

Te Kura Supervisor Newsletter

Years 1 to 10 and Special Education

2017 Term3

Issue 24

Editor's letter

Welcome Supervisors

What an eventful holiday we had weather-wise. Snow, rain, wind and sunshine! We had all of these at our place and now hopefully it will start to settle down.

In this newsletter, we look at mid-term reports and how to access them as well as a fun but simple science experiment involving levitation!

The Māori resource section has a recipe for Kūmara Rewena Bread if your student is interested in cooking.

Carl has some winter wellness tips to safeguard us from those bugs and we have a craft idea that can inexpensively restore tired objects around the home. Your students will be wanting to marble everything in sight!

Catch up with Adele on page 5 and contact her if you have any queries as she is happy to advise you.

Enjoy the term.

Cheers

Dianne

“The task of the modern educator is not to cut down jungles, but to irrigate deserts.”

– **C.S. Lewis**

CONTENT

Te Kura Library	2
Māori Resources	
- Kūmara Rewena Bread	2
Mid- year report	2
Science2	
- Levitating Orb!	2
Fitness with Carl	
- Winter Wellness	3/4
Art & Craft	
- Marble objects with Nail Polish	5



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

adele.harris@tekura.school.nz

Clipart for this publication – Microsoft Office Online Pictures & Google images

MĀORI RESOURCES



Kūmara Rewena Bread



www.maoritelevision.com/tv/shows/modern-maori-kai/moniques-recipes-0/kumara-rewena-bread

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: www.tekura.school.nz

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

MID-YEAR REPORTS

You will have received your student's mid-year report by now, you can also access them on Te Kura's website:

www.tekura.school.nz/student-toolkit/student-reports

For supervisor's the Username is your email address, select 'supervisor' as the user type.

For student's the username is their Te Kura ID number.

Once logged in you can click on Help to view instructions for using this portal.

Choose 2017-MYR (Mid-year report) from the drop down options.

Take note of the next learning steps as these are a guide as to where your student should be heading.

If you have any queries please don't hesitate to contact the Te Kura Student and Whānau Service Hub team on 0800 65 99 88 and select option 2 (ext. 8712) or by email at hub@tekura.school.nz

SCIENCE BOB

LEVITATING ORB!

Have fun turning Christmas tinsel into a levitating orb! This short video with Science Bob shows how easy this experiment is to do.

www.sciencebob.com/make-a-levitating-orb

Fitness with Carl

Kia ora everyone!

Welcome to the winter edition of Te Kura Fitness, your information resource for staying fit and healthy while studying!



Well I don't know whether you've been aware of it, but this year's winter weather has brought with it quite a harsh array of bugs and illnesses for us to battle and get over. Reading this you may have already experienced a mild cough or cold or like some of us had the full-blown flu consisting of a temperature, fever and aches all over. Whatever your body has or hasn't experienced, it would be worth for a few moments discussing how you can safeguard as much as possible the bugs of the winter season.

1. Drink plenty of water

Well or not, this habit shouldn't be something anyone should be compromising. Not only does water keep you hydrated and your body temperature regulated, it helps the body fight off infection by providing plenty of fluid for infection fighting antibodies to travel through.

2. Eat plenty of fruit and vegetables and keep your diet well balanced

Essential bug fighting vitamins are found in rich supply in fruit and vegetables so make sure you eat plenty of them each day. If you can have at least 3 to 5 servings of fruit and vegetables each day you'll be supporting your body's recovery process. Also make sure you keep sugary food and drinks to a minimum during your illness as these have been known to weaken your immune system thereby slowing down the body's ability to fight infections.

3. Get plenty of sleep

This might come hard for some (especially for the older ones who are studying for exams) but the body fights very hard when you're asleep as opposed to being awake. Get plenty of bed rest and your recovery time will be much, much quicker.

4. Stay warm

Keep your body temperature regulated! Wear socks! Wear layers on your top half, and your bottom half! Wear a beanie! Wear gloves? Stay warm! Got the message? Good!

5. Keep exercising

If you're really under the weather do not (I repeat DO NOT) exercise, but if your symptoms are mild, it's OK to exercise with light to moderate intensity. Walking, jogging and cycling could be undertaken a few times a week for up to 45 minutes a time.

