



COMING EVENTS

[Click here to view the full calendar online](#)

Saturday 5 August	Parent Handwork workshops
Friday 11 August	Class 6 Lunch Bar
17-18 August	MPS Craft Display
Friday 18 August	Pyjama Day

Kia orana whanau,

It is hard to believe that we are over halfway through the school year. This week we held our open day for potential students and their whanau, and our class 10 students did a wonderful job leading tours and showcasing all that we have to offer in our kura.



The weather continues to be highly unpredictable. Please continue to ensure that your child comes to school prepared for wet weather with rain jackets, gumboots and spare clothes if possible.

Term 3 is the business end for our high school students completing internals and getting ready for the derived grade assessments in week 7. It is a timely reminder for our senior students of how their individual approach to learning is pivotal for their success. There is still time to pick things up if achievement hasn't been satisfactory, and there's still time to waste a good start. It's time for each student to reflect and to take stock of their progress and achievement. Being clear about the success criteria and attending every lesson are big factors in learning success. Our teachers are working hard to ensure every student knows exactly what is required to enable success, step by step. We need 100% attendance from everyone who expects to achieve.

Ehara taku toa i te toa takitahi, he toa takitini, My strength is not as an individual but as a collective.

Have a wonderful weekend.

GO THE WARRIORS
GO THE ALL BLACKS
GO THE SILVER FERNS
GO THE TALL BLACKS

Meitaki,
Desmond Pemerika
Tumuaki



HANDWORK WORKSHOPS

We still have a few spaces left for our two parent handwork workshops tomorrow, Saturday, 5th August. See page 4 for details. Contact Dana in the school office to register.

danam@michaelpark.school.nz

HIGH SCHOOL CLASS PARENT MEETINGS

Class 12 (Edgar and Aliona) meeting Tuesday 12th Sept. at 6pm.

Class 11 (Iva) meeting Tues 10th Oct. (Week 1, T4) at 6.30pm.

Class 10 (Mike and Alan) meeting Tuesday 5th Sept. in Room 11 at 7pm.

Class 8 (Ciaran and Patrice) meeting Tuesday 5th September in Room 9, starting at 6pm.

SENIOR GIRLS FOOTBALL TEAM

This year the Senior Girls Football team has had an awesome season with many great highlights. These included the first ever trip over to Waiheke Island for a game, and a specialised lunchtime training with Alisse, who used to play for New Zealand. Our progress in skills has been really significant and was proved when we won our division 5-0 in the final game against St Kent's.

Our team is brought together from classes 8-12 and I am so proud of all the girls, especially the younger ones, for their teamwork, commitment to trainings and the weekly games. Thank you to Torma (Class 12) and Malachi (Class 9) for coaching us to the big success, and Ms Meek for all her support. If any girls are interested in joining our team, please talk to Ms Meek about joining next year's senior girls team.

Written by Rosa Jonas (Class 12, team captain)



CLASS 3 NETBALL

During Term 2 and 3 the majority of Class 3 boys and girls have been learning to play netball. For many of the tamariki this has been their first step into a team sport, and in particular netball.

On Sunday the 30th July, three teams from Class 3 - Whero, Kikorangi and Kowhai - competed in a tournament at Auckland Netball Centre. There were wins, losses and draws but, most importantly, the tamariki and parents really enjoyed themselves! The teams were up against schools who play and train each week, with each of the teams being very competitive while Michael Park School was well represented with the greater number of teams in the tournament.

Thanks to the coaches and team managers on the day - Cilla and Mel, Michelle and Stuart, Farzana and Shah.



SOUTH AUCKLAND PERFORMING ARTS COMPETITION

Congratulations to Violet Theodore in Class 9 for her success last week. She competed at the South Auckland Performing Arts Competitions and won both the Senior Duet trophy (with ex-Michael Park School student Mira Batten) and the Senior String Championship trophy.

Congratulations also go to Ainsley Craddock, Class 3, for performing at the South Auckland Performing Arts Competitions, gaining Highly Commended.

Well done Violet and Ainsley, we are so proud of your achievements.



TE AO MĀORI

A space dedicated to promoting te reo me ōna tikanga Māori

More focus on the weather...

Te matapae huarere - weather forecast

Have you heard these when you listen to the weather forecast?

Motu – island/country
Te Ika a Māui – North Island
Te Waipounamu – South Island
Te Tai Tokerau – North coast
Te Tai Tonga – South coast
Te Tai Rāwhiti – East coast
Te Tai Hauāuru – West coast



Kīwaha o te wiki

He rā tino ātaahua tenei
It's a beautiful day today.

The kids are not all right

Social media – two words that either unite or divide opinion and no more so than in Steiner/ Waldorf schools.

For many years Steiner/ Waldorf teachers have been warning parents about the negative impact of digital devices and, more recently, social media on their children. At first teachers saw the effect of these on students' imagination, the quality of their drawings and how they play. Today teachers are also becoming increasingly concerned for the children's mental wellbeing, especially in adolescents.

The difference between then and now is that more and more research is being done to understand the impact of social media and devices on children and adolescents, and some of it 'backs up' what teachers have been trying to say for a long time.

