



# Rangiora New Life School

A Ministry of Gateway Life Church

*Te kura Ora Hou o Rangiora*

**22 February 2024**

**Term 1 Week 4 2024**

## What's On?

Thu 25 Feb	Secondary RNLS Athletics Day
Mon 26 to Fri 01 Mar	Yr 11 Camp
Tue 05 Mar and Wed 06 Mar	Photolife
Tues 12 Mar	Parent Meeting—Cellphones
Fri 15 Mar	Teacher Only Day - School Closed
Fri 22 Mar	Parent Teacher Interviews
Fri 29 Mar	Good Friday—School Closed
Mon 01 Apr	Easter Monday—School Closed
Tues 02 Apr	Easter—observed—School Closed

## 2024 Board of Trustees Proposed

**Meeting Dates:** 07 February, 06 March, 03 April,  
01 May, 05 June, 03 July, 07 August, 04 September,  
16 October, 6 November, 04 December  
(7 pm—RNLS Library)

To access the Agenda and Minutes, please click on:  
<https://rnls.school.nz/board-of-trustees>

## Term Dates for 2024:

### Term 1 2024

Monday 31 January — Friday 12 April

Mon 29 Jan	Teacher Only Day
Tues 30 Jan	Yr11-13 Course Confirmation
Wed 31 Jan	8.50—3.10pm Whole school in uniform
Thu 01 Feb and Fri 02 Feb	Regular School Day
Mon 05 Feb	Teacher Only Day—School Closed
Tues 06 Feb	Waitangi Day—School Closed
Tues 05 Mar and Wed 06 Mar	Photolife
Fri 15 Mar	Teacher Only Day—School Closed
Fri 29 Mar	Good Friday—School Closed
Mon 01 Apr	Easter Monday—School Closed
Tues 02 Apr	Easter observed—School Closed
Fri 12 Apr	Term 1 ends at 3.10pm

### Term 2 2024

Monday 29 April—Friday 05 July

Mon 29 Apr	School opens for all students at 8.50
Fri 31 May	Teacher Only Day—School Closed
Mon 03 Jun	King's Birthday observed—School Closed
Fri 28 Jun	Matariki—School Closed
Fri 05 July	Term 2 ends at 3.10pm

### Term 3 2024

Monday 22 July—Friday 27 September

Mon 22 July	School opens for all students at 8.50
Fri 27 Sept	Term 3 ends at 3.10pm

### Term 4 2024

Monday 14 October—Friday 13 December

Mon 14 Oct	School opens for all students at 8.50
Mon 28 Oct	Labour Day—School Closed
Thu 14 Nov	Teacher Only Day—School Closed
Fri 15 Nov	Canterbury Anniversary—School Closed
Thu 28 Nov	Yrs 11—13 Prizegiving at 12.30pm
Fri 06 Dec	Primary Christmas Concert at 2.00pm
Thurs 12 Dec	Yrs 0-8 Prizegiving at 1.00pm Last day for Primary
Fri 13 Dec	Yrs 9-10 Prizegiving at 10.00am Term 4 ends at 1.00pm

## Dear Parents / Caregivers - Kia ora koutou

You will be aware that the new government policy for cellphones in NZ schools has been introduced.

As with any new bylaw in a school, we need to consult with the community on the procedures. We thank parents and students for their cooperation this year for implementing this in Term 1. As a staff we have drafted a set of procedures that we would like to share with the community. We will be consulting separately with the students. We have had a ban on cellphones in primary for a number of years now, so this is included as our existing procedure. For secondary students cellphones are allowed at school, but should be away for the whole day, and not to be used from entering the school grounds until 3.10.

This set of guidelines is attached. Please provide us with feedback at the following link

<https://www.surveymonkey.com/r/6YBH8BC>

Submissions will close on Friday 1st March 4pm. We will publish a summary of submissions and send this out on Thursday 7th March. We will discuss this further at parent meeting in the church on Tuesday 12 March at 7pm to discuss this implementation with senior staff.

