



Longbeach School

Everyone Reaching for the Stars

## What's coming up..... Term 2

- Week 5** Friday 4th June—Teacher only day!
- Week 6** Monday 7th June—Queens Birthday holiday!  
Wednesday 9th June—Subway  
Friday 11th June—Newsletter
- Week 8** Monday 21st-Friday 25th June—  
Book Fair Week!  
Wednesday 23rd June—Subway  
Friday 25th June—Newsletter
- Week 10** Wednesday 7th July—Subway  
Friday 9th July—Newsletter  
Last day of Term 2!

## A few pics from Junior Cross Country...



### 2021 TERM DATES

- Term 2 Monday 3rd May—Friday 9th July
- Term 3 Monday 26th July-Friday 1st October
- Term 4 Monday 18th October-16th or 17th Dec TBC

### 2021 IMPORTANT DATES

- Friday 4th June—Teachers only day
- Monday 7th June—Queens Birthday holiday
- Friday 6th August—Annual school ski trip
- Sunday 5th September—Fathers Day
- Sunday 26th September—Daylight saving begins
- Monday October 25th—Labour Day holiday
- Monday 1st & Tuesday 2nd November—School Photos
- Friday 12th November—Canterbury Anniversary Day
- Wednesday 24th-Friday 26th November—Year 5/6 Camp to Living Springs
- Sunday 28th November—Longbeach Coastal Challenge
- Monday 29th November—Friday 3rd December  
Year 7/8 Camp to Stewart Island

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# From the Principal...

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Getting things done is easy when you feel like getting it done. But what about when you are lacking energy, focus and you just don't feel like it? Sometimes we can find ourselves not thinking very clearly, being anxious or generally feeling overwhelmed but our work demands that we perform. At times we want to be at our mental best at specific times, to complete scheduled tasks. For peak mental functioning in these circumstances, author Josh Davis, in his great book *Two Awesome Hours*, advocates leveraging the immediate effects of physical activity and food to improve our mental functioning.

Given that our mind and body are woven together, it follows that our physical state shapes our mental state too. Almost everyone has experienced, at some point, how our mind feels sharper when we feel physically great or pretty foggy when we are sick (or suffering from a food coma). Our body and minds are so intertwined that at times we confuse physical sensations with emotional ones. Am I really hungry or just tired or bored? Am I flagging with lack of sleep or too much exercise?

Research by Schachter and Singer shows that it can be very difficult to distinguish between a physical feeling and an emotional one. The two are tightly connected. Since that is the case, changing what your body feels like can be a way to help change your mental state.

At times when we are particularly busy, one of the things we stop doing is exercising. We tell ourselves that we don't have enough time. However, looking after our physical health by exercising is important and can increase our effectiveness and renew our energy levels. In his autobiography Nelson Mandela reveals, "I found that I worked better and thought more clearly when I was in good physical condition, and so training became one of the inflexible disciplines of my life."

According to Davis, even a little exercise, at the right time, can help you think better, stay focused, sharpen your thoughts and reduce your anxiety, in the hours that follow physical activity. Research supports that exercising for ten to forty minutes has a consistent and immediate effect of improving executive functioning, particularly the executive functions that have to do with self-control. Exercising doesn't just make us more alert and ready to do everything faster, it may also enhance brain processing in making decisions, plans and finding solutions to problems. Perhaps we need to introduce walking meetings?

Exercise is also fantastic for reducing anxiety. Positive emotions reliably increase after low or moderate exercise (such as a brisk walk), but surprisingly, not as much after more intense or longer sessions of exercise (eg jogging fast enough to raise a sweat). The positive effect on emotion peaks within thirty minutes of exercising.

One of the greatest benefits of exercise is that it helps our overall mental state immediately after we engage in it. Exercise also has the benefit of stabilizing our blood sugar levels. If you have ever gone too long without eating and had strange things happen to your mood, your clarity of thought and your ability to focus, you will know the impact of dropped blood sugar levels.

Even if exercise is not part of your routine (and obviously I would encourage that it should be), you can use exercise strategically, at specific times in order to boost your thinking abilities and your mental energy for when you need them most.

This week use your body to drive the right mental space to be your best for what you need to do. Use exercise as a reset button before you need to take on that challenging task.

