

FAIRFIELD SCHOOL

TE KURA O WHIRATEA

Term 2 Week 10

Empowering learners to be open, self-directed and engaged life-long learners

5 July 2018

Value Focus:

Creativity and Innovation

Tena Koutou Katoa, Ciao

Reports go home today.

Learning conferences:

These will take place in week 2 of Term 3, 2018. These learning conferences will provide an opportunity for students to share their learning with you and for you to discuss next steps with teachers. You can book a learning conference by following the link

<https://www.schoolinterviews.co.nz>

Parents need to enter the event code which is **yqz6h**

We look forward to sharing your child's learning journey with you and strengthening home/school partnerships. If you do not have access to the internet, please contact the office, who will be only too happy to book a time for you.

Hot Dogs!

Thank you to everyone who supported the hot dog day for Raekura Team. Over the two days, the profit raised was \$1398. Thank you to all the volunteers who came in to help us set up and cook the hotdogs.

'Breaking News' Stevie has received the Sir Peter Blake Young Leaders Award for 2018

For the last two years Fairfield School has been asked to nominate a student to be the recipient of this award. Westpac bank have partnered with the Sir Peter Blake Trust to hold this award ceremony and the Horowhenua District Council have provided the venue for the ceremony. This year Stevie was awarded the Sir Peter Blake young Leaders medal in recognition of her leadership skills and support for all the learners at Fairfield School. We are very proud of Stevie and look forward to seeing her grow her participation and skills as a young person in our Levin community and beyond.



Dates to remember: Puna-oho Formal dinner-5 July

School starts again on 23 July

Waiopahu College Open Evening 26

July Year 8

College Open Day 31 July-Year 8 students will be visiting

Learning Conferences 1 and 2 August

www.fairfieldlevin.school.nz

Last day of Term 2 is: Friday 6 July School starts again on Monday 23 July at 8.50am.

The role of exercise, sleep and nutrition on Brain Development-Here are some interesting tips and information

Physical Exercise

- Exercise plays a very important role in the learning process
- Physical exercise increases the blood flow which therefore means more oxygen, which in turn, means it enhances their learning. It enhances their emotional and physical wellbeing
- Neurogenesis benefits the generation of new brain cells
- This can help us in the classroom - we need to be using movement, regular brain breaks, learning through movements.
- It is important to explain to students (and parents) why we need to do regular movement and how this benefits their learning.
- Obesity works negatively with brain development - more movement may help with this issue

Sleep

- Sleep is more important than has been commonly believed
- REM sleep is consolidation of skills and habits
- Non-REM is more beneficial to the consolidation of facts and concepts
- **Children between 5 to 10 need 12 hours of sleep. During adolescence require 9 ½ hours sleeps. Unfortunately many children at this age (adolescent) do not met this target.**
- Brain function is visibly altered by sleep deprivation.
- Important to avoid television, computer games, technology that hype the brain.

Nutrition

- Healthy body = healthy brain
- Nutrition is important for both how the brain develops and how it functions.
- When students regularly eat a nutritious breakfast, they exhibit significant gains on test scores in their classes.
- Having a nutritious breakfast linked with a decrease in the rates of absence and tardiness.
- The food we eat directly affects the efficiency of neurotransmitters in our brains. We obtain amino acids from the food we eat - nearly all the brain's neurotransmitters are composed of amino acid