



**COMING EVENTS**

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

- Saturday 11 May** Garden Working Bee 10am
- Friday 17 May** Class 4 Lunch Bar
- Friday 17 May** Whitsun Festival
- Saturday 18 May** Outdoor Classroom Parent Workshop
- Tuesday 21 May** Class 3 Parent Meeting 6.30pm
- Saturday 25 May** Simplicity Parenting Workshop
- Monday 27 May** Fair Coordinators Meeting 6pm

**HANDWORK REQUEST**



The school craft department are needing old T-shirts, shirts and jeans for handwork projects. Donations can be dropped off at the handwork room or school office. Thanks!

Kia ora whānau,

*Poipoa te kaakano kia puaawai.  
Nuture the seed and it will bloom.*



Wow, your children are fabulous. We have had another great week to start a busy term of learning with 90% of students at school. Students in the classrooms throughout our school are engaged in some great learning activities (thanks teachers) and are bright eyed and keen to be back in class after their break. Additionally, it was wonderful to have high school parent/student conferences this week.

Winter sports throughout the school also started this week with our senior boys, senior girls and middle school basketball teams playing the first of their competition matches.

On Saturday 18th May, there is an outdoor classroom parent workshop. Our parent education programme offers a wonderful opportunity for parents to experience some of the unique special character activities that make up our student curriculum. Details and registration information can be found on page 4 of this flyer, hopefully you can make it.

Have a wonderful weekend.

**GO THE BLUES  
UP THE WAHS**

Ngā mihi mahana,  
Desmond Pemerika  
Tumuaki



# OUR SCHOOL GARDENS

Organised by the Parent Action Group

Our school gardens need some helping hands!

If you would like to lend a hand, please join us with your gardening gloves every 2nd Saturday of the month to make our school's vege gardens look great!

**Saturday 11th of May**  
**10am-1pm**  
**Drop in any time!**

For more questions txt  
Nina on 021 208 6206



## Parent Action Group

In September we will have a stall at the Ellerslie Pirates and Fairy Festival. If you would like to help on this team please get in touch.

### Why did you start the Parent Action Group?

After reading our school book 'Waters of Double Reflections' I felt inspired to recreate a strong parent community like they had 45 years ago when building our kura. We have so many committed parents who are keen to get more fundraising projects going whilst raising our school's profile so I thought let's get it going again and have some fun along the way!



Leah Corbett

### Friday Farmers Market

The Parent Action Group is working on the idea of a

The market would be an opportunity to buy locally grown

We are looking for a group to get this off the ground. If you are keen to get involved please contact Sam on 021 991665.

### Keen to join?

Contact Leah on [leahd83@gmail.com](mailto:leahd83@gmail.com) or 0210 204 0780

## TE AO MĀORI

A space dedicated to promoting te reo me ōna tikanga Māori

**Te Ahu o te Reo Māori 2024 - next step in the journey for our kaiako.**

In the weekend a number of staff attended the first wānanga of the year for Te Ahu o te Reo Māori. This means that these staff have taken up another year of study in the te reo Māori course designed specifically for the education sector. It's always an awesome occasion; it's so heartening being around so many others taking up the language journey, and to be learning from legends such as Pania Papa and Leon Blake.

### Whakataukī o te rā:

Whāia te mātauranga hei oranga mō koutou  
Seek after learning for the sake of your wellbeing

### Kiwaha o te wiki:

Kia tau – relax, settle.





# Pyjama Day



RSST PRESENTS...

# PARENT EDUCATION PROGRAMME

Bringing together whānau & community to experience Steiner Education.

## GREENWOOD CARVING with Luis Bernal

SATURDAY, 18th MAY 2024

9.00am – 4.00pm

Under the tent, working with traditional drawknives at shaving horses.  
We'll also bake sweet cinnamon damper bread at an open fire.

Cost: \$50 full day or \$25 half day

Venue: Outdoor Classroom Tent, Michael Park School

RSVP: To register for our parent workshops,  
please email Dana in the school office:  
[danam@michaelpark.school.nz](mailto:danam@michaelpark.school.nz)



# SCAMPS

Supervised Care After Michael Park School

Congratulations! We are now up and running  
A huge thank you to the families  
that supported our first week

Scamps after-school care service is offered exclusively to  
Michael Park School students

Operating every MON - THURS 3pm - 5.30pm

Enrolment and enquiries please contact [brian@clevernz.com](mailto:brian@clevernz.com)