Source: Josh Davis, *Two Awesome Hours*

*Neil Simons*

# LB Stars & Academic Awards ...

## LB STARS/ACADEMIC AWARD— Term 2 — Week 3

	LB Star	Academic Award
Room Willowby	Hannah Galbraith	Jessica Butler—For trying your best to sound out new words.
Room Ashton	Rylee Cradock	Manaia Williams—For working hard at using your sounds and transferring that to your writing!
Room Waterton	Harper Jansen	Aahlia Cromwell—Excellent work in maths, especially with using her < and > symbols.
Room Eiffelton	Elise Gill	Cameron Macdonald—For excellent progress in writing a character description for Little Red Riding Hood.
Room Flemington	Harry O’Connell	Sam Spicer—For writing an effective introduction for a character description about your brother Jack. Sienna Arras—For including many descriptive adjectives in your writing about Ariaiah.
Room Huntingdon	Holly Burrowes	Addison Griffiths—For writing a detailed introduction to her character description with the inclusion of metaphors to add impact.



Hannah



Rylee



Harper



Elise



Harry



Holly

## LB STARS/ACADEMIC AWARD— Term 2 — Week 4

	LB Star	Academic Award
Room Willowby	Bailey Scarth	Max McCarthy—For having the confidence to sound out new words in reading.
Room Ashton	Mya Meadows	Henry Coetzee—For applying his newly learnt spelling skills to his writing.
Room Waterton	Eva Gill	McKenzie Wing—Great work in maths.
Room Eiffelton	Brooke Edmond	Grace Gill—For always trying her best in all learning areas.
Room Flemington	Rose McKay	PJ Coetzee—For including lots of interesting descriptions and details in his writing.
Room Huntingdon	Tom Prouting	Mariska Walsh—For writing a well structured character description about her sister Laura. Showing a thorough understanding of paragraph structure and layout.



Bailey



Mya



Eva



Brooke



Rose



Tom

# Room Huntingdon...

*Check out what has been happening in Room Huntingdon....*

## **My Sister Beatrice**

*Edward Pottinger*

You have never met anyone as annoying as MY SISTER BEATRICE. You probably wonder what she looks like, well she has flaming hair wild, wavy and untameable... a bit like her personality. Her eyes are pebbles covered in moss. Her freckles are fish egg clusters all bunched up.

Beatrice is really strong, even Hercules wouldn't dare challenge her to a wrestling match. She is a sassy, moody sixteen-year-old even though she is 7. She is a sarcastic hyena chattering 24/7. Beatrice is an athletic and competitive girl who never puts down a challenge.

Beatrice has very stand out actions. Beatrice is a spider always climbing the door frame. She is a cheetah always ready for a race. She is a gazelle prancing around gracefully. She is a quidditch player spinning to dodge bludgers proving to me that she can do a double pirouette. With her eyes on an Astrix & Oblix she is lifted out of this world.

So there you have it my sister Beatrice, sometimes a meteor shower and other times a shooting star!

*In our writing, we have been focusing on selecting appropriate vocabulary to suit descriptive writing as well as how to accurately structure paragraphs. We wrote character descriptions based off a family member.*

## **My Aunt Shelly**

*Addie Griffiths*

The beautiful sunset shined as bright as a spotlight at a major theatre in New York City then a woman with sun kissed skin, sea blue eyes and dead straight blonde hair jogs down the beach with her Pomeranian pup. She takes a few more steps before she gracefully dives into the icy cold sea. When she comes up she shivers as if she just came back from Antarctica. Her raspberry red lips slide into a smile as she sees me down the beach. It's my Aunt Shelly.

Her laugh echoes through the room as bright and chirpy. She's a Tui in the early dawn. She strolls down the street like she owns the place. She's tall and brave, a mother bear protecting her cubs. Her fancy clothes are impeccably detailed like an orchid. Her soft arms are kind and forgiving as she gives you her warm caring hugs.

She moves swiftly like a cat, agile brisk and a quiet mouse... as if she was never there. She walks to her newest customer with pride as she sells her product with interesting facts and an explanation for customer satisfaction, just some cash in the bank. Then she heads toward the dairy to buy fashion weekly! At the counter she will brew a conversation with the shopkeeper. It will seem like they're best friends forever... like they met in Preschool! When she arrives home to her wonderful house she will flip through her magazines, her puppy will curl up beside her slowly and she will drift off to a sound sleep.

My Aunt is kind, funny, beautiful and loving and you'll be wishing she was your Aunt!!!