Ngā manaakitanga

Stephen Walters



**A Community That Cares**

**Students Who Achieve**

Denchs Rd, Rangiora 7400 t: (03) 313 6332

e: [admin@rnls.school.nz](mailto:admin@rnls.school.nz) [www.rnls.school.nz](http://www.rnls.school.nz)



# Te kura ora hou o Rangiora

## God is at Work

"Before they call I will answer, while they are still speaking I will hear." Isaiah 65:24

... *Jesus said to them, "My Father is always at work to this very day, and I too am working.* - John 5:17

Reminder: Parents please note that school opens for **student access from 8.30 am**—ie not beforehand please. We have a duty teacher supervising the Denchs Rd netball court area from 8:30 am to 8:50 am (prior to class entry).  
RNLS staff cannot supervise children prior to 8:30 am.

NB: If your emails, caregiver details, address, phone numbers, circumstances, etc have changed over the last few months please let the school office staff know asap. [reception@rnls.school.nz](mailto:reception@rnls.school.nz) or 03 313 6332.

**Any attendance related queries should also be sent to [reception@rnls.school.nz](mailto:reception@rnls.school.nz)**

## Secondary Trip to Ruapuna



## Year 9 Camp—BBQ





# News

When parking before and after school please be respectful of our Southbrook Road neighbours and their right for access to their private driveways.

## 2024 Homestays Required

We are looking to expand our database of homestay families for our International Students.

If you are interested in learning about other cultures, and enjoy sharing your culture with others, then this may be an opportunity for you and your family, with good remuneration offered. Short and long term options available

For more information please contact Maree Smith by email [mareesmith@rnls.school.nz](mailto:mareesmith@rnls.school.nz) and please include a contact number.

NB from the RNLS Proprietors: The only dogs permitted on school premises are those officially trained for sight impaired and sensory issue work. This applies to both within and outside school instructional times– ie not at any time!

## School Docs: RNLS Policies & Procedures including links to our Complaints Process.

For any information regarding our Policies & Procedures please check out [rnls.schooldocs.co.nz](https://rnls.schooldocs.co.nz)

User name: RNLS Password: seek



Mrs Fitzgibbon—Room 4



# News and notices

Links to The Parenting Place back to school advice:

<https://parentingplace.nz/resources/how-to-talk-about-back-to-school-anxiety>

<https://parentingplace.nz/resources/tricky-transitions-returning-to-school-after-the-holidays>

<https://parentingplace.nz/resources/ready-set-go-slow-easing-back-into-routines>

## PARENT DROP-IN SERVICE

Community Wellbeing North Canterbury Trust is offering a parent drop-in service for parents and caregivers of secondary school students in North Canterbury.

You can get free advice and support around wellbeing and mental health for your rangatahi/young person.

This may include:

- Sleep, eating, self harm
- Anxiety and low mood
- Gaming, alcohol and drug use
- Grief, loss or change
- Navigating mental health services or how to access support

If you'd like to make an appointment or have a confidential chat please call Community Wellbeing on 03 310 6375.

Parent drop-in appointments can take place at the Community Wellbeing North Canterbury Trust office in Rangiora, or via video call, if that suits you better.



A poster for the North Canterbury Netball Centre's Under 18 Player Development program. It features a netball and a player in a red jersey. The text includes: "NORTH CANTERBURY NETBALL CENTRE", "UNDER 18 PLAYER DEVELOPMENT", "Open to all Skill Levels", "Led by Jo George", "Strengthen Your Skill Base", "Build Understanding of the Position You Play", "Embrace The 'Space'", "Sundays: March 10, 17 &amp; 24", "4:00pm - 5:30pm", "Dudley Courts, Rangiora", "Players must be Under 18 as at 1st January 2024.", "MORE INFO", and "www.ncnc.org.nz/u18playerdev".