## COMMUNITY NOTICEBOARD

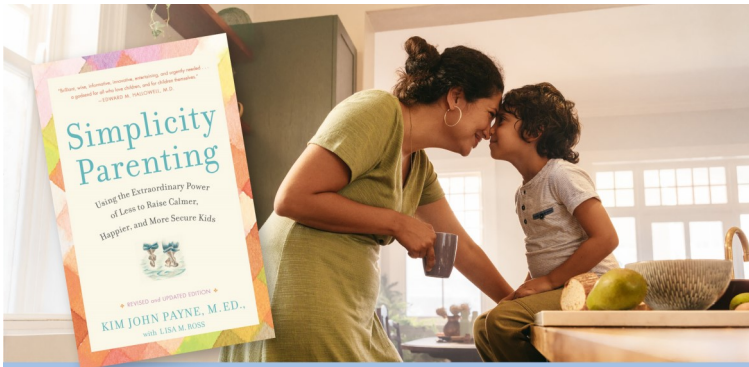
- The **Give a Kid a Blanket** annual appeal is underway again! This is a community action of kindness. Donations of warmth & comfort are gathered from across Auckland & distributed to those in need, largely through public health nurses, police and social workers. We are on the hunt please for pre loved (in good condition) blankets, sleeping bags, duvets, sleep sacks, winter bedding, duvet inners/covers, PJs, beanies, socks, raincoats, Moses baskets. Please contact Rachel (class 1/5 mum) on 021 571 648 to arrange drop offs. Thank you!
- **School holiday writing camp** 9-11 July 2024 at Freemans Bay School. A three day camp for children aged 9 to 14. A one day workshop for children aged 7 to 10. [www.writelikeanauthor.com](http://www.writelikeanauthor.com)
- **For Sale** - 2 brm unit for sale on Amy St. A hop, skip and a jump to school. [raywhite.co.nz/auckland/auckland-city/ellerslie/EPS32534/](http://raywhite.co.nz/auckland/auckland-city/ellerslie/EPS32534/)

Contact the editor, Dana Marcroft at [fridayflyer@michaelpark.school.nz](mailto:fridayflyer@michaelpark.school.nz)

Guideline 150 characters maximum please. Deadline midday Thursday.

Graphic advertisements to be formatted to fit A6 portrait (¼ page).

Whole page ads are not accepted for non school-related activities. Ads may be published a maximum of twice per term, at the editor's discretion.



# Simplicity Parenting WORKSHOP | 25 MAY 2024

Create more space for connection, secure attachment, love and laughter in your family

Based on the book 'Simplicity Parenting' by Kim John Payne, as a group we will learn practical ways to ease the daily tensions, parenting battles and overwhelm your child is feeling in this fast paced modern world.

What we'll cover:

- Decluttering the environment.
- Bringing rhythm, ritual and predictability into each day.
- Allowing children plenty of downtime and play without overscheduling.
- Filtering out adult concerns and screentime that causes confusion, fear and anxiety.

The course is facilitated by Leah Corbett – a parenting mentor, primary school teacher and Michael Park parent. Please email saraho@michaelpark.school.nz to register. Spaces are limited.

Saturday 25 May, 9am-3.30pm, Michael Park Kindergarten  
BYO lunch. Cost: \$40 per person.

Interested in enrolling your child at our kindy? Visit our website: [www.michaelpark.school.nz/kindergarten](http://www.michaelpark.school.nz/kindergarten)

 Leah Corbett

EMPOWERING PARENTS | [www.leahcorbett.co.nz](http://www.leahcorbett.co.nz)

## COMMUNICATION FOR CONNECTION NVC FOUNDATION WORKSHOP

This weekend workshop will be held in Titirangi, Auckland and is suitable for all levels of experience and relevant to individuals, couples, parents, teachers and counsellors

**MAY 25 - 26**  
**9 AM - 4:30 PM**

### DAY ONE

We will focus on connecting communication and an integrated relationship with yourself, building capacity for greater inner clarity and freedom.

### DAY TWO

We build on Day 1 to bring these new skills into our relationship with others - for deeper collaborative and nurturing connections.

**Nonviolent Communication (NVC)** is a simple, practical and effective tool we can use to enhance our communication skills to speak and listen more effectively, reduce reactivity, increase compassion, and cultivate deeper connections with our loved ones, friends and colleagues.

- \$300 pp before May 16 (then \$330 pp)
- Bring your own lunch (tea/coffee provided)
- Participants must attend both days
- Limited to 20 places
- Titirangi Rudolf Steiner School



Filipa Hope - Certified NVC Facilitator

By the workshop's conclusion, you'll learn to diminish misunderstandings, recognise people's needs (including your own), and communicate confidently and positively, fostering improved relationships and connections.

**For enquiries and registrations:** [filipahope@gmail.com](mailto:filipahope@gmail.com)

# One Day SALE



Saturday, May 11th

From 10:00 AM to 12:30 PM

Join us @ 17 Marewa Rd, Greenlane, Gifts for Good container store

- 🎁 Don't miss out on our incredible fabric sale!
- 🌍 Premium designer textile brands
- 👩‍🎨 Handcrafted goods by skilled volunteers
- 💰 Bargain Prices: Bundles for \$2, \$5, and \$10 each
- 🧵 Specializing in cottons, linens, outdoor fabrics, curtains and more!