6. Have minimal social interaction

It's difficult not to give your germs to other members of your family but spare a thought for friends and those who you regularly come in contact with outside the home. Some of this year's bugs have been known to take **at least** 2 weeks to fully recover from. Missing an activity or club night will do everyone a favour.

7. Visit the doctor if necessary and finish all prescribed medicines

Some of us can be quite cavalier when it comes to fighting bugs and infections and we'll resist going to see our doctor no matter how ill we look or intense the suffering. If it's necessary however – GO and get some medication to help you and make sure you follow the course of the prescription to the end. Not all medications can help with winter bugs but those that do can really speed up the recovery process.

8. Wash your hands THOROUGHLY AND REGULARLY

After you have visited the toilet you must wash your hand- and before you eat too. The number of illnesses that have been caused from "dirty" hands touching food runs into the thousands each year and I'm not joking. Use a good anti-bacterial soap or carry a little alcohol gel bottle with you when you're out and about. It takes just a minute to wash and dry your hands well but the benefits of doing this far outweigh the bad illnesses that result from poor hand hygiene.

9. Sneeze and cough into your elbow

If you can wash your hands then a tissue or handkerchief will suffice but the crook of your elbow is a safe place to cough or sneeze into if you're caught short. Just be aware of what you might leave behind if you have to sort yourself out however.

10. Study when your energy levels are high

As your body is fighting the infection it will demand some energy that is usually required for other normal daily functions – studying included. You therefore may feel that concentrating on a particular school task harder than normal at times. If so relax, try something easier if you can and come back to the harder task when your body has more energy.

11. Stay positive

I know it's never an enjoyable experience being ill at any time of the year but try and stay positive through it. Our bodies have been made with an amazing ability to recover from most of the illnesses we experience so it will only be a matter of time before you'll be back on your feet again. Therefore, give thanks and smile. 😊

Enjoy your studies and I'll see you next time!

Carl

ART & CRAFT

Marble Objects with Nail Polish

Marbleing is an inexpensive way of restoring tired looking objects around the home and garden so here are some ideas to get you started.

Given the materials involved this is recommended for older students, or with supervision.

NAIL POLISH MARBLED DIY PLANTERS

www.hello glow.co/diy-planters-with-nail-polish



Supplies:

- Object to marble
- Nail polish.
- Big bucket of water.

Step 1: Fill the bucket about halfway with water and let it come to room temperature. It's best to do this outside so you have good ventilation.

Step 2: Liberally pour in nail polish. Let it spread out over the water as much as possible. You can help it move with a tooth pick or even just shaking the bucket a bit. The more surface area of the water you cover the greater coverage on the pot.

Step 3: Dip the pot in the water. I found it worked best to dip the pot on its side and let the polish wrap around the sides. If you don't cover the entire pot in one dip, then dip again if you like.

www.diyprojectsforteens.com/crafts-to-make-and-sell-for-teens



www.brit.co/nail-polish-marbling



www.justthatdiy.wordpress.com/2015/08/18/diy-marble-design-on-glass



Hello from Adele...

Kia ora and welcome!

NCEA

Some supervisors also have Year 11-13 students. I hope you have already submitted their NCEA registration as per the letter you received.

If you have any questions please: phone **0800 65 99 88**, select option 3 or email ncea.payment@tekura.school.nz

Whether a student is studying for practice or end of year exams or if they are trying to complete portfolios of work, everyone in the house can be affected by the pressure.

This is especially true for a supervisor. As well as supervising their student's schoolwork supervisors are usually managing several commitments inside and outside the home.

As a supervisor, try to plan ahead. Reduce unnecessary commitments, be prepared for temporary changes in your student's behaviour and try to keep routines flowing smoothly.

You can also visit our Te Kura website and check out the **Frequently asked questions** for useful information about NCEA:

www.tekura.school.nz/student-toolkit/ncea-registration

Study It www.studyit.org.nz

This website has helpful tips for students and parents including setting an achievable study timetable. **Study It** suggests creating an hourly timetable. This breaks each day into realistic chunks of time.

When creating a study timetable remember to include current obligations such as schoolwork, sport, social and community commitments as well as exam times and revision/study sessions.

Contact Adele Harris, ph 0800 65 99 88 ext 8244 adele.harris@tekura.school.nz

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.