## PTA NEWS

### Next Meeting:

Tuesday 27th Feb - 3:30pm - Church Auditorium Foyer

### Term 1 Funding Requests:

Send to [rnlspta@gmail.com](mailto:rnlspta@gmail.com) by Monday 26th Feb

Online form: <https://forms.gle/AnF3DgECSi6D8dyh8>

### Volunteers Welcome:

We are always looking for new people to join the team.

Currently we also have two roles that need filling,  
Secretary and Communications Executive.

If this sounds like you or you want more information please email [rnlspta@gmail.com](mailto:rnlspta@gmail.com) or come along to the meeting.

The link below contains more information.

<https://rnls.careerwise.school/>

To discuss your child's career future and in-school opportunities, please call Mrs McEwan 313 6332 or email:

[careers@rnls.school.nz](mailto:careers@rnls.school.nz) -Careers Advisor

1. Southern Institute of Technology—Hornby Book a tour.

2. MAINZ Christchurch—worth a visit—has enhanced its studio engineering and music production programmes with the purchase of a new Sequential Circuits Prophet 5 Synthesizer from long-term industry partner Rockshop.

3. University of Canterbury—open day on Friday 30 August 2024.

RNLS Library has a new Careers Inzone Kiosk for you all year levels to use. It only gives you NZ careers information and starts with some Canterbury students telling you of their experience using it. It will ask for your txt Mobile or email so they can send information to your phone or email if you request it.

## CAREERS CORNER

Introducing



## Book Clubs **LOOP** for Parents

AVAILABLE  
AS AN APP!



**LOOP** is Scholastic Book Clubs **L**inked **O**nline  
**O**rdering & **P**ayment platform for Parents.

If you want to pay by credit card for your online Book Club order, **LOOP** makes it easy! It eliminates the need for paper order forms plus your online order is submitted to the school safe and sound.

Log-in to [mybookclub.scholastic.co.nz](http://mybookclub.scholastic.co.nz) or download our iPhone and iPad app from the App Store or get it on Google Play for Android.

- For a quick start, just click on **ORDER** in the top menu or **REGISTER** first to save your details for next time
- Select your school and your child's class
- Add your child's first name and last initial (so the school knows who the book is for)
- Enter the item number from the Book Club catalogue
- You can order for multiple children at once if they attend the same school
- All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date
- There's no need to return paper order forms or payment receipt details to your school!





# Extra News and notices

Referrals can be made at [www.tepuawaitanga.maori.nz](http://www.tepuawaitanga.maori.nz) or contact us on 0800 66 99 57 or [reception@tepuawaitanga.maori.nz](mailto:reception@tepuawaitanga.maori.nz)

## Stopping Violence Services (SVS)

SVS is a specialist family violence service, providing non-violence interventions to people who have used family violence, helping them to learn skills and strategies for managing relationships in healthy and non-abusive ways.

Ph: 03 365 6266 or 0800 478 778 Email: [info@svs.chch.org.nz](mailto:info@svs.chch.org.nz)

## Parent to Parent

Providing support, info and education to families raising kids with disabilities and/or health impairments Ph: 0508 236 236  
[atrcanbury@parent2parent.org.nz](mailto:atrcanbury@parent2parent.org.nz)

## Youth Services North Canterbury

A free wrap-around support service helping young people aged 16-17 find sustainable education or employment options. Ph: 03 313 5874

## Counselling Services

### Hope Community Counselling

East Belt, Rangiora. Individual: families and groups.  
Monday to Friday Ph: 03 928 3066

### Waltha Primary Health Brief Intervention

Free for adults and teenagers with mild to moderate mental health concerns. Access via a referral from the Medical General Practice Team

## Children's & Young Peoples' Programmes

### Big Brothers Big Sisters of NC

Mentoring programme for children 6-12 years.  
Ph: Ellie Le Gros 03 310 7004 or 027 271 3405  
Email: [ellie@bbbs.nz](mailto:ellie@bbbs.nz)

### Yellow Brick Road Te Wahapūahoaho

We have programmes specifically designed for children and young people who have a whānau member experiencing a mental illness (including addiction).

