

Sonrise Christian School NEWSLETTER



Dear Parents

Tena Koutou Katoa

The term is drawing to a close very fast. Exactly three weeks left of this term. Next week we have parent/teacher interviews. Please book your time if you have not done so yet. We still a few students away with the winter blues. We welcome to Sonrise our latest new entrant, Jacob Sheldrake and his whanau who are all the way from the UK and are now permanent residents of NZ. Great to have you guys as part of the Sonrise community.

An article to ponder over

Why sleep matters by Ryan Martin

"Sleep matters not only for children but for the adults as well. Get your sleep habits in order and you will be much better at what you do. You can't do good, if you don't feel good. The greatest impact on classrooms is that tired students have trouble remembering, are more impulsive, display poor judgement and the ability to solve complex problems.

The art of a good night's sleep should include the following:

- Get prepared for bed by dimming lights and if possible, turn the TV off in favour of a book.
- Turn off phones and other devices at least an hour before bed.
- Write a to do list for tomorrow so it doesn't keep you awake today.
- Go to bed at a consistent time and wake up at a consistent time.
- Make sure that the bedroom is cool and as dark as possible.
- Fill your morning with light, open the curtains and welcome the day.

If you are still wondering why this sleep thing is so important, then in summary, consider this: Sleep increases concentration, attention, decision making, creativity, social skills and health.

In addition, it decreases moodiness, stress, anger, impulsivity, drinking and smoking."

E te Atua e manaaki ki a koutou katoa (God bless)

Wendy Gabriel

Principal



What's On?

Board Meeting

Thurs 20th June
5:30pm-7:30pm

Parent/Teacher Interviews

Tues 25th, Wed 26th
Thurs 27th June
3:00pm-6:00pm

Hockey Tournament

Year 5&6
Wed 3rd July

NZACS Conference

Thurs 4th – Fri 5th July
Bethlehem College

End of Term 2 MUFTI-DAY

Fri 5th July
8:45am-2:30pm

Start of Term 3

Mon 22nd July

DEVOTIONAL THOUGHT

Psalm 4:8

In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

Today we raised \$119.80 for Child Cancer, thank you very much for your kind donations

Vision

To be a Thriving Community

Committed to Jesus Christ, Excellence in Education and Service to Others

Values

Love, Integrity, Faithfulness, Excellence



Celebrate Good Times

Come On...



WHERO 665
KAHURANGI 668
KAKARIKI 824
KOWHAI 798

Principals Award

Te Aroha Harrison

For encouragement and inspiration qualities that she brings to our class learning.



Room 1

Jacob Sheldrake: Welcome to Sonrise.

Madison Packer: Working hard each and every day.

Elizabeth White: Helping others make good choices on the mat.

Room 2

Braiden Osborne: Wonderful Maths explanations.

Ben White: Wonderful Maths explanations.

Room 3

Callum Kent: For his sportsmanship on the field and enthusiasm for learning.

Room 4

Jonah Reynolds: Excellent and heroic goalkeeping in a tough game.

Tana Boy Haerewa: Great results in testing and always being optimistic!

Room 5

Kirena Haerewa: Good observations in Nano-Chemi Science.

Amber-Leigh Packer: Good 'testing'



HOCKEY

Sonrise faced Te Wharau/Wainui won 6-0.

SOCCER

Sonrise RAMS faced Wainui Thunder and lost 8-1.

Sonrise TIGERS faced Ngatapa Hurricanes and lost 3-1.



SONRISE
Year 5&6 Girls 4x4
basketball team

Vision

To be a Thriving Community

Committed to Jesus Christ, Excellence in Education and Service to Others

Values

Love, Integrity, Faithfulness, Excellence