

O.V.S Newsletter

“
‘Ka Tupu Kotahi Ai Tātou
...Together we Grow
”

ŌTAIKA VALLEY SCHOOL TERM 1: WEEK 5, 2026 Issue #02

Kia ora OVSwhānau

As principal I wanted to take this opportunity to extend a heartfelt **shout-out** to whānau who offered to support our OVS school camps. School camps are a unique feature of the kiwi schooling experience and your involvement is absolutely critical; quite simply, these Education Outside the Classroom (EOTC) events cannot meet our safety ratios or logistically run without your hands-on help. By volunteering your time and energy, you are ensuring our students can safely bond as a cohort, explore the outdoors, build resilience, and create lifelong memories. We couldn't provide these incredible opportunities without your partnership and commitment to our tamariki! **THANKYOU**

OVS Student Council

For the first time OVS has created a Student Council. This council adds to the heartbeat of our kura and provides an opportunity to turn students "I wish" into "let's make it happen". We envisage our Student Council will empower students to take more ownership of their education and environment by providing a platform where tamariki voices are heard and where change can be implemented. Being chosen by their peers means members can develop leadership, negotiation, and even project management skills, while all students benefit from a more inclusive, high-energy culture. Ultimately, a strong OVS Student Council ensures that our school isn't just a place where OVS tamariki attend, but a 'kura community' they actively help build.

Congratulations to the following new OVS Student Council Members:

Rm 7 - Lily-Rae, Syd, Sophia, Matteo & River
Rm 6 - Kate, Ruby, Bree
Rm 5 - R'Baley, Caelen

R.U.R.U AWARDS

Every fortnight at assembly we celebrate our super OVS students, and this week's 'shout out' is to say a huge congratulations to our R.U.R.U award winners over the last 2 weeks .

Senior: Angelo & Isla



Junior: Sasha & Poppy



New RTL @ OVS

It is our pleasure to extend a very warm welcome to our new RTL (Resource Teacher of Learning and Behaviour) Jo Gunson. Jo will be working in our kura with individuals, classes, and particular groups. Jo comes to us straight from the classroom, has a multitude of skills, and is a very experienced practitioner. Jo will be at school on Wednesdays - so if you see her around and about give her a warm OVS welcome!

Ruru RockStar!

Class Attendance Award

Each fortnight at assembly we are acknowledging the class with the best attendance for the week...and they win the 'Ruru Rockstar' Award.

The last 2 weeks' winner is (drum roll please...)