To inquire and refer, please contact us.

[support.canbury@yellowbrickroad.org.nz](mailto:support.canbury@yellowbrickroad.org.nz) or phone 0800 87 66 82

### Barnardos

Footsteps to Feeling Safe for children aged 5-12 years dealing with the effects of family violence. 0800 Barnardos (0800227627)

### Aviva Tamaraki Group Programme

For children aged 5-12 years that have experienced family violence. Ten two-hour sessions in term time Aviva Rural Office: Rangiora. Ph: 0800 28482 669

### Enabling Youth

Enabling Youth supports young people aged 11 to 30 years who are using violent or abusive behaviours and may also be struggling with complex needs, including family violence, anxiety, depression or alcohol and other drug use.

All services free. Ph: 03 365 6266 or 0800 478 778 Email: [info@svs.chch.org.nz](mailto:info@svs.chch.org.nz)

## Parenting Programmes

### Mother4Mother Breastfeeding Peer Support

Our group meets weekly on Fridays 10am-12pm in the Whanau room at Rangiora Health Hub (Rangiora hospital) 161 Ashley Street. Facebook - Rangiora Mother4Mother Breastfeeding Support. Contact Janine 0800 800 743 or 027 588 1007 or [janine.pinkham@waitaha.health.nz](mailto:janine.pinkham@waitaha.health.nz)

### Perinatal Wellbeing Canterbury

Providing community-based peer support for parents in Canterbury who are experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth, and parenting within the first 2000 days (Pregnancy to 5 years). Peer support is provided in person at our Wellbeing Groups and online for parents for ongoing support. We can also help with advocacy and liaison with other supports and families if needed.

Contact us at <https://perinatalwellbeing.org.nz>, [support@perinatalwellbeing.org.nz](mailto:support@perinatalwellbeing.org.nz) or 021 131 4352.

### Incredible Years Parenting Programme

Presbyterian Support USI. For parents of children aged between 3-8 years of age. Ph: Michelle Ramsay 03 2612887 [micheller@psusi.org.nz](mailto:micheller@psusi.org.nz)

### Parenting Place

Preschool Years 2-4 years, Primary Years 5-12 years, Teenage Years 13-18 years, Building Awesome Whānau 2-13 years. 6 sessions over 6 weeks – practical strategies, ideas and insights to inspire and equip you on your parenting journey. For more information Email: [support@parentingplace.nz](mailto:support@parentingplace.nz) or phone (09) 524 0025 ext 211 or <https://parentingplace.nz/courses>

### Te Puawaitanga ki Ōtautahi Trust

Our services for hapū māmā begin with Whānau Mai a te Ao Māori journey that prepares māmā and whānau for pregnancy, childbirth and the early weeks with pēpi. Programmes & Services include:

- Incredible Years® a 14-week group programme to develop knowledge and skills to build positive relationships with tamariki
- Pōpōla te Mokopuna for whānau with tamariki under three years old who want support with their in-home learning activities
- Parenting, life skills and whānau planning for māmā in prison and upon release
- Family Start an intensive home visiting programme to improve tamariki health, growth and whānau circumstances

Referrals can be made at [www.tepuawaitanga.maori.nz](http://www.tepuawaitanga.maori.nz) or contact us on 0800 66 99 57 or [reception@tepuawaitanga.maori.nz](mailto:reception@tepuawaitanga.maori.nz)

### Autistic Innovations Autism Life Coaching for autistic adults who are parents and/or parenting autistic children

Funding may be available for this service. Book a free first appointment to find out more  
Ph/text Karen at 027 479 0625 or email [karen.holmes@autisticinnovations.co.nz](mailto:karen.holmes@autisticinnovations.co.nz)