Join our passionate volunteers in the noble cause of freeing women and children from trafficking, violence and abuse



# KRISH COOKS!

**Special Weekend Offers**

**Give your tastebuds  
a treat from Sri Lanka**

**Gluten Free + Vegan Available**

**Contact For Details**



**+64220351016**

# EMBODIED ART EXPLORATION

FRIDAY  
24.05 6-8PM  
ST COLUMBA ANGLICAN CHURCH

This gathering offers a unique opportunity to explore emotions or thoughts that may have been waiting to be expressed, or to navigate through life's transitions.

Here, the focus is on the process of art-making, not the outcome.

Together, we delve into the transformative journey of creating art, allowing us to tap into our inner wisdom and embrace our Humanness.

**Movement**  
**Embodied Art Exploration**  
**Mini Ecstatic Dance**

Join us in this open and safe space,  
Lovingly facilitated by Jessie & Music/Dj Rana.

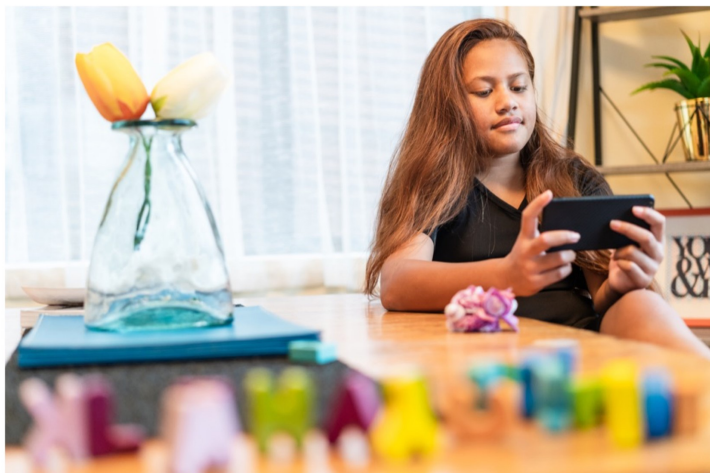
No previous artistic experience is necessary  
All Art Materials are provided  
\$30

**Email for more info!**  
[jessie.holttschke@gmail.com](mailto:jessie.holttschke@gmail.com)



## Screens and Pre-teens

Parenting Night, May 28<sup>th</sup>, 7-9pm



Screens are risky and can get pre-teens into real trouble when used unsafely, but screens have huge benefits too. How to introduce screens safely to pre-teens to set them up for the adolescent years? Come along to hear consultant, Adrienne Wood, speak on the importance of helping our rangatahi manage the digital world right from when they get that first phone in their hands.

St Chad's Community Centre, Meadowbank, May 28<sup>th</sup> 7-9pm, Earlybird: \$20, Couple: \$30  
Tickets: <https://screens-and-pre-teens.eventbrite.co.nz>



For more about Adrienne Wood and her work with parents see [www.heartsync.co.nz](http://www.heartsync.co.nz)

### Has your child received support for **ANXIETY or ADHD?**



Tell us about their experiences, and you could  
win 1 of 20 \$30 vouchers!

We are researchers and postgraduate students from AUT, currently investigating treatments for anxiety and ADHD. Parents (of children aged 5-11, living in NZ, with anxiety and/or ADHD symptoms) are invited to participate in the anonymous online survey.

Approved by AUTEK on 08/04/24 [Ref. 24/43]

✉ [amy.kercher@aut.ac.nz](mailto:amy.kercher@aut.ac.nz)

# Sound Bath

Creative Music workshop



**10:30- 12pm**  
Sunday  
**12th May 2024**

**3 Memorial Drive**  
**New Lynn Library**

Destress and boost your  
immune system

Explore sounds on a wide  
variety of instruments

Custom design your own  
sound bath

Limited to 15 people, AGE 11+, Booking via  
[suniti.delamare@aucklandcouncil.govt.nz](mailto:suniti.delamare@aucklandcouncil.govt.nz)



# AUCKLAND CENTRAL VOLLEYBALL CLUB

COME PLAY!  
INDOOR & BEACH  
VOLLEYBALL



GET TICKETS FOR THIS TERM!

Daytime programmes for ages 8+  
Evening training for ages 16+

[LINKTR.EE/ACVCLUB](http://LINKTR.EE/ACVCLUB)  
@ACVCLUB ON INSTAGRAM & FACEBOOK

# SCAMPS

Supervised Care After Michael Park School

MONDAYS - THURSDAY - 3pm - 5.30pm

## THE PICK UP MEETING POINT



Upon leaving their classrooms at 3pm, your children should gather beneath this shade in the playground and wait.

Scamps staff Luke & Kelsea will meet them, sign them in and when all accounted for they will head to the Scamps venue.

Approximately 350m away at Michaels Avenue Community Centre.



## MICHAELS AVE COMMUNITY CENTRE

Here is where you pick up children before 5.30pm.

There is an entrance door at the top of this ramp.

If you need to communicate with the centre please Call / Text  
Luke on 02102281262 (or Brian 0210 737 767)  
(for example: early pick up or you are running late)