Room 1

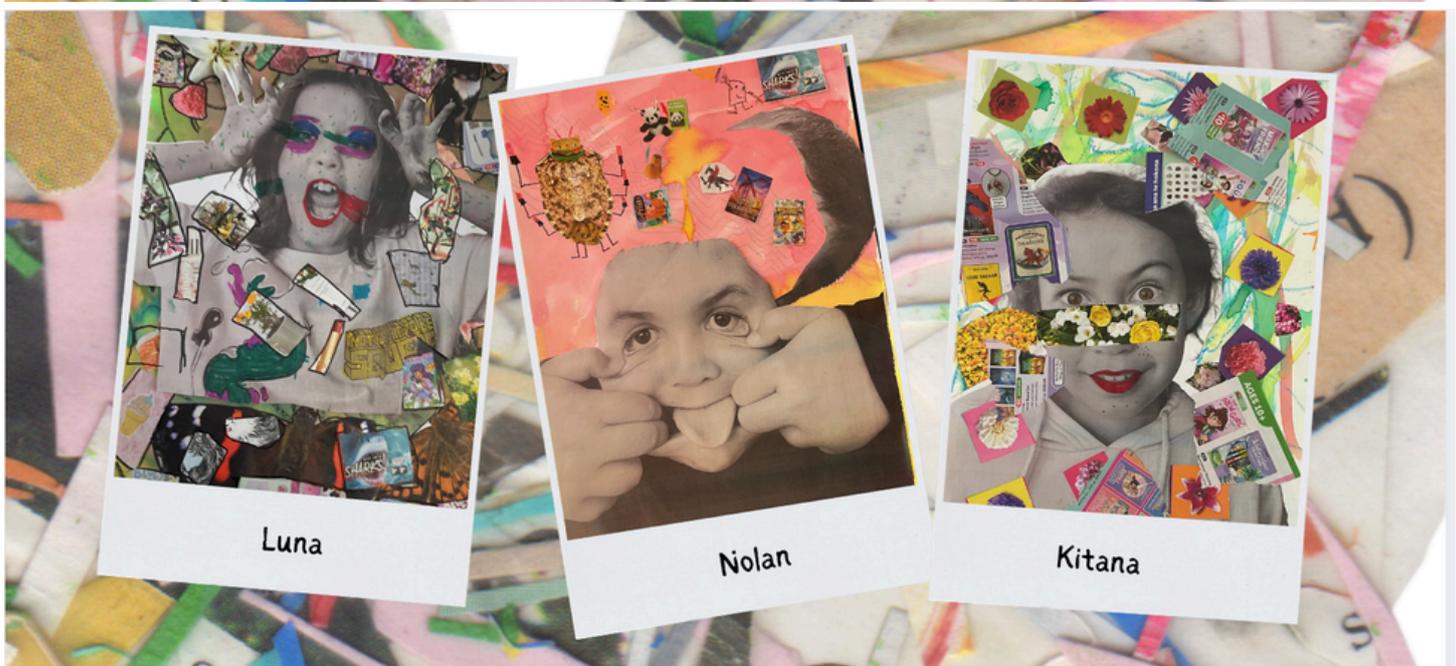
Student Spot

Deconstructed Self Portraits - by Room 5

With this art project, we are exploring how art can make us feel. We looked at the artworks of Henrietta Harris and Loui Jover, discussed how we felt when we looked at their art, and noticed the techniques they used.

We explored textures by using a range of materials and approaches (dye, crayon, pens, photography, and collaging). Our goal, just like Henrietta's, was to create art that made the viewer feel something.

So... How do you feel?



Room 1&2 Camp

Thankyou everyone for a fabulous Room 1 & 2 camp. The students had a fantastic time and the burgers were yum!



Zone Swimming Champs

We had some fantastic OVS swimmers represent our school at the Zone Swimming Championships last Wednesday.

Congratulations to:

Thea Mitchell, Lexie Ashurst, Kate Stevens, Ruby Peterson, Mackenzie Connell, Kasey Attwood, Liam Mason, and Mack Atchison. All these students gave 100% effort and our school is very proud of you!

Thank you very much to our parent helpers, who transported and supervised our students on the day- we appreciate you!

We look forward to getting the results soon, to see who will compete at the Whangarei Primary Schools swimming event.

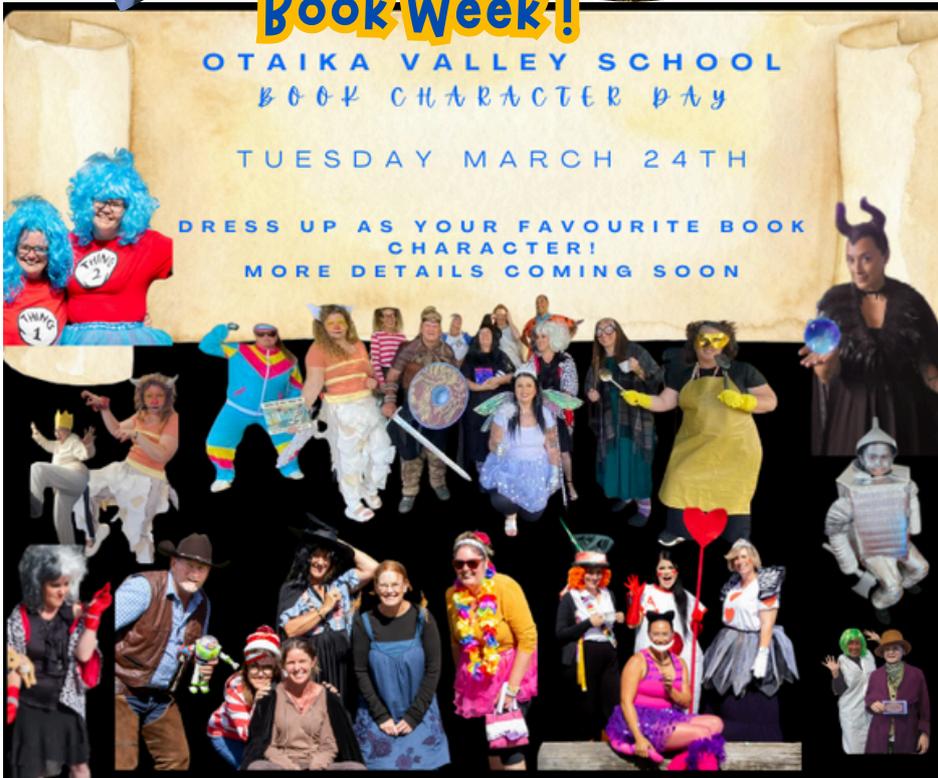


Book Week!

OTAIKA VALLEY SCHOOL
BOOK CHARACTER DAY

TUESDAY MARCH 24TH

DRESS UP AS YOUR FAVOURITE BOOK CHARACTER!
MORE DETAILS COMING SOON



Announcements



Car Parking. Please be courteous of others during drop-offs and pick-ups - leave plenty of space for other vehicles.