## Waimakariri Parenting Support and Information for Families/Whanau

### Term One 2024



For updates or additions contact:

Social Services Waimakariri

Phone: 022 317 7660 or

Email: [facilitator@sswaimak.nz](mailto:facilitator@sswaimak.nz)

[www.nextsteps.org.nz](http://www.nextsteps.org.nz)



(Updated 13/02/2024)

## Support Services

All right parenting [www.allright.org.nz/parents](http://www.allright.org.nz/parents)

Altogether Autism is a service which offers specialised information and support around ASD. [atrcanbury@parent2parent.org.nz](mailto:atrcanbury@parent2parent.org.nz)

### Aviva

Aviva is a Canterbury-based, specialist family and sexual violence agency dedicated to making New Zealand Aotearoa violence-free. They offer an extensive range of integrated, specialist services to support all people, children, youth and adults, to live free from violence and overcome its enduring harms.

All services free Ph: 0800 28482 669

Email: [enquiries@aviva.org.nz](mailto:enquiries@aviva.org.nz)

### Barnardos

LEAP - work with families whose vulnerability arises from their challenges with one or more of the following: family violence, alcohol and drug use, child health or disability, emotional abuse or neglect, risk or actual statutory involvement, parental mental health issues- for more information

Ph: 0800 Barnardos (0800227627)

### Battered Women's Trust – North Canterbury

Battered Women's Trust (includes Rural Services)  
For women, children & young people, individual & group domestic violence education  
Office: 033324122 | Crisis & support line - 0800 REFUGE

### Budgeting Services North Canterbury

A free and confidential financial mentoring and budgeting advice service to individuals and families in the Waimakariri and Hurunui

Ph: 03 313 3505

Email: [servicemanager@bsnc.org.nz](mailto:servicemanager@bsnc.org.nz)

### CCS Disability Action, North Canterbury

Support & Advocacy for people & their families

Ph: Glenda Miller 03 313 8312

### Comcare Trust North Canterbury

Offer strengths-based recovery focused supports for people with mental illness and/or addictions. Community Support Services, Peer Support Services, and ActiveLinks Health & Fitness Services.

Ph: 0800 537 3464 <https://www.comcare.org.nz>

### Community Energy Action Charitable Trust

Services include insulation, heating, energy advice, and good quality recycled curtains. Services are available to all households with subsidies up to 100% available to eligible households. Ph. 0800 GETWARM or visit [www.cea.co.nz](http://www.cea.co.nz)

Oranga Tamariki – Oranga Tamariki Ministry for Children (Regional)  
High Street, Rangiora Ph: 0508 326 459

### Community Wellbeing North Canterbury Trust

Provides free community and social services that strengthen the wellbeing of families, children and young people in Waimakariri and the Hurunui.

Services include:

- Wellbeing support for whānau/families and tamariki/children
- Community parenting programmes
- Early childhood education
- Wellbeing support for rangatahi/young people including specialist
- Alcohol and drug support
- Kaipoi food bank
- Restorative Justice

T: 03 310 6375 E: [info@wellbeingnc.org.nz](mailto:info@wellbeingnc.org.nz) or [www.wellbeingnc.org.nz](http://www.wellbeingnc.org.nz)

### Early Start

A home visiting service that provides support and parenting programmes in the Waimakariri and Hurunui areas to whānau/families who are expecting a new-born or caring for a new baby. Phone 0800378278. Email: [reception@earlystart.co.nz](mailto:reception@earlystart.co.nz)

### Hope Community Trust

Community Support, wrap around Care for families and individuals, Counselling, Community Garden drop in area, Men's and Women's connect groups. 115 East Belt, Rangiora.

Ph: 03 928 3066 [support@hopecommunitytrust.co.nz](mailto:support@hopecommunitytrust.co.nz)

### Oxford Community Trust

For community information, budget advice, family support, counselling, holiday & youth programmes. Main St, Oxford.

