods. The unwavering cutter, perplexed by this routine absence, dismissed it as a foolish distraction.

As the day wore on, the unwavering cutter's pace began to slow. His arms ached, his back grew stiff, and his axe, once sharp, now dulled with each swing.

Meanwhile, the other cutter continued his rhythmic work, his axe biting into the trees with effortless precision.

When the sun began its descent, the competition ended. The unwavering cutter, exhausted and defeated, sought an explanation from his rival. The other cutter, with a knowing smile, revealed his secret: "Every hour, I took a break to sharpen my axe."

The diligent cutter, though disappointed, was enlightened. He realised that true progress lies not only in relentless effort but also in continuous improvement. By taking the time to hone his skills, the other cutter had surpassed him.

This tale serves as a timeless reminder that diligence, while essential, must be coupled with wisdom. It is not enough to work hard; we must also work smart. By taking the time to learn, to grow, and to adapt, we can overcome any challenge and achieve extraordinary results.

As educators, we continually strive to impart not only knowledge but also the skills and strategies to apply that knowledge effectively with the intent and hope that we empower them to become lifelong learners and leaders.

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ARISE PARENTS COMMITTEE

We're thrilled to announce the formation of the ARISE Parents Committee!

The response to our call for committee members was overwhelming, filled with expressions of genuine care and enthusiasm for our school community. We were truly impressed by the incredible hearts and qualities of those who volunteered. Thanks to your support, we were able to select an incredible team to lead this initiative.

While the committee is now formed, your involvement is still crucial. We're excited to see the many ways our whānau will continue to contribute to our school community. Keep an eye out for future calls for help and opportunities to get involved.

In the meantime, if you're keen to lend a hand at the upcoming Walk-athon, please reach out to Mr Tasi at tasi.tasi@elimhenderson.school.nz. We can't wait to see you there!



SUN SAFETY AT SCHOOL

As the warmer weather arrives, it's important to remember sun safety. Please ensure your child **brings a hat to school every day**, as it's required for outdoor play. We also recommend applying sunscreen before school, and students can reapply throughout the day using the sunscreen provided in each classroom. If your child has a specific sunscreen they prefer, you're welcome to send it with them.

The application of sunscreen is the responsibility of each child, so please remind them to use it during the day.

Thank you for helping us keep everyone safe in the sun.



THE IMPORTANCE OF SLEEP: FOR HEALTH AND DEVELOPMENT OF OUR TAMARIKI

By Bev Smith

Why sleep is important:

Sleep is important for restoring energy and helping children grow and develop. More and more evidence suggests that not enough or poor quality sleep can have a negative effect on a child's behaviour, learning, health, wellbeing and weight.



How much sleep does your child need?

Age	Recommended Sleep Per Day
Children aged 3-5 years	10-13 hours (including naps)
School age (5-13 years)	9-11 hours
Teenagers (14-17 years)	8-10 hours

**Adapted from the National Sleep Foundation: How much sleep do we really need?*

Ways to Promote Sleep

- Regular sleep time
- Regular bedtime routine - shower, teeth, read a book
- NO screen time 1 hour before bed
- Avoid active games in the hour before going to bed
- Dimming lights in bedroom

Benefits of Sleep

- Strengthen your immune system
- Repair damaged cells
- Promote growth
- Keep your heart healthy
- Sorting and storing memory
- Improve concentration and ability to learn

TERM 4 KEY DATES AND EVENTS

- ✓ **Walkathon Fundraiser:** 5th December, Thursday
- ✓ **Teacher-Only Day (Curriculum Refresh):** 6th December, Friday
- ✓ **End-of-Year Prizegiving:** 18th December, Friday
 - **Maunga:** 1:30 - 2:00 p.m.
 - **Ngahere:** 2.15 - 2.45 p.m.
- ✓ **EOY Reports and Classroom Placement Notification:** 19th December, Thursday
- ✓ **End of Term:** 20th December, Friday @ 2 p.m.

UPCOMING
EVENTS



END-OF-YEAR PRIZEGIVING CEREMONY

We are thrilled to announce the details of our upcoming end-of-year prizegiving ceremonies, where we'll gather to recognise the hard work, dedication, and growth of our ākonga. These ceremonies are a wonderful chance for our school community to come together and celebrate the achievements and character of our students, highlighting those who have consistently demonstrated our core values over the past year.

Parents, whānau, and friends are warmly invited to join us for these events as we acknowledge the unique contributions each student has made to our school.

We look forward to celebrating with you on this special day!

Prizegiving Schedule

- **Maunga Team:**
Wednesday, 18th
December, 1:30pm -
2:00pm
- **Ngahere Team:**
Wednesday, 18th
December, 2:15pm -
2:45pm

ARISE Awards: Honouring Our Core Values

This year, we're introducing the ARISE Awards, with one student from each team selected to receive an award in one of the following categories:

- **Achievement** – Recognising students who strive to reach their God-given potential by setting and achieving goals with courage and commitment to personal growth.
- **Responsibility** – Celebrating those who take ownership of their actions with integrity, and serving others thoughtfully and reliably.
- **Inspiration** – Honouring students who lead by example, uplifting and encouraging others with hope and courage.
- **Skills** – Awarding students who develop their God-given talents with diligence, resilience and a dedication to lifelong learning.
- **ELIM Character** – Acknowledging students who live out respect, diligence, kindness, and courage as reflections of God's love.