To find out more, please read this article by Dr Samantha Marsh – a research fellow at the University of Auckland Faculty of Medical & Health Sciences, and a parent at Michael Park School.

Social media: The kids are not all right

Dr Samantha Marsh

Just like we no longer let our children roll around in the back seat with no seatbelts, we should change our approach to the decades-long experiment of social media now we know just how harmful it is to young people, writes Samantha Marsh

On January 11, 1964, the Smoking and Health: Report of the Advisory Committee to the Surgeon General was published officially alerted the American public to the link between tobacco smoking and the massive increase in the risk of lung cancer. It was big news. Every newspaper, radio station, and TV network covered it. Decades later, it would be remembered as the report that “hit the country like a bombshell” and a momentous day in the long history of tobacco control.

In my opinion, May 23, 2023, was similarly momentous, although I couldn't blame you for not knowing it. In Aotearoa New Zealand the day passed with almost no acknowledgement of the publication of the [Surgeon General's Advisory on Social Media and Youth Mental Health](#), a report that said, “there are ample indicators that social media can ... have a profound risk of harm to the mental health and wellbeing of children and adolescents”.

These ‘ample indicators’ included links between social media and body dissatisfaction, disordered eating, low self-esteem, depression, anxiety, exposure to cyberbullying, decreased sleep, and reduced in-person time with family and friends. And these findings led the US Surgeon General Dr Vivek Murthy to say, “we are in the middle of a national youth mental health crisis, and I am concerned that social media is an important driver of that crisis – one that we must urgently address”.

Yet despite these startling revelations, few media outlets covered the report. And if you did happen to hear about it, you almost definitely heard the counter-argument, that healthy social media use is all about 'balance' or it is 'overly simplistic' to say that platforms like TikTok or Instagram are harmful to our teens.

Surgeon General's Advisories certainly aren't simplistic. They're not based on the opinion of a few doctors, the results from a small study, or the views of a single psychologist, teacher, or parent. Instead, they report and comment on the findings from a substantive literature review and recommended resources by subject-matter experts. The resulting statement then calls attention to a public health issue deemed so significant it demands immediate attention. This is what happened in May of this year. Except, at least in New Zealand, it drew little attention.

Of course, it wasn't a New Zealand report, which might explain our lack of media coverage. I like to think that if it were specific to New Zealand it would have “hit the country like a bombshell” – although I doubt it. And instead of alarming headlines, the limited media coverage we did have was tempered by arguments of “it's all about balance”, or worst yet, that we shouldn't even monitor our kids' social media use.

When faced with such damning evidence, why are we so reluctant to say that, as a society, we may have made a collective mistake, and perhaps collective change is needed?

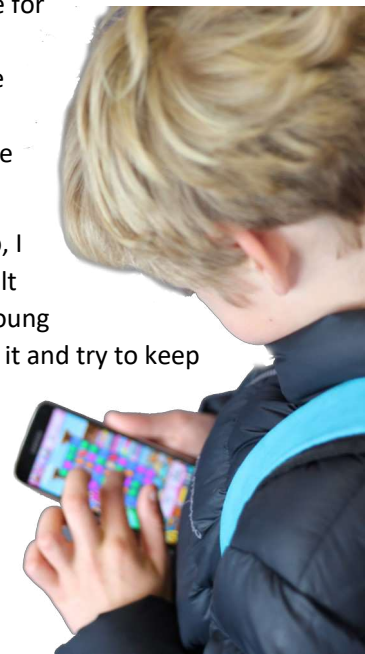
We have a long history of putting our kids in danger and changing our actions based on new evidence. In 1975, my mum drove my newborn brother home from the hospital in a bassinet in the back seat of her Morris 1100. Come the 80s, my brothers and I were no longer rolling around, sans seatbelt, in the back of her car. New information had come to light, specifically around the merits of seatbelts, and Mum and Dad changed their behaviours accordingly.