Ph: Jo Ealam 03 312 3006

### Parenting Through Separation

To register please visit [www.familyworksuppersouth.org.nz](http://www.familyworksuppersouth.org.nz). Click News and Events (top right of page), then click events. Alternatively, you can contact Karen on 0800477874

### Plunket

Plunket Well Child Service  
Well Child services, home visits & appointments.

Plunket Adminline 0800 184 03

24/7 Phone support & data free website [www.plunket.org.nz](http://www.plunket.org.nz)

Plunket Post Natal Adjustment Programme

Supports families experiencing difficulties adjusting to parenting, individual & group Ph: 03 365 1646

Plunket Pregnancy and Parenting Education Course

Antenatal classes for parents-to-be and their support person. Info and options for: pregnancy, labour, birth and the postnatal period. [www.plunketppe.org.nz](http://www.plunketppe.org.nz) Ph: 027 275 8477

<https://www.facebook.com/canterburyplunket/>

Clothing Exchange – please refer to the Canterbury Plunket Facebook page for details.

### Presbyterian Support USI Family Works

We work with parents/caregivers and their children to the age of 18. The work is based around parenting and relationships within the family unit. Ph: Michelle Ramsay 03 2612887 [micheller@psusi.org.nz](mailto:micheller@psusi.org.nz)

### Public Health Nurses

Visit schools to advise on children's health, and work with families on health related concerns. Ph: Catherine Dowle 03 311 8665 or Anne Braid 03 311 8664 [catherine.dowle@cdhb.health.nz](mailto:catherine.dowle@cdhb.health.nz)

### Rachel's House Trust - Young Parent Support

Rachel's House Trust- Supporting Mothers and Whanau  
"Supporting mothers and whanau on their journey from pregnancy to parenting. We provide a safe space for families to navigate the changing world around them. Playgroup every Thursday at 10am in the Loft, 1-1 social work support, advocacy and pre loved clothing aged 0 to 5yrs all free. 021 090 11602 for enquiries  
[socialworker@rachelshouse.org.nz](mailto:socialworker@rachelshouse.org.nz)

Rangiora Salvation Army Family Store Budgeting advice & Food Bank, 15 Albert St, Rangiora 03 313 6947

### St John Health Shuttle, North Canterbury

Transport to Chch for medical related appointments, bookings through: St John Ph: 0800 383 373

### Yellow Brick Road Te Wahapūahoaho: Supporting families towards mental wellbeing

Yellow Brick Road is an organisation supporting families who care for a loved one with mental health challenges. We offer confidential guidance and navigation through mental health services, advocacy, and education. Individual/family meetings and/or a number of different programmes for both children, adolescents, adults and groups, plus a variety of support groups including those bereaved by suicide. Service is free and available via self-referral or a health professional. [support.canbury@yellowbrickroad.org.nz](mailto:support.canbury@yellowbrickroad.org.nz) / 0800 87 66 82


### Te Puawaitanga ki Ōtautahi Trust


The Trust supports whānau throughout the different stages in life. Our services are delivered in the home and community.


- Whanau Ora Navigators can help you plan for now and the future to reach your goals.
- Rapauna Community Nursing Team can help you understand and manage life with chronic conditions (such as diabetes, heart and respiratory disease)
- Vaccination mahi including COVID-19, seasonal flu and measles, mumps and rubella (MMR) for eligible whānau.
- Rongoā including with taonga pīora.
- Family Start an intensive home visiting programme to improve tamariki health, growth and whānau circumstances
- Tamaiti Healthy Homes aims to increase the number of tamariki living in warm, dry and healthy homes to reduce avoidable hospitalisations and ill health due to housing-related conditions.