Pool codes are still able to be purchased from the office



School Comms - DO YOU HAVE HERO?

Hero is our main communication tool and is critical for keeping up to date with school and for our student reporting. If you are not using the App please download it or contact the office for support



Office Hours:

Monday-Thursday 8:30am-3:30pm
Fridays 9:00am - 2:45pm

'Move Your Butt for Bowel Cancer'.

For the month of February, a number of OVS staff took part in 'Move Your Butt for Bowel Cancer'. We were inspired by our former colleague **Jay Findlater** to take part, as she continues to battle her stage 4 diagnosis. Forming our team **Jay Walkers**, we moved (ran, walked, and cycled) over 580 kilometres, and raised over \$3900! These funds will go towards supporting people like Jay as they fight their bowel cancer battles, and funding research into this illness.



MANGAPAI HOCKEY CLUB

MANGAPAI HOCKEY CLUB JMC RALLY 2026

14th March, 11am-1pm
Whangarei Intermediate

Mangapai is looking to field teams in the following grades:

- Year 2-3: Mini Sticks Development
- Year 3-4: Mini Sticks (¼ turf)
- Year 5-6: Kiwi Sticks (½ turf)
- Year 7-8: Kwik Sticks (½ turf)

Term Dates

Terms	Start	Finish
Term 1:	Wed, 4 Feb	Thurs, 2 April
Term 2:	Mon, 20 April	Fri, 3 July
Term 3:	Mon, 20 July	Fri, 25 Sept
term 4:	Mon, 12 Oct	Thurs, 17 Dec

PTA Meeting

Tuesday 17th March

Kia ora OVS whānau and caregivers.

Ōtaika Valley School PTA invites you to our annual community meeting on 17 March at 3:20pm in Room 1.

This is a great opportunity to connect with other whānau, hear what's planned, and help shape our fundraising goals for the year ahead. If you've ever wondered where you could jump in or share ideas, this is the place to do it. Children are very welcome.

Nibbles will be provided — please BYO drinks (sensible alcohol allowed).

We'll also be looking ahead to 2026, with Chairperson, Secretary and Treasurer roles available for anyone keen to step into an official position and help guide the team forward. We'd love to see you there!

New Room 1&2 Pickup procedure.

A huge thank you to all Room 1&2 whānau for following our new procedures so well... it is making a huge difference. A reminder for any new whānau to please wait outside the Room 1&2 gates until the end of day bell has rung before collecting students.

Whats on this term?

- 11-13 March - Year 7 Survivor Camp
- 19-20 March - Middle school Camp
- 23-27 March - Book Week
- Tues 31st March - PTA Triathlon
- Thurs 2 April - End of term
- Sun 5 April - Daylight saving ends

If you need any help feel free to contact us.



admin@otaika.school.nz



09 432 2731

SLEEP

It's time to talk about the "S-word"—Sleep! As we settle back into the OVS school routine, we know that for many families, the struggle with bedtime can be very real. If bedtime feels like a nightly negotiation or a marathon, take a deep breath. You aren't alone! Transitioning from the freedom of a kiwi summer break to the structure of the school year takes time.

We've all been there: the morning meltdown over the "wrong" socks or the sudden inability to find a shoe that was just there. Often, these aren't just "growing pains"—they're signs of a tired brain. For our primary students, sleep is the ultimate superpower. It's when their brains sort through everything they learned in math, repair their muscles after PE and active play, and reset their emotional "patience meters" for the next day.

Here is a sleep infographic to help with sleep routines and (hopefully!) peaceful nights...

THE SLEEP SUPERPOWER: IMPORTANCE & BACK-TO-SCHOOL TIPS

WHY CHILDREN NEED SLEEP (Vitamin Zzz!)

- BUILDS A HEALTHY BODY (GROWTH)
- STRENGTHENS THE IMMUNE SYSTEM
- IMPROVES MEMORY & CONCENTRATION
- REGULATES EMOTIONS & MOOD (LESS MELTDOWNS!)
- BOOSTS ACADEMIC SUCCESS

NATURE IS HELPING! COOLER NIGHTS

END OF SUMMER MEANS COOLER EVENINGS

A COOL ROOM IS IDEAL FOR DEEP, RESTORATIVE SLEEP

FRESH AIR SIGNALS THE BODY TO REST

BACK-TO-SCHOOL BEDTIME WINS

- ESTABLISH A CONSISTENT ROUTINE (e.g., bath, story)
- CREATE A QUIET, CALM BEDTIME ENVIRONMENT
- A 'DIGITAL SUNSET' (Screens off 1 hour before bed)
- ENCOURAGE PHYSICAL ACTIVITY DURING THE DAY

HERE'S TO WELL-RESTED STUDENTS (AND PEACEFUL PARENTS)! SWEET DREAMS!