Zander

Georgie

Taylor

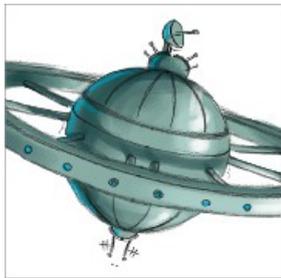
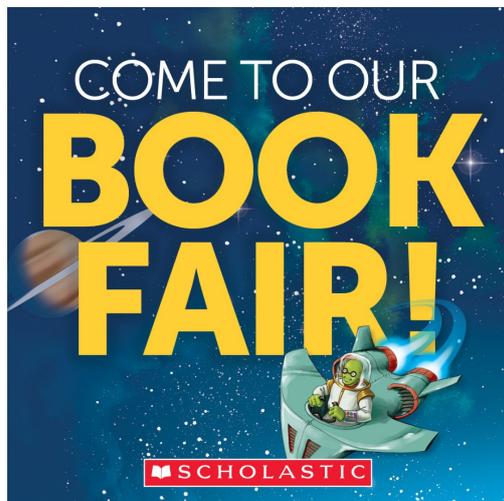


*We began the year, with creating self-portraits based off artist Helen Keller.*

*We began by tracing a photograph of ourselves onto sketching paper. We then sketched this onto plain A3 paper. We looked at different shape, line, tone and colour we could incorporate into our designs to engage our audience. These are how they turned out!*

# School/Community Notices...

Our **SCHOLASTIC BOOK FAIR** is coming!  
**Week 8** - Monday 21st-Friday 25th June,  
more details closer to the time!



## ANNUAL SCHOOL SKI TRIP

This year we have booked **Friday 6th August** for our annual school ski trip to Mt Hutt. Save the date in your diaries!  
More details will be sent home towards the end of Term 2!

### SCHOOL UNIFORMS

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# Community Notices...



## 57<sup>th</sup> Annual Exhibition

at the  
**ASHBURTON  
ART GALLERY**

6th July - 30th July 2021

Opening Night 5th July - tickets available from Ashburton Art Gallery  
Public Viewing - everyday, 10am - 4pm  
Evening Viewing - Wednesdays, 4pm - 7pm

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## Eiffelton Hall 75<sup>th</sup> Jubilee

Thank you to everyone who came along to the Anzac service and the Jubilee on the 25<sup>th</sup> April.

We had a great turn out and it was wonderful to see the community come together.

If you would like to hire out the hall at any point please contact:

Seau Lovell  
Ph: 027 622-5150

Free learners licence course  
**The Mid Canterbury Rural Driver Licensing Scheme** are running another free Road Code Course. The course is open to adult newcomers who live in the rural areas of Mid Canterbury. The course runs for 9 weeks beginning in June, on a Tuesday from 11am to 1pm in Ashburton. We can help you with transport and child care where needed. On gaining a learners licence we will begin working towards a restricted licence or to convert your international licence. Spaces are limited so get in quick.  
Visa holders are most welcome. Sorry, the programme is not open to school students.

To register, please contact:

Wendy Hewitt, Rural Licensing Coordinator

Phone 03 308 1395 ext 228 or 027 611 3301

wendy.hewitt@safermidcanterbury.org.nz



## Mount Hutt College

Thursday 3<sup>rd</sup> June 2021

### Open Day

Tours commence:  
9am, 10am, 11.30am,  
12.30pm, 2pm

### Information Evening

7pm  
Meet the Principal & Senior Staff  
School Information

1 hour programme & refreshments - register now  
03 302 8437 or office@mthutt.school.nz



Meet the Principal    Tour the School    See the School at work

**It's all here**

# School Notices...

Cash  
Bar open

## YEAR 7/8 STEWART ISLAND CAMP FUNDRAISER

BIG ticket  
raffles!!!

Q U I Z

N I G H T

Teams of 4-6  
\$60 per  
team

Friday 18th  
June

TINWALD CYCLING CLUB  
1 SHEARER ST, TINWALD

Doors open  
at 6.00pm  
Begins 6.30pm

ANTIPASTO PLATTERS  
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REGISTER YOUR TEAM VIA EMAIL  
[harriett@longbeach.school.nz](mailto:harriett@longbeach.school.nz)

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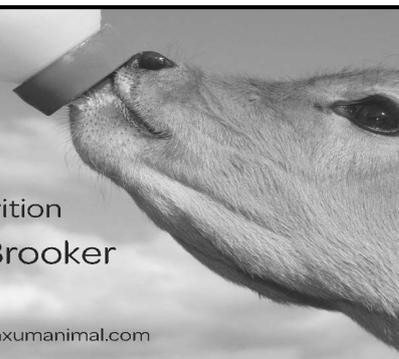
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