# Extra News and Notices


**Electrical Laser Rangiora** →



**The Ottoman**  
Authentic Turkish Cuisine


**NOVUS glass**  
 Repair & Replacement **TAP HERE**



**Go Wireless NZ** Ltd.  
[www.gowifi.co.nz](http://www.gowifi.co.nz) →



**Chim Chim**  
Safety Keepers & Chimney Sweepers **Tap Here**


SUPPORTING WAIMAKARIRI, HURUNUI, AND KAIKŌURA SCHOOLS  
[mainpower.co.nz](http://mainpower.co.nz) **mainpower**



**KATHERINE WILMOTT**  
 LEGAL LTD North Canterbury Lawyers

Phone 03 313 1430  
[lambandhayward.co.nz](http://lambandhayward.co.nz) **Lamb & Hayward**

**morechoice.**  **mikegreerhomes**


**ANYTIME FITNESS**  
 RANGIORA **SPECIAL OFFER TAP HERE**


**STRAIGHT-N-PAINT**  
 COLLISION REPAIR SPECIALISTS


**WARWICK KIRWAN PLUMBING** →


**The Hope Op Shop**  
 Rangiora New Life School  
 Second Hand Uniform  
 Shop in conjunction with  
 the Hope Op Shop.



113 East Belt  
 Open Monday - Friday 9am - 3pm  
 Saturday 9.30am - 12.30pm  
[www.thehopecommunitytrust.org](http://www.thehopecommunitytrust.org)

**Gateway Stadium / Events Centre Bookings**  
 Please contact [bookings@rnls.school.nz](mailto:bookings@rnls.school.nz) for  
 information on availability for public bookings  
 outside school hours.

**Athlete's Foot - School Rewards:** Just nominate our school at the  
 time of purchase... ie Rangiora New Life School!  
 Eligible: RNLS staff, students or members of their families.  
 \$15 worth of sports equipment or \$10 cash from every pair of shoes  
 purchased from our Northlands Athlete's Foot store, will be donated to  
 RNLS.

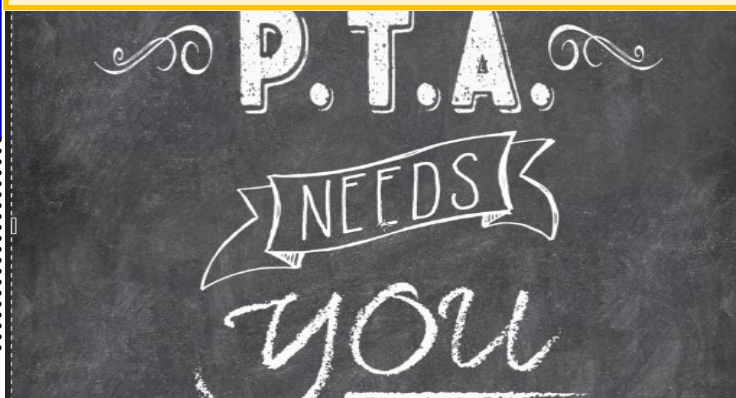
**RNLS App Sponsors!** If you would like to advertise on the  
 School Skool Loop App please email [Content@skoolloop.com](mailto:Content@skoolloop.com)  
 To download our app: In Google Play & App Store  
 search 'Skool Loop' and choose School once installed.



**Hardship Fund:** Any donation received for the benefit of families  
 who may be struggling financially, is very much appreciated.  
 Please make your payment to the regular school account tagging  
 the payment as **Hardship Fund**.

**Rangiora New Life School** 01 0877 0072756 02

<https://mentalhealth.org.nz/five-ways-to-wellbeing>



## FIVE WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO  
 YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 **Mental Health Foundation**  
 mauri tū, mauri ora  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)



**Stay "in the loop" with  
 our communication app!**

**Events | Cancellations | Notices  
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 Instant notifications | Absentees  
 Parent Teacher Interviews**

**Simple free download:**  
 In Google Play & App Store search  
 'Skool Loop' & choose our  
 organisation once installed.



If you would like to place an advertisement in this Newsletter, please call Glenda at Rangiora New Life School (03) 313 6332 (\$50 + GST per term).