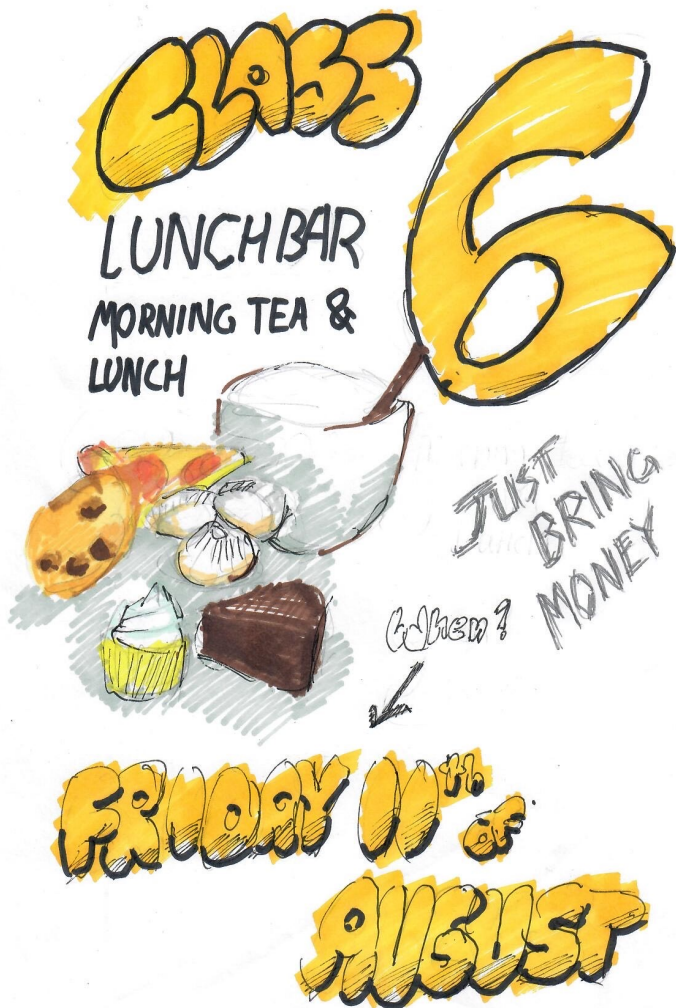
Well, new information has come to light about the impact of social media on our youth. For example, a recent [study](#) showed that screen-based activities are structurally changing our kids' brains – and not in a good way. These changes are linked with internalising symptoms in young people, such as depression and anxiety, and mimic changes seen in the brains of people who started drinking at a young age.

I believe we have now reached the point where it is irresponsible of us as parents, teachers, health professionals, and policymakers to continue to put these devices, which are designed to elicit addictive-like qualities, in our kids' hands and then expect them to be accountable for their own wellbeing. We mustn't continue to be complicit in what the report describes as a decades-long experiment in which our children are unknowing participants.

Where do we start? As the first step, I urge every parent, teacher, and adult responsible for the wellbeing of a young person to [read the report](#). Just read it and try to keep an open mind. Like the 1964 report on smoking, it should hit all of us like a bombshell.

Original article published here:
[www.newsroom.co.nz/ideasroom/
social-media-the-kids-are-not-alright](http://www.newsroom.co.nz/ideasroom/social-media-the-kids-are-not-alright)





RSST PRESENTS...

PARENT EDUCATION PROGRAMME

A series of parent workshops to be held throughout 2023 at Michael Park School, bringing together whānau & community to experience Steiner Education.

HANDWORK with Michelle Mullany

SATURDAY, 5th AUGUST

WORKSHOP ONE: Sewing - a beginner's course on the sewing machine, making a pin cushion and a wheat bag.

9.00am - 12.30pm Cost: \$20.00

WORKSHOP TWO: Spinning wool & weaving

1.00pm - 4.30pm Cost: \$30.00

Venue: Handwork Room, Michael Park School

RSVP: To register for one or both of these parent workshops, please email Dana in the school office:

danam@michaelpark.school.nz

MPS Crafts Exhibition

Handwork, woodwork, metalwork,
leatherwork and pottery.

8:30am to 7pm on Thursday 17th August.
8:30am to 10.30am on Friday 18th August.

Crafts from classes 1-12 on display
in the auditorium foyer.



PARENT WOODWORK GROUP AT MPS

We meet on Thursday nights in the well-equipped school woodwork room. We make wooden items to sell at the school fair, as well as other projects.

If you are interested in joining us, please email James Walden jameslwalden@gmail.com.

MEETING ANTHROPOSOPHY

First Saturday of every month.

Next session on 5 August 2023

10.30am to 11.30am at Steiner House

104 Michael's Avenue, Ellerslie

(Free, but please consider koha for Steiner House.)

Come and find a path to answer life's questions. Our aim is to build a picture in a collaborative way.

Anne Mansart will be your host.



Anthroposophical Nursing Therapies

With Nicole King NZRN Comp ANS
Holistic Nursing Therapies

Are you or your child struggling with anxiety or overwhelm?

Is your child experiencing learning or behaviour challenges?

Are you or your child feeling tired or depleted?

I provide nurturing, warming and grounding body therapies using Weleda oils and plant-based substances.

These therapies support the Life Processes and build resilience to enable individuals to meet all types of transition and challenge.

This work is suitable for both children and adults.

To enquire further or to make a booking, please contact me on

nicoleking.anthronurse@gmail.com

or 021 184 6082



CELEBRATING
RUDOLF STEINER HOUSE

TOGETHER ARTS & COMMUNITY

A fundraiser event to
gather donations for
Rudolf Steiner House

MICHAEL BURTON

ANNABEL HARRISON
& STUDENTS

BODHI PROHL

NATARANI WITTEN-
HANNAH
& STUDENTS

STUART LITHGOW

MASHA PAVLENKO

POETRY & MUSIC
EVENT

**FRIDAY 1 SEPT
7PM - 8:30PM**

MICHAEL PARK SCHOOL
55 Amy Street, Ellerslie
Tickets -
Adult \$10 Child \$5

Please bring cash for tickets and refreshments.

For more information:
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michellem@michaelpark.school.nz