Each award, with a special trophy generously donated by Establishment BOT, represents the values we uphold as a school, and we look forward to recognising these exceptional achievements.



ACHIEVEMENT
RESPONSIBILITY
INSPIRATION
SKILLS
ELIM
CHARACTER

STATIONERY 2025

We've teamed up with OfficeMax to make your back to school shop super easy. And if you order in December, you'll go in the draw to WIN 1 of 5 \$1000 cash prizes*.

Your child's class list is already loaded. Just go to <https://www.myschool.co.nz/elimhenderson>. Simply add your details, check that you want everything on the list, then click and confirm - and OfficeMax will get your delivery underway with free delivery on orders over \$70*.

You can pay by internet banking, credit card or debit card. Zip# is also available, so you can pay in 4 interest free payments over 6 weeks and still get your order right away. Plus, you'll be helping our school earn school rewards* that we use to purchase much needed extra resources for our school.

Quotes for WINZ are available by contacting 0800 724 440 or via email enquiry@myschool.co.nz.

We encourage you to order early to ensure your child has all their stationery requirements ready to go in plenty of time for the start of Term 1.

So go ahead and beat the back to school rush, order today and give them the best start possible.

#Zip Pay in 4 is available to approved applicants only and subject to completion of satisfactory credit checks. For more information visit [myschool.co.nz/zip](https://www.myschool.co.nz/zip). T&Cs and late fees apply. Zip Co NZ Finance Limited FSP 598969.

*T&Cs apply, see [myschool.co.nz](https://www.myschool.co.nz) for details.

A promotional banner for OfficeMax MySchool. It features a green background on the left with the OfficeMax MySchool logo. On the right, there is a circular photo of three smiling children. Below the photo, the text reads "Order their Back to School stationery now and beat the rush!". At the bottom right, it says "Class lists are ready to view at myschool.co.nz".

OfficeMax
MySchool

Order their Back to School stationery now and **beat the rush!**

Class lists are ready to view at
myschool.co.nz



EVERY STEP COUNTS! WALKATHON FUNDRAISER DETAILS

By Tasi Tasi

Talofa lava, Kia ora, Mālō e lelei, Kia orana, Fakaalofa lahi atu, and warm greetings to our valued parents and caregivers,

We are thrilled to announce our upcoming **Walkathon Fundraiser on Thursday, 5th December!** Each ākonga has received a sponsorship form, and we warmly encourage families to help gather sponsors. All funds raised will go directly towards enhancing our school's sports facilities and equipment, supporting our commitment to fostering active, healthy lifestyles for all our ākonga.

Sponsorship and Collection of Funds



We kindly ask for your support in supervising your tamariki's sponsorship activity. We encourage each ākonga to seek at least five sponsors, with a suggested contribution of \$5 per sponsor (\$1 per lap, with a goal of completing 5 laps), though any amount is appreciated. If you need an additional sponsorship form, please find it [here](#).

Collecting Sponsor Contributions:

Once the Walkathon is complete, please submit sponsor contributions by 12th December in one of the following ways:

- **Direct Payment:** Collect the contributions from sponsors and make a payment at the front office via EFTPOS - please submit the form when you do this to keep a track of your contribution.
- **Using Parent Portal:** Return the Sponsorship Form to your child's classroom teacher, and the contributions will be charged to and collected through the Parent Portal based on the amount recorded on the form.



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Event Supervision and Safety



School staff and parent volunteers will serve as safety marshals, support ākonga, manage setup, and oversee road safety measures. Mr Tasi will hold a volunteer briefing on the front field before the event, where roles and responsibilities will be assigned. **If you're available to assist, please email Mr Tasi** at tasi.tasi@elimhenderson.school.nz. Thank you to all parents who are able to lend a hand.



Event Schedule

To ensure a smooth event, classes will participate in staggered time slots:

- **Junior Classes** (Putakitaki, Piwauwau, Piwakawaka, and Kea)
 - Start time: 11:30 a.m. on the front field
 - Expected finish: 12:00 p.m.
 - After the walkathon, juniors will enjoy a picnic lunch in a designated, sheltered area.
- **Senior Classes** (Tui and Takahe)
 - Start time: 12:10 p.m.
 - Expected finish: 12:45 p.m.
 - Following their course, seniors will join the juniors for a picnic lunch.

What to Bring on the Day

Please ensure your tamariki comes prepared with:

- A **comfortable outfit** suitable for an active day in their **HOUSE COLOURS**
- **Comfortable shoes** suitable for walking and having fun
- A **school hat** – a must!
- **Sunscreen** (additional sunscreen will be provided if needed)
- A **water bottle** (water stations will be available for refilling)
- **Ample food** for the day (healthy snacks recommended, and consider packing a bit extra)

We sincerely appreciate your support and enthusiasm for this event. Together, we're creating a memorable day that enriches our ākonga's experiences and contributes to their well-being. **Thank you for helping make this event a success! If you have any questions, you may email Mr Tasi** directly at tasi.tasi@elimhenderson.school.nz.