



The Catlins Area School

Te Kura Taumata O Catlins | To be the best you can be

24th June 2021

Tēnā Koutou,

Matariki Celebration Evening

On Wednesday 7th July, TCAS is holding a Matariki celebration evening. Below is a timeline;

5pm	Games/activities in school gym for students
	Zones of regulation parent information meeting (see information below)
5.30pm	Shared Kai Students will be making food on Tuesday 6th and Wednesday 7th for everyone to eat at the Matariki Evening.
	There will be a display of matariki themed work that students in Year 1-10 have been working on in the Hall
6pm	Whetū (Star) gazing! Hopefully, weather dependent, we can go to the back field and find some matariki stars!

To support our PB4L journey, our school has also implemented the Zones of Regulation® framework into our teaching and learning programmes across the school.

The Zones is an approach used to teach emotional self-regulation by categorising all the different ways we can feel and the states of alertness we experience into four concrete coloured zones.

It provides strategies to teach students to become more aware of and independent in being able to control their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

All of the zones are natural to experience, however, The Zones of Regulation framework focuses on teaching students how to recognise and manage their zone based on the environment, its demands, and the people around them.

We will be having a Zones of Regulation Parent Meeting to explain the Programme and its benefits on the same night as our Matariki celebration. While students are playing games in the gym at 5pm, the information meeting on Zones for parents will take place in the Hall.

We would love you to join us.

Nga Mihi,

The Catlins Area School
Te Kura Taumata O Catlins

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Whanau/parents/caregivers we need your help!

On Tuesday 6th and Wednesday 7th July Tauira (students) and their kaiako (teachers) are going to be preparing for our celebration.

If you are able to come and help please contact the student office and let them know the times you are available.

Tuesday 6th July	Time	Who	Kaiako (staff)	What
	Period 1 9-10am	Kapahaka	Mrs Cairns	Kapahaka ropu (group) setting up matariki display
	Period 2 10-11am	Room 1 & Year 13	Mrs McDougall Ms Kaur Mrs Bopp	Vegetable Soup Homemade lemonade
	Period 4 12.20 - 1.20pm	Year 9/10 Room 2	Mrs Lean Mrs Bopp Mrs Bichan	Rēwena bread
	Period 5 230 - 3pm	Year 7	Miss Currall	Jelly making + dessert prep
Wednesday 7th July	Period 2 10-11am	Room 3 Year 8	Mrs Mc Mrs Cairns	Roast Vegetable Salad
	Period 4 12.20 - 1.20	Room 19 Year 12	Mrs Parker Mrs Hanley	Pasta Salad
	Period 5 2 - 3pm	Year 11 Year 7	Ms Darmody Mr T	Dessert BBQ prep

Nga Mihi, Many thanks

Sarah Cairns